

# At-A-Glance: Creating a Mindful Work Environment

## What is Mindfulness?

Mindfulness is the practice of **paying attention** in the present moment, with **openness, acceptance** and **non-judgment**. Results suggest beneficial effects including stress reduction, relaxation, and improvements to **quality of life**. In addition, 15 years of evidence-based interventions suggest that a **practice of mindfulness**:<sup>1</sup>

**Changes brain structure** to enhance parts of the brain used for working memory and attention.

May reduce the frequency and intensity of **chronic pain**.

Increases **happiness** and an overall sense of **well-being**.



Lowers **anxiety**, improve **sleep**.

Lowers **inflammation** and **boosts immune response**.

## Why Mindfulness is Important?

Mindfulness is important because employees in the workplace are constantly distracted. And, they are multi-tasking as well.

The result is employees may be less productive and their performance could deteriorate. Mindfulness may increase employee productivity, help employees be more aware of the stress in their lives, and help them learn how to effectively address it.<sup>2</sup>



## How to Implement Mindfulness Strategies at the Worksite.



### Create a space and time for:

- Employees to re-energize and refuel
- Meditation classes and Mindfulness-Based Stress Management programs
- A “mindful moment” each hour to prioritize their work
- A break from technology



In meetings, place food on a side table and put water in the middle of the table as this may encourage water intake.



When ordering lunch for a work meeting, select healthier catering options and develop policies to support healthier food and snacks at meetings.



Post organizational value statements around the workplace.

<sup>1</sup> Cleveland Clinic; Evidence-based Mindfulness: What Science Tells Us About Mindfulness Meditation and Its Benefits; <https://consultqd.clevelandclinic.org/evidence-based-mindfulness-what-science-tells-us-about-mindfulness-meditation-and-its-benefits/>; accessed 10/1/2019

<sup>2</sup> American Psychological Association, Multitasking: Switching costs, <http://www.apa.org/research/action/multitask.aspx>, accessed on 10/3/2019  
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