



Stress Reduction in the Workplace

A 'potentially life changing approach'. This is how the Chief executive of the Mental Health Foundation described mindfulness in their report of 2010.

What is Mindfulness?

Mindfulness is a mind-body based approach that helps people change the way they think and feel about their experiences, especially stressful experiences.

Mental Health Foundation , Mindfulness Report 2010

But how much emphasis is placed on how the mind and our thoughts contribute to our discomfort and stress in current well being programmes?

Mindfulness and Well Being

Research suggests that people who are more mindful:

- ◆ Gain significant benefits for health, well being and quality of life in general
 - ◆ Are less likely to experience psychological distress, including anxiety and depression
 - ◆ Report greater well-being and life satisfaction
 - ◆ Recover from bad moods quickly
 - ◆ Have less frequent negative thoughts
 - ◆ Have more self-esteem
 - ◆ Enjoy more satisfying relationships
 - ◆ Are better at communicating
 - ◆ Are less troubled by relationship conflict
 - ◆ Have greater emotional intelligence
 - ◆ Have good social skills and an ability to cooperate

By using well established principles and techniques of mindfulness, employees and managers can interrupt their self- defeating and irrational thoughts and become more focused on their job responsibilities. They will become better able to cope and manage the bombardment of information, accept change in a more realistic and healthy manner, and realise greater fulfillment in both their professional and personal lives.

To find out more about one to one or group sessions please contact 07941 059049 or email enquiries@optimistica.com

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