

25 WAYS:
MINDFULNES AND STRESS REDUCTION IN THE WORKPLACE
Modified and expanded from Saki Santorelli's 21 ways to reduce stress during the workday for the Mindful Living Program.

The following ways are simply a road map. Allow your curiosity and sense of possibility to unfold as you explore “your own ways”

1. Place a reminder to bring awareness to your breath or do a mini from 3 to 30 minutes in the morning before your mind embarks in planning for the day or rushing.
2. As you enter the car and before you turn on the ignition, take a few deep breaths or do a mini and stop before “going”.
3. While driving, bringing awareness to any body tension present, e.g. hands wrapped tightly around the steering wheel, shoulders raised, stomach tight. Bring awareness to the breath dissolving the tension with each outbreath.
4. While driving decide not to play the radio or talk on the cellphone; sense the car moving, its speed and the position of your body sitting, the noises and temperature. How does it feel like to drive “mindfully”?
5. Red lights are natural reminders to stop and be...bringing awareness to your breath, the sky or the trees, do a mini.
6. On the interstate, experiment with riding in the right lane, going 5 miles below the speed limit.
7. Take a moment to orient yourself to your workday once you park your car at work. Use the walk across the parking lot to step into your life. To know where you are and where you are going instead of what you need to do.
8. While booting the computer, do a mini or bring awareness to your breath. Notice any tension in the body and let it dissolve. You can do mindful stretches at your desk.
9. Use a computer screensaver with words or phrases to remind you to breath, regroup and recoup, i.e. “breathing in I relax...breathing out now”; or “breathe”.
10. Use breaks to truly relax rather than simple “pausing”. For instance, instead of having coffee or a cigarette or reading or surfing the net, try taking a short walk, or sitting at your desk collect yourself focusing on the breath or do a mini.
11. At lunch, changing your environment can be helpful.

12. Try closing the door, (of you have one) take your shoes off and take time to consciously relax.
13. Decide to “STOP” and do a mini for 1-3 minutes every hour during the workday. Become aware of your breathing and bodily sensations, allowing the mind to settle in as time to regroup and recoup.
14. Use everyday cues in your environment as reminders to “center” yourself, e.g. when the telephone rings, sitting at the computer desk, parking the car before getting out.
15. Take some time at lunch or other moments in the day to speak with close associates. Try choosing topics that are not necessarily work or Katrina related.
16. Chose to eat one or two lunches per week in silence. Use this time to eat slowly and be with yourself.
17. At the end of the workday, try retracing today’s activities acknowledging and congratulating yourself for what you’ve accomplished and then make a list for tomorrow. You’ve done enough for the day!
18. Pay attention to the short walk to your car –breathing in the warm or rain swollen air. Feel the cold or warmth in your body. What may happen if you opened to and accept these environmental conditions and bodily sensations rather than resisting them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?
19. At the end of the workday when your car is warming up, sit quietly and consciously make the transition from work to home, -taking a moment to simply be, -enjoy it for a moment! Like most of us, you are heading to your next full time job –home!
20. When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members or to entering your home.
21. Try changing your work clothes when you get home. Wash you hands and face. Brush your teeth. This simple act might help you to make a smoother transition into your next “role”; much of the time you can probably spare to do this is 5 minutes. Say hello to each family member or to the people you live with. Take a moment to look into their eyes. If you live alone, feel what it feels like to enter the quietness of your home, the feeling of entering your own environment.
22. Try turning the TV off during meals when alone or with your family. Do not answer calls either.

23. Try using the time in the bathroom to regroup and recoup. Try not to read, rather tune yourself to the sensations of the body.
24. If possible at the end of the day and before you go to bed, make time to take 5-10 minutes to be quiet and still, do a mini or just follow the breath.
25. Wear a piece of clothing, a tag, a bracelet or a pin to remind you during the day to breath and to treasure that moment of your life for it's the only one you have.

