

# SAFETY SEGMENTS MARCH

## MINDFULNESS MOMENTS



### WHAT WE'RE LEARNING

In the busyness of life and work, taking time for yourself and being present can be very challenging. So, what does being mindful actually mean? Mindfulness is the practice of being fully present and engaged in the current moment. It means being aware of your thoughts, feelings, and surroundings without judgment. This involves paying attention to the present experience with openness and curiosity. Practicing mindfulness can help reduce stress, improve focus, and enhance overall well-being.

### GUIDING QUESTIONS

- What are some of the things that you do to recenter yourself during your day?
- In what moments during the day do you find yourself feeling worked up?
- What barriers do you face finding the time to ground yourself?

#### Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Use the following [Mindfulness Minute video](#). Following the video use the guiding questions, to facilitate a group discussion. Print out copies of [colouring sheets](#) and the [Breathing Star Poster](#) and place in the staffroom or a quiet spot for staff to take a minute or 2.