

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Embracing Change

MEDITATION FOR STABILITY IN TIMES OF CHANGE

Learn to stay rooted amidst change by embracing impermanence with following meditation...

- ▶ Sit comfortably in a quiet place. Set a timer for 5-10 minutes and close your eyes.
- ▶ The focus of this practice is to feel into your inner stability – the part of you that stays constant even when external things move and change. Awareness is always present and inner peace is infinitely available.
- ▶ Connect to your inner sense of calm. When your attention is pulled away, notice this movement then come back to the stillness inside of you. Alternatively, use one of the following affirmations as an anchor, silently repeating it to yourself for the length of the practice:

- *I am rooted in my inner peace.*
- *During times of change, I remain centered.*
- *I flow gracefully through change.*

It is often said the only thing constant in life is change. In the workplace, change is no less inevitable. Everything from our roles and responsibilities to company management and culture can shift from moment to moment. Learning to embrace change increases resilience.

DO YOU FEAR OR RESIST CHANGE

Close your eyes and reflect on the four seasons. Summer turns to autumn and winter turns to spring. Change is part of the natural cycle of life. Some seasons of life are more challenging, but the season will always turn.

4 STEPS FOR NAVIGATING CHANGE

- 1 **ACKNOWLEDGE** what has happened. Denying or resisting change only increases suffering
- 2 **ALLOW** yourself to feel however you do in response to change. At the same time, use mindfulness to soften blame of judgment.
- 3 **CONNECT** to a sense of inner peace using the meditation from this worksheet.
- 4 **RECOGNIZE** that change is an inevitable part of life. It's not always easy, but it's natural. Partner this understanding with self-compassion.



“Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” – Lao Tzu