

# Mindfulness in the Workplace

This webinar will provide concrete steps for coping with workplace stress, especially through the adoption of mindfulness.

For the trainer: Play videos one after the other, allow 10-15 minutes at the end of the training for questions and commentary. Snacks are optional but always well-received.



## The videos

<https://www.youtube.com/watch?v=zmEgH6i3HWE>

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)

[https://www.youtube.com/watch?v=6p\\_yaNFSYao&sns=em](https://www.youtube.com/watch?v=6p_yaNFSYao&sns=em)

## Examples of resources to display

### Books

Modern Mindfulness by Rohan Gunatillake

10 % Happier by Dan Harris

Running with Mindfulness by William Pullen

The Art of Mindful Origami by Richard Chambers

The Awakened Introvert by Arnold Kozak

Five-Minute Mindfulness – Walking by Douglas Baker

When Awareness becomes Natural by Sayadaw Tejaniya

Mindfulness in the Workplace edited by Margaret Chapman-Clark

### Magazine

Mindful

### Poetry

Breathe and Be by Kate Coombs

## Potential Activities

Mindfulness walking

Origami

Poetry reading

Coloring

3-5 minute guided exercises