

# A TOOLKIT FOR PROFESSIONALS

## MINDFULNESS AT WORK

### Navigating Change in the Workplace

#### THE ONLY THING CERTAIN IS CHANGE

Workplace change can be exciting, but for many, evokes anxiety or stress. Because changes in the workplace affect personal lives too, successfully navigating workplace change benefits your career, co-workers, and also at-home relationships.

Struggling against change is a common, human response. Rigidity is just one way in which we deal with fear of the unknown. Fighting against the flow, however, only has negative consequences. To move in sync with a fluid situation, and avoid getting left behind, practicing acceptance is the best place to start.

Studies find those who understand that change occurs all the time, are much more resilient in times of uncertainty.



#### QUESTIONS TO ASK YOURSELF:

- What's the best/worst that can happen?
- What's the best/worse that can happen if I refuse to accept this?

#### 4 STEPS FOR MOVING THROUGH CHANGE

**ACKNOWLEDGE** what has happened. Denying or resisting change only increases suffering.

**ALLOW** yourself to feel what you feel in response to change. Turn down self-criticism and turn-up curiosity.

**CONNECT** to your innate inner peace and stability, using meditation.

**RECOGNIZE** change is an inherent part of life. It's not always easy, but it's natural. Partner this recognition with compassion.

*"It is not impermanence that makes us suffer. What makes us suffer is wanting things to be permanent when they are not." – Thich Naht Hanh*