



READ TIME:
5 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)

Using Mindfulness in the Workplace

By Jackie Billhymer

The workforce of today is busier than ever and that means we are under an incredible amount of stress on any given day. Technology has allowed us to be the ultimate multi-taskers and what has become the norm comes at a cost. Constantly working in a thousand different directions will eventually take its toll on your health and well-being. Stress can raise your risk for high blood pressure and increased cholesterol levels, so you must find ways to manage it. **Maybe it's time to bring manic multitasking to an end and focus on mindfulness instead.**

Mindfulness is a way to keep us present in the moment and concentrate on one thing at a time. It is being aware of and accepting your thoughts, emotions and sensations as you experience them. You have both positive and negative thoughts at any point in time and mindfulness helps you determine what really matters in that moment. Mindfulness is not the same as meditation in that you don't need to clear your mind of all thoughts; it is more about being aware of your thoughts and identifying what you can release to make room for more positive thoughts.

The University of California Berkeley's Greater Good Science Center has a [mindfulness quiz](#) that can help you be more aware of mindfulness. The real benefit to mindfulness is that you can practice it at any place and any time. When you're stressed, one of the easiest things you can do immediately is **practice controlled breathing**. Take a long, slow breath in through your nose, filling up your lungs, hold your breath to the count of "three". Then exhale slowly through pursed lips, while relaxing your face, jaw, shoulders and stomach. Breathing like this reduces anxiety, slows the heart rate and lowers blood pressure. It also brings more oxygen flow to your body. **In a busy workplace, building in deliberate time to pause and breathe is critical to both the well-being of individual employees and the collective health of the organization.**



Sensory exercises can also help – and be practiced almost anywhere. Place a small object in front of you and focus on how it looks, feels in your hand, smells or tastes (depending on the object). This exercise results in being aware of your senses and the present moment.

Mindfulness doesn't have to take a lot of time or be an intense lesson. You can incorporate it easily into your daily routine and use it as a tool to manage stress. Lowering your stress levels can lower your risk for heart disease risk factors like high blood pressure. You might find that you also have a more positive mindset, are more productive, and have better interactions with the people around you. Try it!! ■