

## **Inside the Box: Mindfulness for Wellbeing at Work**

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Anxiety, concerns, expectations, demands, pressures, self-criticism, judgments, reactivity ... all commonly felt in professional practices, yet often overridden. If you recognise any of these, your awareness is telling you something important.

We know that being calm, thinking clearly, choosing a positive outlook, feeling energised, being part of a harmonious team, and in a satisfying work flow, all support our wellbeing. What helps us retrieve our health-focused mindset when any aspect is missing? How can we positively influence our colleagues and patients to 'walk the talk' too?

As busy practice managers it's important to acknowledge the challenges and pressures of our daily tasks. For us to be influential role models of wellbeing, we must firstly know how to support our own health. The more we are in balance, the more engaged, productive, and helpful we can be to others.

As the understanding of what supports wellbeing progressively widens to acknowledge both our thinking and emotions, the practice of mindfulness gives us a simple, natural way to be more tuned in to ourselves, as we go about our work, enabling us to respond more consciously to what's needed in each moment.

As part of an evidence-based worldwide movement, mindfulness has been consistently shown to reduce stress, anxiety and reactivity, while creating clearer thinking, emotionally intelligent decision-making, better relationships with yourself and others, and improving overall wellness.

In this session you will learn about the measurable and significant benefits that the research on mindfulness and meditation reveal. You will experience several grounded mindfulness techniques you can apply personally and professionally, with the potential to have a profoundly positive impact on your work and life.