**EAPondering – Mindfulness Misunderstood?**

A message from your Employee Assistance Program

Mindfulness as a way of approaching our world and the people around us, has become a common theme in so many health-minded life practices, including professional psychotherapy and counseling. However, this amazingly effective, yet simple strategy is met by many with everything from dismissive jokes to downright mistrust and skepticism due to misunderstanding about what Mindfulness actually is, and is not.

Dr. Seth Gillihan’s article in *PsychologyToday.com* sets the record straight with “Seven Myths About Mindfulness.”

Follow, or copy and paste the link: [https://www.psychologytoday.com/blog/think-act-be/201606/seven-myths-about-mindfulness](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.psychologytoday.com_blog_think-2Dact-2Dbe_201606_seven-2Dmyths-2Dabout-2Dmindfulness&d=CwMCaQ&c=EZxp_D7cDnouwj5YEFHgXuSKoUq2zVQZ_7Fw9yfotck&r=AIMszgUgc_YYsitrMsMaPw&m=6-2me8iBAV68kXbIHvabFRxjXLJ0SmNVEU2-VXqzYUg&s=odZxLOPC-twhNDjsmnIQ-CvgpH5F_a97OeitMfA4_R8&e=)

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f you would like to learn more about mindfulness, or talk about any life concern, the UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)