

# Practicing Mindfulness @ Work

## Tips to Manage Stress

### The answer, is mindfulness...

Mindfulness is a simple practice that involves paying attention to the present moment in an accepting, nonjudgmental way. Research has shown it is a remarkably reliable method for reducing stress, especially at work.

### Here are a few tips to bring Mindfulness into your work life:

- One task at a time
- Turn Off Notifications
- Pause to check your breath
- Focus on the Good
- Pay attention to what is around you



The objective of mindfulness is not to cease all thinking, or to “clear the mind”. Instead, the goal is to pay close attention to physical sensations, emotions and thoughts so that you might see them more clearly, without making assumptions, or fantasy “what-if” situations.

Mindfulness in the workplace has the potential to foster enhanced decision making, effective communication, stronger teams and leaders, superior creativity and innovation, improved engagement, confidence around change, greater resilience, and positive wellbeing.



Gooding Wellness, LCSW PC  
181 Main Street  
Cold Spring Harbor, New York  
Tel: 631-351-2940

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