

# Meditation: A Workplace Benefit



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**If you want to control  
the anxiety of life,  
live in the moment,  
live in the breath.**

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Amit Ray

It does not matter where stress and anxiety come from—workplace, home, finances, or family—everyone experiences this. When we are stressed, we are not able to do our best work. However, a workplace meditation or mindfulness program can be a stress management tool for employees. In fact, the [Wellness Institute at Cleveland Clinic](#) found that “mindfulness-based techniques, including meditation, can lower stress levels in a demanding work environment and lead to happier, more engaged employees.”

Providing a meditation or mindfulness program is an inexpensive way for a company to send a message that the well-being of its employees is a priority.

## Ideas for wellness coordinators

- **Create a quiet space** for employees to take a mental break during the workday. The space can be for meditation, prayer, or just a few moments of peace. Some workplaces make it dual purpose and use it for their nursing mothers’ space too. It should be located in quiet area of the building and be absent of all technology. It only needs to be big enough for a comfortable chair, floor pillows or mat, and a small table.
- Consider having a daily or weekly **10-minute group meditation break** for interested employees. There are many free guided meditation apps available. [Insight Timer](#) is one.
- **Create a walking trail** map that encourages employees to take a break from the workplace and spend some time outdoors.
- **Share this infographic** with your employees about ways to be more mindful at work.

## Employee Newsletter:

### *Choose a meditation practice that’s right for you*

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