

# Mindful Work

## Keeping it going

We often hear people who have completed a mindfulness course say that they are successfully becoming more mindful in many day-to-day activities. As a result their stress levels reduce and they enjoy life more, and do better work. This is great news.

However, there is a danger that having completed a course over say 8 weeks, we think we can stop doing any formal practice, and that the mindfulness will continue to build. It may do, but there is also a real danger that it will fade.

All of us hit barriers with this work. When a baby learns to walk, it falls over a lot, but it keeps on trying until the first steps give it confidence. Most of us find mindfulness challenging at times, but with patience and curiosity those challenges may turn out to be the most illuminating experiences along the way. So **keep going**, and most difficulties will resolve.

In order for mindfulness to **continue to make a positive impact on our lives and on the lives of those around us**, we need to keep topping up the batteries. The formal practice time of sitting, walking, body scan, open awareness, mindful listening, and above all mindful breathing, is our time for recharging and continuing to gain deeper insight and wisdom.

Proper mindful living requires this balance of formal practice time, and real-world application.

Our own sincere wish and hope, if you have found mindfulness to be beneficial, is that you will **continue to develop your practice**. Our vision is that more and more people will benefit from this practice, as we believe that the path to a more peaceful and sustainable world starts with our own hearts and minds.

So if your intention is to maintain and build your confidence with this practice, our first recommendation is to **work with others doing the same**. That's why we recommend practising in a group, with a buddy, or with the support of a tutor.

Treading this path with others, or knowing that others are walking alongside you, makes the journey much easier and feels more secure.

We'll be sending you regular **newsletters** with practice reminders, new materials and, we hope, motivating thoughts.

In order to develop the practice more deeply, at some stage you will need to make space for longer practice sessions, which means going on **retreat**. Retreats allow us the time and space to really develop these skills in a safe environment with expert guidance.

Use our daily App too, Five to Nine - it gives a one minute animated video reminder and tip each work day.