

WORLD MEDITATION DAY

Modern life can feel relentless and stressful. But with the right tools, **we all have the potential to be healthier and happier.** The vision for World Meditation Day is to be celebrated across the globe so that people everywhere can take the opportunity to **press pause and reboot.**

No prior meditation experience is necessary to join this day. If you're not a meditator, perhaps just take 20 minutes out of your day to close your eyes, relax and reflect. You can learn and practice meditation and mindfulness with our techniques attached.

"The body benefits from movement and the mind benefits from stillness."

- Sakyong Mipham



THE FOLLOWING ARE SOME BENEFITS OF MEDITATION AND MINDFULNESS:

- Less susceptible to negative secondary reactions
- Increased wakeful and relaxed attention
- Increased change of controlling urges before they lead to damaging behaviour
- Higher cognitive processing
- Alternative therapy for stress, depression, sleep disorder and other health conditions



LEAD YOUR TEAM MORE MINDFULLY

Here are some tips on how you can better lead your team mindfully.

Check In

Connect with your staff one-on-one on a regular basis. Ask how they have been adjusting, what challenges they are facing and what support they would require during this time.



Be Honest

Be honest even when uncertain. Allow yourself to be vulnerable, sharing your uncertainty as a way to engender trust and build connection.



Provide Direction

Reiterate the projects that need to be completed, check in with team members regarding their different roles and provide clarity where needed.



Encourage Mindfulness

Encourage others to focus on one day at a time and to make use of the resources provided for mindfulness and wellbeing.



Be Present

Whilst communicating digitally ensure that you eliminate distractions so that you can be fully present to listen, empathise, and offer compassion. Ask team members to join you for a digital coffee and catch up session.

Reconnect Your Team

Connect as a team. Team members need one another. They need to feel unified toward a common goal. Also use such a session to re-establish team and departmental goals.

Communicate

Communicate more than ever via email, texts, phone calls, and video chats. Matching the relevant technology to the task. Also consider sending voice notes of appreciation as a personal gesture.

Support

Your team is innovative and capable of rising to this challenge. Their diverse talents and strengths are invaluable. When they lose sight of these strengths provide reassurance and support.

8 MINDFULNESS TECHNIQUES AT WORK

Being productive with your mental health is just as important as being productive at work

Take a break from your phone

It would be best if you took a break from your phone from time to time to help you stay mindful of yourself and your environment



Focus on one Task

Start by making a list of tasks to complete, ordering them by importance.



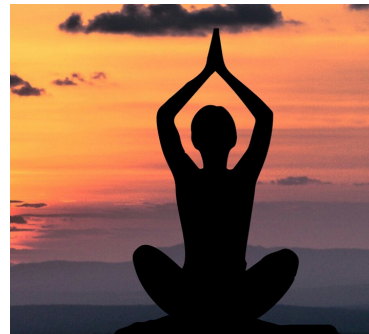
Make Work Meaningful **Take a moment to reflect:**

What moments during the day bring you joy? Grab a piece of paper and write a list of things that make your work meaningful.



Being Present

Live in the moment. Go for a walk and see how many different things you can take in with all of your senses



Take meditation break

Take a ten-minute break during the day to go sit outside and listen to a quick podcast or meditation app to reset your mind



Growth Mindset

Try setting small goals for yourself and acknowledge your weaknesses.

Set Intention

Your intention could be a work goal or something more personal. You can either write the intention down on a Post-It note and stick it on your computer, or you can repeat it to yourself while at work.



Stretch

Whether you work on a computer or are on your feet all day, take a break and stretch.

