

Mindfulness @ Work: Reduce stress, live mindfully and be happier and more productive at work | 2014 | 9781782495154 | Ryland Peters & Small, 2014 | 144 pages | Anna Black

echo the Happy-and-Productive worker hypothesis explored by many authors (for a review, see Cropanzano and Wright 2001; Wright et al. 2002). Several studies carried out recently. Adaptive appraisals. By mindfully accepting experiences instead of dwelling on them, cognitive resources are freed up to broaden the scope of attention to encompass pleasurable and meaningful events and, therefore, build motivation toward purposeful engagement. They are doing. Mindfulness is positively related to work engagement by enhancing this experience of being immersed and attentive. Receptive attention increases the clarity and. Mindfulness at work can help you to beat distractions and reduce stress. Learn what mindfulness is, and how to apply it using these five steps. But how can we use mindfulness in the workplace? And what benefits can it bring to our personal and professional lives? In this article, we seek to answer these questions and bring together findings from the latest research. What Is Mindfulness? The Oxford Mindfulness Center defines mindfulness as "moment-to-moment awareness of one's experience, without judgment." Put simply, when you demonstrate mindfulness, you're fully aware of your thoughts, emotions, and actions, but, equally, you don't get caught up in them. Find all the books, read about the author, and more. See search results for this author. Are you an author? Short and simple meditations that can be used throughout the working day to reduce stress, strengthen focus and concentration, enhance working relationships, and improve the quality of your day. --This text refers to an alternate kindle_edition edition. About the Author. Anna Black has a Masters degree in Mindfulness-based Approaches to Health and has completed the Advanced Teacher Development Intensive run by teachers from the North Wales Centre for Mindfulness and from the Center for Mindfulness at the University of Massachusetts Hospital, USA. Mindfulness at work. Have you ever missed important information in a meeting because you were thinking about something else? Or eaten your lunch at your desk without even noticing what it tasted like? In our busy day-to-day lives, it's easy to only focus on things that have gone wrong and be negative about the people and the things around us. By making a list of things we're thankful for, we can have a more balanced view of our reality. Being mindful of the things that are going well can also help improve our motivation, creativity and productivity. 4. Avoid multitasking. Do you sometimes try to reply to emails while attending a meeting? Or look through your work chats while having your lunch? Starting a Mindful Meditation Program at Work. Ready for your organization to integrate meditation and mindfulness into your work culture? It's simpler than you'd think and as fantastic as eMindful's program is, there are countless ways to get started. At my company, imageOne, we start our all-company meetings with a minute of silence to mentally come to the present moment. In addition to discussing advice on living a healthy work-life balance, making strong human connections, staying active, and more, we have everyone practice some meditation. It's an easy way to introduce the benefits behind the practice and nurture a mindful organization. And these days, we're far from the only company fostering a mindful culture.