

Special Webcast

Supporting Employee Emotional Well-being
with Mindfulness

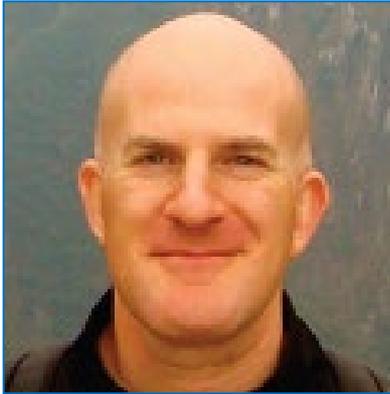
March 2, 2021

THE CONFERENCE BOARD 

 fitbit. | HEALTH SOLUTIONS



Today's Presenters



Andrew Chaikin
Mindfulness Advisor
Fitbit Health Solutions



Lisa Hunter (Moderator)
Program Director,
Senior Fellow
The Conference Board

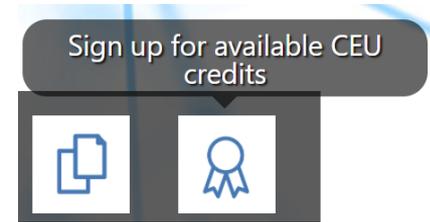


What We Will Be Exploring Today:

- A challenging year
- How mindfulness can help
- A brief dip into mindfulness
- Your questions



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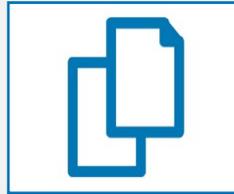


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(via the Q&A box)



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Uncertain Times.
Organizations may
not return to a
normal work
environment for
quite some time.
Some may never
return to the
way it was, pre-
COVID.

35%

US companies
who don't know when they will
be welcoming employees back
to the workplace*

82%

Business leaders
who plan to allow employees to
work remotely some of the
time**.

1/3

Employees
are still expected to be working
remotely in Q1 2021***

*Conference Board survey, Aug 19-26, 2020

**Gartner, Inc. survey, June 5, 2020, 127 company leaders

***Willis Towers Watson - Reopening the Workplace: Health, Safety & Wellbeing survey, June 1-20, 2020



Supporting workforce health & wellbeing now means:

Keeping people active & well
at home.

Supporting
mental & emotional wellbeing.

Keeping people connected.

Bringing employees back safely.



Mindfulness for Challenging Times:

Supporting your employees'
emotional well-being

Andrew Chaikin

Fitbit Mindfulness Advisor

March 2, 2021

A few breaths

Here to help you

Bringing mindfulness to...

- Groups
- Individuals
- Apps
- Devices
- Companies
- Jails
- Kids
- Congress

A Challenging Year

We've been feeling...

- Anxious
- Overwhelmed
- Exhausted
- Pressure
- Distracted
- Fuzzy
- Confused
- Frustrated

We've been coping with...

- Less space
- Solitude / distance
- Less physical activity
- Grieving / trauma

Imbalance

- Work, family, personal time
- Boundaries are blurred
- Intensifies our lives:
"More of everything"

Racial Issues

"Your black employees are...

- Exhausted. Scared.
- Crying between meetings.
- Mentally checked out.
- Putting on a performance."

Politics

- Elections
- Divisiveness
- Social media
- Firehose

Ripple effect

- Self-perpetuating
- Spreads like wildfire
- Stretched → breaking point
- Vicious cycle

Challenging Times

Mindfulness

Let's try it!

A brief dip into mindfulness

What did you notice?

Body · Thoughts · Emotions · Sounds

What is Mindfulness?

Cultivating awareness of
your present experience –
gently, without judgment.

What is Mindfulness?

Cultivating awareness of

Body • Senses

Thoughts • Emotions

Studies say...

- Reduce stress + depression
- Positive emotions
- Mood regulation
- Immune system
- Sleep quality

Studies say...

- Focus / memory / decisions
- Self-esteem / resilience
- Leadership
- Relationships
- Parenting / schools

Dow Chemical

8-week class series

- Less stressed / burnt-out
- More physical / emotional energy
- More engaged at work
- Eating better

Google

greater good what is mindfulness

Benefits: In the Moment

- Reduce stress + anxiety
- Allow some space
- Stop the wildfire
- Cultivate positive emotions

Benefits: Long-Term

- Emotional awareness
- Spaciousness / acceptance
- More say in your well-being
- Virtuous cycle!

Practices

- Breathing
- Body
- Walking
- Thoughts
- Gratitude
- Eating
- Kindness
- All-Day



Morning Breathing Exercise
Mindfulness




Body Relaxation
Mindfulness




Gathering Focus
Mindfulness



AURA
Mindful Eating: Check in with the Body
Mindfulness




Unwind with Gratitude
Mindfulness



A Relaxing Forest Walk
Mindfulness

You can practice:

By yourself • With a buddy

With family • In a group

Building a culture

- No "right way"
- What's the need?
- How does it align with your org?
- Start small
- Voluntary
- Community
- Show results

Questions!

How can we help?

Thank you!

Andrew Chaikin

heart.camp
andrew@heart.camp



Upcoming Webcast Programming from The Conference Board

- [Employer Solutions for COVID-19 Pandemic: A ViacomCBS Case Study](#) (March 4 @ 2pm ET)
- [Building a Workforce Mental Health Strategy for 2021 and Beyond](#) (March 11 @ 2pm ET)
- [One-size-fits-all Health Care is Not Working: Localized health care is the alternative to the status quo](#) (March 24 @ 2pm)

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COMMUNICATING EMPLOYEE BENEFITS & COMPENSATION

March 9 – 10, 2021

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