

Workplace Mindfulness

Mindfulness can be a powerful way of adopting a state of *loving-kindness* to both ourselves and others and has significant benefits to how we handle stress (Shapiro, 2020; Tetrick & Winslow, 2015).

The below questions can help decrease stress and improve workplace satisfaction through a series of simple questions asked when relaxed and present.

Consider the three elements of mindfulness in relation to your workday (modified from Shapiro, 2020):

Intention:

Spend time reflecting on your goals and your aspirations for work.

What is most important to you?

What do you value most?

How might you be able to move more towards your values?

Write down some new, realigned, short- and long-term goals.

Attention:

Think about how much attention you are giving to your work.

Where is your balance between work and home life?

Are you lacking focus and attempting to multitask?

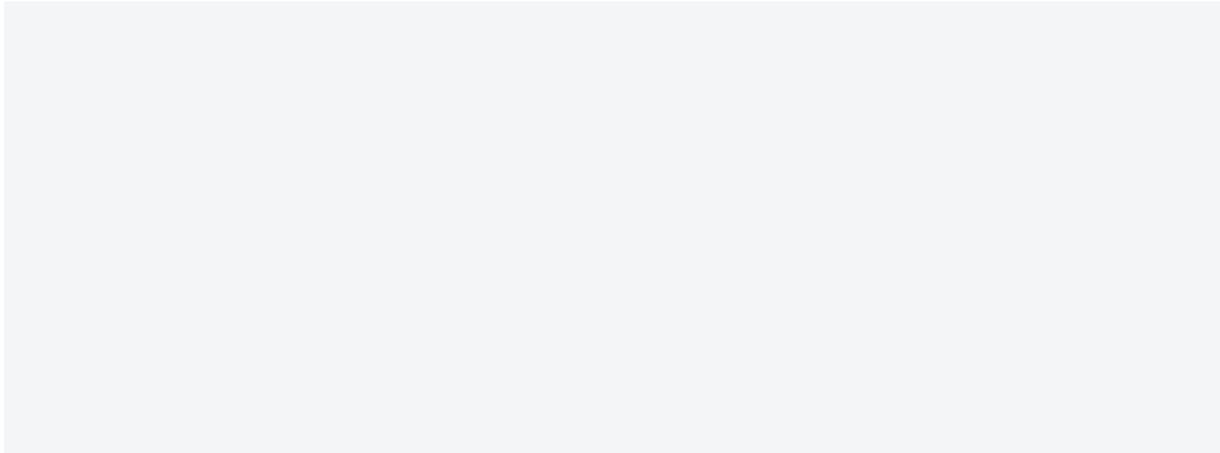
Write down the tasks you need to focus on (without distraction) tomorrow?

Attitude:

A workplace of kindness, compassion, and curiosity is less stressful and more conducive to growth.

How could you make this happen?

Write down some immediate steps you could take tomorrow to improve your own and other's environment.



References

- Shapiro, S. L. (2020). *Rewire your mind: Discover the science + practice of mindfulness*. London: Aster.
- Tetrick, L. E., & Winslow, C. J. (2015). Workplace stress management interventions and health promotion. *Annual Review of Organizational Psychology and Organizational Behavior*, 2(1), 583-603.

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