helen sanderson associates USA

Self-care is an open portal to your best work.

Welcome to today's mindfulness moment. Self-care is an open portal to your best work.

I invite you to close your eyes and settle into your chair allowing your body to be and its most comfortable position. Breathe in from the soles of your feet as if you're drawing fresh oxygen straight up from the ground, in and through you all the way to the top of your head. Hold your breath for four, 3, 2 and one seconds.

As you breathe out, breathe out everything distracting you. Continue breathing at a pace that is comfortable for you. With each breath continue to draw in fresh oxygen and energy. With each exhale, acknowledge those things that are distracting you from your work and clogging up the channels to your creativity. Breathe out the dishes left in the sink and leave them there. Breathe out any tension in your body and direct fresh oxygen to those knotted muscles and painful places, whether you feel them externally in your body or hidden deeper inside you.

Now, stretch your arms away up into the sky as far as you can. Think of all the tasks before you today. Gather them into your hands and into your mind. Consider them gifts. Your work matters. It's directly connected to your sense of purpose and your passions. Wiggle your fingers as you welcome these gifts.

Once you have welcomed your tasks for the rest of your workday, stretch your arms out to the sides and feel the stretching through your arms and down into your fingers and wiggle your fingers in anticipation of the treasures you might find in your work. What invitations might be in the tasks? What gifts might you find in the tasks you normally dread or just want to get over with.

Focus your attention directly on the work you are doing. Your mind is now clear and refreshed. You are free and full of oxygen, you are free to work with a sense of lightness, joy, and focus rather than the grind of the ticking time clock. Bring your hands down into your lap. Joy makes way for focus. Take 2 deep, slow invigorating breaths knowing that you are capable, your work matters and you can complete quality work that contributes to your job and your coworkers.

Link to recording: https://youtu.be/LQ_cJZ_R4OY?si=oWg_fzaEuxXsGFCP