

# Engage the 5 Senses in Your MINDFUL WORKSPACE

CREATED BY MIND BODY ALIGN

Our external surroundings impact our internal states, both mental and emotional. When creating your new workspace, harness that power for good by using these 5 easy tips.



1

## CHOOSE OBJECTS THAT ARE MEANINGFUL + USEFUL

Support your work vibe by clearing away any superfluous items. Use personal images or your favorite art to add an instant energy boost whenever your eye catches it. Let in as much natural light as possible or create ambience with a light- adjustable lamp.



2

## BE INTENTIONAL WITH SCENT TO TRANSFORM YOUR EXPERIENCE

Elevate your focus with lemon, lavender or spearmint. To ground your energy try cedarwood, spruce, or sandalwood. You can also add a pleasing fragrance through plants, herbs, + flowers. And by all means, light your favorite candle!



3

## ENCOURAGE YOUR SUCCESS BY SELECTING YOUR SOUNDS

Leverage your vast music library by adding a custom, mood-enhancing playlist to your space. Experiment with a variety of sounds. Notice the effect certain genres have and build your lists to invoke that same energy when you need it.



4

## CULTIVATE CONNECTION WITH VISCERAL TEXTURES

Keep a handful of stones in a dish on your desk for when you need to ground or recenter. Select a stone and notice the weight and texture as you explore its surfaces with your fingertips. For a sense of ease and security, consider adding a weighted blanket to your lap while you work.



5

## STAY PRESENT TO THE CURRENT MOMENT WITH BOLD FLAVOR

Consider keeping a small bowl of your favorite peppermints, chocolates, or chewing gum nearby. Pop one in your mouth and take a break from your device by closing your eyes and savoring the experience. If you find yourself ruminating, brooding, or lost in your thoughts, there's nothing like a drop or two of lemon juice to bring you into the now.