Mindfulness in the Workplace

Mindfulness in the workplace is a relatively new area of mindfulness application and research. Nevertheless, initial studies have documented beneficial effects of mindfulness training on conditions related to work stress. It has been shown that mindfulness training

- Decreases perceived stress, improves sleep quality, and the heart rhythm coherence ratio of heart rate variability (index of emotion regulation) in employees (Wolever et al., 2012);
- Reduces perceived stress and increases mindfulness in working adults (Klatt et al., 2009);
- Improves multitasking-related problems – HR staff showed better memory for tasks, more concentration on a task and less switching between tasks (Levy et al., 2011).

Research Interests
There is a great potential for mindfulness-based techniques to impact on work-related factors such as work stress, motivation, absenteeism, presenteeism and unemployment. Our aim is to develop mindfulness-based programmes which can be readily implemented in the workplace environment and to provide research evidence to guide their implementation.

Current Research Projects
- A Ph.D. project on the effects of mindfulness-based interventions on leadership in organizations and work performance (to start in October 2012)
- Outreach events to develop links between businesses, the public sector and the CMRP to engage collaboratively in projects evaluating effects of mindfulness in the workplace

Relevant publications involving Bangor University

References:

