

Take a Mindful Moment

Mindfulness skills to renew yourself WHILE you work



OVERVIEW

- Increase Your Energy Flow
- Connect to Your Inspiration
- Renew Yourself WHILE you work

INCREASE YOUR ENERGY FLOW

In what specific situations do you feel the most drained, stressed or contracted at work?
When do you feel expanded or energized?

Draining	Energizing

Experiential exercise reflection – Contract and expand.

CONNECT TO YOUR SOURCE(S) OF INSPIRATION

What gets you energized about your work? What are your personal sources of vitality?
(Your passions, purpose, calling, spiritual or religious beliefs, nature, family, role models)

Experiential exercise reflection – Connect to what energizes you.

EXPAND AND CONNECT WHILE YOU WORK

What cues or reminders will you use to practice at work?

What is your take-away? What are you going to practice as a result of this session?

REFERENCES

Achor, Shawn, *The happiness advantage: The seven principles of positive psychology that fuel success and performance at work.*

Carney, D., Cuddy, A. J. C., & Yap, A. (2010). Power posing: Brief nonverbal displays affect neuroendocrine levels and risk tolerance. *Psychological Science*, 21, 1363-1368

“Our bodies change our minds, our minds can change our behavior, and our behavior can change our outcomes.”

~ Amy Cuddy