

#### **Subject 4: Controlling stress with informal mindfulness**

Chronic stress can have detrimental effects on your mental and physical health.

A method known as informal mindfulness can be very helpful to switch off racing thoughts. Often with the multitude of things going through your head, it can be difficult to focus on what is right in front of you. Informal mindfulness is about focusing all of your senses (e.g. sight, hearing) in the present moment rather than allowing your mind to wander.

By focusing your senses in the present like this you will find that distracting thoughts will dissipate at least momentarily, allowing the stress response to turn off and the relaxation response to begin.

#### **Places to practice informal mindfulness**

You can practice informal mindfulness practically anywhere (that's the beauty of this stress reduction technique!) So common places and practices where people choose to be mindful include:

- When going for a walk or run
- Doing the dishes
- Eating a meal
- Having a conversation
- Listening to or playing music

Whatever the place or practice, make sure to focus your senses on the present moment and push out intrusive thoughts if they come to mind.

#### **Do you want to find out more?**

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).