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“Mindfulness isn’t difficult, we just need to remember to do it.” – Sharon Salzberg

MINDFUL AT WORK: Research shows the average person spends nearly 47% of their waking hours thinking about something other than what they’re doing. That means we’re spending almost half of our time operating on autopilot. During a busy work day finding time for a 30-minute mindful exercise can feel impossible. But that doesn’t mean you can’t be mindful at work. Mindful exercises can be as short as you want. Even one minute of consciously connecting with one of your senses can be classified as a mindful exercise. You don’t even need to close your eyes or be sitting down. Be creative and find short times in your day to add a bit of mindfulness. Think of mindfulness as a muscle. The more you exercise your mindful muscle, the stronger it becomes.

SET REMINDERS TO GET OUT OF AUTOPILOT: Add a few regular reminders throughout your day to prompt you to be mindful.

- Set an alarm on your phone (try a vibrating alarm that won’t disturb coworkers).
- Make an appointment with yourself by adding a mindfulness moment to your calendar.
- Put a small note or picture on your desk that will remind you to be mindful.



How to Practice Mindfulness at Work Link: <https://www.mindful.org/how-to-practice-mindfulness-throughout-your-work-day/>

SOURCES: <https://www.mindful.org/10-ways-mindful-work/> / <https://news.harvard.edu/gazette/story/2010/11/wandering-mind-not-a-happy-mind/>