

Improve Workplace Wellbeing with Mindfulness

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Why Mindfulness?

Mindfulness is all about paying attention in the present moment, which means knowing what's happening in your mind and body. This increased self-awareness means that we don't get caught up in our unhelpful thoughts so that overall wellbeing can be maintained.

Mindfulness stems from ancient Buddhist meditation practices, but has recently become popular in Western culture and among psychologists due to its many evidence-based health benefits.

Over the past 20 years, research has shown the benefits of mindfulness-based interventions for stress, anxiety, depression, chronic pain and other conditions, as well as the preservation of overall wellbeing. Research in this area is continuing to grow on a daily basis.

Mindfulness in the Workplace

When facing high levels of stress or pressure at work, it is easy to develop anxious or unhelpful thoughts that can be detrimental to both mental health and work performance. At these times, practicing a short mindfulness exercise can be beneficial to turn off the fight-or-flight response that gets triggered when you are under pressure. In turn, this can help you think more clearly and make more rational decisions.

'Take 10 breaths' Mindfulness Exercise

This short, simple exercise can be used in the workplace to reset and reconnect with your environment. Practice it throughout the day, especially when you find yourself getting caught up in your thoughts and feelings.

1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty—and then allow them to refill by themselves.
2. Notice the sensations of your lungs emptying. Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.
3. See if you can let your thoughts come and go as if they're just passing cars, driving past outside your house.
4. Expand your awareness: simultaneously notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch, and feel.

To learn more about mental health support in the workplace and to find out how Black Swan Health's Employee Assistance Program can support your team, visit our website or contact us today:



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