

# MINDFULNESS

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RECLAIMING ATTENTION AND FOSTERING WELL-BEING



# WHAT IS MINDFULNESS?

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Paying attention on purpose to the present moment curiously and without judgement

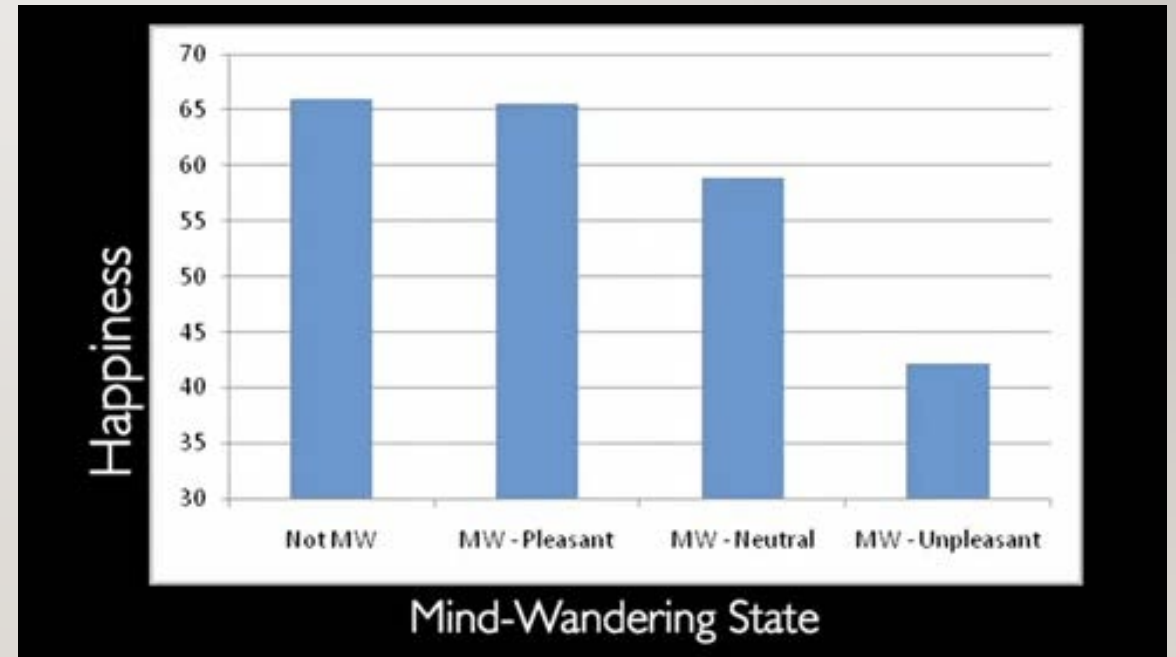


## OUR MINDS ARE WANDERING 47% OF THE TIME

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“In conclusion, a human mind is a wandering mind, and a wandering mind is an unhappy mind.”

- Killingsworth & Gilbert, 2010



## THE ATTENTION ECONOMY

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“What starts as an honest competition to make useful things that people spend time on, devolves into a race to the bottom of the brain stem to maximize the time we spend.”

- Tristan Harris, Center for Human Technology





## IMPACT IN THE WORKPLACE

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“Technology and too much access have turned us into “overwhelmed” employees. Nearly every company sees this as a challenge to individual productivity and overall performance, but struggles to handle it.”

- **Bersin by Deloitte**



# MINDFULNESS CAN HELP

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“the faculty of voluntarily bringing back a wandering attention over and over again is the very root of judgment, character, and will... an education which should improve this faculty would be *the education par excellence.*” – William James

# GOALS OF MINDFULNESS MEDITATION

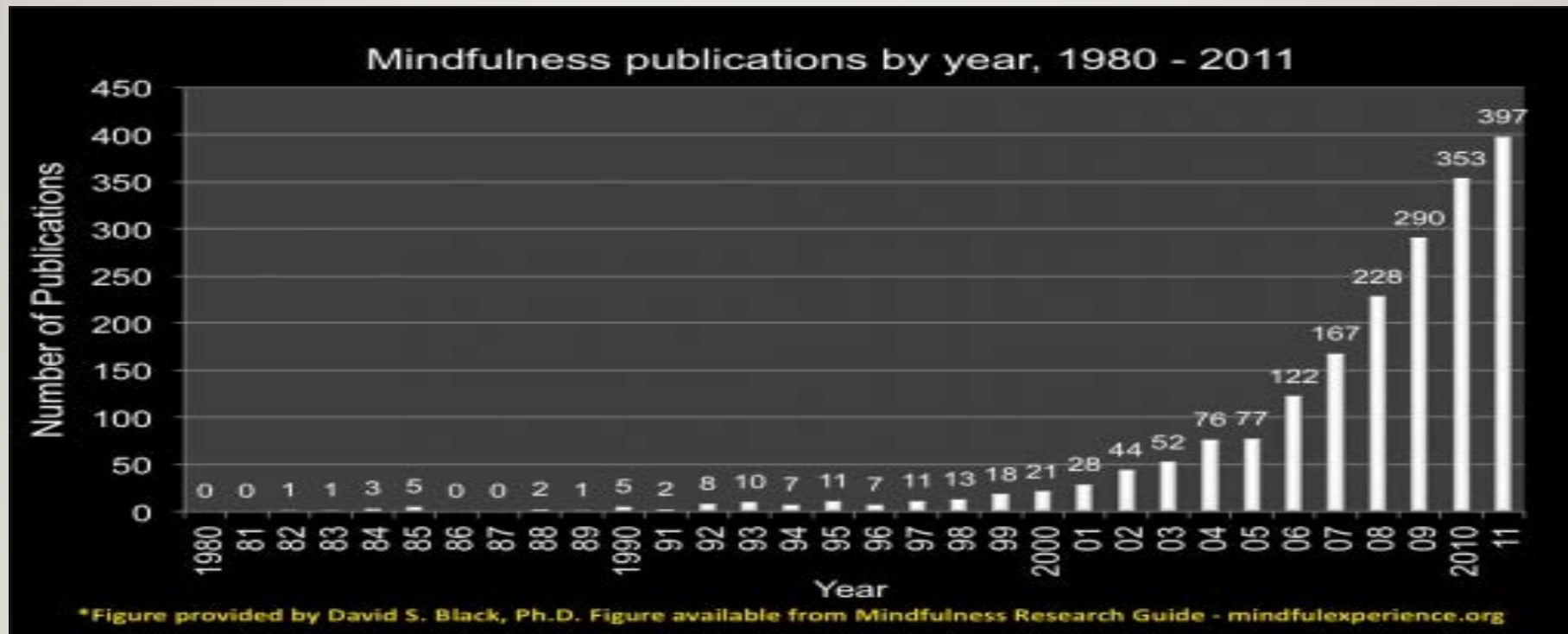
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- Make the mind “one-pointed”
- Anchor your attention
- Recognize distraction, realign to intention.
- Become self-aware of internal thoughts, emotions, and patterns
- Explore experiences curiously, without judgement.
- Foster a “beginner’s mind”



# SCIENTIFIC RESEARCH IN MINDFULNESS HAS INCREASED EXPONENTIALLY

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COMPANIES ARE DEVELOPING AND PURCHASING  
MINDFULNESS PROGRAMS TO TARGET EMPLOYEE  
WELL-BEING AND LEADERSHIP DEVELOPMENT

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Google

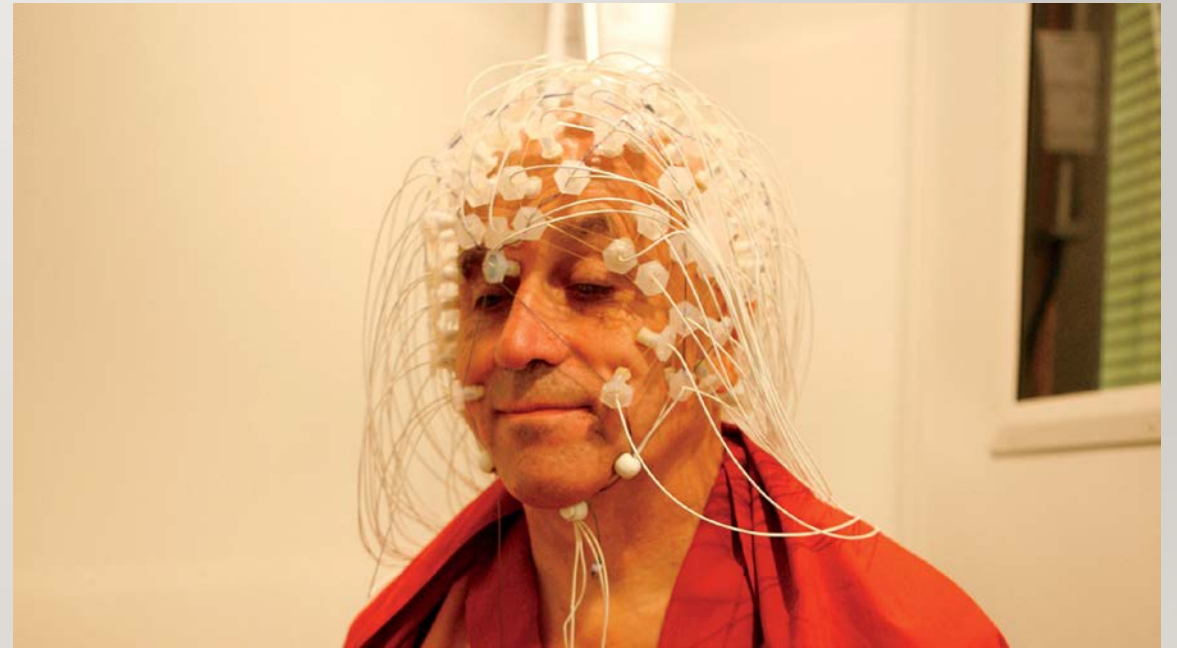


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## THE SCIENCE: MINDFULNESS AND ATTENTION

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- Thickening of pre-frontal cortex (PFC)
- Reduced “amygdala hijacking”.
- Improved attention
- Reduced mind-wandering
- Buffers against age-related decay.
- Improved working memory, +30 points on GRE



Dr. Matthieu Ricard – Buddhist monk and PhD in molecular genetics. Brain’s “age” 33 when Ricard was 41.

## THE SCIENCE: MINDFULNESS AND WELL-BEING

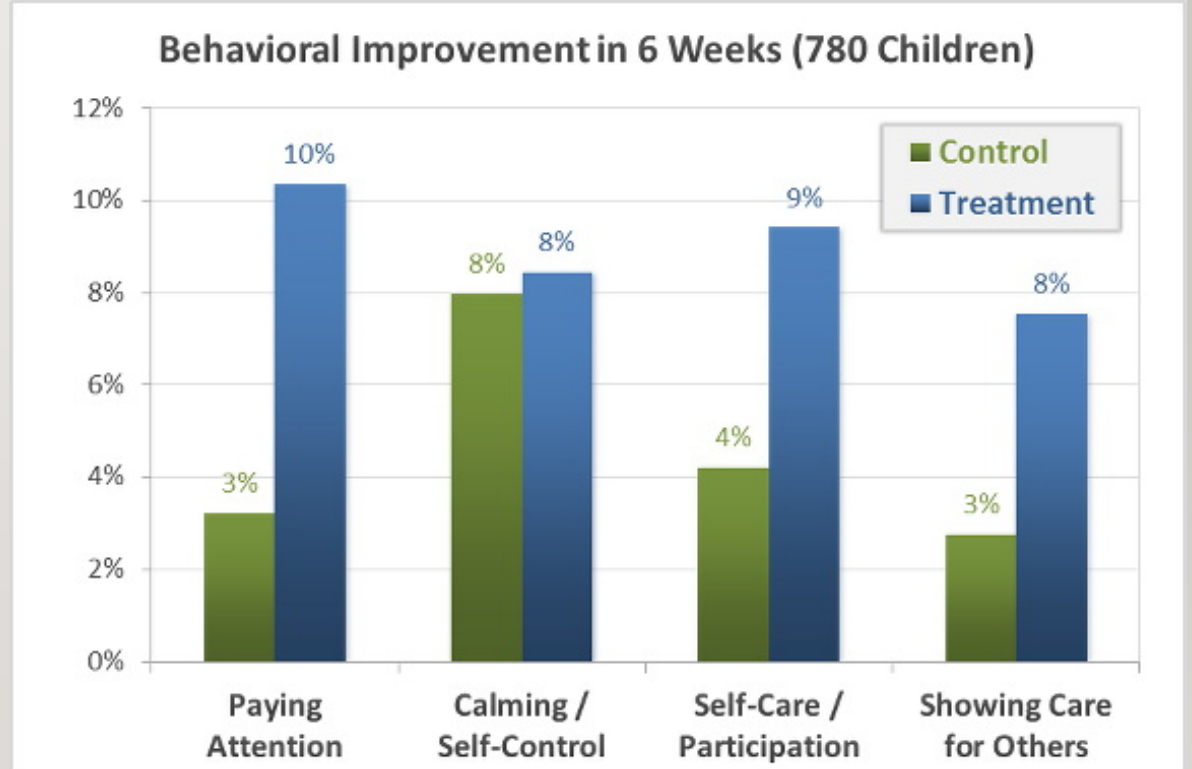
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- Mindfulness-based Stress Reduction (MBSR)
- Improved depressive symptoms
- Improved anxiety symptoms
- Improved sleep quality
- Improved job satisfaction
- Decreased burnout
- Improved emotional regulation



# OTHER APPLICATIONS FOR MINDFULNESS PRACTICE

- Improving self-awareness
- Enhancing creativity
- Enhancing compassion
- Reducing impulsiveness
- Schools and Prisons
- Military and Veterans





# TIPS AND TRICKS FOR A MORE MINDFUL LIFE

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1. Practice mindful walking
2. Practice mindful eating
3. Charge your cell-phone outside of your bedroom
4. Limit multitasking whenever possible
5. Disable all possible notifications
6. Use a meditation app
7. Find your flow (music, sport, art).
8. Establish routines and rituals
9. Practice gratitude
10. Keep a journal

# RESOURCES TO EXPLORE

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## Books

- “[Altered Traits](#)” – Daniel Goleman, PhD and Richard Davidson, PhD
- “[Wherever You Go, There You Are.](#)” – John Kabat-Zinn, MD
- “[A Mindful Nation](#)” – Congressman Tim Ryan, Ohio

## Apps

- [Headspace](#)
- [MUSE](#) (Neurofeedback headband)

# RESOURCES TO EXPLORE

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## Yoga classes, retreats, and mindfulness courses:

- [Raleigh Yoga Center](#) and many other schools
- [Yogaville](#)
- [Duke Integrative Medicine](#) (MBSR courses)

# CONTACT DR. GABE

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# MINDFULNESS THINGS I DO

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- Host the “Mindful Innovation Hour” at Imurj Raleigh (1<sup>st</sup> and 3<sup>rd</sup> Thursdays at Noon)
- Provide mindfulness coaching, talks, workshops, retreats, and events (i.e., mindful eating)
- Develop “Flowgi” videogame.



SERAPH GAMES: CONCEPT ART  
UNTITLED MAIN CHARACTER.



# REFERENCES

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Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of psychosomatic research*, 57(1), 35-43.

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Killingsworth, M.A., & Gilbert, D.T. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932-932.

**THANK YOU FOR YOUR ATTENTION**

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