

MINDFULNESS IN THE WORKPLACE



OPTIMIZE WORK HOURS

Over **5 Hours** of office work hours are lost weekly to employees thinking about their stressors

CUT DOWN COSTS

Each year, job-related stress costs employers

\$300 Billion



SUPPORT EMPLOYEE MENTAL HEALTH

80% of workers experience stress at work, and half say they need help in learning how to manage stress



INCREASE ATTENDANCE

1 Million

employees in the U.S. are absent each day because of stress



BENEFITS OF MINDFULNESS



PREVENT & HEAL FROM BURNOUT

Mindfulness is a proven method to prevent and manage stress leading to burnout

PROTECT BRAIN HEALTH

Practicing mindfulness is associated with improvements in working memory and executive decision making



PERFORMANCE AND PRODUCTIVITY

Mindfulness can improve concentration levels, work engagement, motivation, and job satisfaction.



IMPROVEMENT

- Emotional Regulation
- Heart Health & Immunity
- Memory & Focus
- Creativity
- Resilience
- Quality of Life

