

A Mindful Minute at your workstation



Begin by bringing your attention into your body

Feeling the weight of your body

Push down through your feet

Connecting yourself with the floor in the present moment

Scan across your body and notice any tension

Take a moment to loosen the tension, to relax

Let your shoulders be soft

Be aware of your whole body, as best you can in this moment

Now focus on your breath

Take a few deep breaths

Connecting yourself with the rhythm of your breathing

Bring your attention back to your workstation