

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Loving Kindness at Work

Loving-kindness meditation (also called metta bhavana in the Pali language) is a Buddhist practice for cultivating a sense of warmth and compassion. In the workplace, loving-kindness practice can strengthen our connection to others – even to those who present us with challenges.

LOVING KINDNESS MEDITATION:

- Sit comfortably in a quiet place, close your eyes, and observe the flow of your breath.
- Once settled, call a close, loved one into your awareness, then silently repeat:
 - *May they be safe. May they be happy. May they be loved. May they be at peace.*
- When you are finished, spend a few moments again observing your breath. Then, repeat the offering of these same wishes to the following people:
 - Someone to whom you have no particular strong feelings – perhaps a coworker you hardly know
 - Someone who presents you with challenge or difficulty
 - You, yourself
- Finally, repeat this string of affirmations to your felt sense of a wider community – perhaps to your workplace community or to the world community as a whole.

KINDNESS MATTERS:

A workplace study found those who were treated kindly at work paid it forward by being 278% more generous to coworkers, when compared to a control group.



THE SCIENCE OF LOVING-KINDNESS:

Studies have found the benefits of loving-kindness meditation include the following:

- Increased positive emotions, such as joy, contentment, and gratitude
- Increased emotional processing in the brain
- Slowed biological markers of aging
- Reduced personal biases
- Increased compassion, social connection, and pro-social behavior

“When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.” –The Dalai Lama