

What is mindfulness?

Mindfulness is the awareness that arises when we pay attention on purpose, in this present moment, with an attitude of care and compassion.



Importance of mindfulness

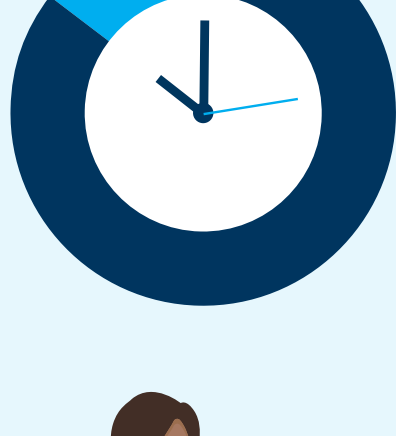
- Mindfulness gives employees permission and space to think, leading to mental agility, resilience, and self-awareness.
- Mindfulness is a valuable tool that can be used to create a happier, healthier, and more productive workplace.



Benefits of mindfulness

- Reduces stress, anxiety, and depression
- Improves performance at work, collaboration, and productivity

Benefits breakdown



Studies suggest that mindfulness programs can lead to an impressive **85% reduction in absenteeism**, saving businesses significant time and resources on staffing.¹



A Detroit-based study found that employees who practiced mindfulness techniques experienced a staggering **120% increase in productivity**.²



Research shows mindfulness interventions can not only improve employee well-being and reduce burnout, but even **strengthen the immune system** – a win-win for everyone!³

[1] Forbes, Six Proven Benefits of Meditation In the Workplace
 [2] Steve Gooch, Mindful Workplaces: Statistics That Will Blow Your Mind
 [3] Harvard Business Review, Research: When Mindfulness Does - and Doesn't - Help at Work

Mindfulness techniques and tools

- Gratitude practices
- Breathing techniques
- Guided meditations
- Walking
- Journaling



Integrating mindfulness in the workplace

- Encourage people leaders to set an example by modeling mindful behaviors to help set the tone for the workplace. These include active listening, open communication, and managing stress effectively.
- Provide resources that support mental health, such as mindfulness apps and platforms.
- Discourage employees from working through lunch or breaks. Schedule breaks throughout the day to allow employees to recharge and refocus.

