

# MINDFULNESS IN THE WORKPLACE

## *getting started*

### WORKING WITH ANCHORS



01

### *choose an anchor*

Choose something in the office environment to be an anchor for your focus. It can be anything in your daily work life: pouring your coffee, filling your water bottle, scanning your keycard, pushing the photocopier start button...

02

### *establish your attention*

Release any thinking about the future or the past. Rest your full, curious attention on your anchor, aware of the colours, texture and temperature. Then draw your attention inside your body, all the way down to your two footprints. Sense your living presence; your moving breath. Be here now.

03

### *practice little and often*

Repetition is key to this practice. Time will strengthen your ability to be mindful, bringing your mind and body home to rest in the present moment.

#### USING ANCHORS

- builds RESILIENCE
- helps re-set your MOOD
- reduces ENERGY DRAIN

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more?

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