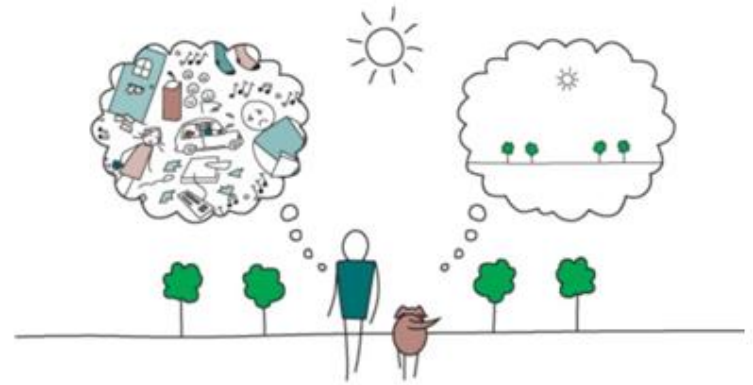


Mindfulness

While mindfulness is something we all naturally possess, it is more readily available to us when we practice on a daily basis. Mindfulness is a useful tool encouraged by many practitioners. Mindfulness teaches us to pause and be fully present and aware of where we are and what we're doing, and not overly reactive or overwhelmed by what is going on around us. Naturally, our world can seem chaotic and fast paced at times. Therefore, knowing you have the tools and resources to cope when feeling a sense of overwhelm, can bring you peace and clarity when tackling the challenges life can throw.

D'Accord OAS have a range of clinicians available to offer you emotional support and strategies. Please call 1300 130 130 to be connected with one of our clinicians.

mindful.org



Mind Full, or Mindful?

Creating a mindful workspace or home office

Whether you are navigating working from home or are experiencing the newly introduced “hybrid working” creating a mindful workspace can make you more focused and productive. When home doubles up as the office, it can come with some challenges, which is why it is important to establish an environment that encourages productivity!

Below are some tips to help you create a workspace that encourages mindfulness, so you can be fully present and engaged during your workday.

- **Sight** – Choose visual decor that makes you feel happy and peaceful.
- **Sound** – Use headphones, ambient noise, or focus music to mask any loud distractions.
- **Smell**. Plants can make your workspace smell fresh and crisp. Pleasant scents from an essential oil diffuser or scented candles; lavender and bergamot are known for their calming effects, while peppermint, sweet orange and lemon tend to be more energizing.
- **Touch**. Incorporating a range of textures in your workspace can help to stimulate presence and focus: for example, a soft blanket to cuddle under or silly putty to squeeze when you need some stress relief.

headspace.com

**To arrange an appointment today
please call us on**

1300 130 130 (AU)

+61 444 563 823

What is Mindfulness?

Mindfulness is **non-judgemental**, open, and curious awareness of oneself in the present moment, such as awareness of our thoughts, emotions, and reactions.

Research shows that developing this level of introspection has positive effects for reducing stress levels, regulating emotions and emotional reactions, promoting enhanced decision making, and decreasing negative thought patterns which can interrupt positive functioning throughout the day.

Mindfulness in the Workplace

There are great Mindfulness at Work websites that will give you tips on how you can practice Mindfulness while going about your daily work-related routine. Some of these tips are listed below:

When you walk to the car or the train station, walk a little slower. Feel the footpath on the soles of your feet. If you notice any tension in your body, try to relax it.

- While walking, try to breath in and out with every third step you take.
- When you sit at your desk, take a few controlled breaths in and out before you start your computer.
- Eat your lunch a little slower, take the time to chew your food and taste all the different flavours you can.
- When you are going to communicate something, take the time to think about what you are saying and how you will say it.