

# Improve mindfulness

*Living in the present boosts productivity at workplace*

**L**IVING IN THE moment not only improves your overall health and mood but also enhances productivity at the workplace, new research has revealed, suggesting that firms the world over must look into conducting mindfulness sessions for employees.

Mindfulness is often viewed as a valuable management tool that can lift an entire workplace. Injecting a corporate culture of mindfulness not only improves focus but also boosts the ability to manage stress and how employees work together, the team noted. The approach can improve a range of workplace functions and appears to positively impact overall human functioning.

"Historically, companies have been reticent to offer mindfulness training because it was seen as something fluffy, esoteric and spiritual but that's changing," said Christopher Lyddy from the School of Management at Case Western Reserve University in the US.

"When you are mindful, you can have a greater consciousness in the present that's vital for any executive or manager, who, at any given moment, may be barraged with various problems that call for decisions under stress," Lyddy added.

Organisations such as search engine giant Google, global health care companies like Aetna and Mayo Clinic and the United States Marine Corps, are already using mindfulness training to improve workplace functioning, said the study published in the *Journal of Management*. The team considered 4,000 scientific papers on various aspects of mindfulness, distilling the information into an accessible guide documenting the impact mindfulness has on how people think, feel, act, relate and perform at work.

A small but growing body of work in the management area suggests mindfulness is linked to better workplace functioning. The study provides evidence that mindfulness improves attention, cognition, emotions, behaviour and physiology.



Mindfulness or being in the present has been shown to improve three qualities of attention - stability, control and efficiency. Individuals who completed mindfulness training remained vigilant longer on both visual

and listening tasks. Although mindfulness is an individual quality, initial evidence suggests that it affects interpersonal behaviour and workgroup relationships, the researchers noted. IANS

## Dress up

*Style tricks that work every season*

**FASHION COMES AND** goes but a few trends remain evergreen. Layering your shirts and trying a fitted top with a loose bottom are some of the must have styling tricks that every girl should try. Priya Sachdev, founder of RockN-shop.com., an online marketplace which brings luxury brands to your closet, shares some "cool" styling tricks that can go well any season.

- Layering your shirts, tops, blouses, sweaters can be a nice option to look fashionable. Also, adding a simple V-neck sweater or cardigan over a simple dress is always a great choice.
- Try a fitted top with a loose bottom or loose top with fitted bottom for a great look.
- Long sleeves were meant to be rolled. A button-down can

feel stiff, rolling up the sleeves gives it an easy nonchalance. It's the easiest way to add a little cool factor into even your most classic shirts.

- A skinny belt over your top or a sash over a wool coat can define your waist and make you look shapelier.
- Accessorize in the brigh; you have got a closet full of neutrals like navy, black, camel, or gray - add energy with boldly hued shoes and bags. Wear a neutral base with shoes and a bag in two different complementary colours.
- The easiest way to define a waistline without a belt is knotting your shirt right at the middle. It lends a more creative finish than just tucking in your shirt and adds a playful touch to your look. IANS

## ALIGN YOUR LIFE

### *The Shop Location*

**E**veryone knows of a shop in his or her area that never does good business. Many brands come and go but somehow that shop never generates business for its occupants no matter what they do. Similarly in a mall, there are shops that do well and then there are shops where no one wants to go. I once took on a client who had purchased a small boutique and was informed by the agent that the boutique had never done well with several previous owners. That was the reason he had managed to buy it below market price.

So are there any general rules of Feng Shui when it comes to selecting a shop?

Feng Shui offers various solutions in regards to selecting appropriate location for a shop. Firstly a shop should be ideally located within a shopping district that is thriving. Movement of energy around the shop is good for business. Buying a stand-alone shop in the middle of nowhere is never a good idea.

When selecting a shop among rows of shops, avoid picking a location near the main road or a busy road. For a business to run successfully, you need slow moving energy so that it can enter the shop and bring in business and people. Therefore selecting a shop directly on a main road in never a good idea. Pick a location towards the back where there is place to walk and people have space to move around. This will encourage people to visit as many shops as they can.

On the other hand when selecting a shop or business location in a mall, it is different dynamics all together.

All shopping malls tend to have multiple entrances and have elevators and escalators running through them. The key is to pick a location close to any of the entrances or elevators. Most energy movement is near these areas and people tend to gather around them frequently. Therefore from the business point of view picking a shop at these strategic points is ideal.

It is best to stay away from shops facing garbage dumps or graveyard. Also a big 'no' for shops located at the T-junction or on a bend.

For the business to grow, sometimes you need an ideal location that can tap into the energy around it and eventually invite people in to boost sales.

**Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email [align@shivaniadalja.com](mailto:align@shivaniadalja.com)**

