Mental Well-Being at Work: Get in Touch with Your Mind

An increasing number of people worldwide are discovering the benefits of practicing awareness of the present moment. It turns out that this simple adjustment to your lifestyle can have a lasting and profound effect on your well-being. Here are a few ideas on why and how it can benefit you.

1. **Experiment:** For the next week, when you get to the office or your desk, take 10 minutes to boost your brain with a short mindfulness practice before you dive into activity. Observe how this affects your work day.

2. **Stop to find out what you are sensing:** Every now and then, take a few minutes to notice the sounds around you, the taste of your food, or the wind on your face when you’re outside. Pausing occasionally to observe what your five senses are telling you can be both a refuge from a busy mind and a way to enhance your awareness.

3. **Stop to take three breaths:** Set a timer to ring every hour. When the timer rings, cease your current activity and take three breaths. This simple action, possible anywhere and at any time, rebalances the body and activates the parasympathetic nervous system.

**WHAT YOU CAN DO**

**MINDFULNESS PRACTICE IMPROVES FOCUS.**

Those who practice are focused 69% of their work time

Those who don’t practice are focused 58% of their work time

**MINDFULNESS PRACTICE HELPS PREVENT BURNOUT**

Those who regularly practice mindfulness report 21% lower burnout compared to those who do not practice

**MINDFULNESS PRACTICE INCREASES RESILIENCE**

Those who regularly practice mindfulness report 13% more resilience compared to those who do not practice

*The Mind at Work* is Potential Project’s biannual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees’ moods and mental states within the flow of a work week to reveal the true employee experience.