In our traditional workplace, we are challenged by meeting deadlines, expanding services, and managing crisis on different levels. Moreover, we always want to have work and life balance, but are not feeling successful at it. This is because work and life balance is a myth. According to Ellen Langer (2015), the problem with balance suggests that work and life are opposite and have nothing in common. It assumes that we must always make trade-offs between work and personal/family life, for example.

A more realistic approach is to have better integration between work and your personal life. I have always believed that if you have a harmonious family life, such as effective communication and good interpersonal relationships with your spouse and children, you tend to have similar effective communication and good interpersonal relationships with your supervisor, colleagues, and supervisees at work. Such integration of work and life domain is to embrace the idea that they are not separate but equally important because they all involve people, matters, and issues that we have to deal with on a daily basis. Furthermore, work and life integration promotes wellness in mind, body, and spirit.

One skill area that everyone can learn to cultivate wellness through is mindfulness meditation.

In the last decade, research has found that mindfulness meditation exercises produced many benefits such as peak work performance; improved memory with focus, clarity, sharpness, attention, and concentration; reduction of anxiety and depressive symptoms; relief of dependence on alcohol and other drugs; and reduction of chronic stress such as hypertension and insomnia. Hence, there are many meditation programs that are being introduced to the business, education, and legal worlds. For example, the General Mills company has meditation programs for its staff, young children are learning mindfulness meditation in schools, and practicing judges are encouraging lawyers to learn meditation exercises.

What is Mindfulness?

Mindfulness refers to being fully aware of our images, forms, and thoughts in our thinking without being caught up with our own bias perceptions when interacting with others in the present environment. Mindfulness is the process of actively engaging with what is going on in the present moment, for example, mindful awareness of our in-breath and out-breath in the present moment.

What is Mindfulness Meditation Training?

Mindfulness meditation training is a scientific and systematic method of developing the mind’s innate wisdom and skillful ways of dealing with people, matters, and things in the present moment. Everyone has the skill to train his or her mind to have clarity, concentration, calmness, and awareness. This is analogous to going to the gym, carrying weights to tone our muscles in order to become physically fit. Thus, mindfulness meditation is actually exercising our brain/mind to be mentally sharp and strong. The following are applications of mindfulness meditation exercises in our daily life.

Two Grounding Questions

Whenever you feel distracted by your thinking, you can use two grounding or centering questions: Silently ask the question: “Where am I right now?” and take a moment to scan your physical environment. This question helps you to stay focus in your present environment. Next, ask the question: “What am I doing right now?” This question will assist you in being mindful of what are you doing in your present moment.
Try these two exercises:

1. Creating ‘Pause’ in your Work with Mindfulness Meditation
You have been working long hours in front of the computer preparing for your court summary and find there are tensions and tightness in your neck, shoulders, lower back, and legs. This tightness in your body is telling you to pause and take a break from what you are doing. You simply close your eyes and concentrate on your in-breaths and out-breaths. Take a couple more in-breaths and out-breaths. Whatever thoughts and emotions arise, just gently direct them back to your in-breath and out-breath. Just focus on your in-breaths and out-breaths without judging your thoughts and emotions. Be aware of your thinking and let the thoughts pass like clouds in the sky without holding onto them.

2. Driving Meditation Exercise
Driving your car is a luxury experience because it is a present moment for you to practice being relaxed and fully awake! When you first get into your car, take some in-breaths and out-breaths as you notice your present environment. Just take a few moments to feel your car seat, seat belt, steering wheel, rear mirror, dashboard, etc. When you feel relaxed and awake, start your engine and proceed to your destination. Along your journey, when you encounter red lights in the city or traffic jams on the interstate highways, just remember to return to your in-breaths and out-breaths to help you stay focused and not caught up with your judging statements: “Why don’t they move faster?” … or “There are too many traffic lights on this street!” … Be fully aware that these thoughts are just thoughts, and they do not have any control over your life.

Find Peace and Wellness in Mindfulness Meditation
We sometimes forget how to live our life in the present moment and get easily caught in our past regrets and worrying about future events in our mind. In order for us to stay fully relaxed and awake, mindfulness meditation exercise has to be practiced on a daily and consistent ba-

References

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