



YOUR BODY IS PRESENT, IS YOUR MIND?

Health Benefits of Mindfulness in the Workplace

INTRODUCTION

Unable to remember what others have said in conversation? Dwelling on past events or dreading what the future holds? Planning on skimming through this newsletter instead of actually reading it? If you answered yes to these questions, there is a strong chance you spend parts of your day zoned out or on autopilot. If so, practicing mindfulness might be an easy and helpful solution for you.

WHAT IS MINDFULNESS?

In simple terms, mindfulness means awareness. It can be described as the practice of meditation where the mind is fully aware to what's happening¹. This may seem straight forward: be aware of your surroundings, take time for yourself or live in the moment. Our minds take flight and begin wandering and soon enough, we are engrossed and obsessing over things we have no control over. That is why the practice of mindfulness can be an important part in everyone's day. Practicing mindfulness or mindful meditation doesn't need to be left to the yoga mat. Organizations use mindfulness training in the workplace to improve workplace function and company morale.

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HOW CAN I PRACTICE MINDFULNESS?

The goal of mindfulness is not to completely quiet the mind, it is to focus on the present without any judgement.² Here are a few tips to get you started in a mindfulness practice:

- 1) Being mindful at work starts at home. Choose a positive message in the morning that can act as your mantra or that you can repeat to yourself throughout the day.
- 2) There is no need for a mat or cushion, just set aside some time in your day. It could even be as little as 1 minute at your desk.
- 3) Sit in a comfortable, relaxed position.
- 4) Put away all distractions and close your eyes, relax and take a few deep breaths.
- 5) Focus on your breathing. By slowing down your breathing, it places you in a calm emotional state.
- 6) Observe when your mind wanders, and when it does, simply return your attention back to your breathing.
- 7) Take a relaxing lunch break outside, or even just a lunch break away from your desk.
- 8) Getting up from your desk and going for a short walk can also help relax and ease the mind.

WHAT ARE THE BENEFITS OF MINDFULNESS?



Citations

¹Good,D.J, Lyddy,C.J.& al. (2016,January 1). Contemplating Mindfulness at Work: An Integrative Review. Journal of Management,42, 114-142

²Dix,M. (2015, March 18). 7 Ways Mindfulness Improves Your Performance At Work. Retrieved November 3 2017 from <http://aboutmeditation.com/mindfulness-at-work/>

Image: <https://www.washington.edu/ima/classes/mindfulness/what-is-mindfulness/>