



Understanding Stress and the Brain



Stress can keep us from being able to think critically and creatively, and prevents us from being grounded, present, and effective.

MINDFULNESS IN THE WORKPLACE



TIPS AND TOOLS FOR INDIVIDUAL PRACTICE

- Start your day with one breath, or one minute of gratitude, prayer, journaling, music, or nature.
- Do one thing at a time.
- Curate your media consumption.
- Wait 6 seconds before responding, or expecting a response.
- Cultivate a kind inner voice.
- Plan for times of stress: Ask yourself, "How am I feeling?" and "What do I need?"
- Try new things.
- All screens down during parts of meetings where discussion and listening are essential.
- Create a self-care tool kit to lean on.
- Try not to eat while you work.
- Practice sleep hygiene: no electronics or blue screens, darkness, routine.
- Establish work/life boundaries.
- Unclench your jaw.
- Notice how often you "should yourself", try to respond with kindness.
- Remember that you are not your thoughts.
- Play!



Why it is essential:

To be effective, we must be present. Mindfulness helps us stay focused, notice our own emotions and those of others, attend to a variety of sources of information, and help ourselves remain grounded and focused on our work and relationships.

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