

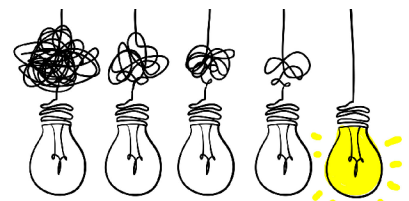
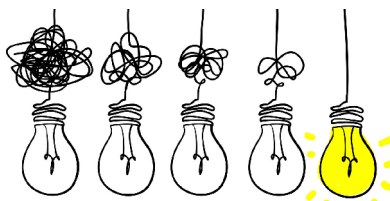
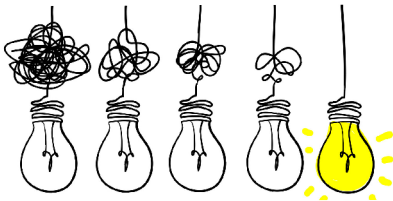
MINDFULNESS AT WORK

Though often seen as a modern trend, mindfulness is not new and is now widely adopted across industries—from tech to construction—for its benefits. It enhances employee well-being, boosts company performance, improves safety, and increases job satisfaction.

How Mindfulness Impacts Your Safety: Distractions significantly increase the risk of workplace accidents, while mindfulness enhances safety, work quality, and job satisfaction.

What is Mindfulness? Mindfulness is the practice of staying intentionally focused on the present. Despite its simplicity, it's harder to maintain today due to shortened attention spans and constant interruptions.

3 Steps to Being More Mindful: Simple mindfulness techniques can improve concentration, making you happier, safer, and more effective at work.



- 1. Take Control of Distractions** - Multitasking is a myth—our brains just rapidly switch between tasks, reducing efficiency by 20–40% and lowering IQ by around 10 points. To regain focus, take control of distractions by setting boundaries, adjusting notification settings, and removing non-essential interruptions. Decide what truly deserves your attention and manage it accordingly.
- 2. Become Your Brain's Traffic Controller** - Modern life bombards us with constant distractions—news, social media, and ads—that create overwhelming mental "white noise." To stay focused, it's important to quiet this noise by clearing your mind and reducing distractions.
- 3. Return to Focus** - Mindfulness means noticing when your mind drifts and gently bringing it back to the present. Like a muscle, it strengthens with practice—making focus easier over time.

Fully engaging in a task improves safety, efficiency and results—and research shows it also increases enjoyment.

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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THINK
SAFETY
STARTS
WITH YOU

Source: ALLY SAFETY