

A TOOLKIT FOR PROFESSIONALS
MINDFULNESS AT WORK

Mindful Commuting

The average commute time in the United States is 30 minutes. Practicing mindfulness during this transitional period can help you arrive at work, or at home, with a more clear, stable mind.

Mindfulness can turn an otherwise mundane part of your day into an opportunity to experience compassion, awe or wonder.



TIPS FOR A MINDFUL COMMUTE

Mindful Walking: Practice walking with total body awareness. Observe the sensation of your feet touching and leaving the ground. Notice the subtle movement of your muscles. Observe your breath or the smells, sounds and sights around you as you transition through space.

Mindful Driving: If you typically get frustrated on the road, imagine every other driver as your teacher, offering you an opportunity to practice patience, loving-kindness or compassion.

Mindful Presence: If you normally commute with headphones or while multitasking, let this go. Immerse yourself fully in your present-moment experience.

Mindful Awareness: As you drive or ride the car, ferry or bus, use your 5 senses to pay attention to the sights, sounds, smells and sensations around you.

Mindful Connection: Practice being an ambassador for joy. Meet the eyes of another commuter with a smile. Say hello or thank you when the opportunity arises.

Mindful Gratitude: There's never a wrong time to practice gratitude. Gratitude helps bring attention to all the positive aspects of both the journey, and your safe arrival at your destination.

- 1 Practice Good Posture
- 2 Notice Something New
- 3 Recite a Mantra
- 4 Observe Your Breath
- 5 Turn Off All Technology
- 6 Slow Down