

A Mindful Technology

Z.O.O.M. Break

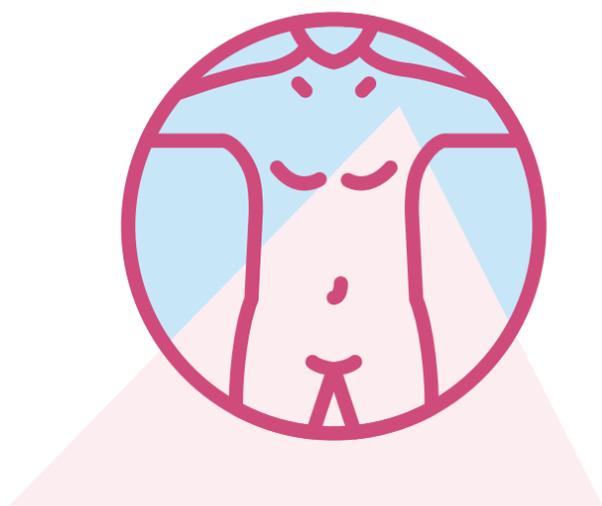
Follow these 4 steps to stay energized and engaged on your next virtual call!



Open Your Senses

Notice what you are experiencing beyond what you see.

- What do you smell?
- What do you hear?
- What do you taste?
- What do you feel on your skin?

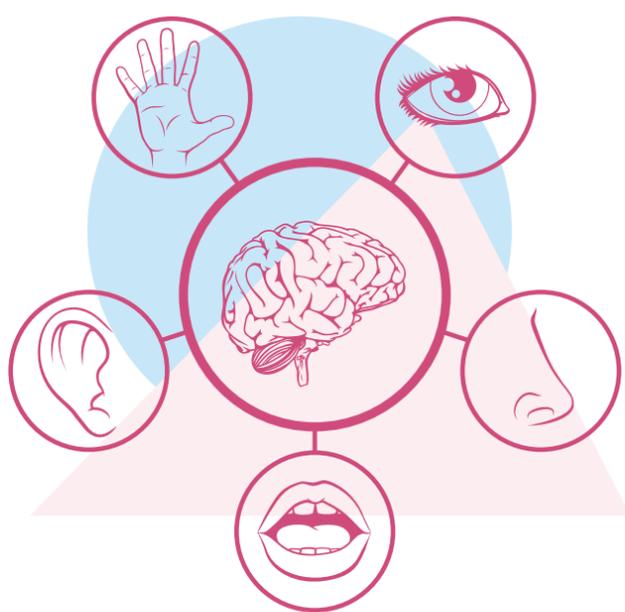


Move to Mutuality

Think of someone else on the call and imagine what they are seeing from their perspective. Recognize what you share in common -- being in a body, at home, on a screen, trying to focus and be present. Hold that mutual perspective as the frame of reference for your conversation.

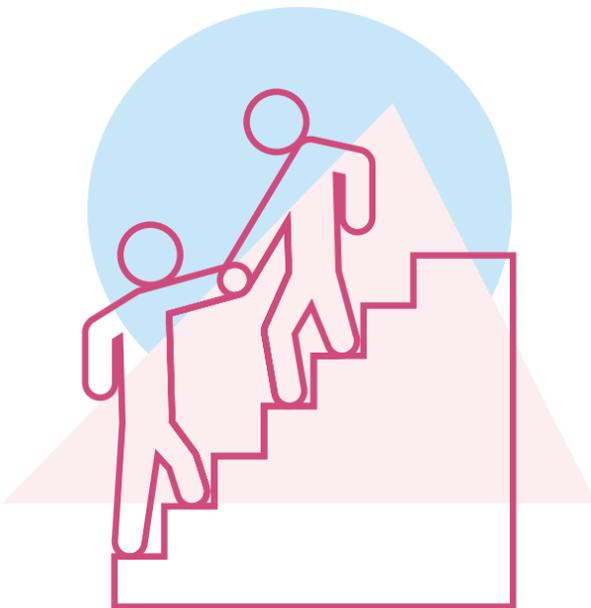
Zoom-Out

Take a larger perspective. Allow your eyes to relax and your gaze to soften. Turn away from your screen and look to the distance. Remember where you are and why you're sitting here.



Orient From Your Body

Move your awareness out of your head and into your body. Feel your chest and belly rise as you breathe. Notice your physical energy and try to release any tension. Be aware of what emotions you're bringing into this call from your day.



"What is a conversation or a set of work that only this group on the call can have or do?"

Stay present and have a great Zoom call!