

# MINDFULNESS IN THE WORKPLACE

“The ability to be aware of your thoughts, emotions, physical sensations, and actions – in the present moment – without judging or criticising yourself or your experience.”

(McKay et al., 2007).

## WHAT IS MINDFULNESS?

Mindfulness originates from meditation practices and is the ability to be fully present in the moment. It is a technique which involves focusing on the here and now.

Mindfulness means acknowledging your thoughts and feelings but not analysing the content or giving it particular meaning, instead understanding that feelings come and go in the body. Mindfulness asks you to understand physical sensations as an experience.



## WHY DO MINDFULNESS?

Scientific Studies have Shown Various Benefits:

- Reducing odds of relapse in major depression (Teasdale et al., 2000).
- Reducing symptoms of anxiety (Kabat-Zinn et al., 1992).
- Reducing chronic pain (Kabat-Zinn et al., 1985; 1987).
- Increased skills to cope with difficult situations (Baer, 2003).

## WHAT IS BEING MINDLESS?



- You don't remember the experience or what roads you took whilst driving.
- You suddenly forget what you came to get, when entering a room.
- You suddenly realise that you don't know what the person is talking about when having a conversation.

## WHAT DOES MINDFULNESS DO?

- Reduces symptoms of stress, anxiety and chronic pain.
- Increases self-awareness and relaxation.
- Enables better response to thoughts and feelings.
- Help you cope with difficult feelings or unhelpful thoughts.
- Encourages kindness toward yourself.
- Decreases binge eating behaviours.



## DID YOU KNOW?

Mindfulness has been widely adopted in various global organisational settings.

# MINDFULNESS AT WORK

Seeks to reduce symptoms of burnout.

"Burnout" refers to the mental and physical effects of chronic stress in the workplace, which can include exhaustion, headaches, digestive issues, depression, anxiety, insomnia, self-doubt, hopelessness and apathy.



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## HOW TO INTRODUCE MINDFULNESS AT WORK

### **Mindful Leadership**

A mindful leadership style will create a more ethical people-focused and healthy organisational culture that in turn performs better.

### **Whole organisation Approach**

Mindfulness is made available to the workforce through training programmes.

### **Employee Led Mindfulness**

Involves the business supporting mindfulness. Initiatives that develop naturally from the enthusiasm of employee led groups.

## PRACTICING MINDFULNESS AT WORK



### Mindful Walk

Take mindful walks during break times to clear your mind. Walk without your phone and concentrate on the physical sensations of walking, including the sights, sounds and feeling of each step.

### Mindful Minute

Start meetings with a mindful minute and three deep breaths to allow everyone to get settled and focus on being present for the conversation.

### S.T.O.P. Stress

**S:** Slow down and stop what you are doing.

**T:** Take a breath to centre yourself and come back to the present moment.

**O:** Observe what is going on with your body, emotions, and thoughts.

**P:** Proceed with something that will support you in the moment like talking with a co-worker or taking a walk.

### Mindful Reminders

Add a few regular reminders throughout your day to prompt you to be mindful. For example, set an alarm on your phone or make an appointment with yourself by adding a mindfulness moment to your calendar.



# USEFUL LINKS

- We have lots of free advice and resources on our private practice website: [www.aberdeenshirecp.com/category/advice/](http://www.aberdeenshirecp.com/category/advice/)
- Free downloads for relaxation and mindfulness: [www.excelatlife.com/downloads.htm](http://www.excelatlife.com/downloads.htm)
- The free mindfulness project: [www.freemindfulness.org](http://www.freemindfulness.org)
- Other exercises: [www.mindfulnessexercisess.com/free-mindfulness-exercises/](http://www.mindfulnessexercisess.com/free-mindfulness-exercises/)
- Other exercises: [www.positivepsychology.com/loving-kindness-meditation/](http://www.positivepsychology.com/loving-kindness-meditation/)
- Mindfulness Apps: **Smiling Mind (free); Calm; Headspace**

If you are interested in mindfulness training for your business or organisation, please get in touch to discuss your needs and requirements.

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