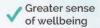


A SIMPLE GUIDE TO CREATING A

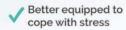
mindful workplace

mindfulness 1. The ability to calmly acknowledge things as they really are whilst being truly aware of the present moment.

Benefits of mindfulness



Improved ability to remain task-focussed



Awareness of mental 'roadblocks' More cohesive team environment

9 easy ways to be more mindful at work

Start the day with a few moments of 'conscious awareness'

Spend a few minutes silently tuning in to the moment. Become aware of your thoughts (while being willing to let them go).

Practice active listening

Notice your body language

Body language speaks

Watch the tone and language in your communications

intend to send. At times, your intention may not match your intended outcome.

Eat mindfully

Take small bites. Chew your food slowly. Notice the flavours and textures.

When stressed, take a time out

Get some fresh air. A short break may break your thought cycle and change your perspective

Respect all people, even if you may not agree with their ideas

opinions may help you with

When communicating, remember to THINK:

Stay in the moment!

The past has already happened. The future has yet to occur. Check in with yourself. Now is what we have!

Talk to us to see what mindfulness training can do for your workplace

Call (02) 8090 7184 info@mindfulnessspace.com.au



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