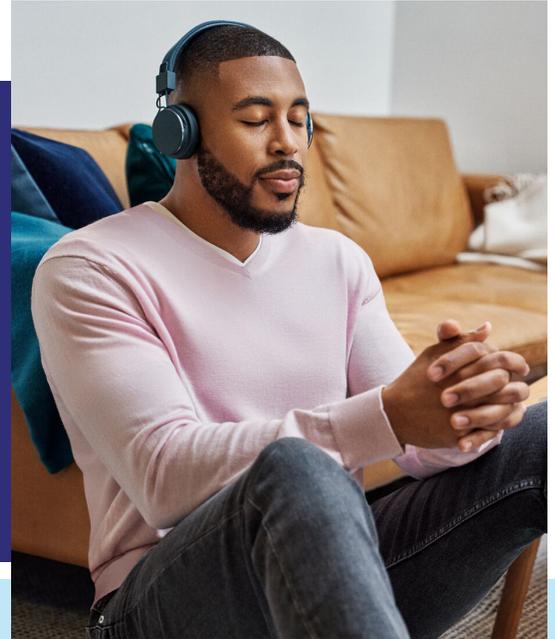


# You can achieve more – through mindfulness.

Set your goals and stick to them.



## The practice of mindfulness can help you stay focused and accomplish more.

*They say attitude is everything. Turns out your mindset can play a big part in helping you achieve your goals. Research has shown that mindfulness has many benefits – from improved well-being to increased focus and attention. This article provides an overview of mindfulness and offers simple tips and tricks that you can use today.*

**You've Got Goals to Reach. We Want to Help.**

Often, we find ourselves looking backward or planning. We replay the events of our day, line up our “to-do” list for tomorrow, or dream about vacation possibilities. What we often forget is to simply take a minute (or three) to fully immerse ourselves in what’s happening right now. It’s called mindfulness, and it’s a daily practice that can pay immediate dividends for your health and happiness, and your journey toward your professional and personal goals.

## What Is Mindfulness?

Mindfulness is defined as being aware of your thoughts, feelings, and sensations in the present moment, without judging them as good or bad. The benefits, according to research: higher levels of well-being, improved life and relationship satisfaction, and reduced stress. Mindfulness has also been shown to increase focus and attention. In other words, mindfulness makes it easier to keep your goals top of mind. You may also be more aware of how your choices trip you up or keep you on course.



## How to Get Started

One great way to increase your mindfulness is to practice meditation. In the WW app, you'll find short, guided meditations specially curated by our partner, Headspace. Or you can take mindfulness breaks on your own by setting aside a little time during your day to focus your attention on the present moment. These steps will help get you started:

- 1** Select something to focus on. You might choose a color, a sound, or just your breath.
- 2** Spend two minutes focusing on what you've selected. For example, you could choose the color red, looking around for every red item in your surroundings. Or you might try to notice all the many different sounds you can hear. Or, if you simply choose your breath, close your eyes, and feel yourself inhale and exhale.
- 3** During this time, other thoughts will naturally flow in and out of your mind. When you notice them, simply acknowledge them and gently bring your attention back to your chosen focus.

## Give It a Try – Then See the Results for Yourself

You need a few minutes at most for this kind of mindfulness practice, and you can do it anywhere — in an elevator, while making dinner, or walking to your car after work.

Try it for yourself, and the more you practice it, the more likely you'll begin to feel more naturally focused on your journey, aware of the healthier habits you're forming each day.

WW Health Solutions, a division of WW International, is committed to helping organizations across the U.S. improve the health of their employees. As experts in wellness for over 50 years, we anchor corporate wellness initiatives with the most scientifically proven program to promote sustainable behavior change and achieve reductions in obesity, chronic illness, and related healthcare costs. We enable employers, health plans, and consumers to go beyond the scale to improve overall wellness by offering multiple ways to succeed along the road to healthy living: eating healthier, moving more, improving sleep, and shifting mindsets while seamlessly integrating into the places where we work and live. For further information about how you can partner with WW Health Solutions, contact us at **1-800-8-AT-WORK (800-828-9675)** or visit us at **WW.com/us/hr**.

