

# 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.



Potential Project's [The Mind at Work](#) study reveals how practicing mindful attention impacts our work performance and well-being.

## 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.

## WHAT YOU CAN DO

- 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.

Find more insights about mental well-being in [The Mind at Work](#) – Potential Project's bi-annual 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.