

# Martial Vidaud

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INSPIRATION





# INTRODUCTION TO MINDFULNESS AT WORK

Martial Vidaud

# WHY DO THEY USE MINDFULNESS ?



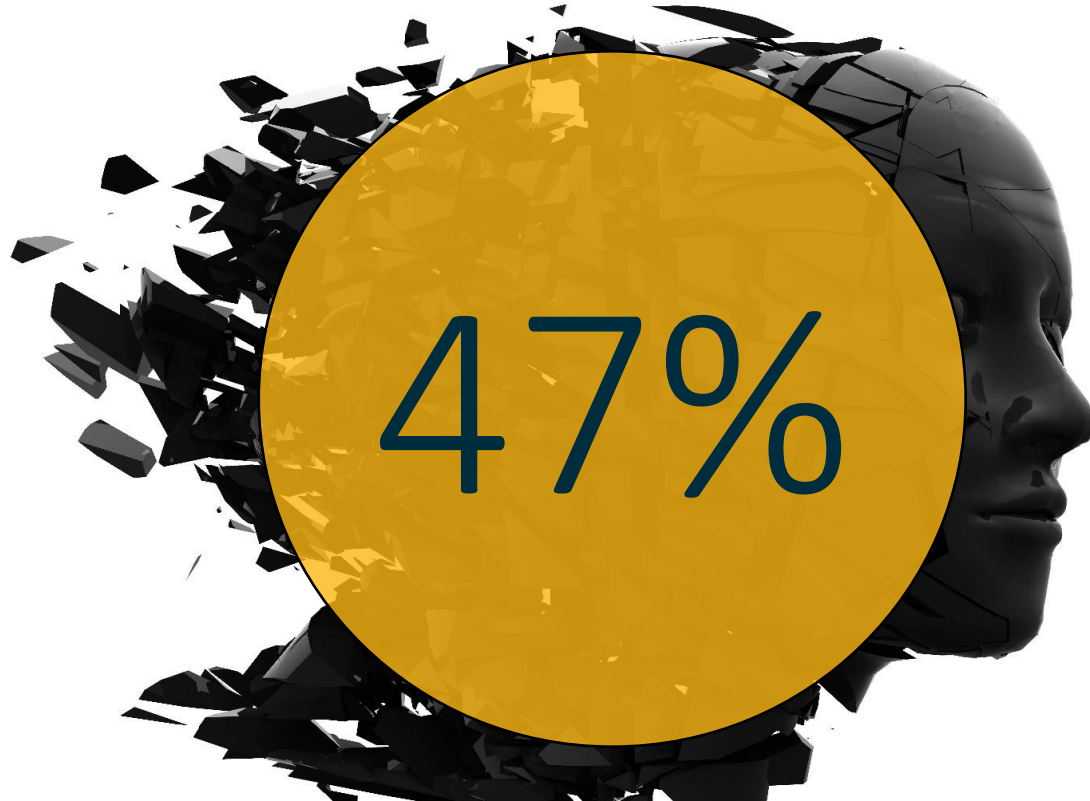
# THE PAID REALITY



Pressured  
Always on  
Information overload  
Distracted



# ATTENTION DEFICIT TRAIT



Why Smart People Underperform”, Edward M. Hallowell / Killingsworth MA, Gilbert DT. A Wandering Mind Is an Unhappy Mind. Science 12 November 2010: Vol. 330. no. 6006, p. 932 DOI:

# MULTITASKING



Hunter, J.P. and J.S. Scherer, "Knowledge Worker Productivity and The Practice of Self-Management" in The Drucker Difference: What the World's Greatest Management Thinker Means to Today's Business Leaders, Craig L. Pearce, Joseph A. Maciariello and Hideki Yamawaki, Editors 2009.

# THE DOWNSIDES OF MULTI-TASKING

## REDUCES EFFICIENCY

Due to switch time

## KILLS PRIORITIZATION

Due to loss of overview

## DECREASES QUALITY

Due to more mistakes

## SHRINKS YOUR BRAIN

Less grey matter



## HAMPERS CREATIVITY

Due to a full mind

## DRAINS ENERGY

Due to switching

## REDUCES WELL-BEING

Due to increased stress

## REWIRES YOUR BRAIN

Becomes default working mode

Stanford University; "Cognitive control in media multitaskers", Eyal Ophir Et. Al. – Institute of Cognitive Neuroscience, University College London, Kep Kee Loh Et. Al. Higher Media Multi-Tasking Activity Is Associated with Smaller Gray-Matter Density in the Anterior Cingulate Cortex

# HOW ATTENTIVE ARE YOU?





# NEURAL NETWORKS

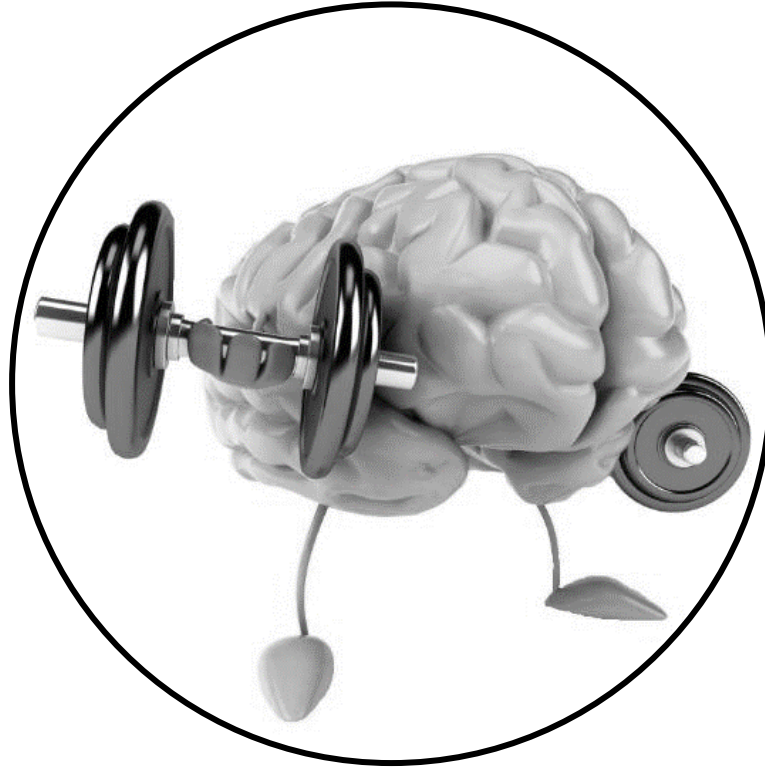
# NEUROPLASTICITY



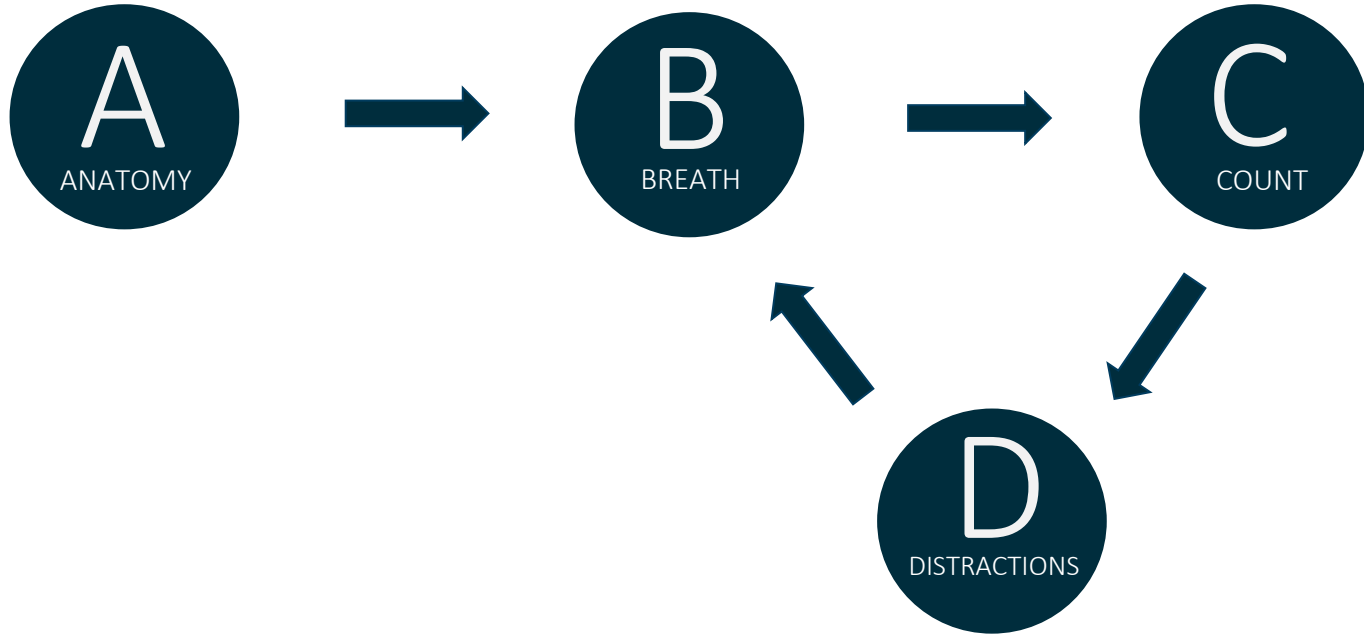
# MINDFULNESS: MANAGING ATTENTION



# TRAINING THE ATTENTION MUSCLE

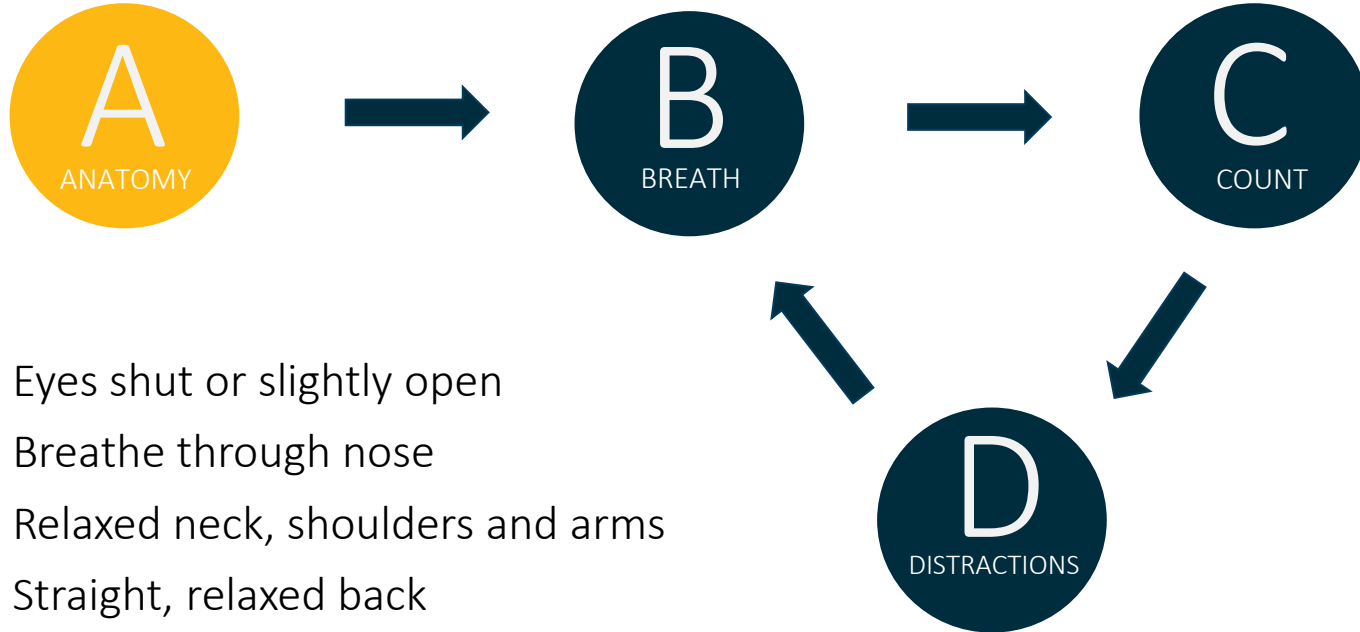


# BASIC MINDFULNESS TRAINING



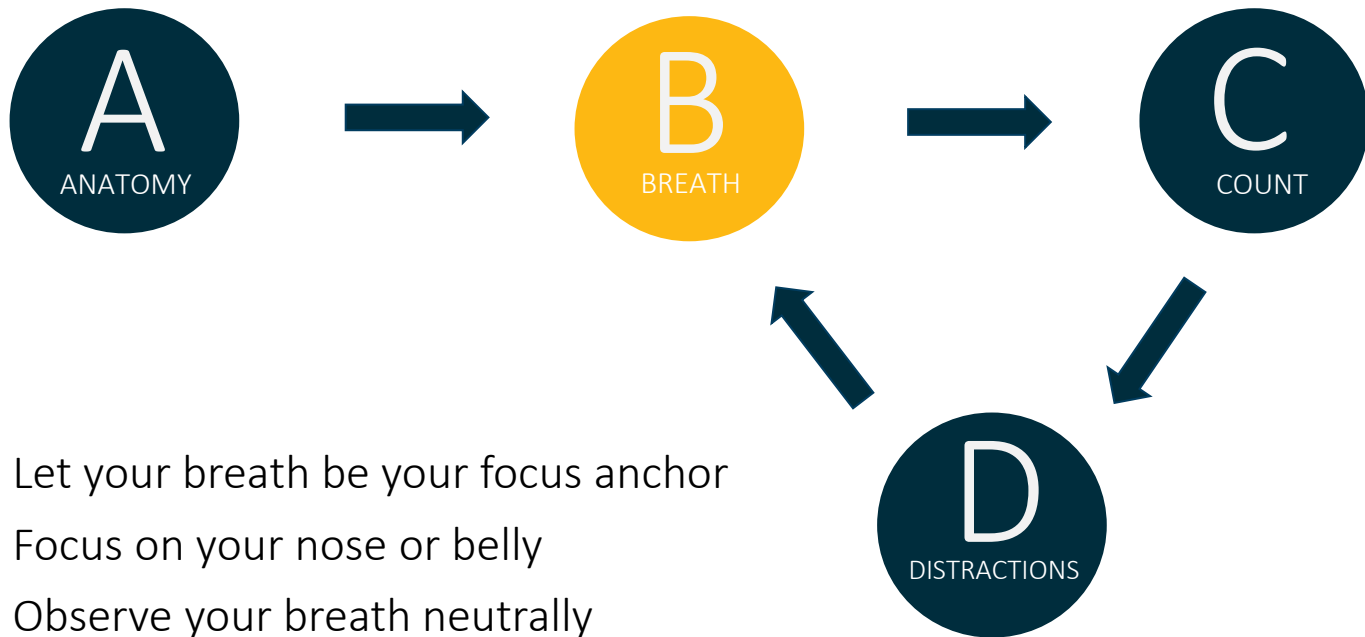


# BASIC MINDFULNESS TRAINING



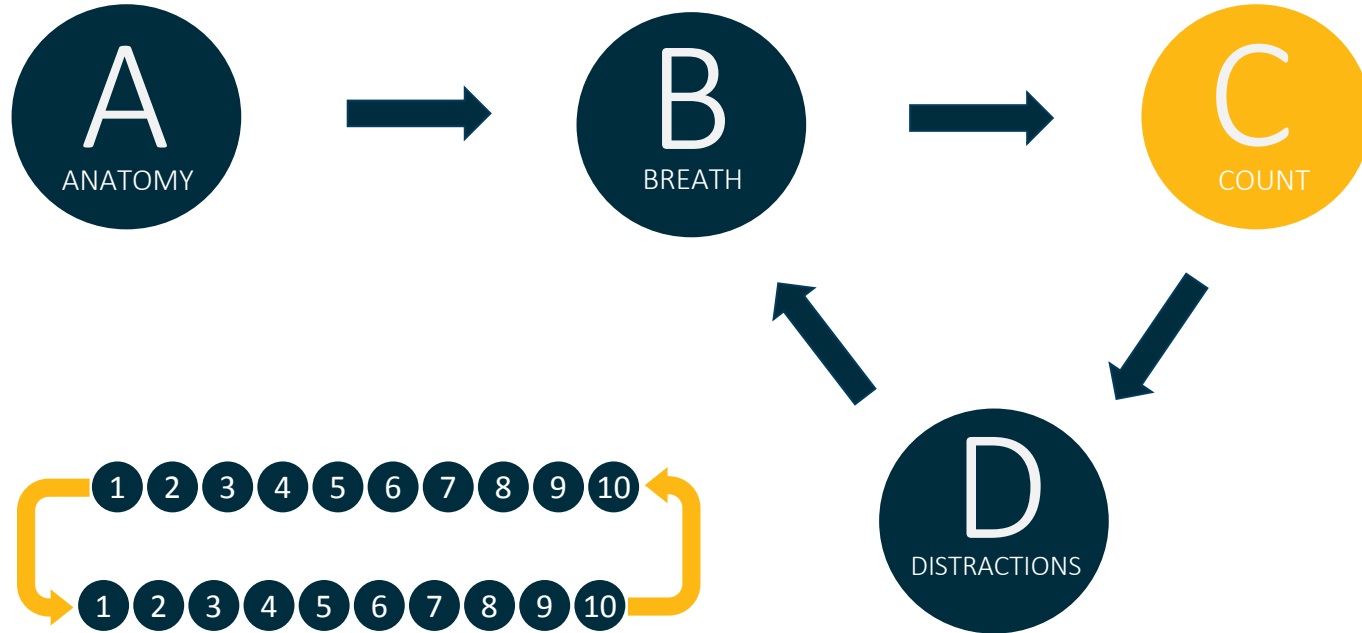
- Eyes shut or slightly open
- Breathe through nose
- Relaxed neck, shoulders and arms
- Straight, relaxed back
- Grounded balance

# BASIC MINDFULNESS TRAINING

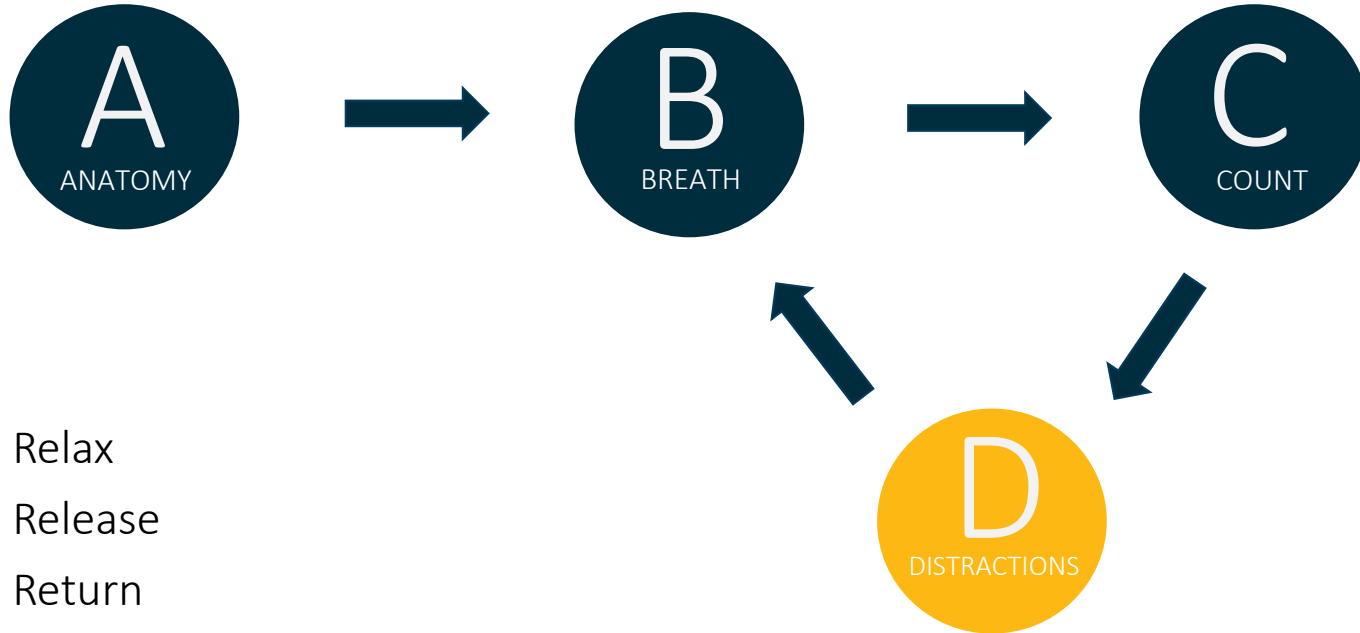


- Let your breath be your focus anchor
- Focus on your nose or belly
- Observe your breath neutrally

# BASIC MINDFULNESS TRAINING

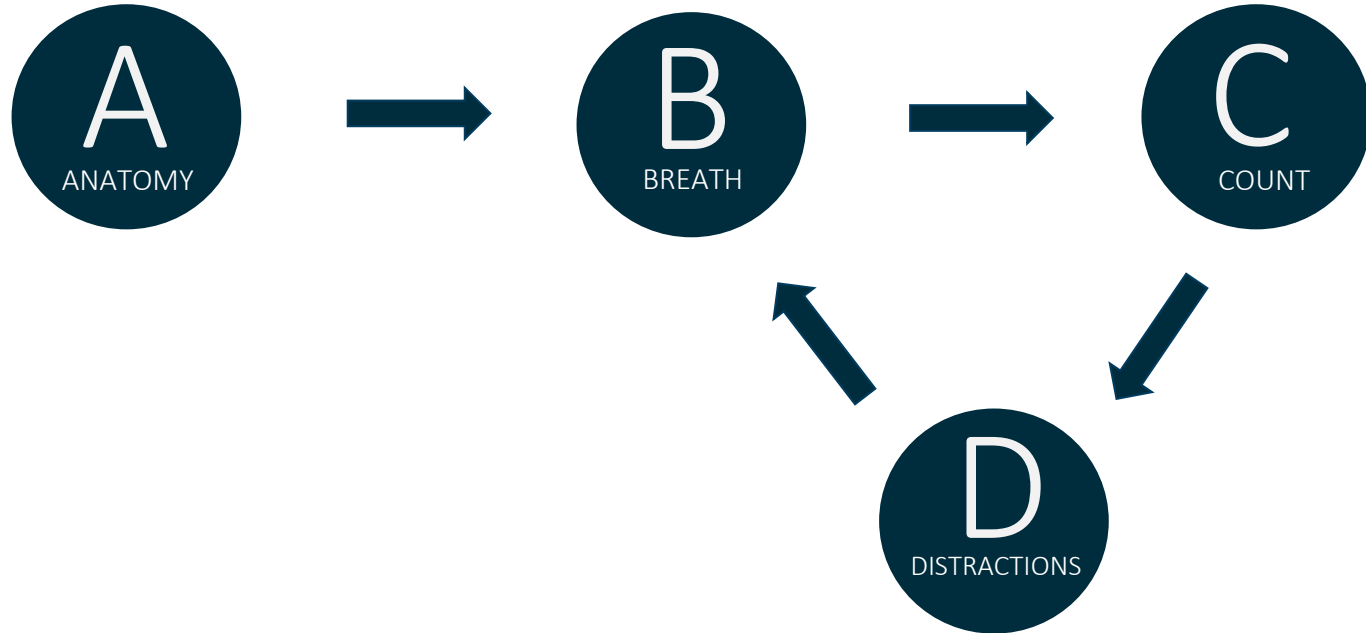


# BASIC MINDFULNESS TRAINING

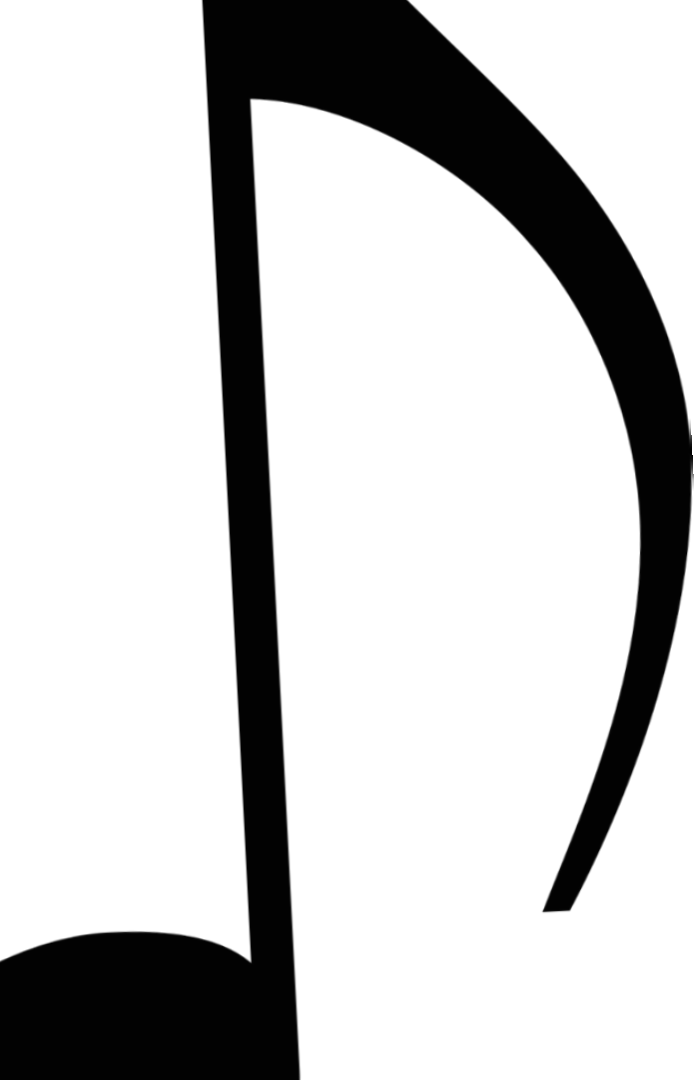


- Relax
- Release
- Return

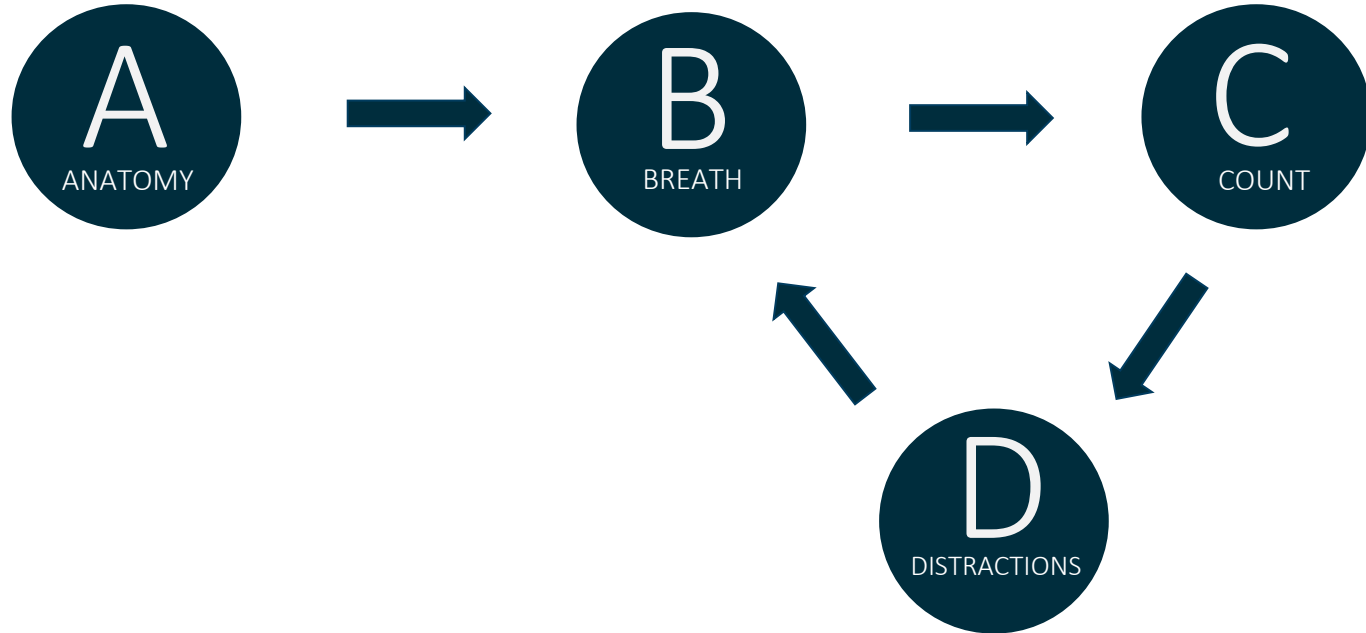
# LET'S PRACTICE







# LET'S PRACTICE



# BENEFITS OF MINDFULNESS FOR YOU

Increased  
Sleep quality  
Black 2015

Increased  
happiness  
Hanson 2009

Enhanced  
attention  
Zeidan 2010

Increased  
grey brain  
matter  
Pagnoni  
2007

Better  
immune  
function  
Jacobs 2011

Decreased  
stress  
Gregoire  
2015

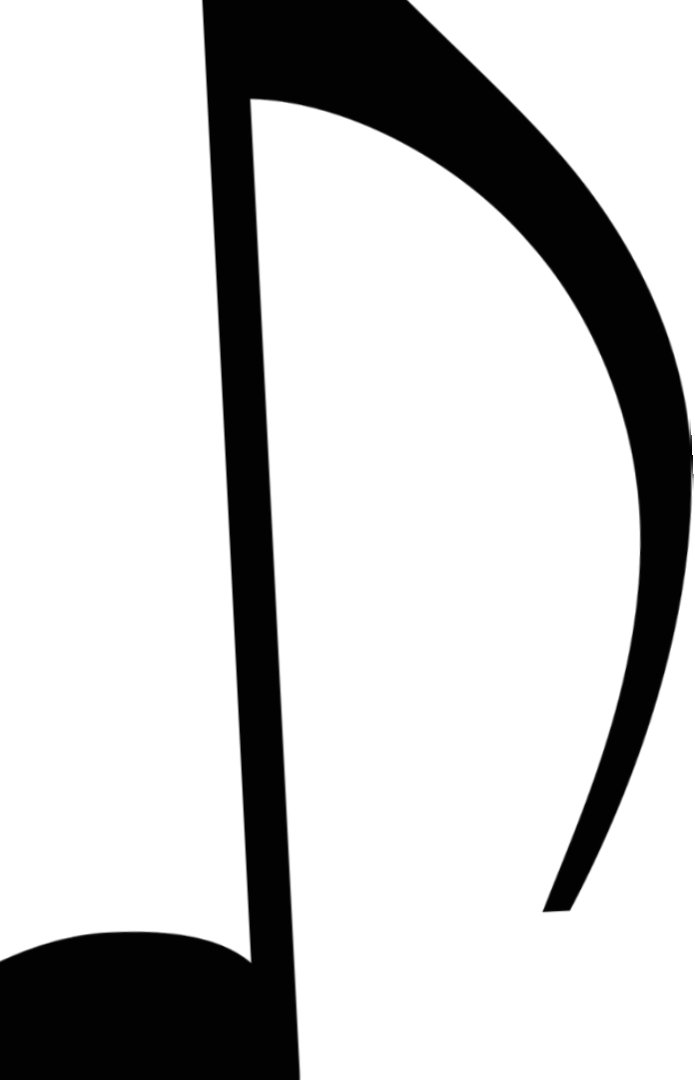
Increased  
Emotional  
intelligence  
Schutte 2011

Better heart  
rate  
variability  
Wolever  
2012

Improved  
mental  
fitness  
Pagnoni  
2007

Reduced  
cellular aging  
Epel 2009

Balanced  
blood  
pressure  
Rosenweig  
2007



PROGRAMME  
octave