



3rd Newsletter

October 2019

<http://mindfulmanager.eu/>

The 3rd Partner Meeting in Vaasa Finland

In May 2019, partners met in Vaasa Finland to train the trainers for the Mindful Manager Training Program. The participants went through all five themes by demonstrating and explaining the modules they have developed for the others. The participants also agreed on the final content of the program sessions since there was more material developed for the sessions than it would be possible to carry out. In the evening, the international partners also had an opportunity to get acquainted with the most used relaxation method in Finland, the sauna.



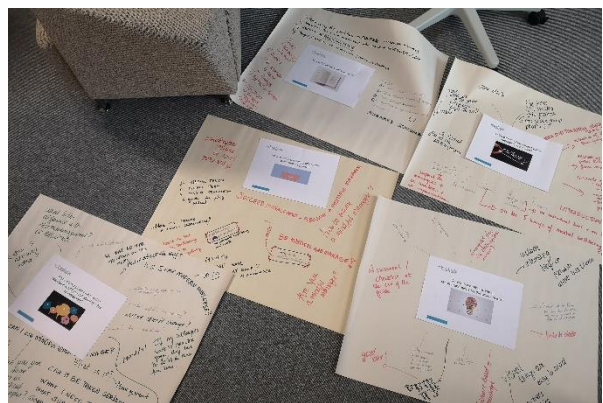
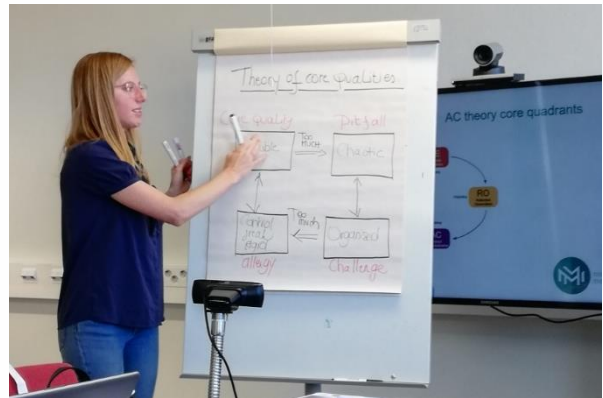
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Piloting of Training Sessions is Starting

We have some exciting news about Mindful Managers; piloting for the project is now starting! There will be training sessions open to the public in the UK, Finland, Belgium and Cyprus. The sessions will focus on stress management and mindfulness in the workplace. Participants will be provided with a holistic and extensive training package. The end goal is to develop a more constructive and mindful approach when dealing with modern workplace stresses. Participants will learn about new habits, which will help them to sustain a healthy and productive working environment for both themselves and their team. These sessions will be composed of four different modules and each session will also focus on ways to be active:

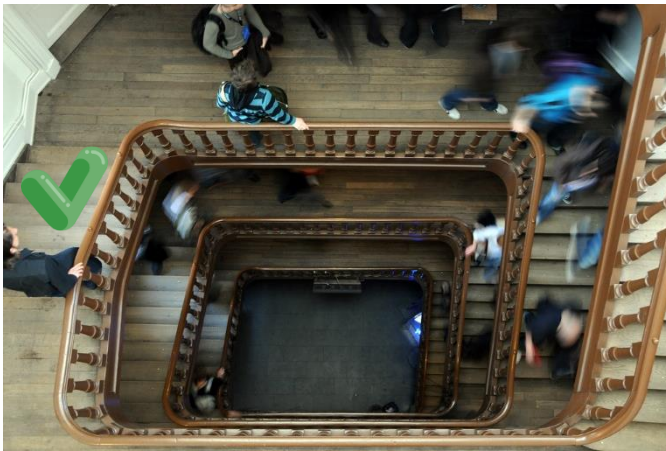
1. **Connect.** Connect with the people around you. Building these connections will support and enrich you every day.
 2. **Take notice.** Be curious. This includes the idea of Mindfulness.
 3. **Keep learning.** Try something new.
 4. **Give.** Do something nice for a friend, or a stranger.
- These sessions are completely FREE as they form part of the Mindful Managers project, which is fully funded by the Erasmus+ programme. This event is open to anyone who manages people in the public sector. If you are looking to build your resilience and learn about stress management, come and join us!



Tip: Be active! 14 things to do when you want to have a dynamic working day

- Are you making a phone call? Do it standing or walking.
- If you have something to discuss, do it in person.
- Take the stairs instead of the elevator. Is the fifteenth floor a bit too high? Then do half with the stairs and half with the elevator.
- For everyone who lives close to work: get on the bike or go for a nice walk.
- Do not let your colleagues get you coffee, but walk for it yourself.
- Try to get up out of your chair for as many tasks as possible. A good ratio per hour is to stand for fifteen minutes or move for three quarters of an hour.
- Take regular breaks. Get some coffee, look out the window, peel an apple.
- Do not continue working during lunch. No one has ever become more productive in that way.

- Get some exercise and fresh air during lunch, so go outside.
- Take a short break for some exercise in the workplace. Involve your teammates for an even more fun experience!
- Make sure your desk, chair and screen are properly adjusted.
- Laptops are handy as they make you pay extra attention to your posture. So use a laptop stand, a separate keyboard and a mouse.
- Limit the use of the mouse by using function keys.
- Work standing up occasionally. Put a stack of books under the laptop. It is about variety: standing for more than 4 hours in a row is not good either.
- Sitting on a sitting ball puts the back muscles to work. Avoid overloading and use the ball for a maximum of 2 hours per day



Recent Research in the Field

Work-related stress is among the most commonly reported causes of work-related illness, affecting more than 40 million people across the EU. While employment has many benefits for our physical and mental health, the pace and nature of work is changing, leading to extra pressures on mental health and well-being.

Recent Research in the Field

Cregård and Corin (2019) have examined public sector managers' decisions to leave or remain in their job. The research presents a long list of push factors, which make public sector managers overburdened, overwhelmed and overworked. They point out, that it is essential to establish positive workplaces in the public sector.

Hassard, Teoh, Visockaite, Dewe, and Cox (2018) have made a systematic review of the available evidence examining the cost of work-related stress. The included studies originate from Australia, Canada, Denmark, France, Sweden, Switzerland, the United Kingdom, and the EU-15. In conclusion, the total estimated cost of WRS was observed to be considerable and ranged substantially from US\$221.13 million to \$187 billion.

<https://www.facebook.com/MindfulManager/>

Cregård Anna & Linda Corin. Public sector managers: the decision to leave or remain in a job. Available:

<https://www.tandfonline.com/doi/full/10.1080/13678868.2018.1563749>

Hassard, J., Teoh, K. R. H., Visockaite, G., Dewe, P., & Cox, T. (2018). The cost of work-related stress to society: A systematic review. *Journal of Occupational Health Psychology*, 23(1), 1–17.

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