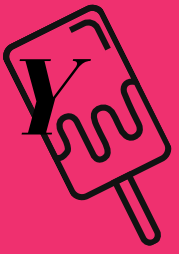


# WELLNESS WITH SANDY



MONTHLY NEWSLETTER

JULY 2021

## MINDFULNESS AT WORK

Bringing mindfulness into our workplace is needed more than ever. Whether you're back at the office, or working from home, work has become so synonymous with who we are. "What do you do for a living?" is often asked even before someone knows your full name. How can we achieve a state of mindfulness in the midst of your busy day?

Mindfulness in the workplace can not only increase productivity, but it can also bring our other coworkers into alignment with a shared goal. Becoming mindful in the workplace doesn't require running off into a dark room or completing a 30-minute meditation. Mindfulness can be achieved at your desk, in your car (prior to going into the office), in an elevator, or even before an important meeting.

Though you cannot spend your whole workday meditating, you can spend it in a grounded, centered, and aware state. As the day goes by, it's important to stay connected to the present, and you can do that by taking little check-ins by noticing the sights, sounds, and smells around you. Engaging your senses is a wonderful way to bring your mind back to the present.

### Mini Meditation Breaks:

It's important to take the time you have for refilling the well of ideas, energy, and motivation you may have lost with your workload. Washing your hands in the bathroom (or break room) is a chance to tune into the sensation of water. Peace and calm can be found in the little things, too. The smaller chores are opportunities to strengthen your ability to stay present and be aware of your surroundings.

### Attitude Adjustments

Being at work can provoke feelings of anxiety or even anger. Several times a day, stop and engage with your feelings. Ask yourself what you can be grateful for right now. Entering a state of gratitude helps you find reasons to feel better about the circumstances you are currently in.

### Engage

Whether you work with people in-person or virtually, how often do you really engage with them, feeling the full force of your attention? Put down the cell phone, stop multitasking, and close the email when you are in a meeting and immerse yourself in the call.

### Take it One Task at a Time

Where focus goes, energy flows. Multitasking or working in a state of worry and anxiety often leads to mistakes and inaccuracies. Mindfulness means being present to whatever you are doing right now. One day at a time, one hour at a time, one moment at a time, one task at a time.

## BLOGS OF THE MONTH

### MY JOURNEY BACK INTO READING

<https://www.wellnesswithsandy.com/post/my-journey-back-into-reading>

### THE POWER OF EFFECTIVE IMAGERY

<https://www.wellnesswithsandy.com/post/the-power-of-effective-imagery>


*Did you know that Ashwagandha is an adaptogen? These are compounds that may help the body resist stress and/or promote normal physiological functioning. Taken regularly, Ashwagandha may improve strength and power, sleep, recovery, fatigue, and exercise induced muscle soreness.*




Feel free to check out my Instagram page and my website for more information and updates!



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