

Improve Your Workplace Well-Being



“Bringing your whole self to work - mind, heart, and body - helps you find the best response to a situation.”

*~ Pamela Weiss, as featured in
O Magazine
January 2012*

10 Practices for Waking Up at Work

Find Your Feet

When your mind is spinning, ground yourself by feeling the sensation of your feet pressing into the floor. This gives you a sturdy foundation and helps you find inner balance.

Look Up

Feeling stuck? Look up from your desk. Let your eyes relax, and gaze around the room. This will create space for new ideas.

Ask: What Is My Intention?

Before firing off an angry e-mail, consider your intention: Will this help or harm? Reconsider before pressing “send.”

Sip and Savor

Use your morning coffee or tea to bring you into the moment. Focus on the rising steam, scent, flavor, and warmth of the cup in your hands. Let the sensations soothe your body and focus your mind.

Empathize

Imagine what difficulties an annoying colleague or difficult boss might be going through and wish them happiness and peace. Feel your annoyance melt.

Tune In

Throughout the day, check in with yourself and ask: What am I thinking? Feeling? Sensing? By increasing self-awareness, you can act rather than react.

“Beginner’s Mind”

When you face conflict at work, take an attitude of child-like curiosity and discovery. Instead of arguing your point, ask questions. You will find new and creative ways around roadblocks.

Be Present

Satisfaction supposedly comes from getting—a raise, a promotion, a corner office. Try this: at the end of each day, pause and consider: when was I most alive? Most fulfilled? Discover that true satisfaction comes from being fully present and engaged.

Big Sky Mind

Overwhelmed? Close your eyes. Imagine your mind is as wide as the sky. Listen to sounds rising and passing as if they were clouds. Open your eyes, refreshed and ready to begin again.

Name Your Mood

Every hour, pause and record your mood using just one word: Anxious? Frustrated? Calm? Giddy? At the end of the day, look back over the words. You will discover that even the worst feelings never last.

Pamela Weiss is the founder of Appropriate Response. She is a coach, meditation teacher and recognized pioneer in integrating the principles and practices of mindfulness into leadership development and organizational transformation