

# Mindfulness

## The Big Wind Down

**MY STORY**



1

The Habit of  
Stress and  
Distraction



# HABIT 1: DEVICE ADDICTION



# HABIT 2: MULTITASKING

# 10

Reduction in  
effective IQ due to  
multi-tasking



# HABIT 3: INTERRUPTION

50%

Of notifications are viewed **within a few minutes**

23

Number of minutes it takes to refocus after a distraction

# HABIT 4: MIND WANDERING

47%

of the time, we are  
mind wandering<sup>1</sup>



The more our minds wander,  
the **less happy** we are.

# WHAT IT FEELS LIKE



# CONTINUOUS **PARTIAL** ATTENTION

Never fully  
ON



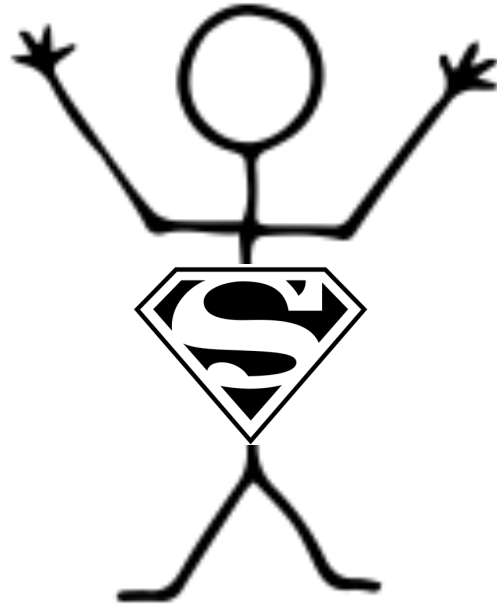
Never fully  
OFF

# REFLECTION

What is your distraction kryptonite?

What would be possible in your life with less of it?

# THE MODERN SUPERPOWER

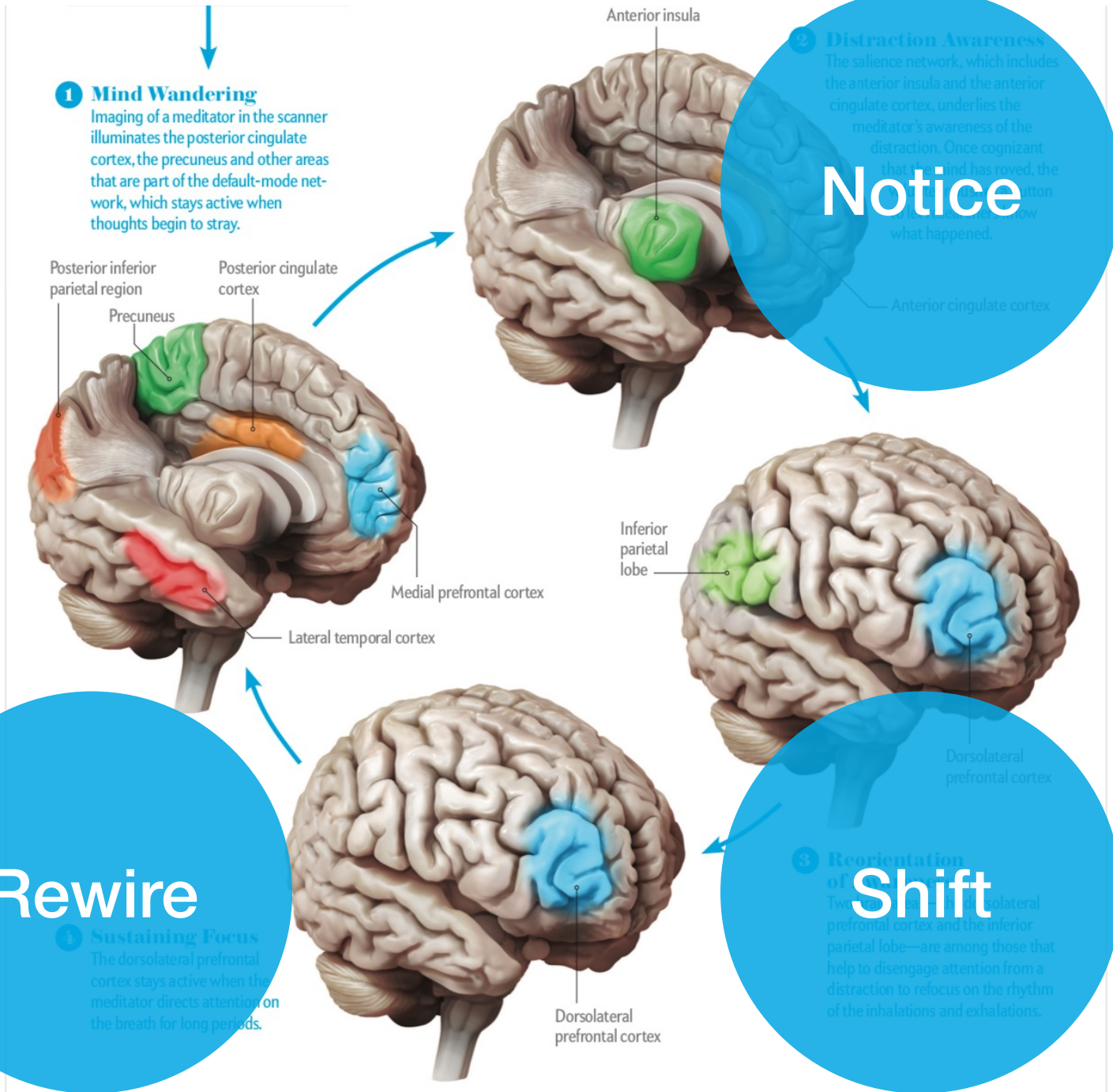


# 2

## Building the Habit of Mindfulness



# This is Your Brain on Mindfulness



# TWO FORMS OF MINDFULNESS



## Focused Attention

Bringing your full attention to the sensation of breath



## Compassion

Shifting attention to kindness toward oneself & others





# FOCUSED ATTENTION TRAINING

## Notice

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When the mind wanders from the breath

## Shift

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Your attention to the sensations of breath at your nose

## Rewire

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Sustain your focus on the sensations of each breath



# FOCUSED ATTENTION TRAINING

## Scientific Benefits

- ✓ Enhanced Focus
- ✓ Reduced Stress and Anxiety
- ✓ Decreased “Mind Wandering”



# COMPASSION TRAINING

## Notice

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A stressful thought about someone you will see or talk to later today or this week

## Shift

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1. "May you be held in compassion"
2. "May your suffering be eased"
3. "May you be at peace"

## Rewire

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Sustain this experience of compassion and kindness



# COMPASSION TRAINING

## Scientific Benefits

- ✓ Enhanced Mood and Emotional Regulation
- ✓ Increased Altruism
- ✓ Increased threshold for adversity and suffering

# REFLECTION

Which of these practices resonates most with you? Which one could you turn into a habit (5 minutes a day)?

# THE ONE WEEK CHALLENGE

Practice your favorite new “mindfulness habit” at least once each day.

**THANK YOU**

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