Mindfulness meditation – a method of non-judgmental, moment-to-moment attention developed around 2,500 years ago – can increase our focus at work and enhance our emotional, mental, and physical well-being.

Mindfulness at Work

10 Ways to Be More Mindful at Work
From Mindful (mindful.org)

1. Be Consciously Present
2. Use Short Mindful Exercises
3. Be a Single-Tasker
4. Use Mindful Reminders
5. Slow Down to Speed Up
6. Make Stress Your Friend
7. Feel Gratitude
8. Cultivate Humility
9. Accept What You Can’t Change
10. Adopt a Growth Mindset

For more on how to accomplish this, see:
http://www.mindful.org/10-ways-mindful-work/.

Mindfulness Resources

Websites:
Mindfulness in Law Librarianship Caucus (AALL)
http://community.aallnet.org/mindfulnessinlawlibrarianshipcaucus/home

Greater Good – Mindfulness (Berkeley)
http://greatergood.berkeley.edu/topic/mindfulness

Websites -- Law-Specific:
Mindfulness at Berkeley Law
https://www.law.berkeley.edu/students/mindfulness-at-berkeley-law/

Articles, Books & Chapters:


Kabat-Zinn, Jon, Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life, Sounds True (2011)


Bibliography of Related Articles:
Brostoff, Teresa, Mindfulness Practice: Reducing Depression in Law Students and Others: Selected Bibliography of Journal Articles (Available on this program website; a few copies here today.)

Practicing mindfulness meditation can lead to a greater awareness of and sensitivity to relationships in our workplace, our family, and society, and to a better connectedness with ourselves.
Eitaro Hayashi
REVEREND AND TEMPLE MANAGER / The Shinnyo-en USA Buddhist Order

Reverend Eitaro Hayashi is a meditation guide at The Shinnyo Center for Meditation and Well-being mid-town NYC as well as at the Shinnyo-en Buddhist temple in White Plains, New York, where he also serves as Temple Manager. He has been providing guided meditation for Shinnyo-en practitioners and the general public for more than a decade. Eitaro has spoken in a variety of venues in academic and interfaith contexts, including the National Service Learning conference in Washington D.C. He is also a good friend of the White Plains Public Library where we has collaborated with youth-inspired projects. Eitaro grew up in Hawaii, the U.K. and Japan. He will share with the audience what led him to this practice, discuss the benefits of meditation, and lead a brief meditation session. His presentation for this program will be of a secular nature.

Jessica Fayerman
ATTORNEY/SPEAKER ON MEDITATION FOR LAWYERS / Fayerman Law, LLC

Jessica Fayerman has been practicing labor and employment litigation for over a decade. She also is a Zen student who coaches attorneys and others on the benefits of mindfulness and meditation. A graduate of Northwestern University School of Law, Jessica has spent her career representing employees and small businesses in employment law matters and in 2013, she founded her Chicago solo law practice, Fayerman Law, LLC. She also serves as of-counsel at The Prinz Law Firm. Yearly, she spends significant time training at Ryumonji Zen Monastery in Iowa, where she also serves as secretary of the board of directors. Her primary interest is in fusing her law and Zen practice in a way that benefits all.

Kyle K. Courtney
COPYRIGHT ADVISOR / Harvard University

Kyle K. Courtney is Copyright Advisor at Harvard University, working out of the Office for Scholarly Communication. His “Harvard Copyright First Responders” initiative was profiled in Library Journal in August 2013, and he was named a 2015 Academic Library Mover & Shaker by Library Journal. He launched the Harvard Law School Mindfulness Society in 2011, which provides opportunities for students, faculty, staff, and other community members to practice silent meditation in the Law Library (on Twitter @HLS_Mindfulness). A nationally recognized speaker on the topic of copyright, technology, libraries, and the law, Kyle has authored many notable works in this area, and he co-authored a new AALL Spectrum work on mindfulness.

Teresa Brostoff
PROFESSOR AND DIRECTOR OF LEGAL WRITING / University of Pittsburgh School of Law

Teresa Brostoff is a Professor and Director of Legal Writing at the Univ. of Pittsburgh School of Law. She has practiced meditation for many years, and is certified to teach meditation in two Buddhist traditions. For several years, Teresa has led secular meditation sessions for students, faculty, and staff in the law school, and she also teaches mindfulness in her classroom in small ways. She is a student and meditation guide at the Pittsburgh Shambhala Meditation Center. Her talk will focus on addressing student stress and well-being by going a step further than offering mindfulness sessions. She advocates incorporating mindfulness in the law school curriculum. She has co-authored a book chapter on this topic and she shares a bibliography for an article in-process.