

# Mindfulness matters

## A way to be in the moment

**Mindfulness means paying attention — on purpose — to whatever is happening in the present moment. It means being aware and keeping an open, curious mind**

**Mindfulness does not mean mentally checking out or being unresponsive.**

### Two types of practice

You can practice it in a formal way, through mindfulness meditation. Experts consider it a training for your brain. Or you can bring mindfulness to any moment in your busy day.

### Paying attention is the key

To bring awareness to a moment, just stop to note your:

- Breathing
- Thoughts
- Feelings
- Sensations
- Surroundings

### It's so good for you — body, mind and spirit

Mindfulness can help you:

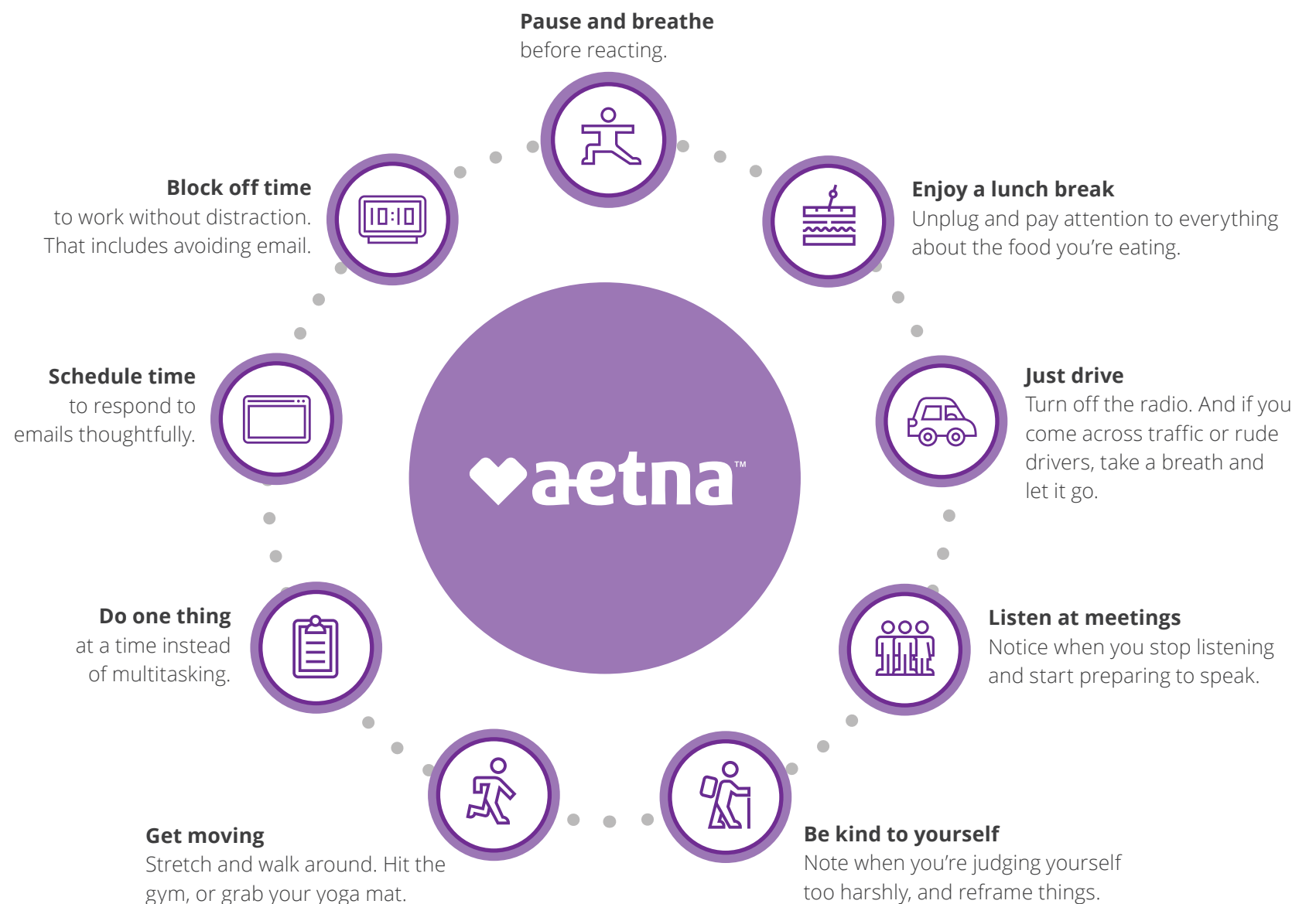
- Lower your stress
- Manage distractions
- Set work priorities
- See things clearly
- Communicate more skillfully
- Connect better with people
- Solve problems more easily
- Be more resilient

And that's just to start.

## Make it part of your day

It's easy to bring mindfulness into daily activities. It's not what you're doing, it's how you're doing it.

Find out more at  
**[AetnaInternational.com/apac](https://www.aetna.com/apac)**.



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