

Beginning a Mindfulness Practice at UHA – April 2017

Below are tips to help you start a culture of mindfulness at work. Please let us know if you think a short introduction to mindfulness would be helpful for your clinic over lunch.

Getting Started

To learn about mindfulness and a meditation practice, I highly recommend the following mobile apps and websites. They require a paid subscription, but the first 10 days are free and contain some great content that teaches about meditation

- 1) Headspace - <https://www.headspace.com>
The Founder is Andy Puddicombe is the founder, and his TED talk can be found here https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?utm_source=tedcomshare&utm_medium=referral&utm_campaign=tedsread
- 2) 10% Happier - <http://www.10percenthappier.com/mindfulness-meditation-the-basics/> The founder, Dan Harris, also has a podcast, book, and list serve. His Google Talk is here: <https://youtu.be/Dt5Qv9tUObI>

Building Mindfulness Habits

The Potential Project curriculum we are using in our Mindfulness in Leadership Course can be found in the book, “One Second Ahead” or condensed I this link

<https://potentialproject.com/hbr-focus/> The link will also take you to their app, which has 10 mindfulness meditation practices and mental strategies to implement mindfulness into daily life. (click on the “i” info icon.)

Another free app that many people enjoy is called Calm <https://www.calm.com/>

Ways to be Mindful at Work

- Start all meetings or huddles with a deep mindful breath or three full breaths
- Prioritize breaks for our staff and focus on performance breaks (as opposed to the disease of business. We can learn quick ways to recharge instead of deplete energy)
- Create a physical space, a mindfulness zone, in each building
- Be mindful of the attention promoting and energy draining food we bring to work
- Take a deep breath before entering the room and set an intention of full attention for that patient
- Lead by example
- Meditation “meet up” to meditate as a group or merely debrief while following the same curriculum in an app or a book
- Monitor our progress via assessments

Benefits of a Mindfulness Practice

Less Stress

Greater Happiness

Less reactive responses

Increased concentration

More Empathy and Kindness

Improved sleep quality

Delayed decline in grey matter

Improved cell life span (telomere length)

Un-train multitasking

Enhanced Immune System

<https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day>

<https://hbr.org/2016/11/mindfulness-works-but-only-if-you-work-at-it>

<https://hbr.org/2016/12/how-to-bring-mindfulness-to-your-companys-leadership>