

Be Mindful



Have you ever returned home from work and been unable to fully recount your day? You may have stepped into your house and thought to yourself, “Did I remember to punch out?”; “Is everything back in my locker?”; “Were all the lights green on my drive home?” Many struggle to be mindful throughout the day. Sometimes a lack of mindfulness can result in much more than not being able to recall events. Complacency while at work can be especially serious. A lack of mindfulness can result in accidents posing a serious risk to your health and safety.

Mindfulness Defined

1. The quality or state of being conscious or aware of something.
2. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations - used as a therapeutic technique.

Ways to Practice Mindfulness

- **Focus on the moment.** Control wandering thoughts and chatter in your head.
- **Heighten your senses.** Tune into the sensory experiences you encounter throughout the day. Pay attention to sight, sound and touch.
- **Keep your stress levels in check.** Pay attention to heightened stress levels and tackle them accordingly.
- **Stay engaged with the task at hand.** Think about the process of a task and remind yourself of the end result you're planning on achieving.
- **Breathe.** Pay attention to your breath throughout your day. Take your awareness back to your breath when you need to focus.

Mindfulness and Meditation – They go Hand in Hand!

Although it may seem impractical to meditate at work, meditation techniques can help you anywhere, anytime.

Mediating is as easy as 1-2-3

1. Be aware of **your body**
2. Be aware of **your breath**
3. Be aware of **your mind**



Mind Full, or Mindful?

Sources: safetyproresources.com, mindful.org