



Corporate
Fitness
Works

Staying Mindful at Home and Work

Tips for Mindful Practices



What is Mindfulness?

“Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.”

~Mayo Clinic





Benefits of Mindfulness

- Mindfulness can help you to become more self-aware
- Leading to
 - Increased productivity
 - Decreased stress and anxiety
 - Accomplished goals
 - Better time management
 - Overall better well-being

How to Get Started

1

Identify barriers you can control that are holding you back from living a healthier lifestyle

- I.e.: time management, fear, relationships, access to resources, etc.

2

Choose one area you want to work on or simply become more thoughtful about

3

Identify ways you can change your mindset

- I.e.: meditation, journaling, positive affirmations

Ways to Be Mindful While Working

- Press Pause
 - Break at least every hour and completely detach from work
- Focus on the now rather than the future
 - Complete one task at a time and don't worry about what you still need to complete
- Meditate
 - Allowing yourself to refocus can create a better work environment
 - Try this 1 minute meditation to catch a breath
<https://www.youtube.com/watch?v=c1Ndym-lsQg&feature=youtu.be>

Ways to Be Mindful While Working

- Mindfulness is all about mindset
- Be encouraging to yourself
- Saying affirmations out loud are more likely to have a positive effect on your mood.
 - Affirmation Examples:
 - I am hard-working and successful at what I do
 - My work is valuable and not defined by what my boss or coworkers may think
 - I am worthy and strong
 - My passion drives my work
 - I have a strong work-ethic



Ways to Be Mindful at Home



- Be sure to move to a different place in the house and get a change of scenery
- Complete a yoga practice with a mindful focus
- Reflect on your day either at the beginning or end of each day
- Consider writing down some of your “wins” or gratitude from the day

Making Mindfulness a Regular Practice



- Once you've introduced mindfulness into your life try and make it a regular habit
- Start small and pick a mindful activity once a week
- Schedule it on your calendar so you remember
- As time goes on slowly add more activities to make it a part of your daily routine



Questions?



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