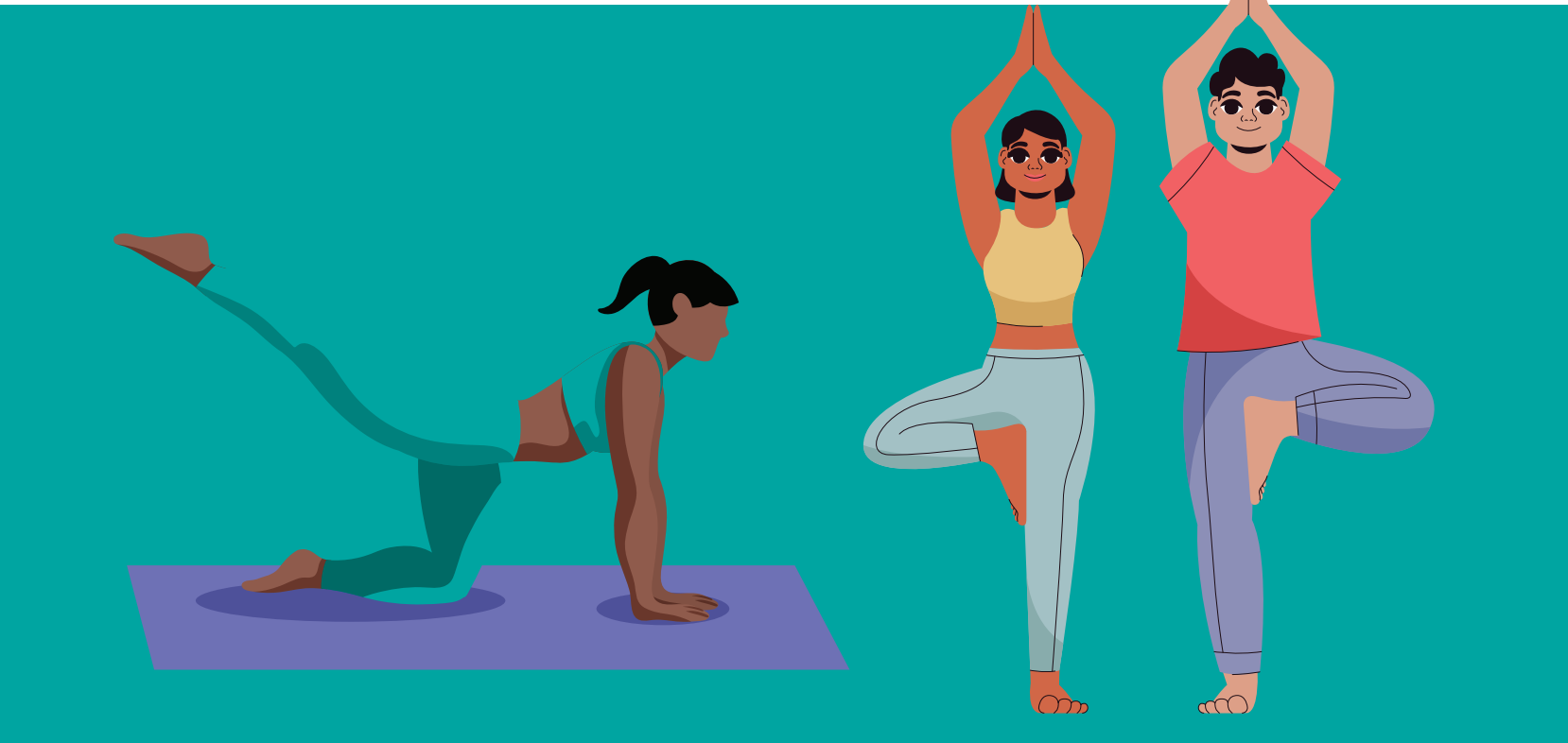




MINDFULNESS TECHNIQUES



As an intern, you'll encounter various obstacles, including managing your workload and meeting deadlines, navigating office politics, and developing professional relationships. Mindfulness techniques can help you focus, reduce stress, and achieve your objectives.

What is mindfulness?

Mindfulness is the discipline of being fully present in the moment, paying attention to your thoughts, feelings, and sensations without judgment. It entails developing awareness, clarity, and tranquility during times of turmoil.

Benefits of Mindfulness

- 1. Reduced stress and anxiety:** Mindfulness activities such as meditation and deep breathing can help to relax the mind and body.
- 2. Improved focus and concentration:** Mindfulness techniques can help you remain focused on your tasks and avoid distractions.
- 3. Enhanced creativity and problem-solving:** Mindfulness techniques can help you approach challenges from a fresh perspective and think outside the box.
- 4. Better time management and prioritization:** Mindfulness can assist you in balancing work, managing your time more effectively, and avoiding procrastination.

Mindfulness Techniques

- 1. Meditation:** Take a few minutes each day to sit quietly, focus on your breath, and let go of distracting thoughts.
- 2. Deep breathing:** Practise deep, slow breaths to calm your nervous system and reduce stress.
- 3. Body scan:** Lie down or sit comfortably, and bring your attention to different parts of your body, starting from your toes and moving up to the top of your head.
- 4. Mindful walking:** Take a short walk, paying attention to the sensation of your feet touching the ground, the movement of your legs, and the rhythm of your breath.
- 5. Gratitude practice:** Take a few minutes each day to reflect on the things you're grateful for, such as good health, supportive colleagues, or opportunities to learn and grow.

Tips for Incorporating Mindfulness into Your Internship

- 1. Start small:** Begin with short mindfulness practices, such as 5–10 minute meditation sessions, and gradually increase the duration as you become more comfortable with the practice.
- 2. Find a quiet space:** Choose a peaceful, comfortable location where you may practise mindfulness without interruptions.
- 3. Make it a habit:** Include mindfulness in your everyday routine, such as shortly after you wake up or during your lunch break.
- 4. Seek Support:** Share your mindfulness goals with a colleague or mentor, and ask them to help keep you accountable. You can also reach out to the HSRC Employee Wellness practitioners for assistance.

Practising mindfulness skills can help you manage internship problems with greater comfort, clarity, and confidence. Incorporating mindfulness into your everyday practice can help reduce stress, increase focus, and achieve your goals.

For more info or assistance, kindly contact your Employee Wellness Practitioner at wellness@hsrc.ac.za –Alternatively, contact our external service provider, Lyra South Africa, on Toll-free: 0800 597 272/ Email: callback@icas.co.za