

<b>Organization and country:</b>	<b>GROWTHCOOP (SPAIN)</b>
<b>Name of the activity:</b>	<b>“Mindfulness: as a technique to increase the emotional salary”</b>
<b>Overview (What I am going to learn?):</b>	<b>Learning the importance of taking actions to increase emotional salary in the workplace. Learning how to disconnect or rest for a period of time in the workplace.</b>
<b>Objective (What am I going to learn it for?):</b>	<b>The aim of this activity is to provide employees with a benefit (a moment of rest from work) to increase their emotional salary and to promote well-being and reduce stress for workers.</b>  <b>For the other hand, the aim of mindfulness is to reach a deep state of awareness without judgement of our sensations, feelings or thoughts.</b>
<b>Materials:</b>	<ul style="list-style-type: none"> <li>- <b>A spacious empty room</b></li> <li>- <b>Mats for lying on the floor.</b></li> <li>- <b>Music system with relaxing music and incense (if desired).</b></li> </ul>
<b>Time:</b>	<b>Approximately fifteen minutes</b>
<b>Target group:</b>	<b>Workers</b>

### Instructions for facilitators

One person in the group should be in charge of guiding this meditation. The guided meditation can be any meditation that we want to choose, in the following section there is an example of one that can be used. The important thing is to guide the meditation in a calm and quiet voice, which does not stress the workers, but is familiar, close and relaxing. The person who is selected to lead this meditation has to meet the requirement of having a voice with the above qualities. Also, the room should be prepared, the facilitator can light incense and play relaxing music in the background if desired to create a relaxing atmosphere.

### **Tasks and procedure:**

1ºThe facilitator tells the participants that each one has to take a mat and lie on their backs on the floor.

2ºThe facilitator says that they are going to do a guided meditation in which they will listen to the indications that he/she is going to tell them.

3ºThe meditation begins, the facilitator has to say:

Close your eyes... Imagine that you are moving away from the place where you work... leave behind the everyday noises and hurry... Imagine that you are crossing a valley and approaching a mountain range... visualise yourself in it... you are going up a winding road... find a place to stand... find a path you can walk up... find a comfortable place to stand.

When you have found it and reached that point, take some time to examine all the tension in your life. Mentally bestow the tension and stress with shapes and colours... Look at them carefully and then leave them on the edge of the path you are on.

Continue up the path until you reach the top of a hill... look up from there... What do you see... you look for an attractive and comfortable place?

Notice the surroundings... what does it remind you of... Notice the sights, the smells, the sounds... Think about how you feel... Settle down and slowly begin to relax... Now you feel totally relaxed... experience the feeling of being totally and completely relaxed... Rest for three to five minutes... Look around you again... Remember this is your special place to be...

Remember that this is your special place to relax to which you can come whenever you want to.

Go back to the room and remember that all these images are the fruit of your imagination, you have created them yourself and you can call on them whenever you want to relax.

4ºThe facilitator tells the participants to open their eyes slowly and move their body slowly until they manage to stand up and pick up their mat.

### **Conclusion and evaluation:**

Many companies value the Latin quote 'mens sana in corpore sano', so providing activities for employees, such as a break room or games room, increases wellbeing and reduces stress. Therefore, dedicating small moments to mindfulness in the workplace can contribute to a better emotional salary.

This activity can be concluded with a reflection among all the workers on how they have felt, and if they consider that it would be necessary to carry out activities like this periodically in order to increase their well-being and reduce their stress levels.

At the end of the session, we can carry out a small evaluation questionnaire to find out the opinion of the workers and whether it would be necessary to integrate regular meditation sessions in the company or other actions that favour their emotional salary.