

— A Short Practice On —

Mindfulness @ Work

1. Find a comfortable posture.

You are welcome to close your eyes for this exercise if you'd like, but it's certainly not necessary if you would rather not.

2. Notice, right now, the position of your body.

Can you feel any physical tension in the body? Which parts feel warm, and which ones cold? Does the tension have a shape, a color, a texture? Be aware of what they are. What happens to the tension and tightness as you become aware of them? Do they release or remain present?

3. Become aware of emotions that are present.

What happens when you observe them? Get a sense of how strong the emotion is. Don't try to let go just yet. Putting effort into letting go creates more tension – instead, become aware of it and allow the emotion to take its course. If the feeling lingers on, accept it as it is.

4. Make an attempt to let go.

At the end of this short meditation, try to let go of anything that you found – anything that you're now holding on to, trusting that you have within you all that needs to be known.

There are a number of ways to include mindfulness in your work day routine. Above are tips for a simple meditation, but to learn more about this or other mindfulness techniques, reach out to your EAP.