

Mindfulness & Meditation

WHY PRACTICE MINDFULNESS?



Endless distractions take away from the present moment. In the workplace, this lack of presence causes burnout, stress, disengagement and unnecessary mistakes.

"Mindfulness is the practice of paying attention to our present moment experiences with openness, curiosity and a willingness to be with what is."

Practicing mindfulness is cited as one of the most effective ways for leaders to manage stress and anxiety, supporting morale and drive on their teams.

BENEFITS TO LEADERS



- **Awareness** - Self-awareness and awareness of others are foundational for effective leadership.
- **Creativity** - In order for ideas and innovation to flow, we need to create distraction-free space for reflection.
- **Curiosity** - Leaders must be truly interested in what is actually here now. Look. Listen. Be curious.
- **Compassion** - A safe space is key for both individual performers and successful teams. Feeling safe enables creativity, innovation and growth.
- **Focus** - Mindfulness helps us to gather the mind, be present and see things through.

ONE-MINUTE PRACTICE



STOP is a simple Mindfulness practice with powerful results:

Stop: Press the pause button on your thoughts and actions.

Take a Breath: Center yourself.

Observe: What is going on with you:

- **Body:** What physical sensations do you notice—touch, sight, hearing, taste, smell?
- **Emotions:** What are you feeling right now?
- **Mind:** What assumptions are you making about your thoughts and feelings?

Proceed: Make a conscious, intentional choice to incorporate what you just learned.