

5 ways to be more *mindful* at work



Being Mindful at work may feel like an oxymoron, how can you be mindful during a busy work day? Below are a few ideas on ways you can be mindful at work:

Body Scan

This is where you pay attention to parts of the body, starting from the top of your head moving all the way down to the end of your toes. You bring awareness to every part of your body noticing how you are feeling, whilst being conscious of your breathing.

Use Reminders

Being on autopilot does mean you are not fully present in the moment, set a calendar reminder to remind you to be present in the moment and concentrate on being mindful.

Adopt a Growth Mindset

See challenges as opportunities for growth. Take on a new challenge that you may normally avoid, try to stretch yourself, be innovative.

Be Grateful

Actively practicing gratitude makes you feel better and has a positive impact on your working relationships and your quality of work.

Mindful Eating

This involves paying attention to the taste, sight and textures of what you eat. For example, when eating a sandwich you could focus on the taste of the food as you chew it properly and slowly.

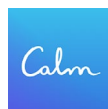
Further help & support



Mind provide advice and support to empower anyone experiencing a mental health problem. Some [mindful guidance](#) on their website will give you information on mindfulness.



Headspace provide [guided meditations](#), animations, articles and videos.



Calm is an app that provides support with Sleep, Meditation and Relaxation.



The **NHS** have information that may help with stress, anxiety or depression through mindfulness.

