

A MINDFUL MINUTE AT YOUR WORKSTATION

Begin by bringing your attention into your body
Feeling the weight of your body, your feet on the floor
Push down through your feet
Connecting yourself with the floor
In the present moment
Now focus on your breath
Take a few deep breaths
Feel any tension in your body
Take a moment to loosen the tension, to relax
Let your shoulders be soft
Take one more breath
Be aware of your whole body, as best you can
Bring your attention back to your workstation

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