



Mindfulness for work

MINDFULNESS SESSION

QUESTIONNAIRE

Which of what is valuable to you, would you like to have more in your working day?
(state 1-3 aspects)

What can you easily change or add/integrate at your workplace to improve the general conditions/atmosphere? (Find 3-5 ideas)

For the integration of relaxation/mindfulness exercises into your work processes, what do you prefer?

a) Rituals b) spontaneous/situational exercises c) combination of both

Write down how you will organize the practice of mindfulness & relaxation exercises throughout your working day:



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Which exercises do you already know (and maybe practice already) and would be interested in practicing?

What will help you to integrate mindfulness / relaxation-exercises into your workday?

What might hinder you to practice throughout your workday? How can you deal with it?

- a) _____ . _____
- b) _____ . _____
- c) _____ . _____