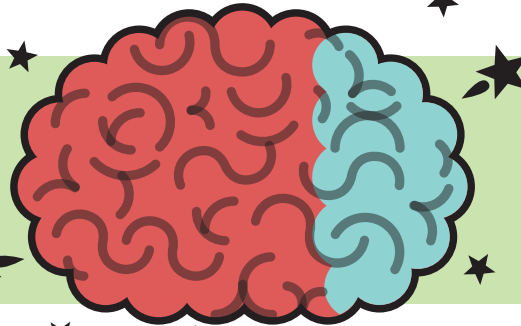


Mindfulness

Focus for safety

Mindfulness is the practice of being consciously aware of what is going on around you and can be an effective strategy against distractions or impulsive acts that can lead to workplace injuries.

Two-thirds of your brain is dedicated to **thinking fast**. This critical mechanism allows you to recognize patterns, take quick action, and work on "auto-pilot." This system operates automatically requiring little effort.



The other third of your brain **thinks slowly** and requires effort to access. This is where experience and comparisons create strategy and long-term solutions. This is where mindfulness is achieved.

You spend most of your brain power thinking fast, so

slowing down to find mindfulness takes practice.

Here are ways to practice mindfulness, so that when you need to decompress, clear your mind, slow down, and strategize long-term solutions, you are more prepared.

Count backwards in your mind.

This requires us to put items in a different order and can help you become calmer if you are experiencing stress.

3 2 1

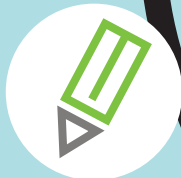
Body scan.

Close your eyes and become aware of tension or stress you may be feeling. Start at your toes and work your way up to the top of your head.



Color, doodle, or draw.

This exercises focus and promotes relaxation.



Reduce distractions. Clear the clutter and turn down the noise. A calm environment makes it easier to concentrate.



Create a quiet place. Establish an area where people can take breaks and recharge.



Actively notice new things.

Scan the environment and notice anything that may be different or new.



Mindful pause.

Stop and remind yourself to stay in the moment.



Focus on breathing.

Simply paying attention to the breath as it goes in and out helps your brain relax and get centered.

