



Mindfulness habits for work

MINDFULNESS SESSION

MINDFULNESS IMPULSES FOR YOUR WORKING DAY

Why not make the practice of mindfulness a valuable habit throughout your workday? Here are some inspirations for your daily practice:

- Keep a mindfulness-diary (e.g. every day before or after work)
- Try a mindfulness-calendar (e.g. check out the monthly Happiness - Calendar of Greater Goods Science Center at UC Berkeley or put together a collection of your own favorite exercises)
- Establish mindful moments (e.g. "1 minute of silence before a meeting or appointment" or "3 deep breaths" or "1 minute to concentrate on your bodily sensations")
- Have a mindfulness-meeting with yourself: reserve some time to practice mindfulness every day at the same time (e.g. "5 minutes to become aware of what is going on inside you (thoughts, emotions, bodily sensations) and what is going on around you (how do your colleagues seem to be or feel today?)
- Be or become a "single-tasker": reduce stress by focusing on just one activity. Complete topics/tasks and make yourself aware of this, before you start something new.
- Practice gratitude before leaving your workplace: Take 5 minutes for yourself and write down what you are grateful for on that very day. Try to find 5 or maximum 10 specific experiences and name these in your list. Supporting questions: "What are you thankful for today?" "Who was helpful for you today?" "What valuable thing have you learned today?"