

# HEALTH IMPACTS SAFETY

*Breathe*

*Listen*

*Be aware*

*Observe*

*Appreciate*



- **Being mindful can:**
  - **Reduce stress and increase well-being**
  - **Improve memory, focus and information processing**
  - **Decrease emotional reactivity**

## **TWH#12: What's mindfulness got to do with it?**

**INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.**

Our safety talk today is about mindfulness. Mindfulness is purposefully paying attention to the entire experience of the present moment. To do this fully one keeps an open, curious, and accepting attitude, but dismisses thoughts and worries to be completely present in the current moment. To be more mindful we can try to be less distracted by focusing on one thing at a time. Being more mindful can improve our health and sleep, help us better deal with stress and burnout, and increase our job and life satisfaction. Mindfulness may improve driving performance, and can improve our safety at work and at home. Taking time to become more mindful has shown to improve physical health, such as reducing chronic pain and improving immune function. It can also help improve mental health by reducing anxiety, depression, and stress.

### **Here are some tips that can improve mindfulness at work:**

- Practice mindfulness reset: take a five minute break to allow your mind to settle on sensations of breathing in and out and let whatever thoughts or emotions that arise float by you.
- Practice mindful gratitude: at the end of each day call each pleasant event to mind and allow the associated sensations and emotions to fill you with mindful gratitude for a moment before moving on to the next thing.
- Find a mindful buddy: having the support of at least one other person who shares an interest in being mindful at work can be helpful. You can share this connection by sitting quietly together for a few minutes.
- Do one thing at a time and avoid the trap of "multi-tasking" which divides attention and other brain/cognitive resources. Also, use micro-focus techniques, like focusing on one task for a given period, like 15-minutes.

**ASK: "Does anyone have more ideas or comments to share?"**  
**Pause for discussion. Then see if there are ways to take action.**

### **END WITH ACTION PLAN (ideas for what to ask or say)**

- What are some ways to be more mindful at work?
- Would you like to share something that you have found that has helped you to be more mindful?
- Are there mindfulness strategies that our organization management might help support?
- Check out this website: <https://www.mindful.org/10-ways-mindful-work/>