



# The Wellness Consultancy

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## **Mindfulness for well-being at work**

The practice of mindfulness within the workplace has strong research based evidence of increasing organisational well-being and performance. Many business studies show a clear correlation between mindfulness and positive mental/physical well-being, improvement in creativity and a reduction in both absenteeism and accidents at work.

An 8 week mindfulness stress reduction programme of 1 hour per week can be delivered to employees who are currently absent and those attending work. It uses a combination of on-site face to face workshops and audio based home practice. Mindfulness involves learning different types of attention and discovering the impact of this on mind and body. These include simple and easy to use meditative exercises for dealing with stress, mood difficulties, chronic pain and for building emotional resilience and energy. The health impacts of mindfulness practice clearly show an improvement in depression, anxiety, heart health, IBS, musculoskeletal conditions and chronic pain. A typical 8 week programme covers:

- Learning mindfulness practices to find calm in different situations
- Find the 'useful messages' in stress
- Transform unpleasant and harmful worry and anxiety patterns
- Experience less inner conflict
- Develop a clearer and more focused mind
- Meet challenges more creatively
- Cultivate a productive, learning attitude

Mindfulness programmes are often aligned to cultural change and values programmes. The integration of mindfulness tools can enable organisations to respond and support businesses to develop more effective coaching and business improvement approaches.

**Rachel Wesley**

Email: [wellness-consultancy@outlook.com](mailto:wellness-consultancy@outlook.com)

Website: [thewellnessconsultancy.org](http://thewellnessconsultancy.org)

**For more information:**

The Mindful Nation report published by the All-Party Parliamentary Group

<https://www.themindfulnessinitiative.org/mindful-nation-report>

Building the case for mindfulness in the workplace

<https://www.themindfulnessinitiative.org/building-the-case-for-mindfulness-in-the-workplace>

Mindfulness research summary for the corporate sceptic

<https://www.td.org/insights/evidence-for-mindfulness-a-research-summary-for-the-corporate-sceptic>

NHS guidance on health impacts of mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>