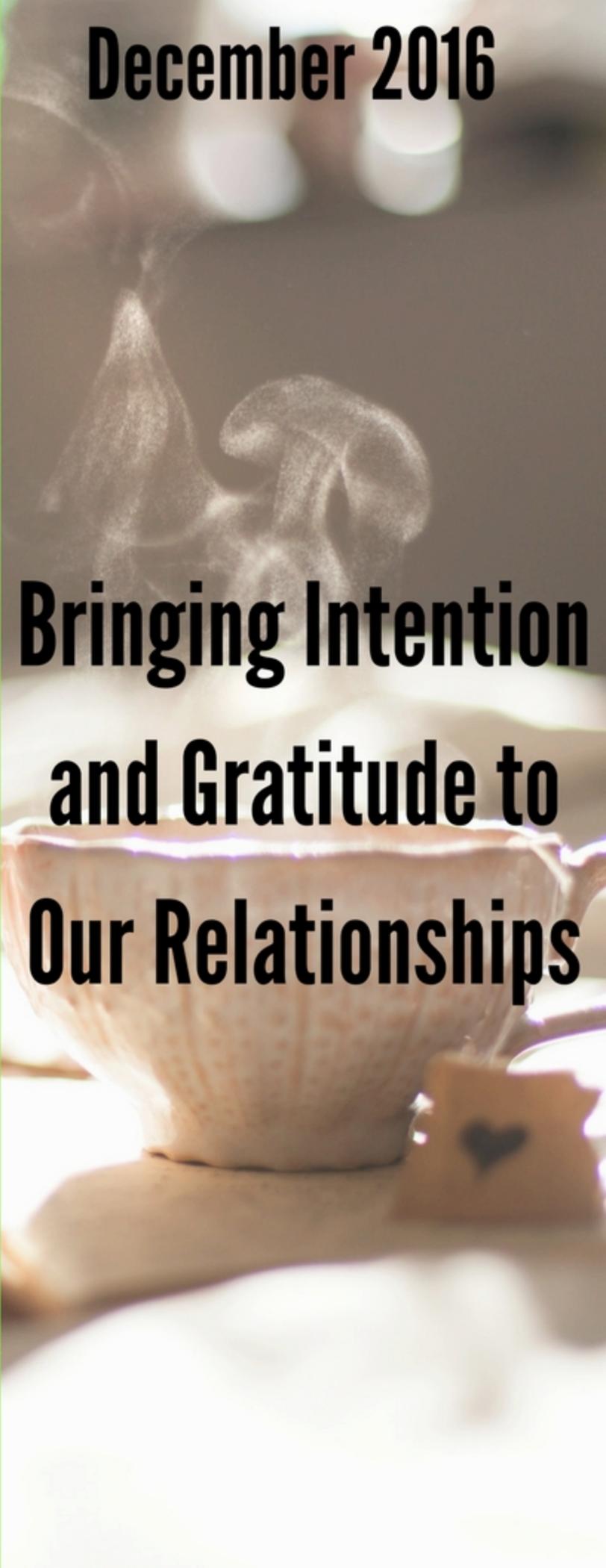


**December 2016**

**“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”**

**— Eleanor Brownn**



**Bringing Intention  
and Gratitude to  
Our Relationships**

# Tips for Achieving Balance During the Holidays

## Prioritize Daily Tasks



- Break up your workload into smaller tasks
- Prioritize into: *must do*, *should do*, and *like to do*

## Take Breaks



- Take small breaks during tasks to reduce fatigue when completing your to-do list

## Separating Work vs. Home Life



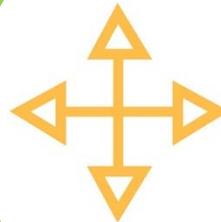
- Keep work at work and home at home
- At work, focus on work and not on recipes or buying gifts

## Resist Distractions



- Resist checking your phone, email, etc., while completing a task
- Set specific times to check your devices

## Don't Over Commit



- Only commit to as many tasks as you can realistically handle
- Don't forget that the holiday season is a time to relax

# An Excerpt from the Loving- Kindness Meditation

“... And now bringing to mind the broader community of which you are a part. You might imagine your family, your workmates, your neighbors, or fan out your attention until you include all persons and creatures on the planet. And including yourself in this offering of lovingkindness, as you let these words become your words...”



*May we be happy  
May we be healthy  
May we ride the waves of our lives  
May we live in peace  
No matter what we are given”*

The full meditation can be found [here](#).



# Mindfulness FAQs

## What is Mindfulness?

**A:** Mindfulness is being aware of our experiences as we experience them. This awareness enhances our enjoyment of pleasant events and helps us handle stressful events in a much healthier manner.

## How can Mindfulness benefit me?

**A:** Mindfulness has been shown to:

- Provide a better ability to handle stress
- Strengthen one's interpersonal communication and relationships

## Where can I learn to practice Mindfulness?

**A:** SJHH offers drop-in Mindfulness classes each week at the Charlton and West 5<sup>th</sup> sites. Classes are available and free for all staff. Each class is approximately 20 minutes.

## How much Mindfulness practice do you need to see a difference?

**A:** There is no correct amount of mindfulness practice, but studies have shown you can see benefits with as little as 15-20 minutes of Mindfulness practice each day.

## How can I practice Mindfulness at work?

**A:**

- Regularly stretch and relieve excess tension
- Eat some lunches in silence and reflect on your current experience



# Taking time to be *mindful* ... even at work

**Mindfulness** is a way of relating to life circumstances in the present moment.

Those who practice mindfulness experience a greater ability to learn, focus, and cope with stress, have greater energy and enthusiasm in life, and more.

(Borrel-Carrio &

Epstein, 2004)

**Join us for weekly 25 minute sessions**

**CHARLTON: Mon 1:00pm & Fri 2:00pm, Wellness Centre G129**

***Silent Meditations* Tues 12:15pm, Classroom D T2218**

**WEST 5<sup>TH</sup>: Wed 12:30pm, Library B206**

**Or visit MyStJoes > Employee Wellness > Mindfulness for audio recordings**

[wellness@stjoes.ca](mailto:wellness@stjoes.ca) ext. 37689

St. Joseph's  
Healthcare  Hamilton

Employee Wellness  
Program

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