

What is Mindfulness?

“Mindfulness is the awareness that arises when we deliberately direct our attention toward our inner experience, toward others, and toward the environment around us. But more than just focusing your mind, it’s about your mindset — how you view the world.”

-Cameron, L. (2018). *The Mindful Day*

Why Mindfulness?

Many of us go through our day on autopilot, without really being present in the moment. The benefit of mindfulness is that it is easily accessible and can assist so many people.

Studies show that mindfulness practices help people...

- manage stress,
- cope better with a serious illness,
- reduce anxiety and depression,
- increase ability to relax,
- have greater enthusiasm for life,
- improved self-esteem,
- encourages one to pay attention to thoughts, actions, and the body.

News in Health, a monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Service,

21 One Minute Mindfulness Exercises

1. Yawn and stretch

One of the easiest ways to bring yourself back to your body.

2. Sit and observe

Sit down somewhere outside and simply watch the world around you.

3. Wash your hands

Every time you wash your hands, use it as a reminder to come back to the present.

4. The STOP method

Stand up, Tune in to your body, Observe physical sensations, imagine new Possibilities

5. Transition moments

Take advantage of "transition moments," like walking across a parking lot. Do it with care.

6. Mindful breathing

Take 60 seconds to notice your breathing. When your mind wanders, bring it back.

7. Loving kindness

Loving kindness meditation is a practice to send warmth, kindness and peace to others.

8. Set an intention

Take a one-minute pause in your day to decide how you want to move through the day

9. Self-compassion

Remind yourself that it's common to be hard on yourself, but you need to be nurturing instead.

10. Mindful hug

Ask a partner or friend for a hug. Take three deep breaths together. (Releases oxytocin!)

11. Mindful eating

When you catch yourself eating on autopilot, take 60 seconds to slow down and eat mindfully.

12. Morning meditation

Take one minute right when you wake up to meditate before you begin your day.

13. Chair meditation

When you're at your desk in the middle of your workday, take 60 seconds to meditate.

14. 4-7-8 breathing

Breathe through your nose for 4 seconds, hold for 7 seconds, then breath out for 8 seconds.

15. Box breathing

Visualize a square. Move along each side of the square, breathing, holding, and exhaling.

16. Do a door reset

When you pass a door and enter a new space, use that as a chance to do a mindful reset.

17. Guided meditation

Find a one-minute guided meditation for a quick mental reset.

18. Cloud watching

Pick a cloud, or anything in your environment, and watch it for one minute.

19. Mindful listening

Choose a piece of music you've never heard before. Listen to every element of it carefully.

20. Gratitude

Carve out one minute of your day for a moment of gratitude.

21. Focus

When you catch yourself multitasking, slow down and work on just one thing for one minute.

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Ways to Create Mindfulness in the Workplace (Even Remotely)

- Offer Intention-Setting Time
- Connect for a Weekly Gratitude Time
- Host a Group Meditation Time
- Have a "No Cell" Policy During Meetings
- Start the Day on a Positive Note
- Connect Over Coffee Chats

Total Wellness, Employee Wellness Blog