



# Why Is Mindfulness Training Important For Companies Right Now?

In today's digital world, employees battle constant distraction and can struggle to stay on task.



**71%** report frequent interruptions

check phone **150** times a day

spend **6.3** hours a day checking email

Stress costs U.S. companies \$300 billion/year.

**80%** of employees feel stress on the job

nearly **1/2** need help learning how to manage stress

**42%** of employees say their coworkers need help with stress

Workplace conflict affects almost everyone.

Employees spend **2.8** HOURS a week managing conflict

**1 in 10** employees report conflict led to project failure

**25%** of employees report conflict led to illness or absence

Mindfulness training has been proven to help employees manage distraction, stress and interpersonal conflict. Mindful employees help your company function at its best over time. And that translates into a better bottom line.



Neuroscience and scientific research support that mindfulness helps you feel, think, and connect better, and actually changes your brain. This adds up to more engaged, more productive, healthier employees.



### Stress less

47 clinical studies validate the effectiveness of mindfulness meditation programs to diminish anxiety and stress.



### Build self-awareness

Functioning of the hippocampus, the brain region associated with self-awareness, compassion and introspection, improved following 8 weeks of mindfulness meditation practice.



### Train your brain

MRI scans reveal that meditation builds gray matter, the cells that comprise the thinking part of the brain.

Nationally, 22% of companies have mindfulness training already in place.



Professional sports teams, law enforcement & the U.S. Military are some of the earliest adopters of mindfulness training.



SEATTLE SEAHAWKS



12 months after participating in mindfulness training, Google employees reported:

- 13% increase in overall well-being
- 19% increase in ability to manage work-related stress
- 19% decrease in impatience with oneself and others

Google

More than 1/4 of Aetna's 50,000 employees have participated in at least one mindfulness class.

aetna<sup>SM</sup>



Gained 62 minutes/week productivity



\$3000 per employee per year



Healthcare costs decreased by \$2000/employee

Since 2014, SAP has measured the impact of employee health and engagement on operating profit.

200% ROI on mindfulness training

due to



an increase in employee engagement

and



a decrease in employee absenteeism





## M2 can help you build a more mindful culture

M2 delivers workplace mindfulness training that can **improve performance and enhance culture** at all levels of the organization. M2 brings **experienced mindfulness teachers** and our **mobile studio** on site to lead mindfulness classes, plus we provide digital resources to build momentum between sessions. In addition, we offer introductory seminars, modular 4- 6 week series and leadership training.

M2 makes it convenient and efficient to educate and inspire employees to "train their brains" and improve their health, creativity and productivity, while building workplace relationships.

We'd love to meet with you and discuss if mindfulness training is a good fit for your organization

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Visit us online at [www.m2wellbeing.com](http://www.m2wellbeing.com)

**SOURCES** Interview with Bill Duane, Superintendent of Well-Being at Google, 10% Happier with Dan Harris, 8/9/17 • Business Insider, "People either check email all the time, or barely at all," 8/17/15 • Leadership IQ, "Interruptions At Work Are Killing Your Productivity" • Adobe News, "Subject: Email, We Just Can't Get Enough," 8/26/15 • American Institute of Stress, Workplace Stress • Holzel, B, et al, Psychiatry Research: Neuroimaging, 2011 • Lazar S, Harvard Medical School, 2014 • Madhav, G, et al, Jama Internal Medicine, 2014 • National Business Group on Health (NBGH) and Fidelity Investments • New York Times, "At Aetna A CEOs Management by Mantra," 2/27/15 • "At Germany's SAP, employee mindfulness leads to higher profits," Yahoo! Finance, 2018



mindfulness for well-being