

These short micro mindful breaks can help to restore a sense of calm:

- Before, during or after a frazzled meeting
- When you feel overwhelmed or frustrated
- To shift your mood
- To boost a sense of wellbeing
- To reduce stress
- To slow down your heart rate
- To be more mindful of what you're working on

No previous meditation experience required. You can begin to practice in your own time too!

CREATING A  
MINDFUL  
WORKPLACE

# Micro Mindful Breaks

Pop along for a virtual, short mindfulness break

Our aim is to cultivate a workplace that is engaged, calm, kind, and a pleasure to work from

Various short mindfulness practices include:



Tea tasting



Lying down body scans



Mindful movement



Pen pot meditation

...& more



Pop along!

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