

A woman with short, curly, light-colored hair is sitting cross-legged on a purple yoga mat in a living room. She is wearing a grey and black patterned t-shirt and black leggings. Her eyes are closed, and her hands are resting on her chest and abdomen. In front of her is an open laptop. The background shows a beige sofa with patterned pillows, a large plant, and a window with sheer curtains.

being mindful

of mindfulness with CMC

When few could travel safely, the Chevron Mindfulness Club (CMC) transported people (not physically speaking, of course) to a world beyond their remote office through what is known as “mindfulness.” Mindfulness is defined as nonjudgmental, moment-to-moment awareness. Meditation is just the act or process of spending time in quiet thought. “The practice helps one feel alive; it positively transforms your day,” said Connie Malone a regular CMC participant.

CMC leads meditation sessions regularly

CMC is a global group that’s available to anyone interested in becoming more mindful and purposeful. As a regular, Connie comments on the positive influence mindfulness has had on her life. “In 2019, I was in a stressful environment and I really needed an outlet. I didn’t want to be in a bad space. So I began to use meditation to set the tone for my day.”

It’s had a positive impact on the people in her life, too. “When I meditate, I take that positive energy and extend it out to the world through gestures, deeds, words or even just a smile! These behaviors can be contagious.”

Check out the [CMC on Workplace](#) to access guided meditations, tips and discussions, and sign up to join on Mondays for live guided meditations.