

Workplace Wellbeing

Mindfulness

Focused on living in the present moment, mindfulness is a form of awareness which over time, and with a bit of practice, can improve an individual's physical and mental wellbeing as well as boosting their performance at work.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:06)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Practice gratitude and list the things you're grateful for.
2. Let go of distractions, engage in conversations and listen with intent.
3. Take a walk outdoors and enjoy your surroundings.

