WORK MINDFULLY

With the hectic routine of modern life, we all can feel stressed and over-worked at some point. It can often feel like there is not enough time in the day to get everything done. Stress and fatigue can make us unhappy, impatient, and frustrated. Taking time out of your schedule to practice mindfulness is not the only way to reduce stress. Below are ways to beat the stress and boost mental well-being through-out the day!

- Start your work day by taking a moment and making the decision to be consciously present throughout the day.

- Look for the opportunities to be appreciative of things at work and always express gratitude. You will notice a lot of opportunities to be grateful as you become more mindful.

- Don't get stuck in the circle of negative thoughts and look for the silver lining in the challenging situations that you face.

- Stop your mind from wandering by being aware of your senses. This will help you to stay focused.

- Be mindful of your own thoughts and challenge yourself to take a more constructive approach when it comes to problems that you face at home or at work.

- Work slower, but smarter, and give full attention to the tiny details of your job responsibilities.

- Make stress your friend by challenging your thinking process. Once you think positive, your attitude towards a problem will change.

- If there are things you cannot change at work, learn to accept them. Accepting can make it easier for you to move forward and can reduce aggression.

- Plan your day by assigning a specific time to each task on your to-do list.

- Your lunch break should not be the only time to step away from your desk. Take a few minutes throughout the day to stretch and take deep breaths.