

EMOTIONAL INTELLIGENCE & POSITIVITY

Session Follow-up

MINDFULNESS AT WORK

Mindfulness is the awareness that arises from paying attention to the present moment: on purpose, through your five senses, and non-judgmentally.



Our brains are constantly firing on all cylinders, and it can be exhausting.

While meditation is an effective way to train your brain to be calmer, happier and more resilient in times of stress, you don't necessarily have to sit in extended mindfulness meditation to reap many benefits mindfulness can offer.

Research suggests that as little as 5-10 minutes of daily mindfulness can help reduce stress, improve sleep, and increase our overall sense of well-being. If it's hard to carve out 10 minutes, you can use multiple moments throughout the day—brushing your teeth, walking, standing in the elevator, eating lunch—to practice a mindful pause.

Remember, the more you practice, the more it is there for you when you need it—to transition between meetings, to calm yourself from stress when it really counts, or to simply appreciate life as it's happening.

Start with the breath. And notice. Feel the breath rise and fall, fill and empty. Extend awareness out to the body. What do you feel? Where do you sense tension? What do you hear? See?

ACTIVITIES

- [Mindfulness Self-Assessment](#)
- [The Mindful Pause](#) (guided; duration 00:03:00)
- [Brief Body Scan](#) (guided; duration 00:03:50)
- [One-Minute Breathing Meditation](#) (guided; 00:01:00)



[Andy Puddicombe: All it Takes is 10 Mindful Minutes](#)



[Jon Kabat-Zinn: Life is Right Now](#)

["Mindfulness in the Age of Complexity"](#) (HBR, March 2014)

[Mindfulness at Work: 5 Tricks For A Healthier, Less Stressful Work Day](#) (HuffPost, June 2013)

[A Guide to Mindfulness At Work](#) (Forbes, October 2012)