

Being Mindful at Work

Mindfulness is observing what is happening in the present without calling it good or bad. When we practice mindfulness at work, we focus more easily, respond rather than react, and increase our ability to regulate emotions. We manage our stress levels while simultaneously increasing our productivity. **Here are a few activities to get you started practicing mindfulness at work:**

- ✓ **Take a walk.** Find a quiet space to walk and keep an open awareness of everything around you. Notice the sounds, smells and sights of your environment, as well as the physical sensations of walking.
- ✓ **Stretch.** While focusing on your breath, roll your shoulders, reach for the sky and get your blood flowing. Remembering your body brings you back to the present and helps you focus.
- ✓ **Breathe.** Put your hand on your belly and focus your attention on your breath. Notice your thoughts come and go without judging them.