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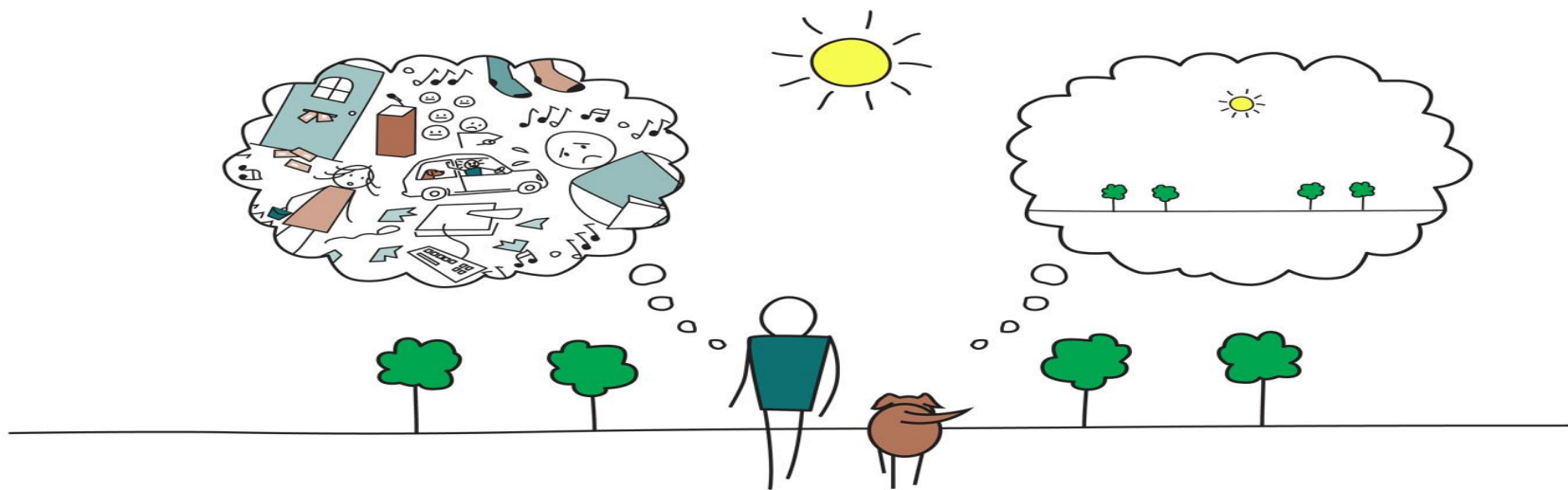
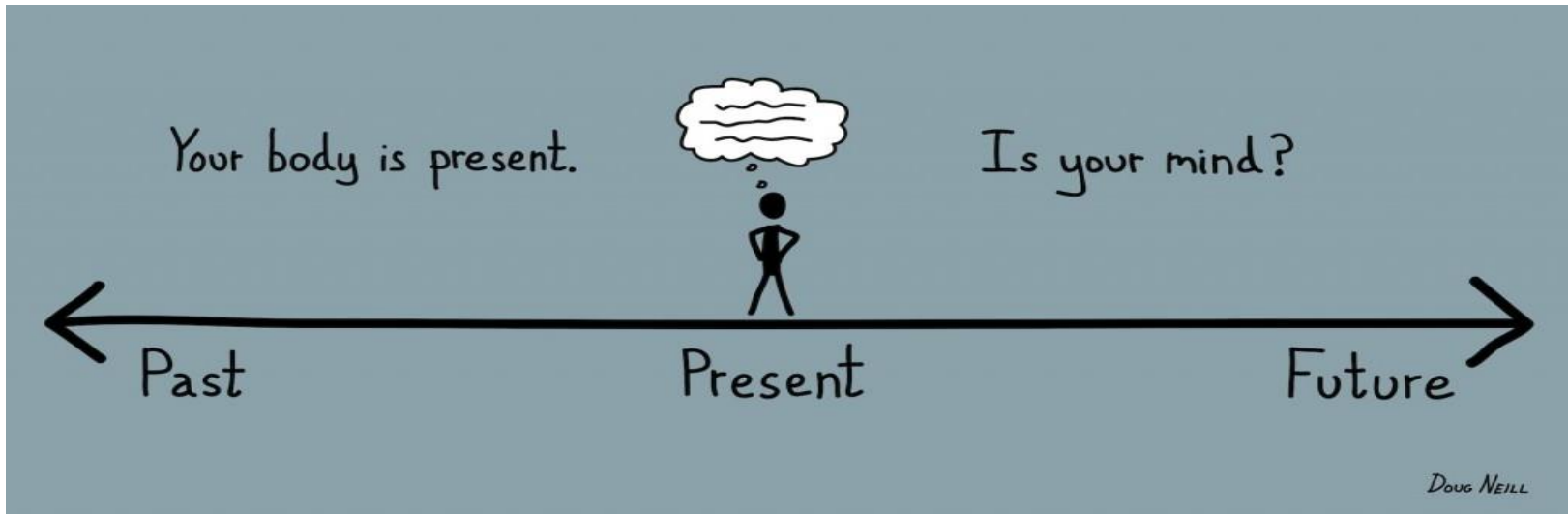
Mindfulness

Stephen Cuddy





WHY PRACTICE?



WHAT IS MINDFULNESS?

mind·ful·ness
'mīn(d)f(ə)lnəs/
noun

noun: **mindfulness**

1. The quality or state of being conscious or aware of something.

A mental state achieved by focusing awareness on the present moment, while calmly acknowledging & accepting feelings, thoughts & bodily SENSATIONS.



Achieve More by Doing Less

Three myths, three truths, and three ways to do things differently.

MYTH

TRUTH

TURNAROUND

1**BUSYNESS =
IMPORTANCE****BUSYNESS =
COGNITIVE
OVERLOAD****SINGLE-TASK**

Brains are not computers. They're not designed to run on multiple tracks simultaneously. Switching back and forth makes us tired, less efficient, and error-prone. When we settle in, put distracting devices aside, and do one thing at a time, we worry less about keeping up with time—and that's the exact opposite of busy.

2**MORE IS
BETTER****OFTEN,
LESS IS
MORE****FIND THE MINIMUM
EFFECTIVE DOSE**

The "minimum effective dose" (MED) is the lowest dose of a pharmaceutical that spurs a clinically significant change in health or well-being. Look for the MED in everything: work, sleep, meditation, blogging frequency, checking email, school volunteering, homework help, date nights.

3**DOING
NOTHING
IS A WASTE
OF TIME****OUR BRAINS
BENEFIT
WHEN WE
WASTE TIME****STARE INTO SPACE**

We feel uncomfortable with stillness, with downtime, so we cancel it out by becoming busy again. Instead of just staring out the window on the bus, we read our Facebook feed. We check our email in line at the grocery store. Instead of enjoying our dinner, we shovel food in our mouths while staring at a screen. Give yourself the joy of just staring into space sometimes. What could possibly be easier to put into practice?

HAVING A SHOWER

Be mindful of the wave of pleasure as the **warm water** washes over you; mindful of the **smell** of the shower gel, soap or shampoo.



BRUSHING YOUR TEETH

Be mindful of your arm moving from **side to side** and the **sound** of the brush against your teeth; mindful of **each and every tooth** and the sensation of the brush against the gums.



COMMUTING TO WORK

Be mindful of your **environment** and the tendency to resist it; be mindful of the emotions as they **rise and fall**, come and go; mindful of all the **different senses**.





**KEEP
CALM
AND
PRACTICE
MINDFULNESS**

KeepCalmAndPosters.com

Don't just look, observe.
Don't just swallow, taste.
Don't just sleep, dream.
Don't just think, feel.
Don't just exist, live.

Mindfulness

MEANS PAYING
ATTENTION IN A
PARTICULAR WAY,
ON PURPOSE, IN THE
PRESENT MOMENT
NON-JUDGMENTALLY.

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JON KABAT-ZINN

