



# Mindfulness at Hitachi

Mindfulness and meditation are crucial for employees, offering stress reduction, improved focus, and enhanced emotional regulation. These practices foster self-awareness, boost creativity, and improve sleep quality. Increased resilience, positive physical health impacts, and improved team collaboration further highlight their significance, promoting a balanced and thriving work environment.

Be sure to use the resources below for on-demand mindfulness and meditation activities to help aid in your everyday wellbeing.

## Quick Links



Heart-in-Tune App



Heartfulness Magazine

Subscribe: Weekly Inspirational Thoughts



## Tai Chi On Demand with Dianne Bailey

**Four Cornerstones of Tai Chi:** This presentation provides the 4 basic ideas that have helped shape how we approach Tai Chi in the Open the Door to Tai Chi system. We are focused on the people receiving the benefits from this beautiful form of exercise and not on the exercise itself.

**Beginner Tai Chi Form and Intro Lessons:** Follow along with Dianne Bailey on starting out in Tai Chi and learning your form.

**Open the Door Tai Chi Lessons:** Learn the 40 Form — Part One. This will help with our flow and technique. Dianne demonstrates best practices in this clip from Tai Chi Live.

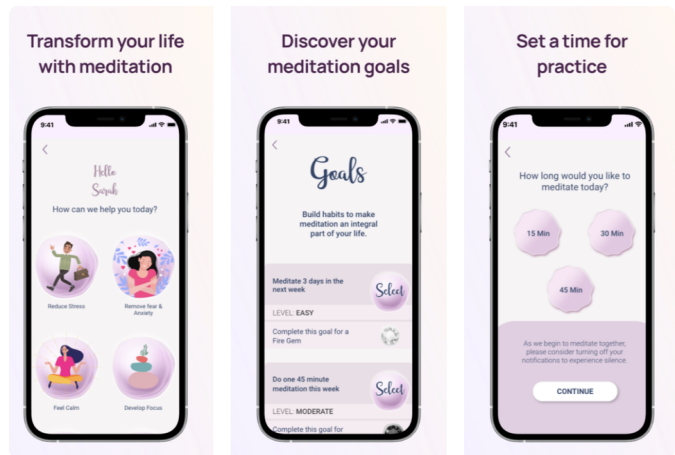
**Concentrate and be Conscious in your Tai Chi:** Learn how to concentrate and be conscious with our Tai Chi! Dianne demonstrates best practices in this clip from Tai Chi Live.

### **Master the Habit of Meditation - Download the Free App!**

The simple, guided, self-care practices of Heart In Tune app improves mental fitness and emotional well-being. Experience the calming effects of

meditation and enjoy guided practices that take less than 15 minutes.

- [Download from the Apple App Store](#)
- [Download from Google Play](#)



## Heartfulness Meditation Starter Sessions

In January 2022, we invited the Heartfulness Institute to bring the practice of meditation to our employees. In case you missed it, or would like to review these again, please see below:

### 1 - Burnout to Balance

Learn about the physical and mental benefits of meditation, debunk common 'meditation myths', and experience a short guided session.

- Replays available to watch now! [EMEA/APAC Session](#) or [AMER Session](#)

### 2 - Complexity to Simplicity

Learn about how we create and gather emotional impressions, and how they color our day-to-day experiences. Explore a simple technique to lift the burden of expectation and start a fresh from a place of mental clarity.

- [EMEA/APAC Session](#)
- [AMER Session](#)

### 3 - Attitude to Gratitude

Learn about the importance of attitude in your meditation practice and bringing out the generosity of the heart. Explore a bedtime contemplation practice to help us stay centered before sleeping and refreshed when we wake up.

- [EMEA/APAC Session](#)
- [AMER Session](#)

### 4 - Bringing it All Together

Review the three heartfulness practices and discuss practical ways to integrate them into our daily lives. Explore simple tips and tricks to forming a sustainable habit!

- [EMEA/APAC Session](#)

- [AMER Session](#)

## Heartfulness Masterclasses

Continue practicing simple techniques that will help you develop micro-habits to fuel your professional and personal growth. Webinars featured experts from various disciplines covering a range of topics towards developing inner balance and outer success.

### June Masterclass - "Find Balance Amidst Chaos"

#### Find Balance Amidst Chaos

Special guest speaker, meditation trainer and author, Vasco Gaspar shared awareness-based techniques to help you find balance amidst chaos in a fast-changing world.

# Consciousness in Management

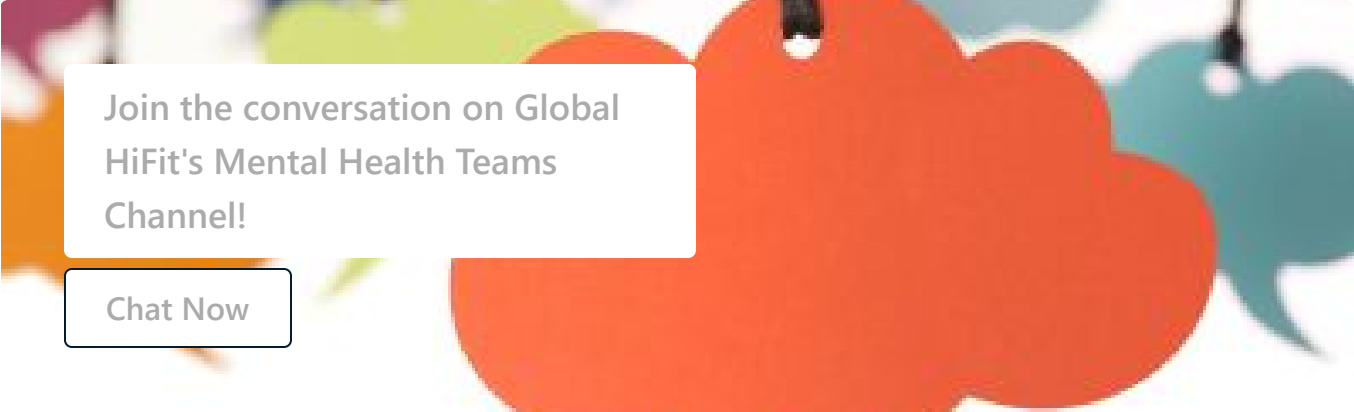
## Consciousness in Management

Are good decisions and effective management a result of balancing emotion with reason? Listen in for an insightful fireside chat with Victor Kannan on bringing consciousness in management and decision making.

## Personal Meditation Trainers

Be intentional with your self-care routine by working with a meditation trainer! You can choose small group or one-on-one options.

**Sign up today!** It is no-cost for Hitachi Vantara employees!



Join the conversation on Global  
HiFit's Mental Health Teams  
Channel!

Chat Now

## Maintaining Clarity Amongst Chaos

### ***Maintaining Clarity Amongst Chaos***

Learn simple and effective ways to develop and maintain clarity amongst chaos and how to lead from a place of compassion and confidence.

Presented by Naren Kini, CEO of Global Touchpoints, Inc., serial entrepreneur in technology, artist and regular speaker on topics of wellness and innovation.

### **Watch Videos Below to Learn More**

Want to learn more about Heartfulness meditation? Below are additional guided video resources pre-recorded from the Heartfulness Institute on relaxation, anxiety and how to cleanse your mind and body. Check them out today!

Guided Relaxation Heartfulness | Gu...



Guided Meditation For Anxiety 20 mi...



How to Cleanse or clean Your Mind ...

