12 ways to practise mindfulness whilst working from home

Adapted from: *https://www.lovelyholisticliving.com/10-ways-to-practice-mindfulness-at-work/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=670593836_26448880_605406*

Practicing daily mindfulness whilst working can help you feel calmer, grounded, and relaxed. Mindfulness also helps you feel more present and aware in the moment. If you've ever felt prone to zoning out, or losing track of time, mindfulness can help bring you back down to earth.

1. Calm Music

It can be very tempting to work to the sound of Netflix, however this can be distracting and can take away the reward of TV time in the evenings. The 'Meditation Music' App is free and gives you a selection of calm music to boost your mood and productivity.

2. Take mini mental breaks

If you can, take mini mental breaks throughout the day. This can be especially helpful if you stare at a computer each day or are feeling stuck. Just for a minute or two, close your eyes or take a quick mental walk to let your brain rest and reset. Perhaps visualise walking through a park or something you're looking forward to. When you come back, new ideas might surface, and you might see your task from a new angle or perspective.

3. Try out occasional body scans

Our bodies are constantly sending us signals about what they need, but we get so busy or zoned out that we can totally ignore these signals. Body scans enable you to tune into these messages.

Close your eyes and start at the tip of your toes. Slowly bring your awareness up through each part of your body and notice the sensations of each part. What is the temperature of each body part? Is there any pain? What sensations do you feel? You might notice your neck is stiff, or you need a drink of water, or you need to change the position you're sitting in. It's funny what we notice when we actually pay attention.

4. Eat lunch and snacks mindfully

When we eat mindfully, we increase our awareness of what we're actually putting in our bodies. How many times have you just grabbed a bite to eat and scarfed it down while working, or during a quick lunch break?

To eat more mindfully, chew slowly and savor each bite. Taste every flavour and think about the nutrients that you're giving your body. Mindful eating can prevent us from over-eating and can even prevent us from gaining excess weight!

5. Practice breathing exercises

Throughout the day, bring awareness to the breath. Doing this for a few minutes can decrease your heart rate, release tension in your body, and help you feel more relaxed.

6. Reminisce

Research has shown that reminiscing about happy times has calming powers. Thinking about a past positive memory can calm you psychologically but also physically decrease your stress hormone. If

work or your environment starts to feel slightly overwhelming, find somewhere quiet, close your eyes and recall a positive memory. Thinking about all your senses in that moment – sight, sound, touch and smell.

7. Think before you speak

If you're working a home with other people, it can create some tension. Practice thinking before you speak. Especially if you're stressed or angry. Take a moment to pause, breathe, and then speak when you have a clear mind.

8. Spend time in nature during breaks

Try and connect with the outside world during your breaks. Spend some time in your garden, or if you don't have a garden, open a window and take a look at the world. Closing your eyes, feel the sun and wind, listening to the birds chirping or the wind blowing.

9. Keep a journal close by

Keep a journal close by at work to jot down ideas, thoughts, and emotions. If something troubling happens at work like a mistake or frustration, turn to your journal to reflect. Sometimes these things happen, and we never get a chance to process what happened to move past the feeling. But journaling about it can give you the opportunity to come to a clearer understanding of what happened.

10. Focus on one task at a time

As humans, we love to think we are great at multi-tasking but studies show we really aren't. Get focused on one task at a time, rather than jumping around a bunch of things at a time. The quality of your work will be much better.

11. Practice mindful awareness

Have you ever been searching everywhere for something, and then realize it's right in front of your eyes? We tend to stop seeing the things that are right in front of us. I want to challenge you to look at your surroundings as if you were looking at them for the first time. If you are at your kitchen table or home desk, take a look at the objects you have on your desk and in your drawers. Observe closely and note the little details of each thing. What do you notice? What do you like, or dislike?

You might realize there are things you have forgotten about, or simply never even noticed!

12. Practice mindful affirmations throughout the day

Affirmations are meaningful sentences you repeat over and over in order to train your brain to believe something. They can be really effective, especially when you have action to go along with them. Although work can be stressful and overwhelming, practicing mindfulness can help you get calm, feel grounded, and feel present.