



Well-Being: Mindfulness

With another year coming to a close it seems only fitting that we look back and reflect upon another year gone by. While we may think about goals we've accomplished, experiences we've had, projects we've completed, as well as things we didn't get done, opportunities we didn't take or actions we didn't take on goals we wanted to accomplish, many of us also wonder where the time went. Where did the year go? We are so busy rushing around from one thing to the next, never feeling that we have the time. We ruminate on the past, worry about the future and all the while we forget that life is happening now...in this moment. The year went by and many of us missed it.

Henry David Thoreau once said, "You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this." Living in the present moment is the only path to true well-being and fulfillment but in today's fast paced world, living in the present is a challenge. Living mindfully, in the present moment, is simple but it is not always easy. However, with practice we can develop the habits to help us be successful and to not let another year go by without fully living it.

To support the faculty, staff and family members of the Consortium colleges, we will be launching a four week mind/body challenge at the end of January. The challenge will promote the practice of daily activities that reduce stress and anxiety, improve performance and productivity, and increase overall well-being. Participants will be provided with practical tools and strategies to help them gain more focus and presence in their everyday life. In addition, to the internal rewards of participation, participants will be entered into raffles to win fabulous prizes. Program details will be announced at each school and on the GMHEC [website](#) in the beginning of January so stay tuned. We hope you'll join us on this adventure of self-discovery and mindful living.

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