



Yoga: The Power of Workplace Wellness

By Simon Arias

Yoga: The Power of Workplace Wellness

- Adults spend nine to 12 hours per day engaged in work-related activities.
- Workplace stress is common, sometimes severe.
- Some stress is normal, even if you love your job. But too much work stress can lead to major health problems.
- Filipinos spent a total of P526.3 billion in healthcare alone in 2013 (from the Philippine Statistics Authority) – this cost has been rising steadily every year.

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Signs and symptoms of excessive workplace stress:

- fatigue
- inability to concentrate
- loss of interest in work tasks
- muscle tension
- headaches
- general anxiety
- irritability
- persistent sadness

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Learning to identify the sources of stress for you in the workplace, and then effectively managing those stressors, can dramatically improve your overall quality of life.

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Five ways to
integrate yoga,
mindfulness, and
meditation into
your workday and
help combat
common stressors



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1. Show up with positivity. It can set the tone for your whole day.

a. Start your workday with 10 to 15 minutes of work-focused *contemplation, journaling, and gratitude*. You may arrive early to work to do this, or you can set aside time before the day begins if you feel you will be unable to do this in your workspace.

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I AM
RESPECTED,
AND
OTHERS
CAN COUNT
ON ME!

Affirmations.online

1. Show up with positivity. It can set the tone for your whole day.
 - b. Try focusing on one positive work-specific affirmation to tune your mind and body for the day ahead.

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c. Set written goals for what you'd like to achieve during your workday, and visualize yourself happily accomplishing them.

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d. Direct positive focus to the gifts of your job (such as an uplifting coworker you would not have otherwise met, or the steady paycheck you receive).

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1. Show up with positivity. It can set the tone for your whole day.

Whichever activity you choose, schedule it in your daily agenda just as you would any other task. And stick with it!

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2. Cultivate mindfulness throughout the day.

Carry mindfulness into other aspects of your day as well.

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what is mindfulness?



mindfulness is our ability to pay attention to the present moment, with curiosity & without judgment

mindfulness can be cultivated through a formal practice, like meditation...

...and we can bring mindful attention to our daily activities

the benefits of mindfulness include:

increased empathy and compassion 

+ improved immune functioning

increased happiness and optimism

improved sleep 

greater focus and concentration 

reduced stress and anxiety 

mindfulness is a practice you can begin today!

BrilliantMindfulness.com

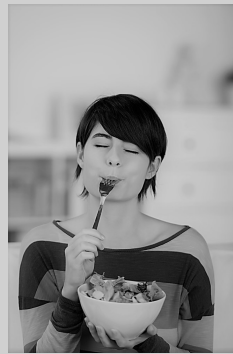
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mindful eating
hunger INTUITIVE Mindful
SAVOR indulgence
aroma connection texture body satisfaction
bite mind awareness
meal



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3. Always reboot if and when it's necessary.

Your brain has the ability to “reboot” and remove patterns, habits, biases, and limits that no longer serve you.

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4. Join your company's workplace wellness programs.

Many workplace wellness programs, based on employee interest and need, will provide health education, wellness tools, and fitness classes.

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5. *Remember to:*



Maintain work-life balance.

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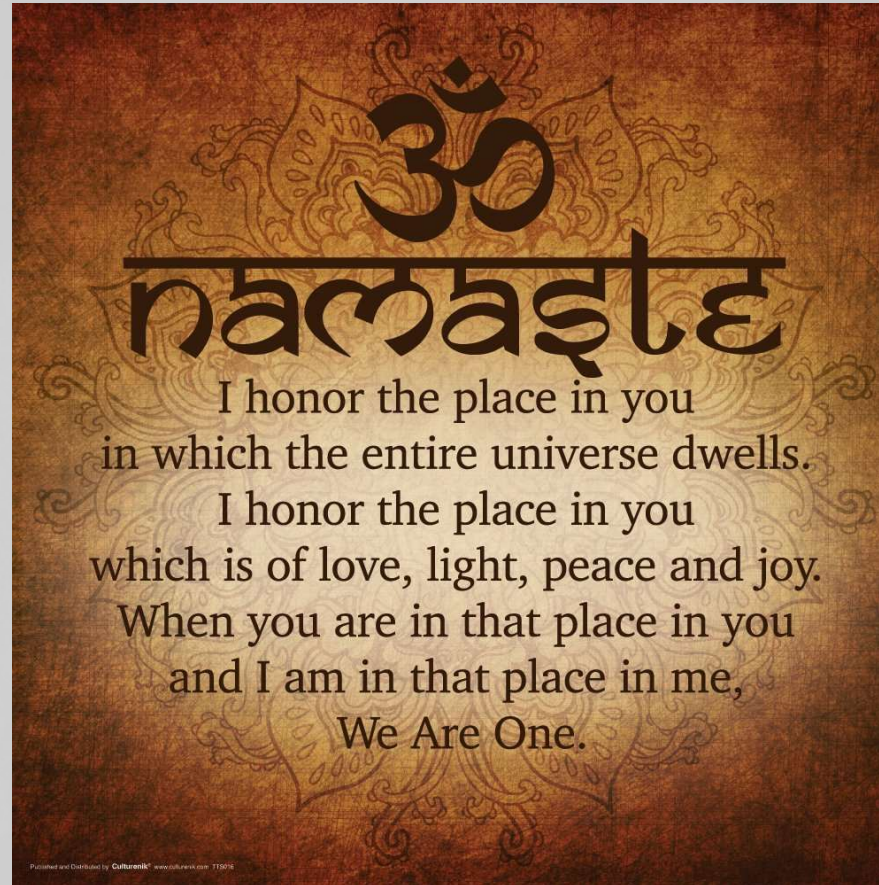
Recap:

1. Show up with positivity.
2. Cultivate mindfulness throughout the day.
3. Always reboot if and when it's necessary.
4. Join your company's workplace wellness programs.
5. Remember to log out.



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