



Canada's

Healthy Workplace Month

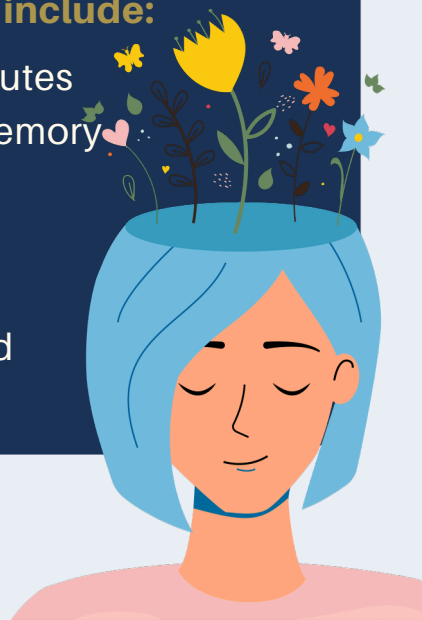
[healthyworkplacemonth.ca](http://healthyworkplacemonth.ca)

# Breathing and Mindfulness

## DID YOU KNOW?

Both mindful breathing and mindfulness practices can transform your workday by reducing stress, boosting focus, and building emotional resilience. Intentional breathwork activates your body's relaxation response, while mindfulness helps you stay present, make better decisions, and improve your overall well-being. Benefits include:

- Lower stress and anxiety in minutes
- Improved concentration and memory
- Enhanced emotional resilience
- Better sleep and physical performance
- Greater workplace harmony and productivity



## DAILY YOGA POSE

### Alternate Nostril Breathing (Nadi Shodhana)

This gentle technique helps balance the mind, calm the nervous system, and enhance clarity. Try it for a few minutes to reset during your workday.

## DAILY MOTIVATION : MUSIC TRACK

### "Weightless" - Marconi Union

A calming track scientifically shown to reduce stress, perfect for mindful moments.



## PRO TIPS FOR THE WORKPLACE



- Before meetings, take a 60-second mindful breathing break.
- Practice the 4-7-8 breathing technique: Inhale for 4 seconds, hold for 7, exhale for 8. Repeat 3-5 times.
- Focus on one task at a time—try not to multitask.
- Practice active listening in conversations.

**Action:** Pause for a one-minute breathing exercise before your next task.

## DAILY RECIPE

### Oxygen-Boosting Green Juice

½ cucumber

1 green apple

Handful of kale or spinach

½ lemon

½ inch ginger



**Blend and enjoy for a mindful, energizing start!**

## INSPIRE & REFLECT



### Inspiration of the day

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” — Thích Nhất Hạnh

### Reflection Question

How can I utilize my breath and mindfulness to cultivate moments of calm and focus throughout my workday?

### Mental Health Challenge

Every hour, take 60 seconds to do mindful breathing (try the 4-7-8 technique), and before reacting to stress, pause for three deep breaths and respond intentionally.

### Daily Affirmation

With every breath, I bring calm and clarity into my body and mind.

### Daily Resource:

***Mindfulness and Stress Management - Canadian Mental Health Association (CMHA)***

Explore free, bilingual resources and practical tips on mindfulness and stress management to support your well-being at work and beyond.

