



**mindspace**

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# Mindfulness: The Power of Presence

**AQICESH**

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# The Challenge



- Constant connectivity
- Information overload
- Increasing pace
- Frequent change
- Resource constraints





# Continuous Partial Attention



## Continuous Partial Attention

“We lead hurried, fractured, complex lives. With all the distraction, pressure, and rush, we can easily go through an entire life without ever bringing our full attention and full capacities to any given moment.”

- Janice Marturano, Institute for Mindful Leadership



# Continuous Partial Attention

- *“Always-on, multitasking work environments are killing productivity, dampening creativity and making us unhappy. And many people are no longer able to cope with the levels of stress in their lives.”*

- McKinsey Quarterly, 2011

McKinsey&Company



# Business as Usual



- Distracted minds
- Missed connections
- Reacting more than responding
- Innovation and creativity suffer
- Lost connection with values

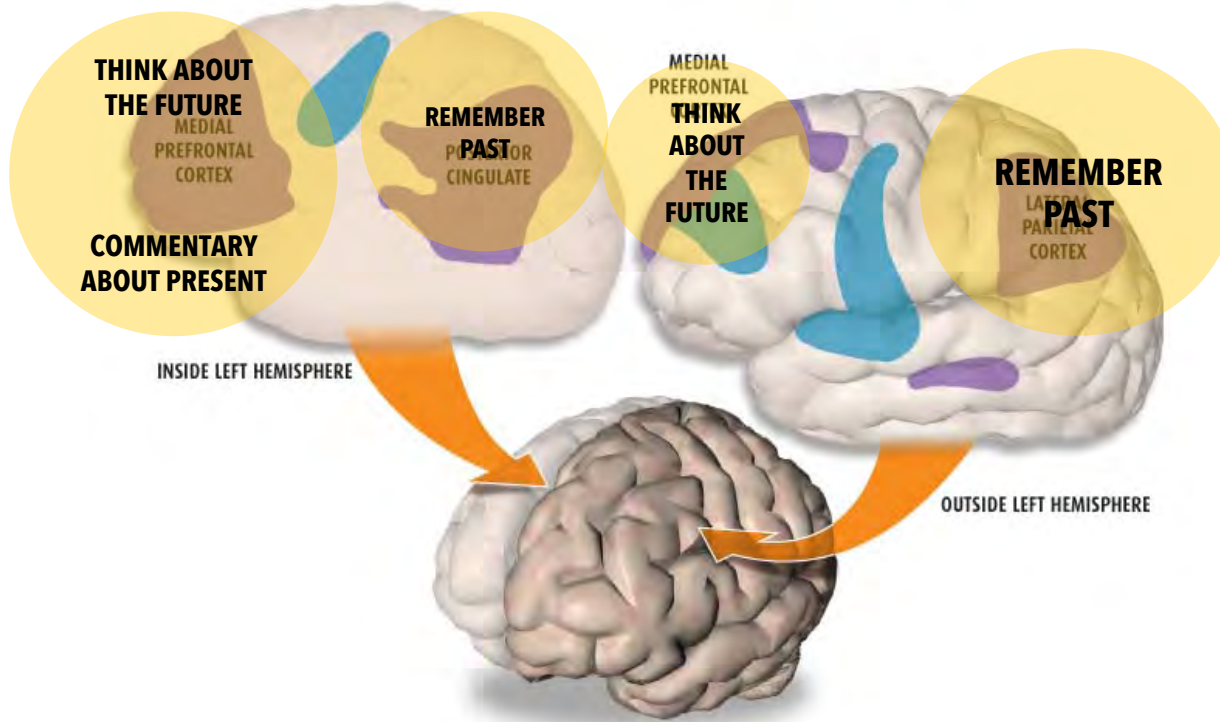




Attention Autopilot



# The Brain at Rest





AT&T 3G 2:24 PM

How do you feel right now? | Track Your Ha...

www.trackyourhappine... Google

## Track Your Happiness

How do you feel right now?

Very bad  Very good

Next

Navigation icons: back, forward, home, app drawer, browser tabs (8)

AT&T 3G 2:26 PM

How do you feel right now? | Track Your Ha...

www.trackyourhappine... Google

## Track Your Happiness

What are you doing?

- commuting, traveling
- working
- shopping, errands
- doing housework
- preparing food
- taking care of your children
- talking, conversation

Navigation icons: back, forward, home, app drawer, browser tabs (8)

AT&T 3G 2:25 PM

How do you feel right now? | Track Your Ha...

www.trackyourhappine... Google

## Track Your Happiness

Are you thinking about something other than what you're currently doing?

No

Yes - Something Unpleasant

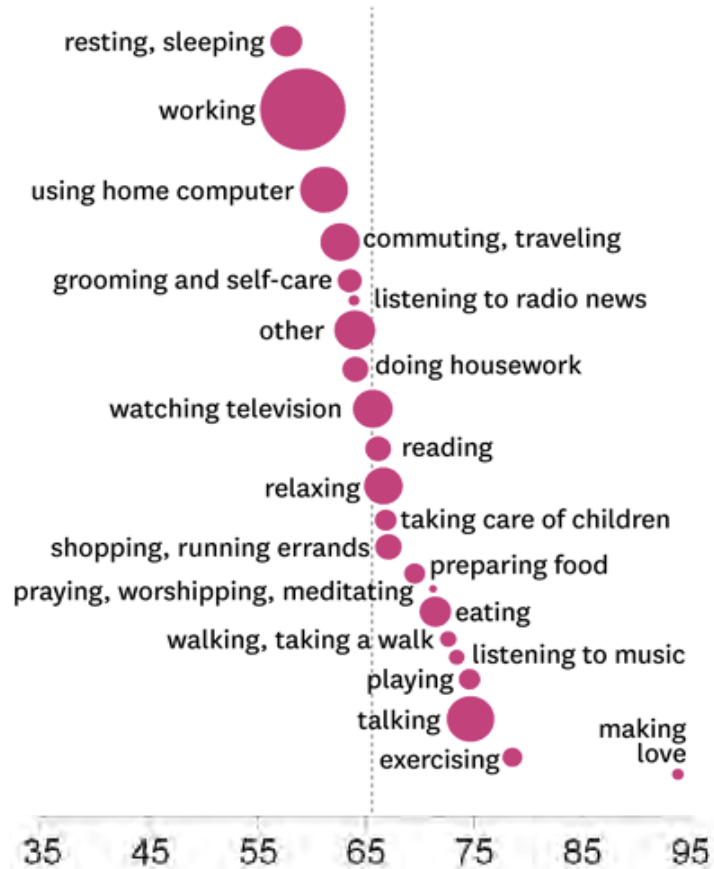
Yes - Something Pleasant

Yes - Something Neutral

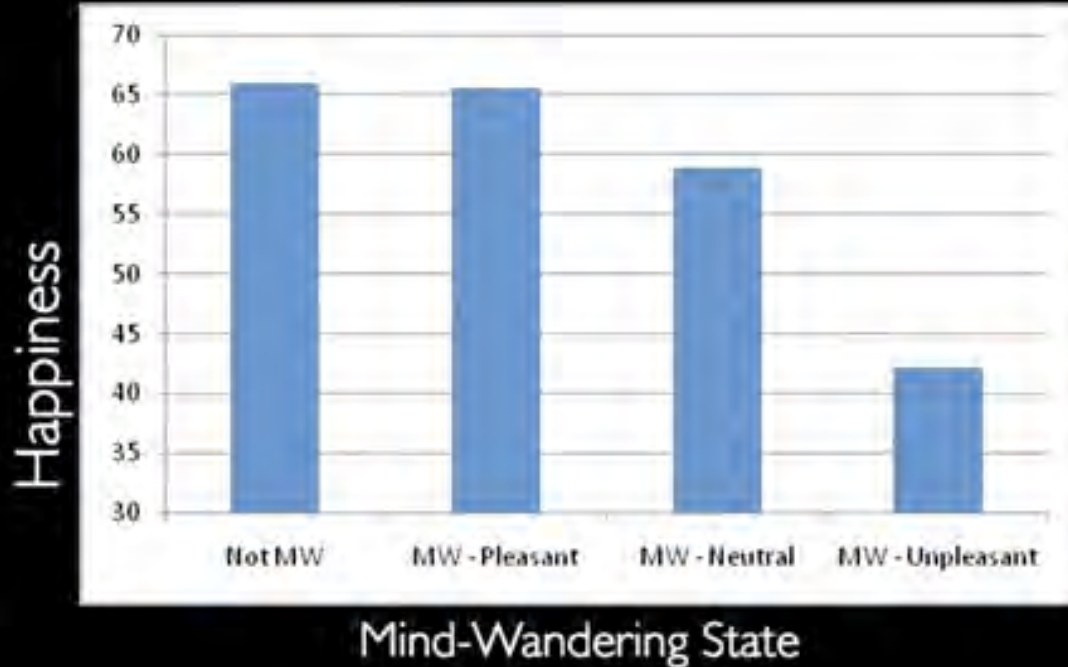
Navigation icons: back, forward, home, app drawer, browser tabs (8)



# Reported Happiness



# The Impact of Mind-Wandering



# A Wandering Mind is an Unhappy Mind


I THINK  
I'M HAVING  
STRESS!



0%







*Mindfulness* is paying attention:

- 1) On purpose
- 2) In the present moment
- 3) Non-judgmentally



# Mindfulness Myths

