<table>
<thead>
<tr>
<th>Stressed</th>
<th>Distracted</th>
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</thead>
<tbody>
<tr>
<td>Anxious</td>
<td>Fragmented</td>
</tr>
<tr>
<td>Burned out</td>
<td>Lost in thought</td>
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<tr>
<td>Depressed</td>
<td>Lacking focus</td>
</tr>
<tr>
<td>Overwhelmed</td>
<td>Inattentive</td>
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</table>
How is stress (and/or anxiety) affecting your life?

- Work
- Family
- Health
- Relationships
- Happiness
- Productivity
- Quality of life, etc.
How is distraction affecting your life?

- Work
- Family
- Health
- Relationships
- Happiness
- Productivity
- Quality of life, etc.
Weapons of mass distraction
“Of the 800 teens surveyed by the Pew Research Center, a whopping 40% said they’ve been in a car when the driver used a cell phone in a way that put people in danger.”

“The ChildMinder phone app... cues parents if they leave a child in the car.”

When are New York pedestrians most often hit by cars? When they’re in the crosswalk and walking with the walk signal.

We now have Tweet Seats – “sections for opera or theatre fans who can’t stay off their smart phones.”
“Neurons that fire together wire together.”
“Mindfulness. If you’re not yet acquainted with the concept, it might be a good idea to familiarize yourself with it now, because you’ll be hearing a lot about it... from business leaders, academics, politicians and educationalists.”

--- The Telegraph (UK)

http://www.telegraph.co.uk/health/wellbeing/9772911/Nows-the-moment-for-mindfulness.html
THE MINDFUL REVOLUTION

The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT
So what is it?
Being present

Intentionally

Nonjudgmentally
You aren’t stuck in traffic...

You ARE traffic!
“Between stimulus and response there is a space. In that space is our power to chose our response. In our response lies our growth and freedom.”

- Viktor Frankl
Psychiatrist, Author, Holocaust Survivor
(1905 - 1997)
The Healthy Habits Approach to

Mindful Eating

Exercises and visualizations to make eating conscious and enjoyable.
“Mindfulness, by helping us notice our impulses before we act, gives us the opportunity to decide whether to act and how to act.”

--- Gil Fronsdal
How do we cultivate Mindfulness?
Professor of Management at Harvard

Former CEO of Medtronic

Serves on the Boards of ExxonMobil, Mayo Clinic, & Goldman Sachs, and former Board member Novartis AG & Target Corp.

Board of Trustees World Economic Forum

"Executive of the Year-2001" – Academy of Management

"Director of the Year-2001-02" – National Association of Corporate Directors

"In [his book] True North, Bill George provides a road map for leadership in the 21st Century."

—Jeff Immelt, CEO
Mindfulness Helps You Become a Better Leader

Ever since the financial crisis of 2008, I have sensed from many leaders that they want to do a better job of leading in accordance with their personal values. The crisis exposed the fallacies of measuring success in monetary terms and left many leaders with a deep feeling of unease that they were being pulled away from what I call their True North.

As markets rose and bonus pools grew, it was all too easy to celebrate the rising tide of wealth without examining the process that created it. Too many leaders placed self-interest ahead of their organizations’ interests, and ended up disappointing the customers, employees, and shareholders who had trusted them. I often advise emerging leaders, “You know you’re in trouble when you start to judge your self-worth by your net worth.” Nevertheless, many leaders get caught up in this game without realizing it.

This happened to me in 1988, when I was an executive vice president at Honeywell, en route to the top. By external standards I was highly successful, but inside I was deeply unhappy. I had begun to focus too much on impressing other people and positioning myself to become CEO. I was caught up
“My most important introspective practice is meditation, something I try to do for twenty minutes twice a day.”

--- Bill George

It’s not what you think!
American global investment management corporation; the world’s largest asset manager.
“If you want to understand your mind, sit down and observe it.”

--- Anagarika Sri Munindra
Meditation...
Quieting of the mind...
Insights (self & the world)...
Perspective...
Seeing more clearly your own habits of mind, your mental models, your delusions, etc. ...
Choice...
Stress & anxiety relief
Regular practices of Mindfulness meditation:

Thicken cortical layers in the regions of the brain that control attention, so you get better at attention itself (Lazar et al. 2005).

Add neural connection in the insula, a part of the brain that supports both self-awareness and empathy for the emotions of others (Lazar et al. 2005).

Increase the relative activation of the left prefrontal cortex, which helps control and reduce negative emotions (Davidson 2004).

Reduce the impact of pain and accelerate post-surgical recovery (Kabat-Zinn 2003; Kabat-Zinn, Lipworth, and Burney 1985).
In addition to formal sitting practice, strive for mindful moments when:

Taking a shower

Brushing your teeth

Eating (at least a few bites)

In the grocery store line

At your desk

Any “in between” moment
“The biggest impact has been on my ability to quiet my mind. It’s allowed me to increase my focus when my team is presenting ideas to me.”

--- Joe Ens
VP Marketing, General Mills
“When you’re running from meeting to meeting and driving across town rushing to another meeting, it’s easy to lose track of yourself. I need a reminder to take a moment and take a breath.”

--- Kevin Rose
General Partner, Google Ventures
“Mindfulness allows me to lead with much more openness to the entire situation as opposed to having a fixed view of the way things need to be. I’ve become more open to others’ ideas and more willing to critique my own actions and honestly assess their impact on others.”

--- Karen Phipps
President of Compusense
“In this practice, you are creating a space in which you might see your thoughts with greater clarity. Such clarity can help you make more intentional choices about which thoughts to respond to and which to simply let go. It can help you begin to see your conditioned reactivity and the thoughts that may be draining your energy or shrinking your potential for creativity or compassion.”

--- Janice Marturano
VP & Deputy General Counsel, General Mills
KEEP CALM
AND
ASK QUESTIONS
Sources for quotes, images, etc. available upon request