

A TOOLKIT FOR PROFESSIONALS  
MINDFULNESS AT WORK

# Mindful Movement at Work

## INTUITIVE, MINDFUL MOVEMENT:

This mindful movement exercise is designed to help you intuitively feel into what your body needs at any moment. It is a meditative practice that will look different for everyone.

- If a mat is available for use at your workplace, roll it out in your office or any other space where you can stretch your body for a few minutes.
- Begin in a seated or lying down position, close your eyes and tune into your breath.
- Scan your body slowly, beginning at the crown of your head. Note any areas of tension and gently and safely offer these areas a stretch.
- Follow your inner guidance as you stretch your body in any way that feels nourishing for you. Be prepared to rise to your feet if you feel called to. Anything goes.

## SIMPLE, MINDFUL MOVEMENTS FOR THE WORKPLACE:

- **Shoulder rolls:** Standing or seated, roll your shoulders forward 5 times and backwards 5 times.
- **Side stretches:** Place your hands on your hips and lean to the left as your right arm reaches for the sky. Hold for 10–20 seconds. Repeat on the other side.
- **Cat-cow stretches:** Beginning on your hands and knees, slowly drop your belly towards the floor as your tailbone and crown reach upwards. After a brief pause, round your spine towards the sky as your tailbone and head reach towards the earth. Repeat slowly 5–10 times.

*“Movement is the song of the body.” – Vanda Scaravelli*

Physical activity is essential to wellbeing. Since employees spend an average of 7.6 hours per day at the workplace, it is worth considering different ways of bringing movement into these settings. How might you incorporate more physical activity into your work day?



### REFLECTION QUESTIONS:

How could you incorporate just 5 more minutes of physical activity into each work day? What type of movement practices would be motivating and sustainable for you?

- Office yoga
- Chair stretches
- Take frequent walking breaks
- Trade the elevator for the stairs
- Visit a colleague versus emailing or calling
- Use a standing desk