

A TOOLKIT FOR PROFESSIONALS
MINDFULNESS AT WORK

Our Common Humanity

ORGANIZATIONS ARE MADE UP OF MANY DIFFERENT INDIVIDUALS, EACH WITH UNIQUE BACKGROUNDS, PERSPECTIVES, STRENGTHS, AND STRUGGLES.

DESPITE OUR DIFFERENCES, WE CAN FOSTER NOURISHING COMPANY CULTURE BY REMEMBERING OUR SHARED HUMANITY.



OUR COMMON HUMANITY:

- ▶ All humans everywhere share 99.9% of the same DNA - we're much more alike than we think
- ▶ All humans are alike in that we only want to avoid pain and experience happiness
- ▶ When challenged by someone in the office, how might it help to remember the ways in which you're alike?

TIPS FOR MINDFUL LISTENING

The 'Just Like Me' meditation helps us cultivate greater awareness of our common humanity. Sit comfortably in a quiet place as you read the statements below. Pause between each to feel the words in your heart while you visualize someone you work with.

First, practice the meditation calling to mind a colleague you are close with. Then, call to mind someone whom you hardly know. Finally, try the exercise while visualizing someone you find challenging.

- This person has a body and mind, just like me.
- This person has thoughts, feelings, fears, and emotions, just like me
- This person has experienced physical and emotional suffering, just like me.
- This person has felt insecure or unworthy, just like me.
- This person is learning about life as they go, just like me.
- This person wishes for love, peace, and happiness, just like me.