

Social Issues in Management and Business Ethics: Exercises and Activities

Exercise/Activity Title:

Meditation as Stress Reduction

Exercise/Activity Explanation (150 words or less):

Work goals, work conflicts, rapid change, authoritarian or incompetent supervisors are work issues that can create stress through psychological and physical tension. The exercise introduces participants to meditation, which can be an excellent form of stress reduction. Meditation helps a person self-regulate his or her mind by focusing on the present moment and not engaging random thoughts. Meditation helps individuals develop clarity of mind, patience, compassion, and sustained attention, all attributes of ethical leadership.

With practice, meditation can be successfully conducted within 12 minutes. Managers can meditate on their own or lead members of their work unit in a meditation session held in a conference room.

Assignment is on the following page.

Optional – Contact Information:

If interested in additional information, please contact Professor Denis Collins, School of Business, Edgewood College, Madison, WI; dcollins@edgewood.edu

Meditation Technique

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Step 1: Find a quiet place where you will not be disturbed.

Step 2: Set a timer with a soft bell for the desired length of the meditation session.

Step 3: Sit up straight on the floor with legs crossed in a lotus position, or on a chair with your feet firmly on the ground.

Step 4: Slowly relax your muscles.

Step 5: Close your eyes and breathe slowly in a regular rhythm. If a beginner, start by counting breaths. If more advanced, focus on blank space or chant.

Step 6: Repeat this process, breathing slowly and naturally. Breathe each breath slightly deeper, and hold each breath slightly longer.

Step 7: When distracting thoughts enter your mind, don't feel bad about it. Acknowledge the thought, and then let it go.

Step 8: Continue the mediation process until the alarm gently sounds. Slowly become aware of where you are, open your eyes, and get up gradually.