



Arriving Mindfully

Not picking up on important cues when entering a meeting? Stumped when asked a question because you're mentally in the last meeting? Try arriving mindfully:

To practice arriving:

1. Shift to Now – As you walk to the meeting, make a mental note of the fact that you are entering a new situation
2. Take A Mindful Breath – As you place, or envision, your hand on the door knob, take one mindful breath – “Breathing in, I know I am breathing in . . . breathing out, I know I am breathing out.”
3. Focus – Intentionally take note of everyone present and the tone of the room. Take in the full environment. Notice all the details.