

# Mindfulness - Be Mindful to be Fruitful

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**Abstract:** *Mindfulness is a form of self-awareness training practice that is borrowed from Buddhist tradition. It encourages us to focus attention on the present moment in a non-judgmental way without being deflected. As mindfulness helps people cope with a wide variety of states such as depression, anxiety and physical conditions including chronic illness and pain, it is a key ingredient in a variety of evidence based psychotherapies including dialectical behavior therapy and acceptance and commitment therapy.<sup>[1]</sup> We often find our minds ruminating about things that have already happened in the past or that could happen in the future, which can be often distressing. Mindfulness strengthens our ability to pay attention in the present moment, but also increases our awareness of how our minds fluctuate, often in unhelpful ways.<sup>[2]</sup>*

**Keywords:** Mindfulness, work, self-awareness

## 1. Concepts Related to Mindfulness

Mindfulness is maintaining a moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. Mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. When we practice mindfulness our thoughts tune into what we are sensing in the present moment rather than thinking about the past or imagining the future.<sup>[2]</sup>

## 2. Mindfulness and Work

Mindfulness has a significant impact on workplace processes which rely on effective working relationship, leadership and teamwork. Introducing mindfulness into the workplace does not prevent conflict from arising or difficult issues from coming up. But when difficult issues do arise, they are more likely to be skillfully acknowledged, held and responded to by the group. Over a period of time mindfulness strengthens one's inner resources that will help to navigate through difficult situations with more ease. Mindfulness helps us to be more aware of our own emotions as they arise, which in turn gives us more choices how to deal with them. The neurological benefits of mindfulness have been linked to an increase in emotional intelligence, empathy and self-regulation. It is the development of these areas that contributes to our ability to manage conflict and communicate more effectively. Mindfulness also enables us to take a step back and consider alternative perspectives rather than simply reacting to events. Mindfulness enables us to make informed choices and appropriate decisions in life.<sup>[3]</sup>

## 3. How to Develop Mindfulness?

Mindfulness can be developed by possessing four qualities in one's self. They are;

**C: - Curiosity**, a stance of wondering what thoughts and feelings are present, and where they come from, thus cultivating as much awareness as possible.

**A:-Acceptance**, means that whatever flows through one's stream of consciousness will be taken in and accepted rather than denied and rejected.

**L:-Love**, stands for an attitude of loving compassion for self and others.

**M: - Motivation**, to learn more and to seek to do so from a position of security.<sup>[4]</sup>

## 4. Benefits of Practicing Mindfulness

Mindfulness helps in

- Stress reduction.
- Reduces stress and anxiety
- Reducing rumination
- Boosts working memory,
- Increases attention and concentration
- Improving relationship satisfaction,
- Decreases emotional reactivity
- Enhancing self-insight, fear modulation and morality

Although mindfulness is an individual quality, evidence suggests that it affects interpersonal behavior and quality of workgroup relationship. For example mindfulness among the health care practitioners relate to, improved communication quality, including open listening with increased awareness and less evaluative judgement of others. This also contributes to better client provider relationships.<sup>[5]</sup>

Pathways through which mindfulness might improve relational functioning are diverse, including greater attention to others; better communication, reduced conflict, reduced emotional reactivity and greater expression of others directed emotions such as compassion and empathy.

## 5. How to Add Mindfulness to your Day?

Mindfulness is a mind body practice, one that enables us to use our full psychological and creative potential by training ourselves to pay attention to our present moment experience in a way that is most accepting and allowing. This enhanced state of moment by moment awareness

then becomes the springboard for healthier ways of being, working and relating. In the current economic climate, employees are asked to do more with less working hours. Regular practice of mindfulness increases the brain's ability to repair itself and grow new neural connections. But the "use it or lose it" approach to physical exercise also applies to our brains, so it's very important to practice regularly.<sup>[6]</sup>

Take chance to do the following which can make your day mindful. This includes four main tasks such as,

- Watch your thoughts and name them accordingly (like anxiety, sadness, and depression),
- Take efforts to free self from ruminations of past and future,
- Try something new every day helps you watch the world in a new perspective (sitting in a different seat in meeting, going for lunch in a new place),
- Notice the sensations created by the world around you. Above all keep it as a regular practice to stay mindful throughout.<sup>[6]</sup>

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### Reference

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