

From: KnowledgeCity Success Team newsletter@knowledgecity.com
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Holiday stress is such a prominent aspect of life that some may think of the negative parts of this time of year before the positive ones. In fact, [a recent study](#) showed that 3 out of 5 Americans feel that their mental health is negatively affected during the holidays, and this can easily translate to poorer work performance.

Practicing mindfulness has been shown as a simple, effective way to manage stress on a daily basis. Many exercises can even be done at work without disrupting productivity. KnowledgeCity's course on [Key Components of Practicing Mindfulness](#) can empower you to move through the season more easily and joyfully.

Until next time, keep learning.

-The KnowledgeCity Team





RECRUITING

Navigating Your Way Back: The Best Way to Return to a Previous Job

It's no secret that many employees are returning to a position they previously held. After all, the term "boomerang employee" was coined to more easily describe these folks. While a bit unconventional, coming back to an old job can be largely beneficial for both the worker and organization.

If you are one of those professionals that have decided on this track for your career path, today's featured blog can help you prepare for your first day and ensure your comeback is more than just seamless. This blog can help your return act as a launching point for a positive fresh start!

[Read More](#)



FROM: NEW YORK TIMES

How to Be More Mindful at Work

This piece from the New York Times takes a look at the benefits of mindfulness at work, explains how the workplace can be a challenging place to remain focused, and provides actionable steps to bring yourself back to the present.

One approach discussed is the “RAIN” method:

- **Recognize:** Calmly note what is happening.
- **Accept:** Allow life to be just as it is, without trying to change it.
- **Investigate:** Think about and note how the moment is making you feel.
- **Non-Identification:** Realize that the sensations you are feeling don't define you.

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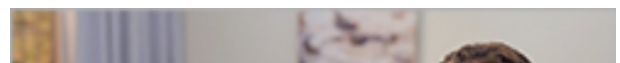
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And Before You Go...



No matter what sector your organization belongs to, diversity, equity, and inclusion should be a cornerstone of the workplace.

Key steps discussed in this resource include:

- Learning the similarities and differences between equity, diversity, and

inclusion

- Getting your teams on the same page
- Establishing a shared vocabulary
- Promoting workplace sensitivity

Also, discover how to begin a dialogue around important, and sometimes difficult, questions.

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