



Mindfulness techniques

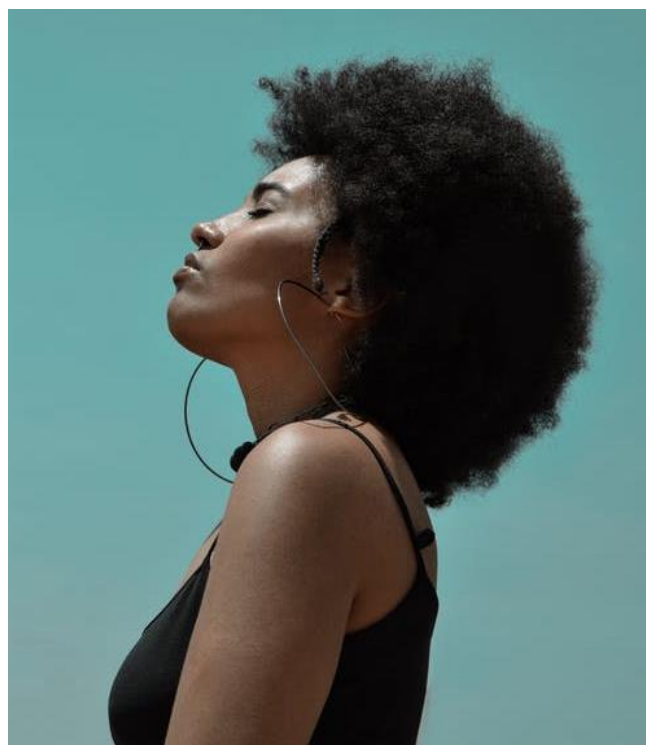
Below are two simple techniques you can use throughout your day to reduce stress or remain present in the moment.

When you're experiencing a particularly stressful moment, a popular mindfulness exercise, known as **S.T.O.P.**, may be helpful.

- **Stop.** Just take a momentary pause, no matter what you're doing.
- **Take a breath.** Feel the sensation of your own breathing, which brings you back to the present moment.
- **Observe.** Acknowledge what is happening, for good or bad, inside you or out. Just note it.
- **Proceed.** Having briefly checked in with the present moment, go back to the task at hand.

A simple exercise, known as **R.A.I.N.**, may also help you stay in the present moment and not get caught up clinging to the experiences of others or your own emotions.

- **Recognize.** Acknowledge what is happening, just noting it in a calm and accepting manner.
- **Accept.** Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.
- **Investigate.** See how it feels; perhaps it's making you upset or happy, giving you pleasure or pain. Just note it.
- **Non-identification.** Realize the sensations you're feeling make for a fleeting experience and will soon pass. The experience isn't who you are.



Source: [positivepsychology.com](https://www.positivepsychology.com)*

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