



in partnership with



SELF BY DESIGN



How to Be Mindful at Your Desk

“The workplace is constantly demanding and distracting, making it a challenge to remain mindful. Stay centered and focused without being frazzled by the mental noisiness that crowds into a typical workday.”

— Dr. Deepak Chopra

Mindfulness is one-pointed, so focus on one thing at a time. Avoid multitasking.

To stay in the present moment, don't let small demands pile up. Take care immediately of anything that takes five minutes or less.

Be mindful of your body and its needs. At a minimum get up out of your chair, stretch and move at least once an hour.

Be mindful of your core or center. When you feel frazzled, find a quiet place where you can close your eyes, take some deep breaths and become centered again. Some people find that centering works better if they put their attention in the region of the heart.

Remember to breathe. At least once an hour, do a few 10-count breaths. Breathe in while counting to four at a fairly leisurely pace. Hold for a second as you relax into the feeling of the “in” breath. Now breathe out to a count of six. Make sure your pace feels comfortable and not so slow that you gasp after a few breaths.

Be mindful of your ultimate purpose, which isn't to meet a deadline but to create a day with happiness in it.

Written by David Gelles at the [New York Times](#)

eni's holistic NexGen EAP program includes a Mindfulness Training component for greater awareness, stronger resilience, and higher mental well-being.

For further mindfulness training, we've also partnered with **Self by Design** to deliver the Mindfulness Leadership Institute. A 6-week Mindfulness Leadership Training backed by neuroscience & psychology.

[Visit us here to find out more.](#)