

# A daily mindfulness reminder

Pocket-sized stress management techniques

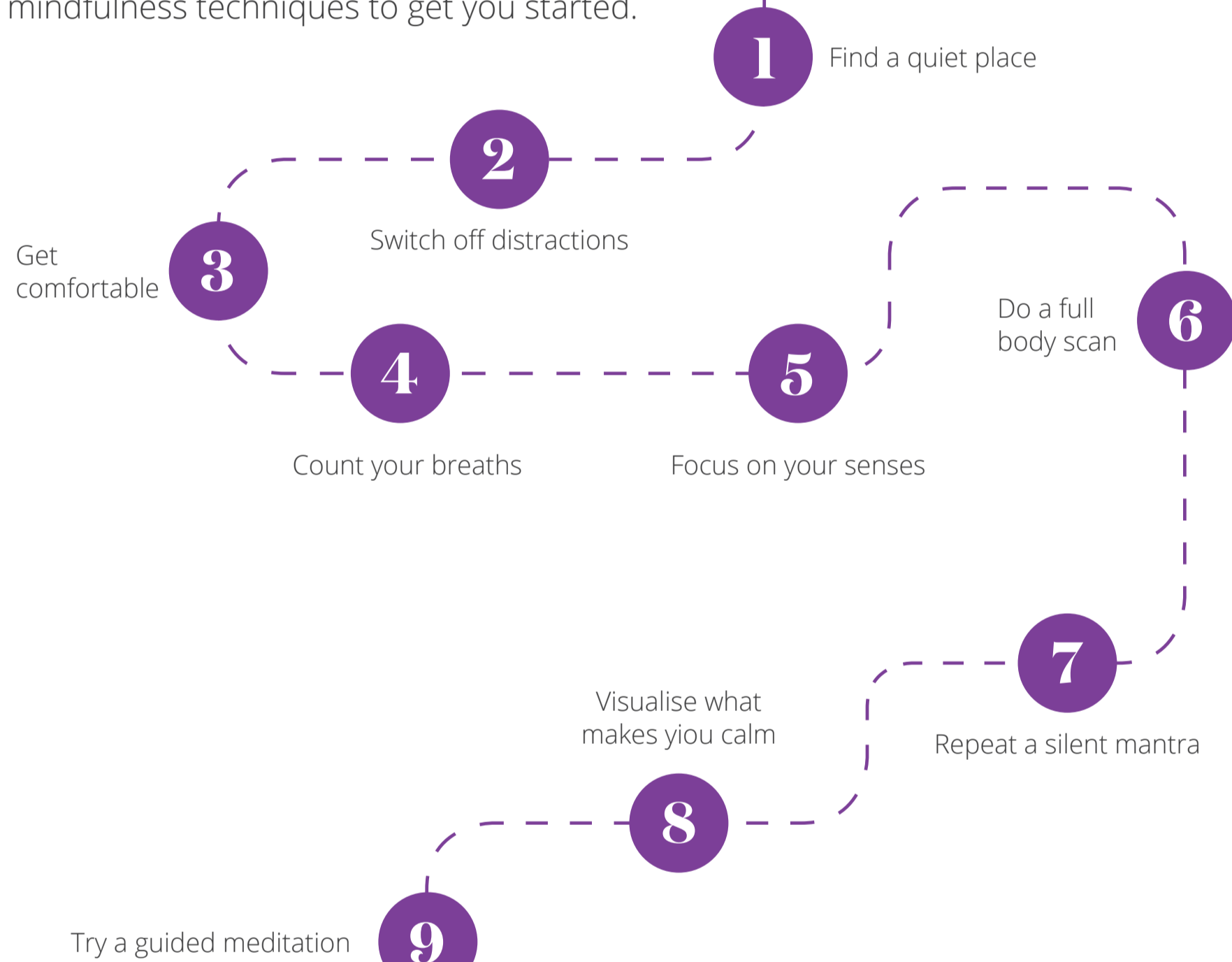


#LetsTalk

We've put together this pocket-sized guide of handy mindfulness tips to encourage daily practice. Mindfulness can be a powerful way to help improve focus, stress-resilience, performance and overall well-being.

## The road to mindfulness

There's no one 'right' way to practice mindfulness, but here's some popular mindfulness techniques to get you started.



## Get support

Whether you're an individual looking to reduce stress with self-care resources, or an organisation taking steps to lower employee burnout by helping your workforce develop resilience, there are programs and resources to help put people on the path to better mental and physical health.

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For more information check out [Mental health support resources](#) and [Aetna International's stress-reduction services](#)

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