

# 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, a mindfulness practice may:<sup>1</sup>

- Improve sleep
- Enhanced memory, concentration and perception
- A healthier immune system
- Increased levels of happiness and compassion
- Improved alertness and ability to focus

## 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>



**Multitasking reduces productivity by 40%.<sup>3</sup>**

## How to implement mindfulness strategies at the worksite



Create a space and time for:

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



Post organizational value statements around the workplace.



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.



<sup>1</sup> Source: Mindworks. [www.mindworks.org/blog/long-term-benefits-of-meditation/](http://www.mindworks.org/blog/long-term-benefits-of-meditation/). 2021. Accessed May 2023.

<sup>2</sup> The Benefits of Encouraging Employees to Practice Mindfulness. LinkedIn. <https://www.linkedin.com>. March 2023. Accessed May 2023.

<sup>3</sup> Multitasking effects on a worker's performance. Chron. <https://smallbusiness.chron.com/multitasking-effects-workers-performance-32339.html>. Accessed May 2023.