

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Restorative Mental Rest

Mental rest is the intentional practice of putting everything down – all thoughts and all tasks – so you can later return to the present moment with renewed energy and attention. This is a great practice to use in the workplace when we are feeling stressed, overwhelmed, distracted, frustrated, or have an otherwise busy mind.

A 5-MINUTE MENTAL RESET:

- Find a place where you can sit comfortably and undisturbed for a short while.
- Turn off all notifications on your devices and set a timer for 5 minutes.
- Draw your attention to your forehead and notice your thoughts.
- Once you have identified a thought, slowly trace your attention down the bridge of your nose, through your throat, and into your heart.
- Visualize the thought dissolving as it lands in the heart space.
- Watch the breath as it flows into and out of your heart. Anytime a thought arises, envision it taking place in your mind, then invite the thought into your heart.
- Continue to anchor your attention in the heart space as breath moves through it, and thoughts dissolve there.
- Continue this process until the timer rings.



5-MINUTE PRACTICES FOR RESTORATIVE MENTAL REST:

- **MOVEMENT:** Put on your favorite song. Intuitively move and stretch your body as you feel called to
- **OPT OUTSIDE:** Step outdoors for 5 minutes and take note of sensation through all of your senses
- **JOURNAL:** Spend 5-10 minutes with automatic writing. Don't think, just move the pen

Sometimes we need to disconnect in order to reconnect
–UNKNOWN