Have you ever felt overwhelmed at work? Too many tasks and deadlines that keep you on the roll? We all have different ways to relate to stress at work or in school. I invite you to ask yourself:

- How many hours each week do you usually spend at work/university or with family/friends having fun, relaxing, or self-reflecting?
- How many hours do you spend texting, tweeting, emailing, posting to social media, and browsing the net or apps?
- Are you truly present in each moment as life unfolds?
- Do you feel deeply fulfilled, joyful, and intimately in love with your life?

Multi-tasking, overloaded schedules, and high demands often keep us incredibly busy and stressed. It seems paradoxical to meet both the demands and goals of our work and personal life. To balance our expectations, our career goals as scientists, while also living a deeply fulfilling and happy life can be challenging. Specifically, women suffer from those competing demands. To keep us healthy and in the “green zone” depends how we relate to stress and life as a whole.

Unplugging and Being More Present

There has been ample research evidence that mindfulness practices allow us to unplug and be more present, deliberately paying full attention to what is happening around you and within you (in your body, heart, and mind) in the present moment (Fig. 1). The practices of mindfulness cultivate the ability to become more aware of thoughts, emotions, and actions, and thus, give us the tools to choose wisely and live up to our highest potential. Mindfulness practices, such as meditation, breathing and concentration practices, body scans, yoga, and mindful eating or walking, train us to be aware of moment-to-moment experiences in life, at work/study, and in relationship to others.