

Becky's Corner: They are all around us

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Being mindful takes some practice, but is well worth the effort. Being mindful helps us both personally and professionally.

To expand a bit on the mindful theme, remember to be mindful of those around us.

I would venture to guess that each one of us has a list of coworkers who make our working environment so much better. Often, these wonderful people contribute in ways that sometimes go unnoticed. They contribute daily in a variety of small and incredible ways.

They may have a ready smile. They may have an unrestrained willingness to help without being asked. They simply offer.

They may bring us a much-needed cup of coffee or a pastry. Maybe they notice you need a break and offer to cover for you. Maybe they leave you a kind card full of encouragement.

Being mindful doesn't involve six-feet of separation or wearing a mask. Being mindful allows people to see your smile even under a mask and to hear your smile in your voice.

These are the folks that make our working lives infinitely better on so many levels. Remember that these people will have difficult times as well. This is where you step in and give their kindness right back to them.

Being mindful of these people can be done in simple ways that will lead you to appreciate them even more. Appreciating them can lead you to want to find ways to paying that kindness forward.

For example: Don't just notice them, really look at them. Be mindful of who they are, what they do, what they give and what they inspire:

- What do they do that makes you realize the simple contributions they make that impact your life in so many amazing ways?
- How can each of us develop that skill?
- What can we do to make the same impact?

Being mindful can be done on so many levels. Mindfulness can enhance our physical, emotional and spiritual well-being. It can even enhance our financial and social well-being.

Being mindful is reaching out and not being afraid to do so. It doesn't have to be a grand display, but rather it can be quiet and simple. That may have an even bigger and everlasting impact — one that stays with us for a lifetime.