

Mindfulness at work is all 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 some key benefits of mindfulness at work.

— The Benefits of — Mindfulness @ Work

Physiological Benefits:

- Decreased heart rate
- Lower blood pressure
- Quicker recovery from stress
- Fewer heart attacks and strokes
- Increased longevity
- Reduced cholesterol levels
- Decreased consumption of energy
- Decreased need for oxygen
- Deeper, slower breathing
- Muscle relaxation
- Reduction in the intensity of pain

Psychological Benefits:

- More happiness and peace of mind
- Greater enjoyment of the present moment
- Less emotional reactivity
- Fewer intense negative emotions
- Fewer dramatic mood swings
- More loving, harmonious relationships
- Increased empathy
- Enhanced creativity and self-actualization
- Heightened perceptual clarity & sensitivity
- Reductions in both acute & chronic anxiety
- Complement to psychotherapy and other approaches in the treatment of addiction

There are a number of ways to include mindfulness in your work day routine. To learn how and for more information on mindfulness, stress reduction or learning to let go, give us a call or browse our Health Resource Library by visiting EAP4YOU.com.