

Mindfulness Monday Message #52 - 22 May 2017

It is only a few more sleeps until the CRANAplus *'Connected, Engaged and Collaborative Workplaces' Symposium*. The importance of mindful practices in healthy workplaces will be a key feature of the symposium. Research shows that if an organisation makes a commitment to mindfulness practice, there is a reduction in absenteeism and productivity is increased. For the individual, stress is reduced and cognitive thinking enhanced.

Mindfulness offers a way of attending to the task at hand, rather than a pile of other tasks to be done in the future. It reduces stress by focussing attention on the here and now, and in a non-judgemental way on thoughts, feelings and sensations.

There are many ways to facilitate mindfulness in the workplace. The most important, of course, is to make time for it. If possible, creating a space set aside just for quiet sitting, that is private and comfortable, is ideal. Reminding work mates to breathe and to centre themselves when things become stressful, is also an important strategy.

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