

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

November 2021

Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness is not obscure or exotic, it's familiar to us because we already do it. Practicing mindfulness has been scientifically demonstrated to benefit ourselves, our loved ones, our friends, neighbors, and coworkers. Mindfulness has the potential to become a transformative social phenomenon for a few different reasons:

- **Anyone can do it.** Mindfulness practice cultivates universal human qualities without a requirement to change your beliefs.
- **Mindfulness brings awareness and caring into everything we do—and it cuts down needless stress.**
- **Its evidence based.** Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.
- **It sparks innovation.** As we deal with our world's increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly intransigent problems.

Types of Mindfulness Practice

While mindfulness is innate, it can be cultivated through proven techniques. Here are some examples:

- Seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep)
- Short pauses we insert into everyday life
- Merging meditation practice with other activities, such as yoga or sports

HEALTHY OR SAFETY REMINDER: Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it. It involves taking the time to pay attention to where we are and what's going on, and that starts with being aware of our body.

Discussion Points/Quiz Questions:

1. What are some areas or times of the day mindfulness could be incorporated into your daily life?
2. Which type(s) of mindfulness practice do you think you could commit to most?