

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

November 2020

What does Mindfulness have to do with Work?

We hear a lot about being mindful but what does it really mean and how does it impact work?

Mindfulness is purposefully paying attention to the entire experience of the present moment. To do this fully one keeps an open, curious, and accepting attitude, but dismisses thoughts and worries to be completely present in the current moment. To be more mindful we can try to be less distracted by focusing on one thing at a time. Being more mindful can improve our health and sleep; it helps us better deal with stress and burnout; and it can increase our job and life satisfaction. Mindfulness may improve driving performance and can improve our safety at work and at home. How many times have we blamed an accident on “not paying attention”? Taking time to become more mindful can reduce accidents. It has also shown to improve physical health, such as reducing chronic pain and improving immune function. It can also improve mental health by reducing anxiety, depression, and stress.

HEALTH REMINDER: Being mindful can: Reduce stress and increase well-being. Improve memory, focus and information processing. Decrease emotional reactivity

To improve mindfulness at work, try these tips:

1. Practice mindfulness reset: take a five minute break to allow your mind to settle on sensations of breathing in and out and let whatever thoughts or emotions that arise float by you.
2. Practice mindful gratitude: at the end of each day take a few minutes to remember the positive events of the day and be thankful before moving on to the next thing.
3. Find a mindful buddy: having the support of at least one other person who shares an interest in being mindful at work can be helpful. You can share this connection by sitting quietly together for a few minutes.
4. Do one thing at a time and avoid the trap of “multi-tasking” which divides attention and other brain/cognitive resources. Also, try micro-focus techniques, like focusing on one task for a given period like 15 minutes.

Discussion Points/Quiz Questions:

1. Check out the website – mindful.org/10-ways-mindful-work/
2. What are some ways to be more mindful at work?
3. Do you have any experiences of how being mindful might have prevented an accident?