

# OPTIMAL

A newsletter for wellness and improved wellbeing

## About OPTIMAL

OPTIMAL is a monthly wellness newsletter developed and circulated by Sages & Scribes Consultants with the aim of informing, educating and improving the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

In this edition, we focus on mindfulness. What is mindfulness and how does it affect our wellbeing? More importantly, how we can practice mindfulness especially in the workplace for improved productivity and performance.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.



# MINDFULNESS

By Ven. Adelowo Adesina

Epidemiologist and Psychosocial Risk Management experts have opined that the pandemic after the post-Corona Virus pandemic will be workplace stress, fatigue and burnout. According to the World Health Organization (WHO), workplace stress is already a pandemic. Research findings and workplace studies show that stress, fatigue and burnout are the realities of our time.

A recent study by Eagle Hill Consulting, a top US management consulting firm with key focus on strategy and performance, found that employee burnout skyrocketed by 58% in 2021. Despite this dismal picture, there is evidence that mindfulness is an effective and viable means of avoiding em-

ployee fatigue and burnout, as well as “de-stressing” and getting relief from stress.

Since the Jon Kabat Zinn Mindfulness-Based Stress Reduction (MBSR) program of 1979 at the University of Massachusetts, authorities around the world, including the University of Massachusetts, have agreed that mindfulness is effective in stress reduction and its management.





## What Is Mindfulness?

Mindfulness has been defined in various ways. Some people, in an attempt at its definition, have mistaken mindfulness for meditation. Though meditation is a powerful way to practice mindfulness, it is worthy of note that there is much more to mindfulness than meditation.

mindfulness is “a moment-to-moment awareness of one’s experience without judgment”. In this sense, mindfulness is a state and a trait. While it may be promoted by certain practices or activities such as meditation, it is not equivalent nor synonymous with them.

According to the American Psychological Association (APA.org 2021),

## Mindfulness Defined

Mindfulness is the psychological process of bringing one’s attention to the internal and external experience occurring in the present moment, which can be developed through the practice of meditation and other trainings.

Mindfulness is the practice of maintaining a nonjudgmental state of heightened or complete awareness of one’s thought, emotions or experiences on a moment-to-moment basis.

**Merriam-Webster Dictionary**

**Wikipedia**

From these definitions, we find the core essence of mindfulness can be described as:

- Focus to create awareness
- Being in the moment
- Attitude that is nonjudgmental, curious and kind

Thus, mindfulness is paying full attention to something. It means slowing down to really notice what you are doing.

Being mindful is the opposite of rushing or multitasking. When you are mindful, you are taking your time, and focusing in a relaxed easy way.

***Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.***

[www.mindful.org](http://www.mindful.org)



## How To Practice Mindfulness

### 1. Mindful Living

This is an exercise in which you deliberately, positively and constructively direct your thoughts and wishes to yourself, family members, friends, neighbours, colleagues, acquaintances and all humanity.

### 2. Mindful Movement

To practice mindful movement, take intentional regular walks and strolls, paying attention to your breathing, thoughts, body movements and your surroundings, especially nature. You can also practice other forms of mindful movement such as sports, mind games and exercises, focusing attention on your physical, mental and emotional sensations.

### 3. Mindful Breathing

Mindful breathing is a simple breathing exercise. The idea is to spend a few minutes focusing your awareness on the moment as you breathe in and out; inhale and exhale without trying to change your thoughts in anyway.

### 4. Mindful Eating

Mindful eating is not about a dietary regime. Rather, it is about intentional eating. It entails eating food slowly, while deliberately paying attention to the feel, the smell and the taste of the food, as well as chewing and swallowing the food intentionally.



## Benefits of Mindfulness

Practicing mindfulness is known to yield immense and numerous benefits. These include:

- ◆ Reducing anxiety and stress.
- ◆ Becoming more self-conscious and self-aware.
- ◆ Increasing the awareness and understanding of other people and the environment.
- ◆ Enhancing self-esteem and confidence.
- ◆ Sparks creativity, innovation and problem solving.
- ◆ Enhancing workplace productivity and performance.
- ◆ Building resilience and adversity management skills.



*Mindfulness is a quality that every human being already possesses; it's not something you have to conjure up, you just have to learn how to access it.*

[www.mindful.org](http://www.mindful.org)



## In Other Words...



If you want to conquer anxiety, stress, fatigue, burnout, depression and all the host of psychosocial adversities ravaging the world along with the Covid-19 pandemic, you need to practice mindfulness.

Live in the moment, live in the breath. Be attentive, be intentional, be grateful, be true to yourself and to others. Be kind, be thoughtful, be considerate; be generous to yourself and others, even to nature. Have mindfulness!



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**Sages & Scribes Consultants** is a multi-disciplinary consulting firm with a mission to offer bespoke world-class consulting services to give clients an advantage by building their people and technology enabling them stand over and above competition.

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**Business Advisory:** Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

**Employee Assistance:** Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness & Wellbeing.

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