

Mindful Habits to Remain Unruffled by Stress in the Workplace

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Abstract : There are good stresses and bad stresses. To tell the difference, recognize early signs of stress, and label stress conditions correctly, we need to understand stress triggers and the mechanism of stress as it arises. By understanding this through mindfulness of body, mind, and spirit, we can be prepared to prevent harmful stress from escalating and ruining health; physical, mental, and emotional. We can also prepare others/peers to be stress-free. The understanding of this is available in a form closest to our natural being, in ancient oriental wisdom, and is brought together as actionable habits in the movement called RENEWALism. The constructs of RENEWALism Habits are detailed in this paper, and case studies presented of how mindfulness has equipped individuals with both capability and capacity to handle their situations and environments despite the odds.

Keywords : habits, mindfulness, renewalism, stress

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