Abstract

Recently, mindfulness meditation has become very popular in workplaces. Proposed as lay practice, it has been proven to be a well-being tool having an impact on efficiency and performance. But cut from its Buddhist roots, mindfulness has lost its spiritual dimension. In this paper, we try to define contemporary concepts useful to build more spiritual narrations for collective action and mindfulness practice in the workplace.
MindRxiv is a service provided by the Mind & Life Institute, and is not affiliated with other preprint servers.

Not every work environment, though, is optimally designed for mindfulness. But it can be! Introducing The Calm Booth by ROOM When a m. Neuroscience tells us: meditating at work helps to make us happier, healthier, more satisfied with our jobs, more creative and productive, and better colleagues. Not every work environment, though, is optimally designed for mindfulness. But it can be! Introducing The Calm Booth by ROOM. When a meditation app meets an eco-friendly soundproof privacy pod, they make mindfulness happen at work. There are many such workplaces where these professionals use to work in a very mechanical manner. But when you look at the demand from modern-day workplaces, you can find that at these venues there is always a need for flexible workers, managers, and supervisors. You might have appointed efficient and talented managers and supervisors. They may know their work in the best way and handling it for some time now. Through right kind of mindfulness training, you can help the workers to become more resilient and attentive. This will bring a big difference in the entire workplace for sure. Soon, you can see and feel that difference and can make the workplace more productive and efficient in the long run. Comments. Mindfulness in the workplace can help you regain your focus, relieve stress and relax your body and mind. Is there a place where this is more important than your job, where you spend many of your waking hours? Mindfulness training and yoga classes have been implemented in many companies who have reported significant increases in their productivity as a result. The health insurance company Aetna has experienced not only an increase in productivity of about $3,000 per employee, but... Mindfulness has been shown to make employees more productive, effective, and healthier as a whole. Learn how to bring mindfulness to the workplace. And, the cool part about it is, there's so much you can do here to change how you interact with tech and make those interactions not only healthier but also more productive. This workplaces. Our research method is based on a theoretical exploration of the traditional Buddhist spiritual context for meditation practice, and on the analysis of the discourses of altruistic leaders. Our intermediary results show that a spiritual mindfulness practice is driven by an altruistic motivation, is based on a non-dualistic vision of the world, and is a transformation tool for action. More spiritual narrations of collective action should take into account the primacy of altruism in human experience, the universal dimension of work in the Anthropocene, and will be inspired by other altruistic stories.
mostly applies to those who work from a computer, however, they're really beneficial to anyone who does: Momentum: This is an awesome Chrome extension that turns your new tab page into a simple but beautiful and effective page that lets you list your primary goal for the day along with an inspiring photo, quote, and the time.