



COURAGEOUS
WORKFORCE

GUIDED OPEN AWARENESS MINDFULNESS

DIRECTIONS FOR PRACTICE IN THE WORKPLACE

INSTRUCTIONS

Find a comfortable place to sit. Settle your body by placing your feet on the floor. If you are on the floor, cross your legs. Lower your shoulders, relax your arms and hands in your lap, on your side or on the table. Move your head slowly from side to side to release the muscles in your neck.

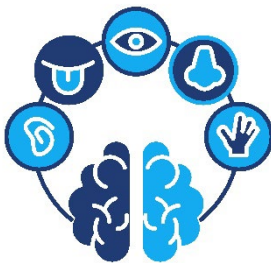
Soften your gaze blurring out the environment around you. If you feel comfortable close your eyes or continue to focus on one item in front of you.

Turn your attention to your breath. Slowly breath in through your nose deep into your belly. Hold it for a count of 4 and slowly breathe out through your mouth. Listen to how your breath sounds. How does your body feel as you fill it with oxygen and breathe out carbon dioxide?

Tune your senses into your surroundings focusing on one sense at a time. What do you hear? What do you feel? Is there a breeze? Is it hot or cold? Is someone or something moving in the room? What can you taste? Smell? Is something cooking? Is there a candle burning? What smells are coming in through an open window? What thoughts are moving through your mind? Pay attention to them in a non-judgmental manner. How do they make you feel?

Are you still relaxed? Have your muscles tensed? Shoulders lifted? Hands or arms tightened? Neck tensed up? If so, breathe into the area of tension allowing the oxygen to take away the tension.

When you are ready, re-enter the present and your day.



Take a moment to reflect on the many things that entered your presence? Have you always noticed these things or are they new? How did it feel to allow thoughts to pass through your mind without acting on them?