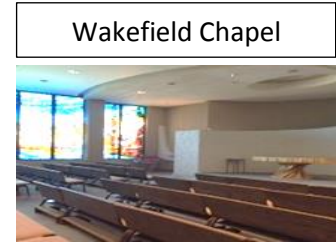


Quiet Spaces to Quiet Your Mind

You work for a large medical system in a large borough. The noise of sirens, hospital alert codes, buzzing machines, construction, patient room call bells, car horns, cell phones, loud co-workers, et cetera are all par for the course. Add to that the thoughts, memories, and to do lists you ruminate on and that’s a recipe for an unquiet mind.



Where can you find a quiet space to breathe, think, or meditate?

Finding a moment of quiet may boost your productivity, and help your focus, memory, and mood. To help with this, Associate Wellness has put together a list places where associates can find a moment of quiet.

Moses	Einstein	Wakefield
Interfaith Chapel- across from food pavilion Synagogue- Rosenthal 1 *Care Giver Support Center- across from food pavilion	*Care Giver Support Center – 4 th Floor of hospital Front Entrance- benches outside of lobby Picnic area -outside Lubin Hall	Chapel- 6 th Floor Medical Library- Room B-11 in CAMP Atrium- 3 rd Floor *Care Giver Support Center- 5 th floor of hospital
Yonkers	Tarrytown	Hutch & Westchester Square
Westchester Lenoir Preserve & Untermyer Park- on North Broadway Road Campus picnic areas Department Lounges	Quiet Room- Tuesdays in Building A lower level Walking Trail Building A Front Lobby Benches by the Pond Department Break Rooms	Garden Area- outside 1200 Waters Place cafeteria Pelham Bay Park- Bruckner Blvd. & Wilkinson Ave.

*Note the Care Giver Support Center is available for family members of patients, primarily. When not in use by family members of patients, it is available to associates for a moment of quiet and solace.

Create a Quiet Space at Your Desk



To create a quiet space at your desk try creating an area where you can view a picture of a relaxing scene, add a live plant or fresh or artificial flowers, scented candle or potpourri, calming music, and other additions that engage the 5 senses in a soothing manner.

Create a Quiet Space at Home



For ideas on how to create quiet spaces in your home, copy and paste this url into your browser:

http://www.huffingtonpost.com/entry/how-to-create-quiet-spaces-in-your-home_us_580f783be4b02444efa56f0c