



# I.D.E.A.'S @ DWIHN

Inclusion, Diversity, Equity, Access

[diversity@DWIHN.org](mailto:diversity@DWIHN.org)

**Diversity**

**Equity**

**Inclusion**

## 12 Quick & Easy Mindfulness Exercises for Busy People

### 12 QUICK MINDFULNESS EXERCISES

1. Active listening
2. Body scan
3. Mindful appreciation
4. Mindful breathing
5. Mindful eating
6. Mindful focus
7. Mindful immersion
8. Mindful listening
9. Mindful moving, walking or running
10. Mindful observation
11. Mindful stretching
12. Notice 5 things

**“In today’s rush, we all think too much, seek too much, want too much– and forget the joy of just being.”**

**– Eckhart Tolle**

For full article please go to <https://symondsresearch.com/mindfulness-exercises-employees/>

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**Meet the Diversity, Equity & Inclusion Committee**



**Justin Zeller**  
Clinical Specialist  
Performance Monitor  
Quality Department

My name is Justin Zeller. I have a bachelor’s degree from Michigan State University and Master’s of Social Work from the University of Michigan. (Go Green!) My wife and I have our hands full with two incredible children, ages 5 and 1. A few hobbies include coaching T-Ball for Detroit PAL, playing on recreational sports teams and running a golf league & trip.

I have been at DWIHN for 4 years as a Clinical Specialist in the Quality Improvement Department. During my time here, I have been a part of a variety of projects that have expanded my knowledge of our system. Some of these projects include Performance Indicators initiatives, training and consultation for providers, HSAG and NCQA quality improvement projects, critical and sentinel reviews, audits, and other MDHHS reporting.

I am honored to be a Diversity, Equity, and Inclusion Committee member and proud of all of our accomplishments. I am a Korean-American Adoptee. I have always been very cognizant of the different aspects of my identities and know what it is like not to be in the majority. I believe it is imperative that everyone at DWIHN and its network feels welcome, safe, and respected. I hope our initiatives will help underrepresented groups feel invited as well as supported and encouraged to participate. This environment will ensure DWIHN continues to attract and retain exceptional employees with innovative initiatives as it continues its expansion.

**Provider Spotlight**



<https://www.accesscommunity.org/>

The Arab Community Center for Economic and Social Services (ACCESS) strives to enable and empower individuals, families and communities to lead informed, productive and culturally sensitive lives. As a nonprofit model of excellence, we honor our Arab American heritage through community-building and service to all those in need, of every heritage. ACCESS is a strong advocate for cultural and social entrepreneurship imbued with the values of community service, healthy lifestyles, education and philanthropy.



**If you would like to receive services, call the DWIHN 24/7 Access Helpline:  
1-800-241-4949**