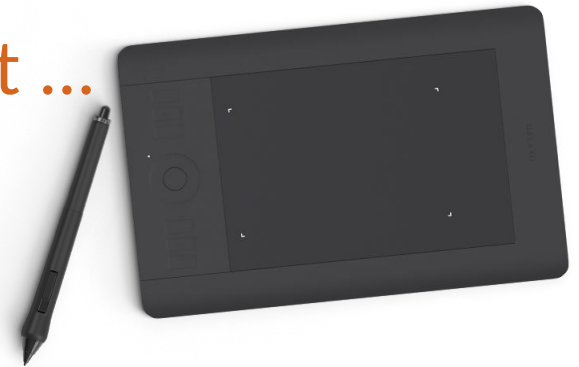




 Mindful at Work
Better Humans



Mindfulness is not just a tool, it's a mindset ...





INTRODUCING

Kerene Strochnetter
Director





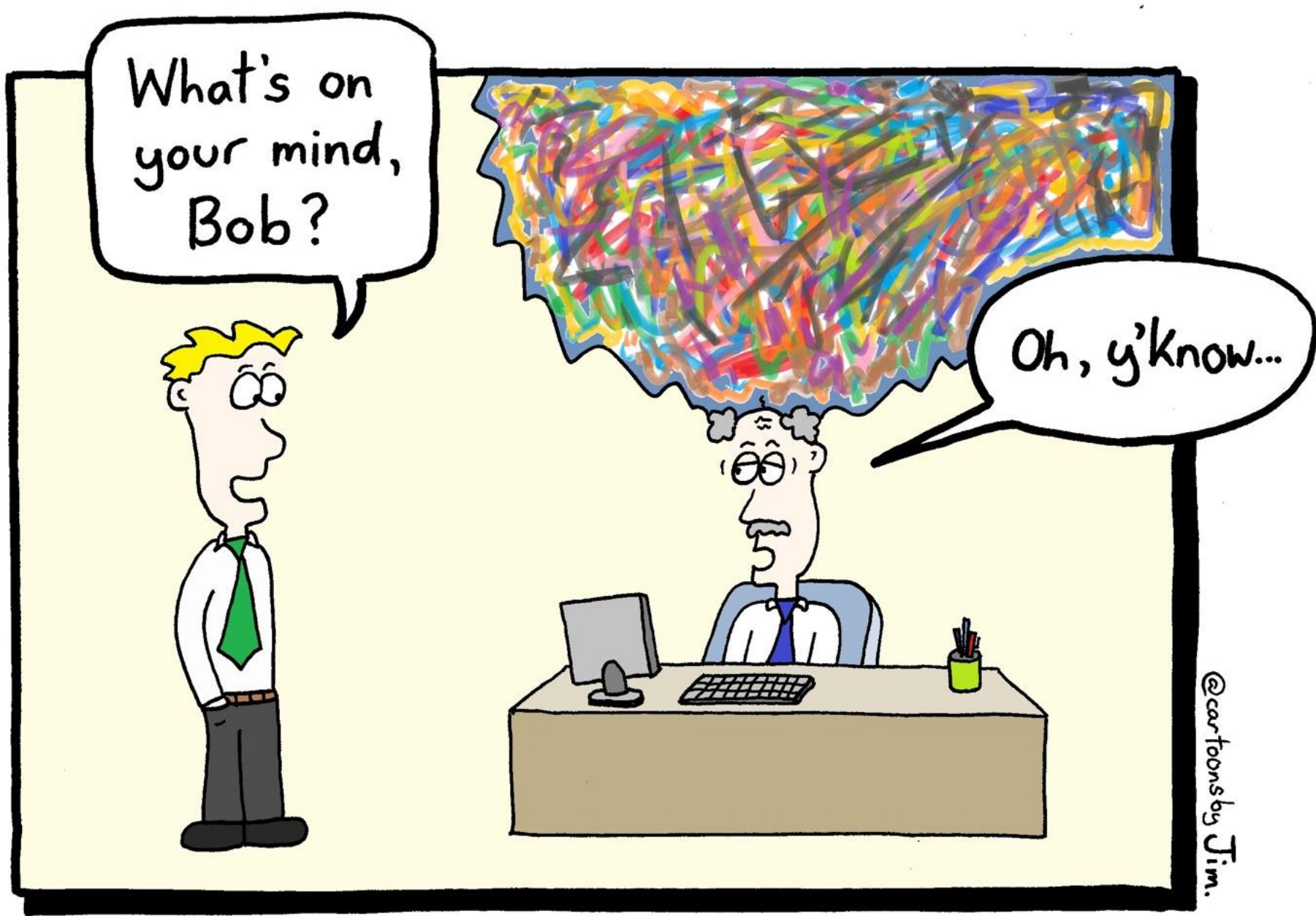
When are you at your best?





The quality of your life and relationships is determined by the quality of your mind...







Adult mind wanders approx. 47%

Killingsworth & Gilbert (2010)





“ A wandering mind is an
unhappy mind... Killingsworth & Gilbert (2010)





Negativity Bias





Go negative, miss out, feel
disconnected & dissatisfied ...



PAIN



Pressure
& stress



Always
on



Information
overload



Non-stop
distractions





Human brain
can't
multitask and
must multi-
shift
attention.



When
interrupted,
it takes 64
seconds to
recover your
train of
thought.



Distraction
by email
every 5 mins
equates to
8.5 hours lost
productivity
per week.

Look on the bright side, Carol...
You're the undisputed winner
of this month's 'BUSY' award!



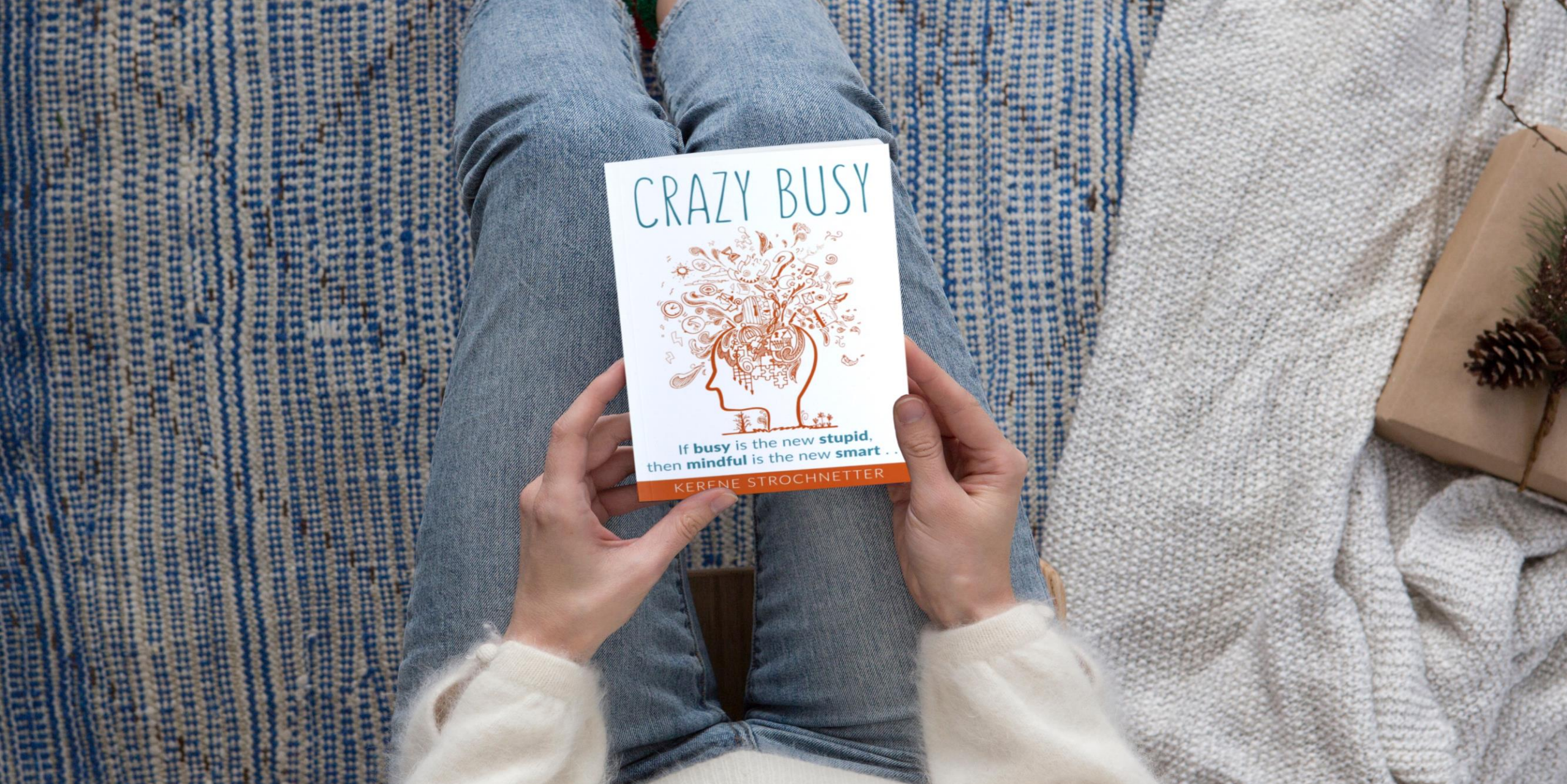
@cartoonsby Jim.

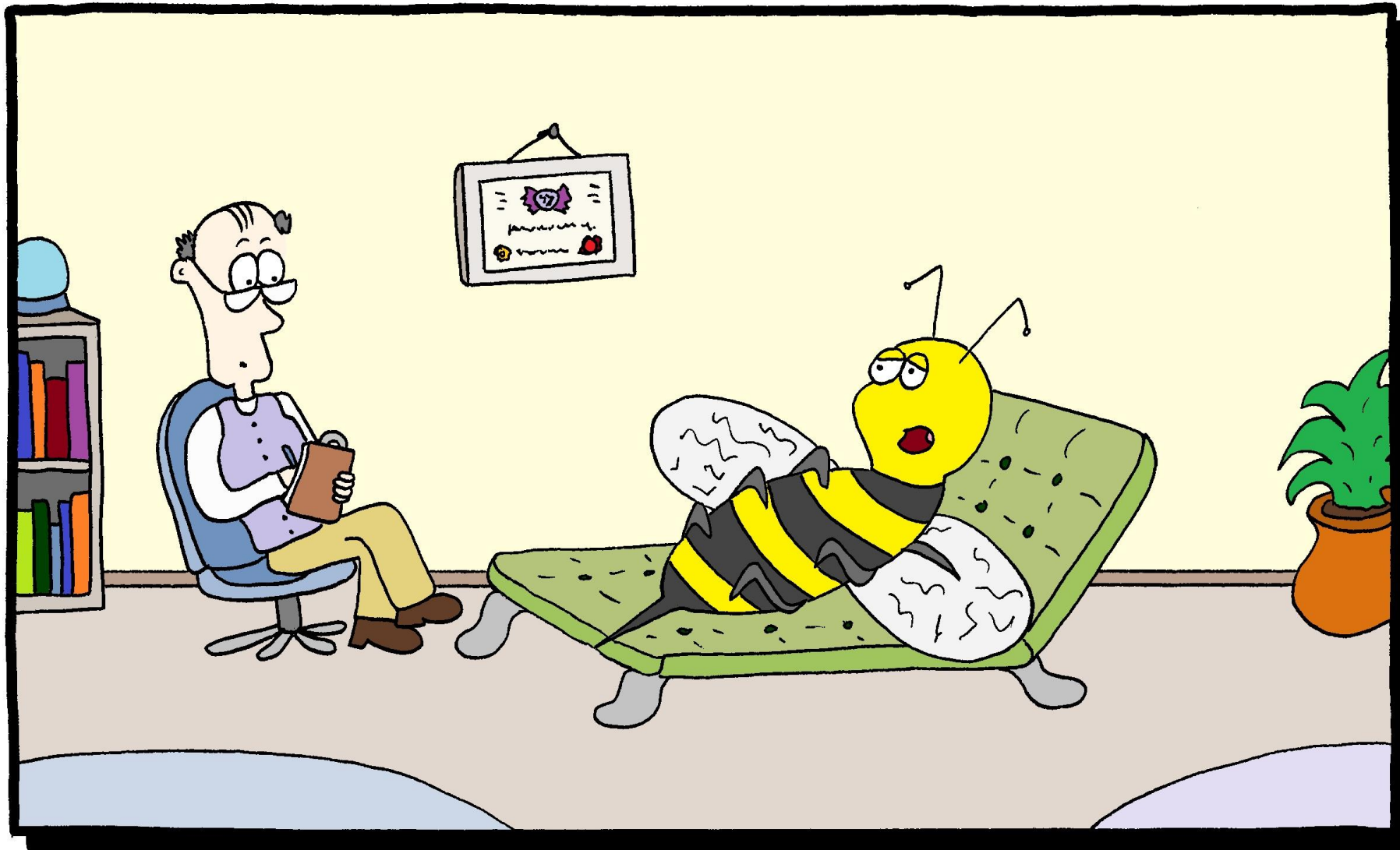




In a love-hate relationship
with being busy & stressed!







@cartoonsby Jim.

“My mum was never really there for me. She was always so busy.”





It was only when life had brought Karen to her knees on the bathroom floor that she realised ... the underside of the toilet cistern needed cleaning!





Good morning!
Let the stress begin ...





The barefoot princess ...





“

In reality if I knew everything about your external world, I can only predict 10 percent of your long-term happiness. 90 percent of long-term happiness is predicted by how your brain processes the world...

Shawn Achor, *The Happiness Advantage*



HARVARD
UNIVERSITY

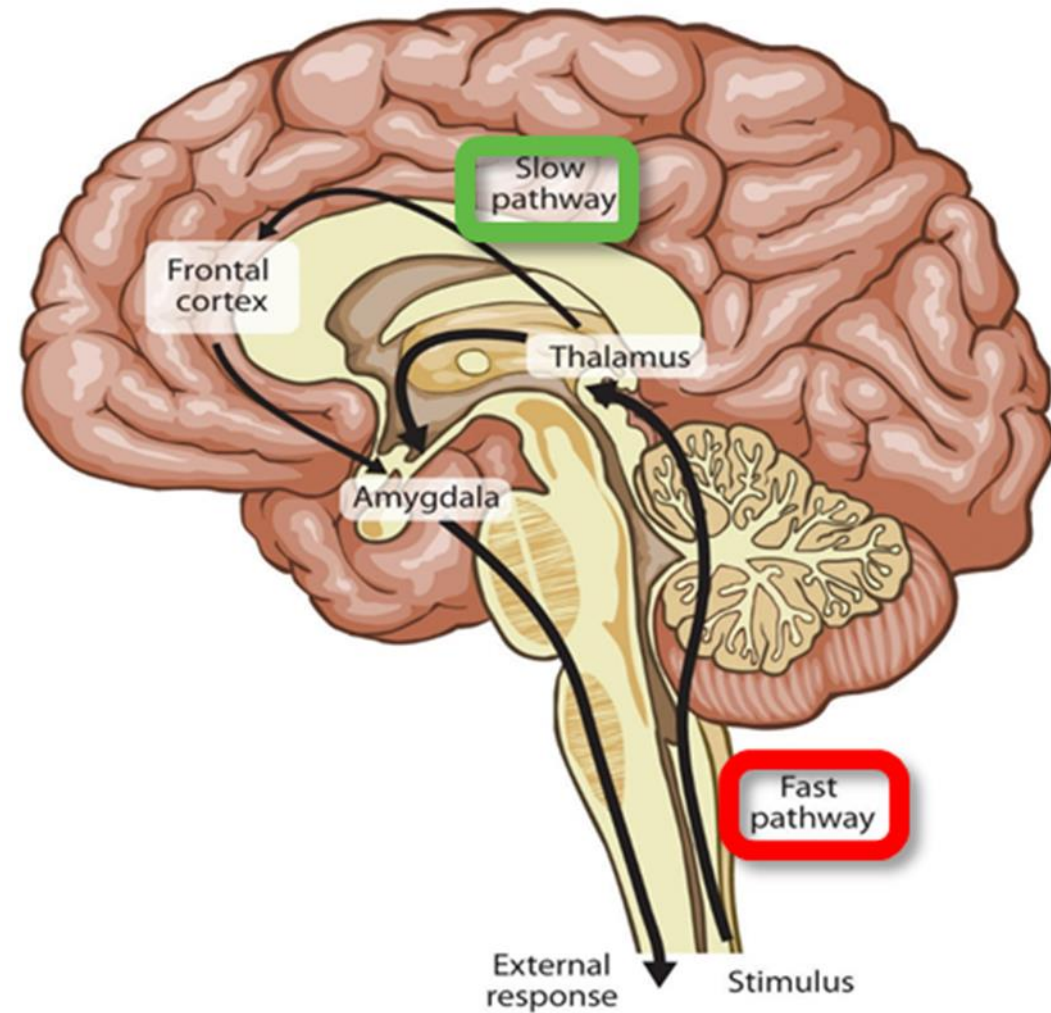




Distress intolerance and numbing...



Fast and Slow Brain Pathways





Fast Brain Pathway

UNCONSCIOUS

Short-term focus: quick
fix (pain avoidance)

WHAT MATTERS NOW?



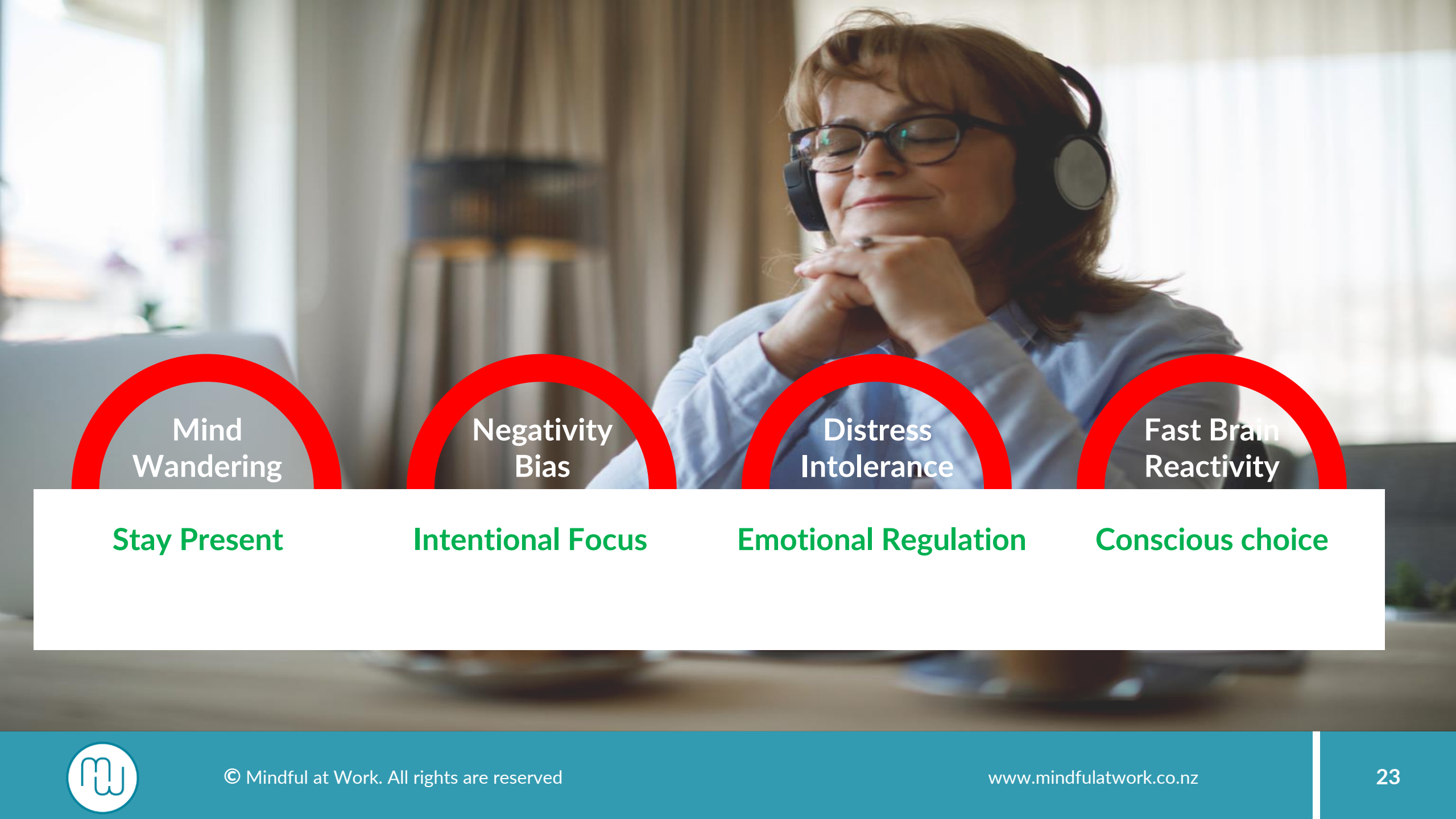
Slow Brain Pathway

CONSCIOUS

Long-term focus: values-
aligned behaviour

WHAT MATTERS MOST?





Mind
Wandering

Stay Present

Negativity
Bias

Intentional Focus

Distress
Intolerance

Emotional Regulation

Fast Brain
Reactivity

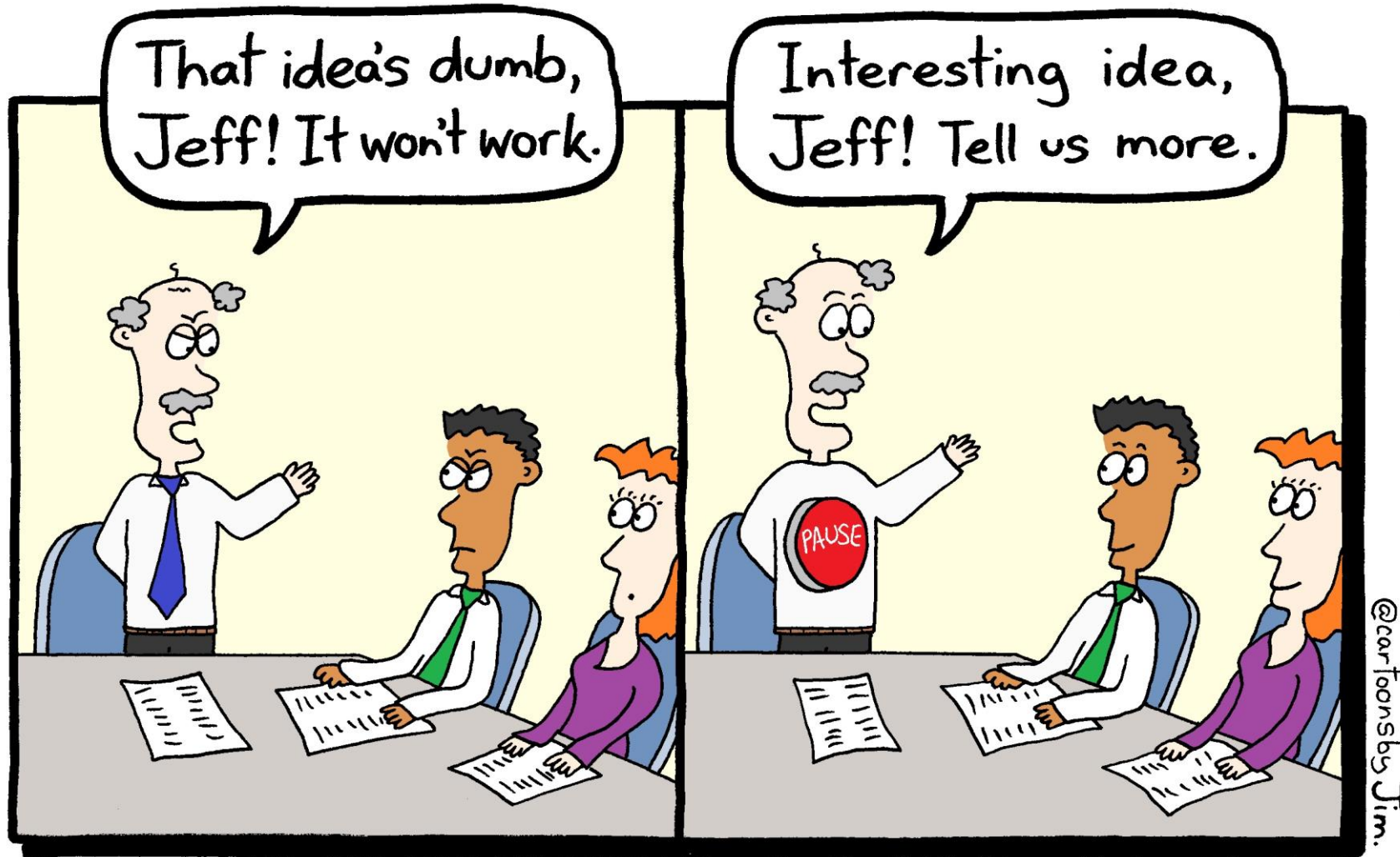
Conscious choice





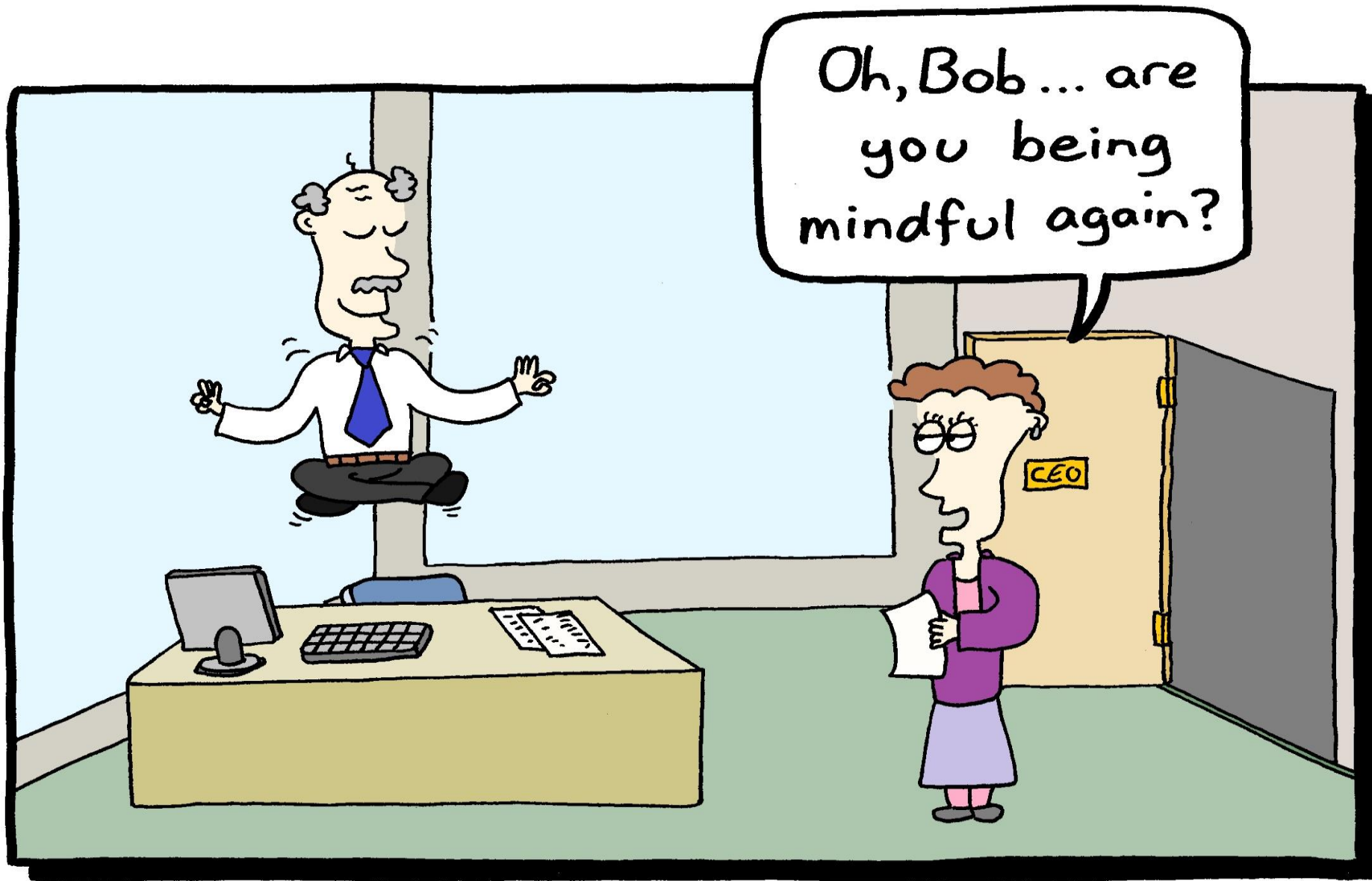
What is mindfulness?
It's self-awareness ...

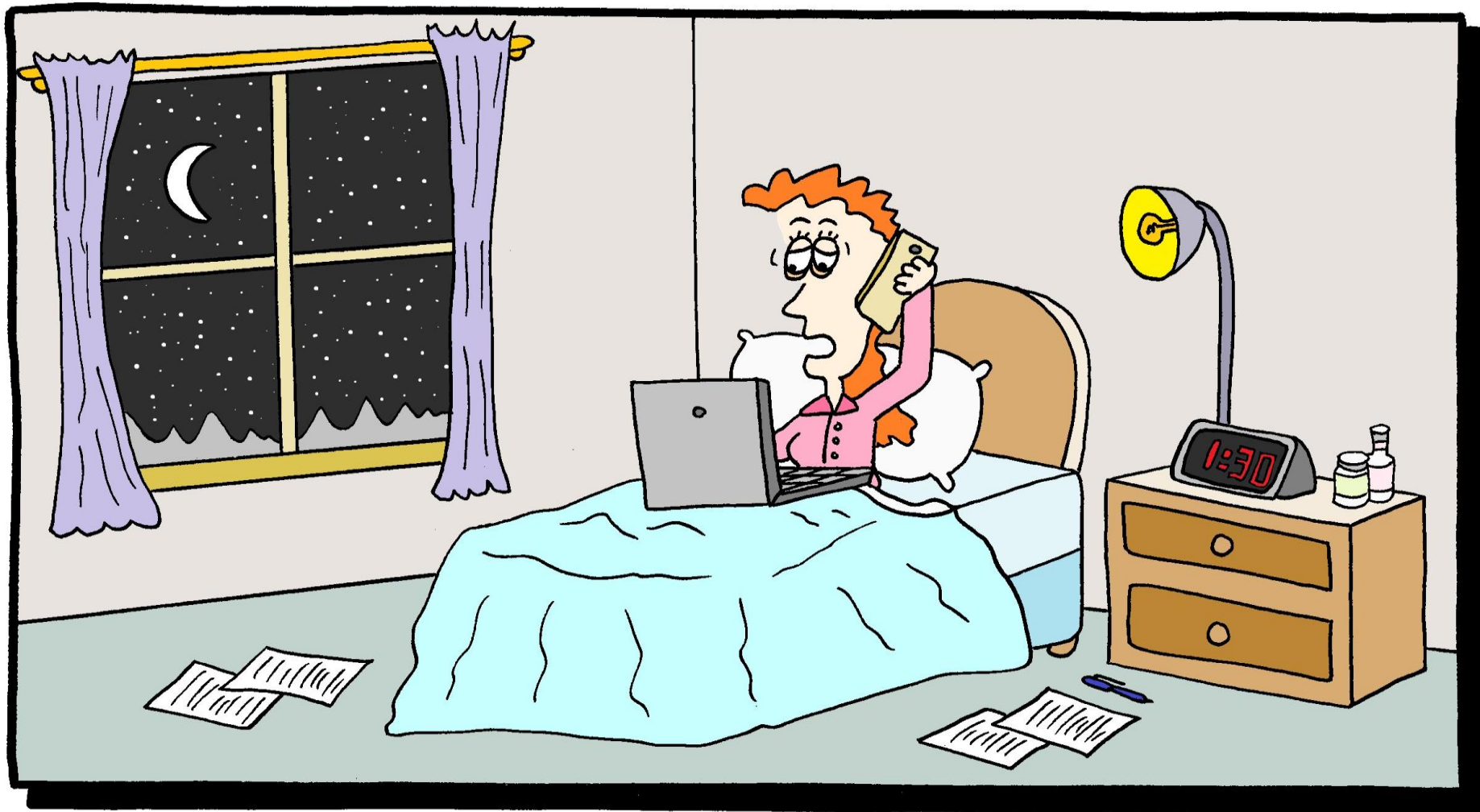




Bob became a better manager once he installed his pause button.







“Yes, I’ve just completed the report you wanted, so I should be able to fit the finance meeting in between my 5.00am Zoom call with Singapore and my 7.00am stress-relief meditation session.”





Want more presence, joy and connection, or distraction, dissatisfaction and numbing?





What's your why?



Thank you!
www.mindfulatwork.co.nz

