

— Five Reasons We Need — Mindfulness @ Work

Mindfulness at work is about being fully present and engaged in the tasks and interactions of your workday, without letting distractions or stressors pull you away from the moment. It's a practice that can have a significant impact on both individual performance and the overall work environment. Here are five reasons we need mindfulness at work:

- 1. Living under stress weakens your physical health.** Stress not only harms your immune system, which leaves you vulnerable to sickness, it leaves you feeling tired and exhausted as well. If you are not at your best, you are less likely to be successful in taking on life's challenges.
- 2. Fretting can create stress, anger and unhappiness.** You may never know why someone said or did something you find negative. Thinking repeatedly about a negative incident can create additional anger and unhappiness while increasing your stress. Letting go of the incident prevents unnecessary suffering.
- 3. You cannot control how others behave.** While you cannot control how others behave, you *can* control your reaction. You can choose to get angry, resentful and stressed... *or* you can choose not to let his or her behavior affect you. You can choose to let go of the incident, learn from it, and move on... *or* you can dwell on it, inflate it out of proportion, occupy your mind with it and create additional suffering.
- 4. Letting go of negative thoughts will do you good.** If you are unhappy with your job, will thinking of all the reasons why help you in any way? The answer is, "No." If you are going to stay in your job, why continue to create additional suffering for yourself? Letting go of the negative thoughts about your work will do you good and make you feel better and happier.
- 5. There will always be issues at work we have to face.** Whether you didn't get the promotion you expected, the bonus promised, cubicle you wanted, or you had a disagreement with one of your coworkers, there will always be challenges that test you in your job. How are you going to handle them? A negative response can act like an anchor that keeps your mind fixed on the unhappy situation.

For further support and guidance on mindfulness in the workplace reach out.
The EAP is here for you. Call now or visit EAP4YOU.com