



Mindfulness: How to manage stress in the workplace



Helping your mind to be healthy

- Stress in the workplace – the facts
- What is mindfulness?
- How can mindfulness help?
- Mindfulness in the Workplace - Research
- Myths about mindfulness
- The skills to practise mindfulness
- Daily mindfulness tips
- How we can help



What is stress?

Health & Safety Executive:

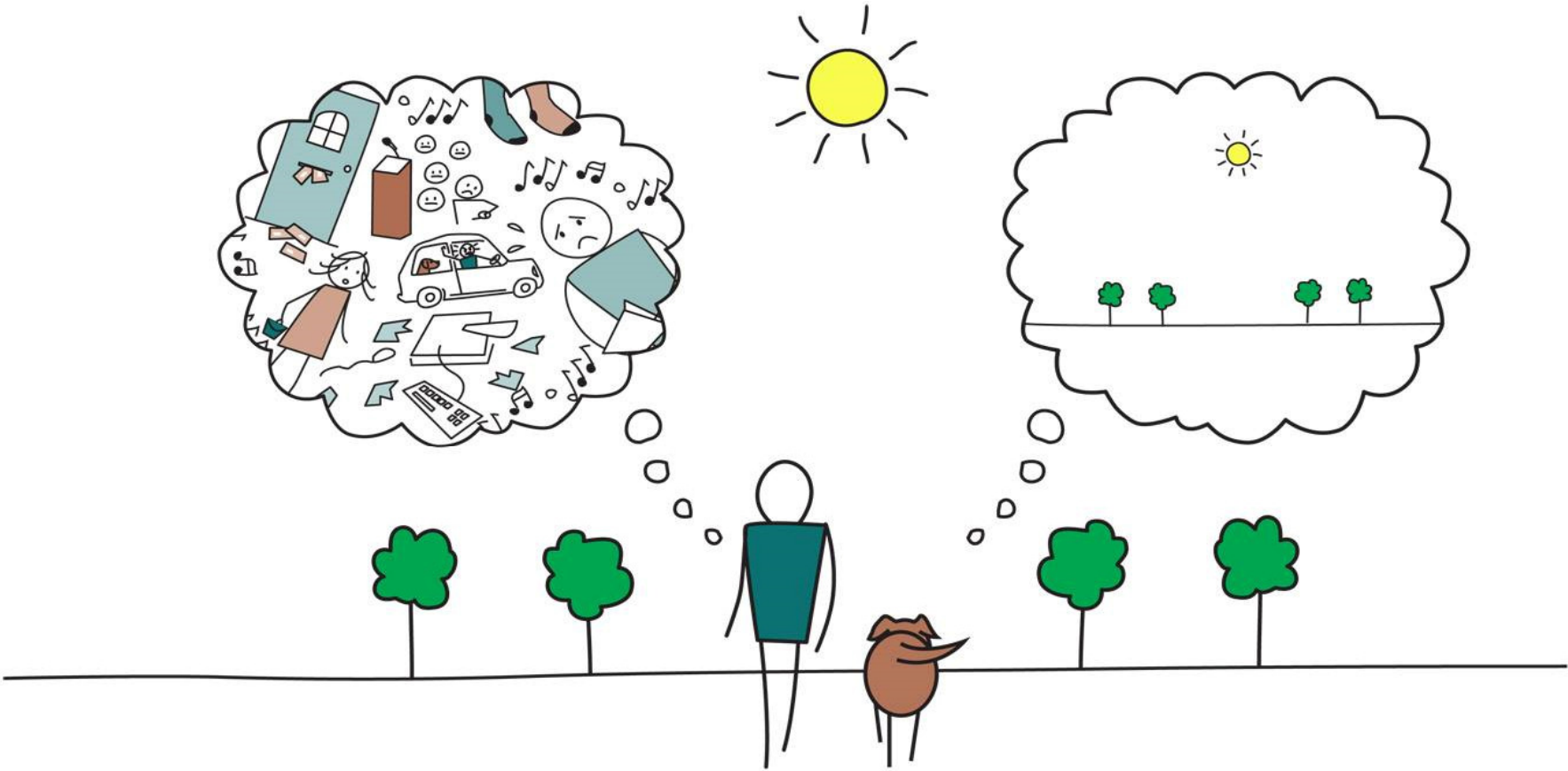
“Work-related stress, depression or anxiety is defined as a harmful reaction people have to undue pressures and demands placed on them at work.”



Stress in the workplace – The facts

- 1 in 6 people experience work related stress, depression or anxiety.
- An estimated eight million people experience common mental health problems such as depression, anxiety and poor sleep.
- Health and Safety Executive research shows work related stress accounts for 37% of work related illness and 45% of days lost (2015/16).
- Mental illness costs employers an estimated £30billion a year in the UK.
- Primary causes of work related stress include workload, lack of managerial support and organisational change

How can mindfulness help?

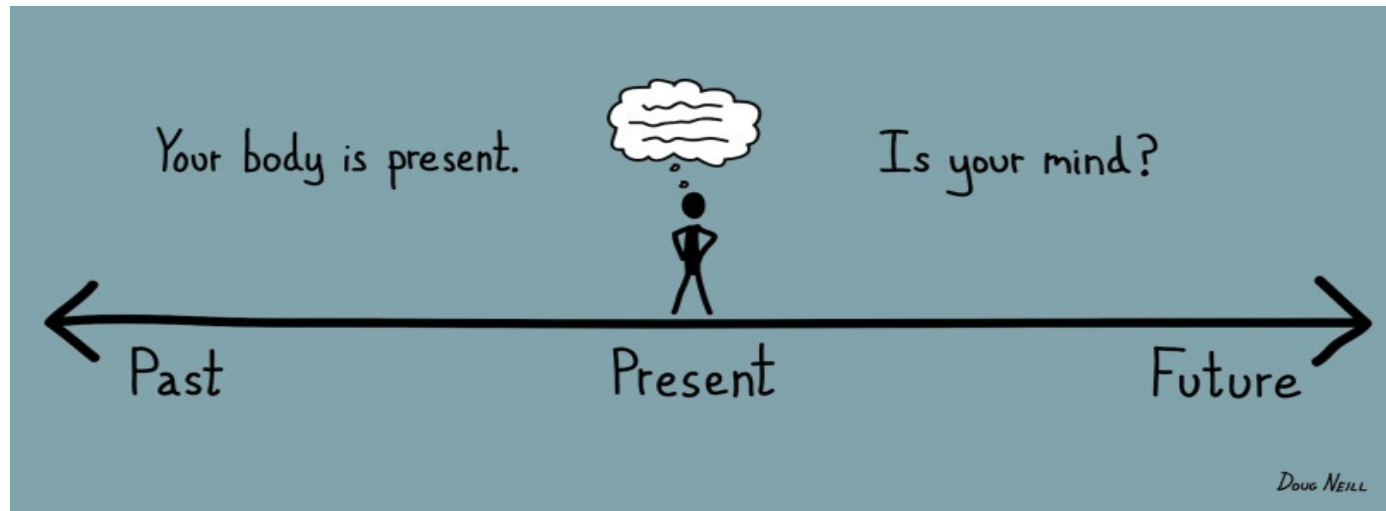


Mind Full, or Mindful?



What is mindfulness?

Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgementally” Jon Kabat-Zinn



How can mindfulness help?

- The mind wanders 47% of the time with 12,000-50,000 thoughts per day.
- Excessive worrying can create feelings of stress and anxiety and can be particularly detrimental to our short term and long term health.
- Develop present moment awareness
- Mindfulness allows us to take a step back and respond to these experiences in a calmer manner.

Mindfulness in the Workplace - Research

In one study with a Pharmaceutical Company, mindfulness was introduced to employees and they found:

- 30% reduction in perceived stress
- 50 % decrease in number of high stress episodes
- 13% increase in resiliency
- 50% decrease in employee burnout

Transport for London has offered mindfulness combined with other interventions like cognitive behavioural therapy (CBT) to staff and it has led to:

- 71% reduction in days off for stress, anxiety and depression
- 50% reduction in absences for all conditions



Myths about mindfulness



Myths about mindfulness

Myth 1: Mindfulness is getting rid of thoughts

Myth 2: Mindfulness is religious

Myth 3: Mindfulness is a quick fix

Myth 4: I have too much to do to stop and be mindful

Mindfulness: putting it into practise



Mindfulness skills:

- Accept each moment
- Be aware to what comes in and out of your mind: thoughts, feelings, actions.
- Watch your thoughts as they come and go. Notice what you are doing.
- When you find yourself judging, do not judge the judging
- What you practice grows stronger

Mindfulness: The 'how' skills

- Do one thing at a time. When you are eating, eat. When you are walking, walk. When you are worrying, worry. Do each thing with all of your attention.
- Let go of distractions. If other thoughts distract you, go back to what you are doing. Keep bringing yourself back to the current activity.
- Concentrate your mind. If you find you are doing two things at once, concentrate on one.

Daily mindfulness tips

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."
- Calvin & Hobbes



Daily mindfulness moments

There are many daily routine acts that we can bring a mindful approach to. You can bring the present moment, non-judgmental view to anything you are doing:

- brushing your teeth
- walking (notice your surroundings)
- driving

Mindful Eating

- **Observe:** Check in with your body, are you feeling hungry? How hydrated are you? Take note of your body: rumbling tummy, low energy, stressed, satisfied, full, empty?
- **Savour your food:** Notice the texture, aroma and flavour of food
- **Slow down:** If you have a tendency to eat quickly, put your knife and fork in between mouthfuls
- **In the moment:** Be fully present. Turn off the TV and sit down when you eat, take your time when eating and thoroughly chew your food, only ever eat to 80% full.

Daily mindfulness tips: mindful breathing

If you feel uncomfortable in a situation, emotional or anxious, a quick way to bring in mindful awareness is to pay attention to the body and the breath.

Focus on your breath and its calming rhythm and you will start to feel more centred and relaxed.

How we can help

Mindfulness Meditation Course

We will be offering a 6 week Mindfulness Meditation course to companies on the business park.

FREE taster session on Tuesday 4th April 12:05

Group Exercise Classes

Our range of classes, including Yoga and Pilates, can help you unwind, relax and re-energise.

Other Services

Nuffield Health offer other health services including Cognitive Behaviour Therapy.

