

## Mindfulness at Work – Activities



### Activities

#### 54321 Grounding Exercise

- **Description:** Grounding is a technique that helps keep someone in the present. It helps reorient a person to the here-and-now and in reality. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. This activity can be used by anyone to gain more of a mindful state of being.
- **Source:** <https://drsarahallen.com/7-ways-to-calm/>

#### Reminders of Connectedness

- **Description:** Mindful practice of compassion and altruism can lead us to happier and better lives. Altruism is a selfless regard for the welfare of others without the expectation of a reward. We can use this practice to benefit both ourselves and the rest of the world. This activity will encourage individuals to create a sense of connectedness in and around their personal and professional spaces.
- **Source:** <https://greatergood.berkeley.edu/topic/altruism/definition>

# Mindfulness at Work – Activities (cont'd.)

## Seeing Colors

- **Description:** There are several ways to distract your mind so it stops thinking about whatever it is that is worrying you and focuses on something that isn't emotionally driven. This activity offers a quick way to do it.
- **Source:** <https://drsarahallen.com/7-ways-to-calm/>

## Sensory Awareness

- **Description:** Sometimes we feel like we're caught up in a tornado of thoughts and emotions. This exercise is a quick and easy method for feeling more centered on a tough day. It's also great to practice at times when you're not as stressed so you know exactly how to use it when you need it the most.
- **Source:** [http://jkaufman36.weebly.com/uploads/8/8/0/1/88014544/mindfulness\\_breathing\\_3\\_-\\_five\\_senses.pdf](http://jkaufman36.weebly.com/uploads/8/8/0/1/88014544/mindfulness_breathing_3_-_five_senses.pdf)

## Rain of Self-Compassion

- **Description:** Self-compassion is the skill of directing self-kindness instead of self-judgment. Self-compassion is a soft tone speaking to the parts of us that are most vulnerable. It looks like caring and giving attention to our pain. It is always available; it is unlimited tenderness when we can accept reality as it is rather than ignoring the pain or trying to control outcomes. This practice can be tremendously beneficial in the workplace as staff work through varying degrees of emotion, and challenge, each day.
- **Source:** <https://www.mindful.org/tara-brach-rain-mindfulness-practice/>

## Mindfulness Walk

- **Description:** Walking meditation is a way to practice moving without a goal or intention. Mindful walking simply means walking while being aware of each step and of our breath. It can be practiced anywhere, whether you are alone in nature or with others in a crowded city.
- **Source:** <https://www.mindful.org/tara-brach-rain-mindfulness-practice/>

*“Mindfulness is a way of being present: paying attention to and accepting what is happening in our lives. It helps us to be aware of and step away from our automatic and habitual reactions to our everyday experiences.”* – Elizabeth Thornton