Mindfulness in the Workplace

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Meet My Aunt Hilda

This is going to be bad
They are going to regret having me
I am not prepared
This information will not resonate

They are going to love me
They are going to ask me back I have presented on this 100’s of times
This is all new
I am well researched
Which One Are You?

Mind Full, or Mindful?
Polling Question

There is value in doing mindfulness on a regular basis.

1. Yes
2. No
<table>
<thead>
<tr>
<th>Polling Question</th>
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<tbody>
<tr>
<td>Do you practise mindfulness (formally) more than once a week?</td>
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<tr>
<td>1. Yes</td>
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<td>2. No</td>
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Polling Question

Why don’t you do it?

1. Time
2. Knowledge (I don’t know how)
3. It has no value
4. Other
What I Learned as a Life Coach
Why Me?

A Headache in the Pelvis:
A new understanding and treatment for prostatitis and chronic pelvic pain syndromes

David Wise, Ph.D.  Rodney Anderson, M.D.

"This is the book to read before you contemplate surgery, drugs or resign yourself to continue to suffer with chronic pelvic pain. Return to health is possible."

Mark Foreman, Ph.D.
Professor and Director, Institute for Holistic Healing Studies
California State University, San Francisco

Rise popularly, health, succulently of America.
Author of Make Health Happen.
<table>
<thead>
<tr>
<th>Why Mindfulness?</th>
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<tbody>
<tr>
<td>• It’s free</td>
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<td>• It helps us accept things that we cannot change</td>
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<td>• It’s accessible to anyone, regardless of our religion</td>
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<td>• It’s supported by research</td>
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<td>• Little effort</td>
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<td>• Anywhere anytime</td>
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<td>• It feels good!</td>
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<tr>
<td>Polling Question</td>
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<td>------------------</td>
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<td>I have thought about adding mindfulness into my weekly life in the last 6 months.</td>
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<tr>
<td>1. I have not</td>
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<td>2. Yes, I have thought about it</td>
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<td>3. Yes, and actually looked into it</td>
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<td>4. Yes, I looked into it and asked about it</td>
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<td>5. Yes, I do it weekly</td>
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YOU MUST!
Why Mindfulness?

- **Reduced rumination**
  - Several studies have shown that mindfulness reduces rumination.
  - In one study, for example, Chambers et al. (2008) asked 20 novice meditators to participate in a 10-day intensive mindfulness meditation retreat.
  - After the retreat, the meditation group had significantly higher self-reported mindfulness and a decreased negative affect compared with a control group. They also experienced fewer depressive symptoms and less rumination.
Polling Question

I ruminate about things that could go wrong often.

1. Yes, I do.
2. No, I do not.
Why Mindfulness?

• **Relationship satisfaction**
  - Several studies find that a person's ability to be mindful can help predict relationship satisfaction—the ability to respond well to relationship stress and the skill in communicating one's emotions to a partner.
  - Empirical evidence suggests that mindfulness protects against the emotionally stressful effects of relationship conflict (Barnes et al., 2007), is positively associated with the ability to express oneself in various social situations (Dekeyser et al., 2008) and predicts relationship satisfaction (Barnes et al., 2007; Wachs & Cordova, 2007).
Mindfulness in the Workplace

- Mindfulness in service industry workers improves job performance, even when controlling for workers’ level of engagement (Dane & Brummel, 2014).
- De Bruin, Formsma, Frijstein, & Bögels (2017) showed that mindfulness in the workplace can actually increase the number of contract hours worked by employees, a result that will certainly catch the attention of higher-ups.
- Office employees who participated in an eight-week mindfulness intervention experienced lower levels of work-related stress, greater job satisfaction, and, ultimately, enhanced job performance as rated by their employers (Shonin, Van Gordon, Dunn, Singh, & Griffiths, 2014).
Mindfulness in the Workplace

- Researchers Grégoire and Lachance (2015) found that call center employees who took part in a brief mindfulness intervention reported decreased stress, anxiety, depression, fatigue, and negative affect, while also experiencing greater satisfaction at work.

- Similarly, employees from the Dow Chemical Company enjoyed less stress and increased resiliency and vigor after completing an online mindfulness intervention (Aikens 2014).

- Huang, Li, Huang, and Tang (2015) also found that mindfulness reduces stress, fatigue, and psychological distress, especially for employees struggling with poor mental health.
Behaviour Science 101

Make it Easy
How About Hydration?

- Removes Toxins
- Increases Energy
- Cushions Joints
- Enhances Metabolism
- Fuels Muscles
- Promotes Weight Loss
- Strengthens Immune System
- Reduces Fatigue
- Helps Clear Skin
- Boosts Productivity
How About Hydration?

BODY WATER

Health & Medical
INFOGRAPHICS

How much do you really need?

Body weight / 2 = 8 = water needed

Body 70% water

Drink more water

Brain 75% water

Lungs 90% water

Blood 85% water

Skin 80% water

Bones 24% water

Muscle 75% water

Helps convert food into energy

Helps absorb nutrients

10A-19
Am I Hydrated?

Urine Color Chart

1. You are hydrated (From 1 to 3)
2. 
3. 
4. You are dehydrated (From 4 to 7)
5. 
6. 
7. Note: some of vitamin supplements can change the urine’s color for few hours.

stepintomygreenworld.com
Polling Question

Do you feel you are dehydrated most days of the week?
1. I am dehydrated most days
2. I stay well hydrated most days of the week
Why Mindful Hydration?

I take the time to be mindful

BECOME PRESENT...

BE PRESENT...

RECEIVE THE GIFT

MINDFULNESS
**Mindful Hydration**

*Becoming Present*

- Drown out the noise around you
- Become present in the moment
- If your mind is wondering bring it back
- Look at the water before you
- Notice how it is clear, pure, natural
- Notice the water is still
- Notice the way light shines through clearly and transparently
- Allow your attention to focus on the water
- If other thoughts arise, that’s okay, bring your attention back to the water
- Allow your mind to empty, give it permission to be in the moment
- Listen inside for the beat of your heart, feel your heart beat
- Slowly exhale to the beat of your heart
- If you begin to notice your mind wandering, bring it back to now
Mindful Hydration

Being Present

- Put your had on the glass
- Notice how your hand and arm know exactly where to go
- Allow this to be your trigger for your mind to focus its attention
- Feed your mind and body with clear and pure thoughts and fluids
- Take a deep breath through your abdomen, breathing to the beat of your heart
- Hold for a few seconds
- Exhale slowly and deliberately
- Move your focus to the water bottle
- Slowly move it to your mouth
- Just notice the bottle and water nothing more
- If you mind is wondering that is fine, bring it back
- Take your time
Mindful Hydration

Receive your gift

- Take a mouth full of water
- Notice the space the water takes
- Start to swallow slowly
- Notice how the water flows down the back of your mouth, down your throat, through your diaphragm, into your stomach
- Notice the sense of calm
- Breath out slowly and notice the feeling of calm with the exhale
- Repeat this action slowly and deliberately until you feel the effects of becoming more hydrated
Practise

I take the time to be mindful

BECOME PRESENT...

BE PRESENT...

RECEIVE THE GIFT
Polling Question

Do you feel awkward doing mindfulness?

1. Yes
2. No
## Polling Question

Do you see a value advocating, having it taught and possibly giving the time to do it at the place you work or manage?

1. No
2. Advocating
3. Advocating, taught
4. Advocating, taught and time
What Participants Said

- I think this will be interesting and beneficial. Interesting when you just take a moment and really look and feel water, and see the benefits it brings. Amazing what we take for granted.
- When I felt like there was something stressing me I would take about 15 seconds to do the mindful hydration lesson and when I started back into what I was working on I felt better equipped, calmer to take it on.
- I am looking forward to hearing more about how much water I should drink in a day for physical health and how I should drink it—hot, cold, fast, slow. I am also looking forward to seeing if what Darren said in the first webinar proves to be true for me—that even just a short mindful time-out will help with stress etc. in the run of a day.
- This experience has been beneficial to me. I am interested to see the effects long term and to see if there are other ways I can bring mindfulness into my everyday life. Especially in ways that benefit my physical health like drinking more water.
What Participants Said

- My daily intake of water is increasing and my stress level is decreasing. I am so excited.
- Restarted using my meditation app in the mornings. Still don't regularly remember to drink mindfully, but I am more intentionally drinking more water.
- Today was a busy day with me being in the middle of exams. Mindful hydration helped me bring my stress levels down and also keep my hydration levels up. Now that I am getting better with mindful hydration I would like to add mindfulness into other parts of my life as well.
- I am trying to stay more in the present and not being so fixated on why things aren’t happening faster and also being more appreciative for all good things now.
Improved Digestion

- I have been having stomach pain for the past couple of days and after increasing my water intake today the pains are gone! Hopefully mindful water drinking can do the same for my current back pain!
Reduced Stress

- *I have noticed that I can handle stressful situations more calmly now. I feel as though I am looking at things as though I am in control, rather than being controlled by the situation. Also, I feel more alert and attentive when listening.*
Improved Sleep

- Today was a very peaceful day. Before starting the mindful water drinking, I woke up several times a night; the last two nights, I didn’t wake up at all, until about 15 minutes before my alarm.
I notice a positive impact on my mental health when drinking water throughout the day.
Polling Question

Did I Start the change in you?

1. I do not need to change, this is everything I knew and am good with. 😊
2. Inspired me to do more.
3. I am thinking about how I can do this (put into my life).
4. I see the value, but I am not going to do it.
5. I do not see the value and I am not going to do it.
If only mindfulness interrupted life

as much as life interrupted mindfulness
Key Takeaways

- Tie a new behavior to a habit to be successful
- 8 minutes a day can cause neuroplasticity and have massive benefit
- It does not have to be 8 minutes all at once
- Some is better than none
- Normalization of failure
- Employees are not going to be productive 100% of the time . . . why not teach a skill that can fit into the other time
Thank You!!

mind full or mindful?