The value of

mindfulness

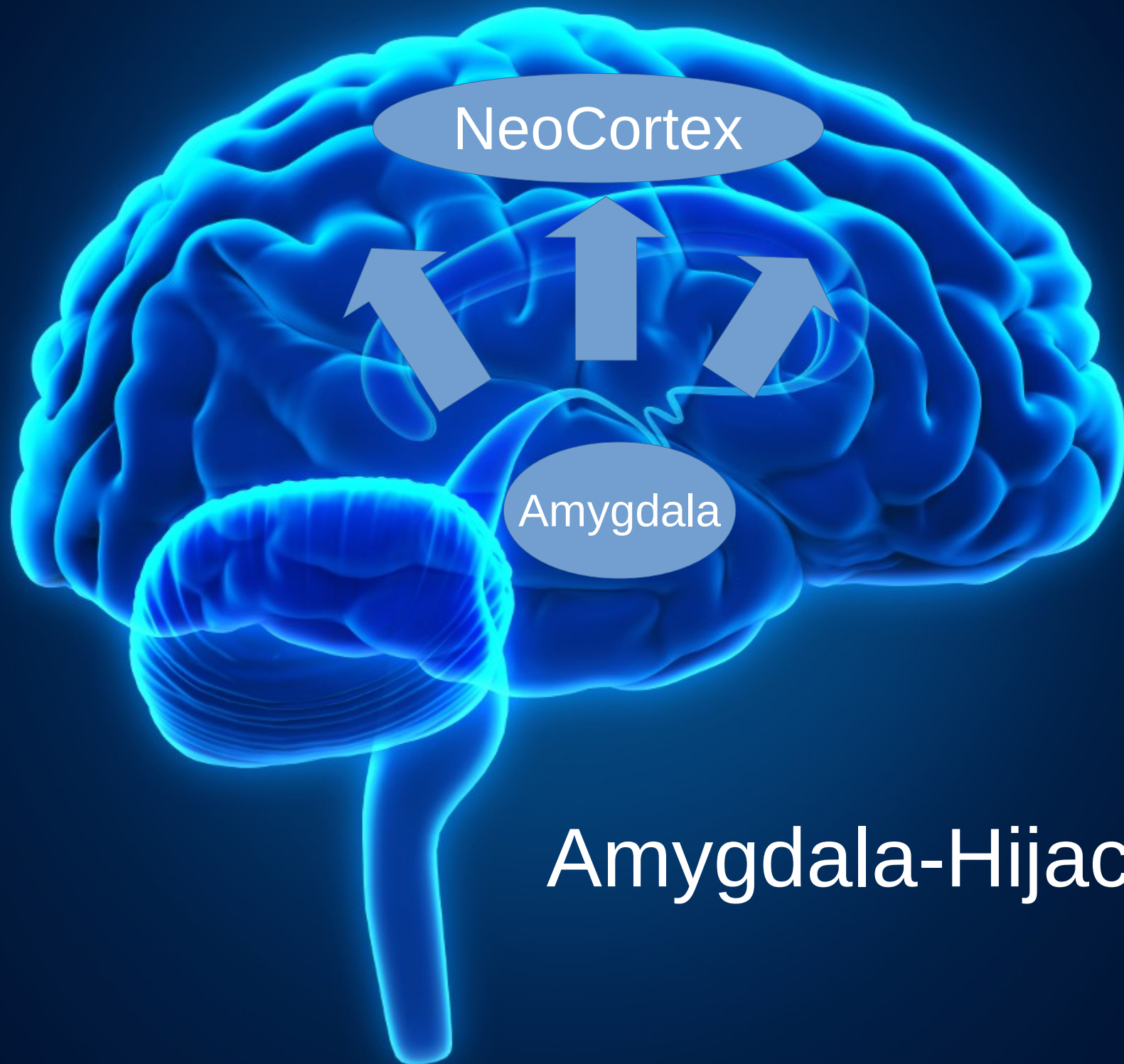## and how it came to

Google

One single fact: **There is a bug**

Some fantasized scenarios about possible consequences:

- I get fired
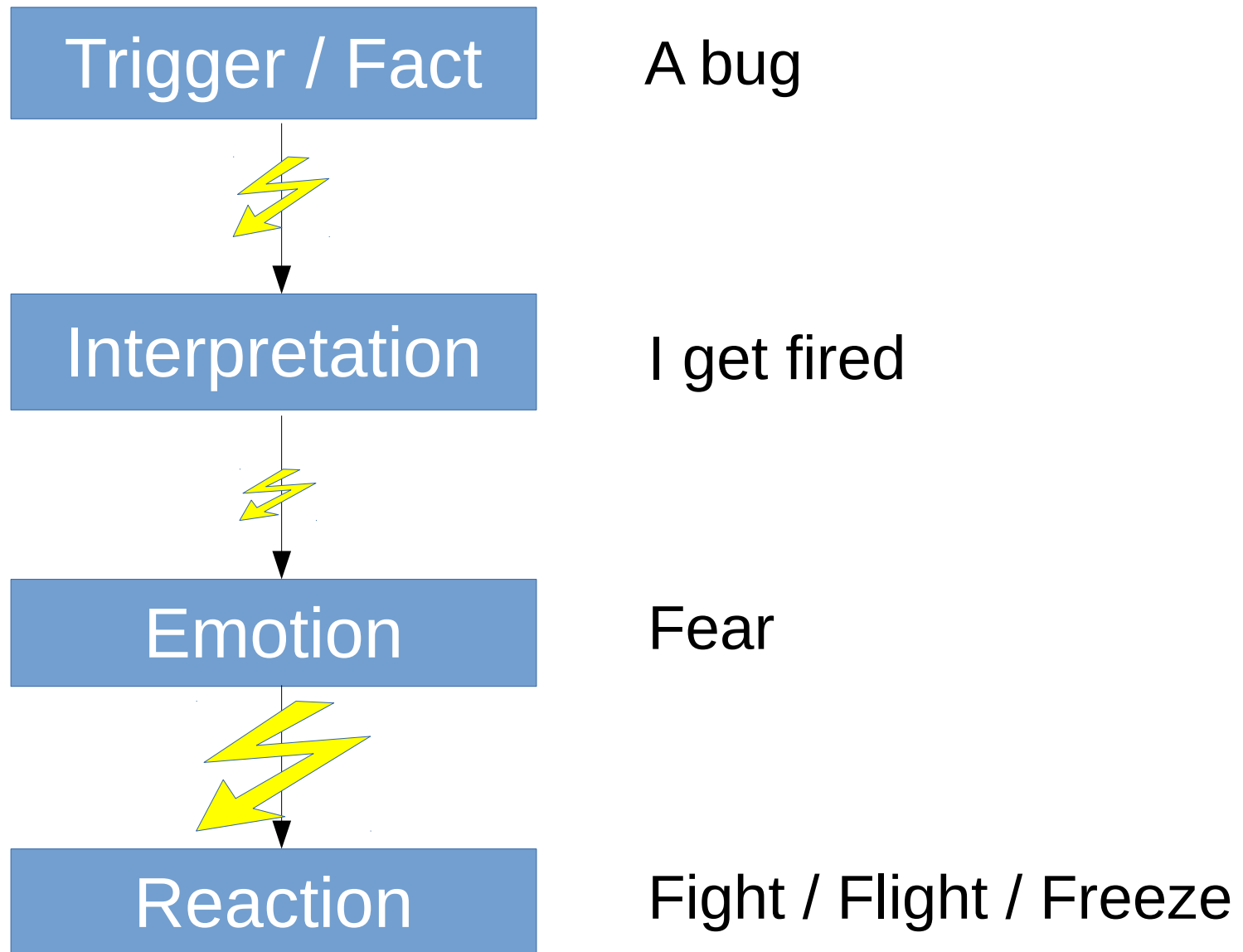- I get embarrassed
- (… find your own …)

The famous 3 F's

Fight

Flight

Freeze

Which strategy is optimal for fixing software bugs?

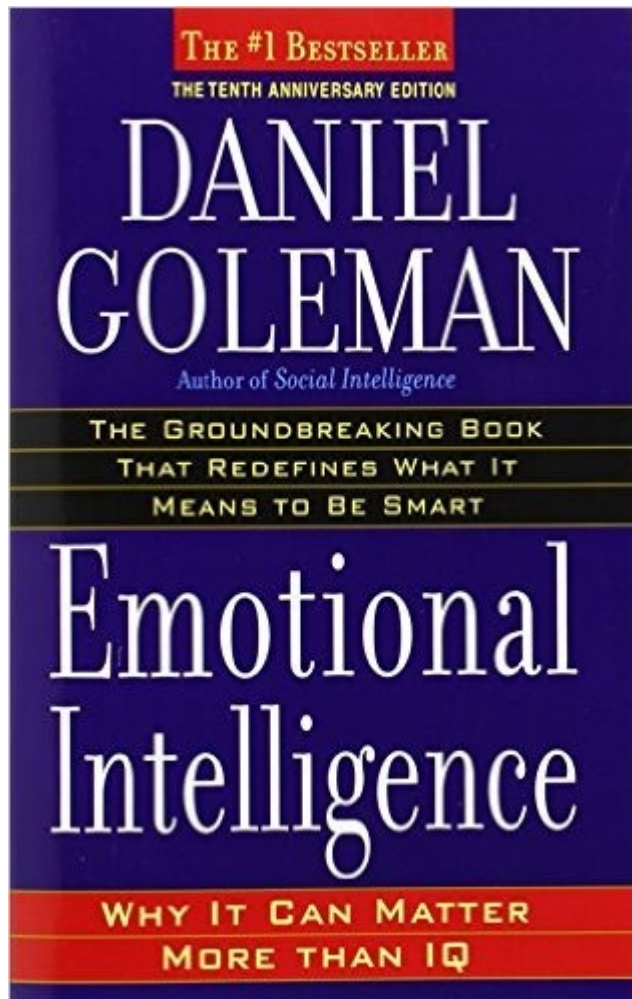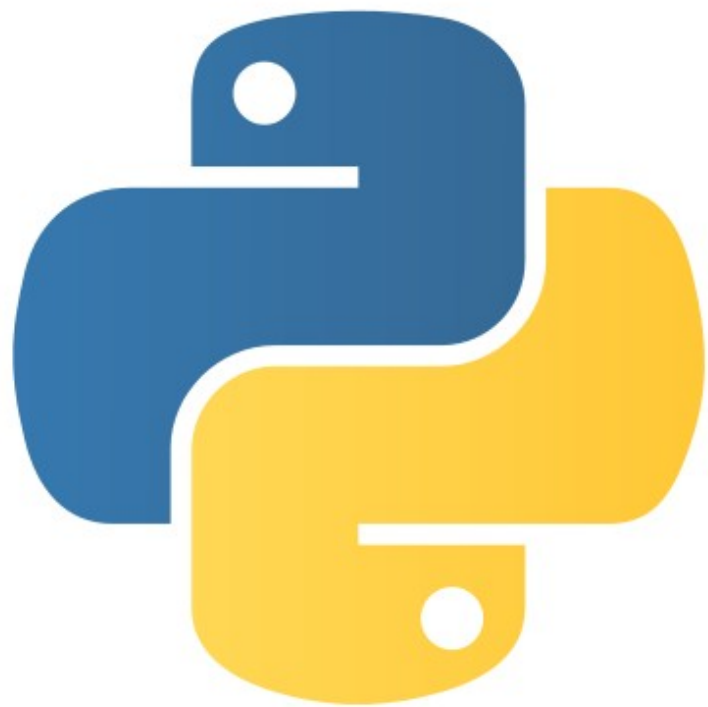|	
Trigger / Fact	A bug
↓	
Interpretation	I get fired
↓	
Emotion	Fear
↓	
Reaction	Fight / Flight / Freeze

What to apply?

Emotional Intelligence

"The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions."

Salovey and Mayer. Imagination, Cognition, and Personality. Vol 9, 1990, P. 185–211

The tools

- Self-Awareness

- Self-Regulation

- Motivation

- Empathy

- Social Skills

python powered

self awareness

```python
class Human:
    def awareness(self):
        """Practice self-awareness"""

        ...??
```

>>> import inspect

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class Human:
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```

"Mindfulness is the practice of bringing one's attention to the internal and external experiences occurring in the present moment."

Let's practice mindfulness on the body

Continued exercise

Try to keep 5% of your attention

on your body

while listening to this talk.

```python
import inspect

class Human:
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Two challenges:

- Judgement

- Distraction

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            if judgement == 'bad':
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                break   # usually raises exception anyway ...
            else:
                attach_to(inner_state)   # tarpit ;-)
```

Whatever bubbles up:

- Just watch
- Don't judge
- Be gracious

How to address distraction?

Mindfulness
a process of continuous refocusing

Attention on body or breath

Distraction

Notice Distraction

Refocus Attention

The difficult part ;-)

Mindfulness

is simple to do ...

... but hard to sustain

How to improve mindfulness

[tibetan]:
   gom

[english]:
   familiarize,
   getting used to,
   training

[known as]:
   Meditation

Meditation

refers to a family of mental training practices that are designed to familiarize the practitioner with specific types of mental processes.

Short moments, repeated often

The Pomodoro Technique®

A strategy to establish mindful moments during the day

® by Francesco Cirillo

HowTo Pomodoro®

Setup a task you would like to work on.
Spend 25 minutes on it. No other
distraction.

4x

Have a break of 5 minutes.
Practice mindfulness / meditation / ...

Have a longer break, e.g. 10 min or longer.

Check out www.pomodoro.com
Online timer: www.tomato-timer.com

Reminder

Still 5% attention in your body?

So ... what the hack is all this
mindfulness business good for?

def regulation(self):

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The process of managing one's internal states, impulses, and resources.
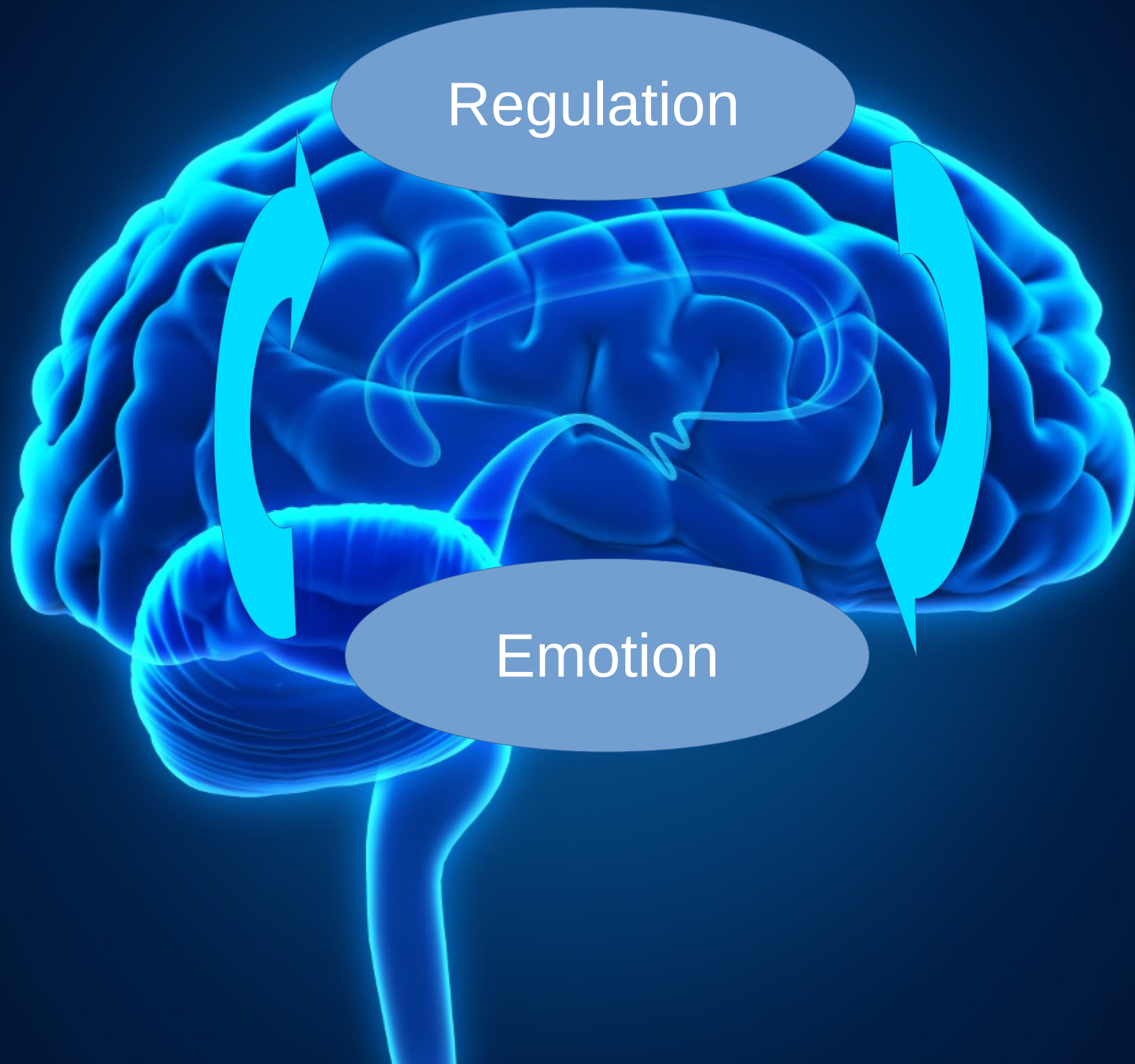
"""

Dealing with strong emotions

Shift from

existential

(*"I am angry"*, *"I am sad"*)

to

physiological

(*"I feel anger in my body"*)

Responding to triggers instead of **reacting** to them

Search Inside Yourself (SIY) Leadership program

Started 2002 at
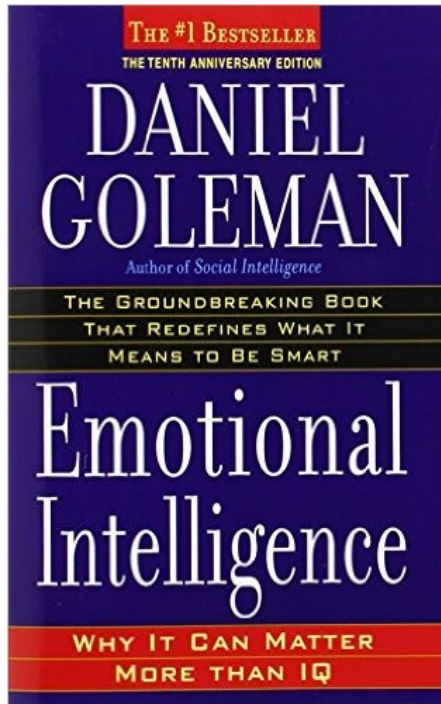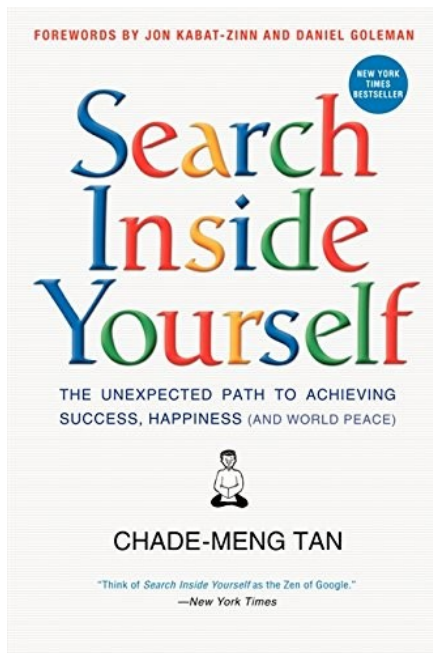

siyli.org

SIY program initiated
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(Google employee number 107)

Supported by many experts, e.g.

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- Self-Awareness

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Self Awareness

Develop a high-resolution perception into the process of emotion by learning to listen to the body. As you do, you'll also understand the role of emotional intelligence in managing unpleasant emotions.

Outcomes:

Become aware of your emotions and comfortable with your emotional range.

Learn accurate self-assessment.

Develop self-confidence.

Who is using SIY in (IT) industry?

Remember the exercise?

Keeping 5% of your attention

in your body

during the talk?

Short moments, repeated often

-

This will change you!

(and your life ;-)

Thank you!

Email: rh@ralph-heinkel.com
Twitter: @ralhei

The value of

mindfulness

and how it came to

Google

Boy did I feel dreadful

I was completely stressed out, almost in panick.

My inner system was basically up-side-down.

Let's get meta, and look what has actually happened.

One single fact: **There is a bug**

Some fantasized scenarios about possible consequences:

- I get fired
- I get embarrassed
- (… find your own …)

The amygdala is a little structure in our mammalian brain.

It constantly monitors and filters all thoughts and perceptions we have.

Gives them an emotional 'color'.

If it considers something as a threat for our live, it fires, and takes over control.
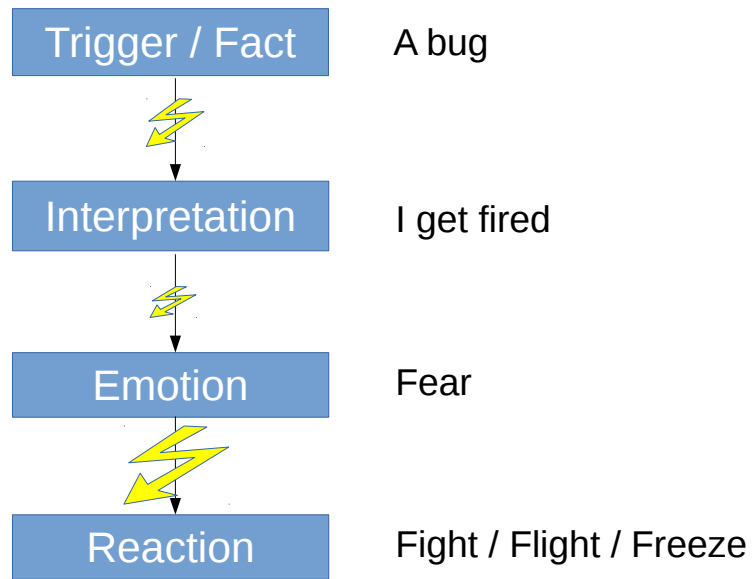
Amygdala Hijack

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https://de.wikipedia.org/wiki/Peter_Salovey
http://www.unh.edu/emotional_intelligence/EIAssets/EmotionalIntelligenceProper/EI1990%2
0Emotional%20Intelligence.pdf

The tools
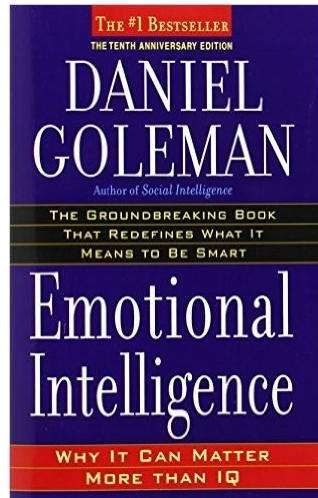
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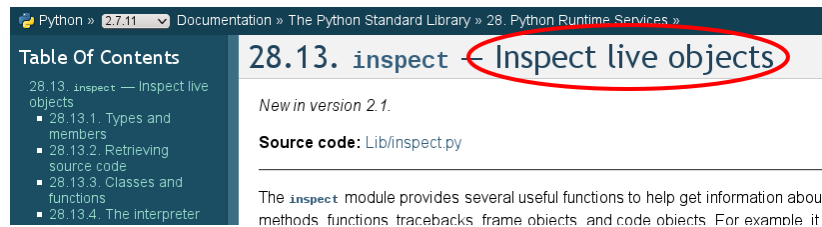python
powered
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We need some functionality which is able to explore what is going on inside.

So let's the Python's standard library.

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* Planned for Python 2.8

mindfulness

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Source: wikipedia.org

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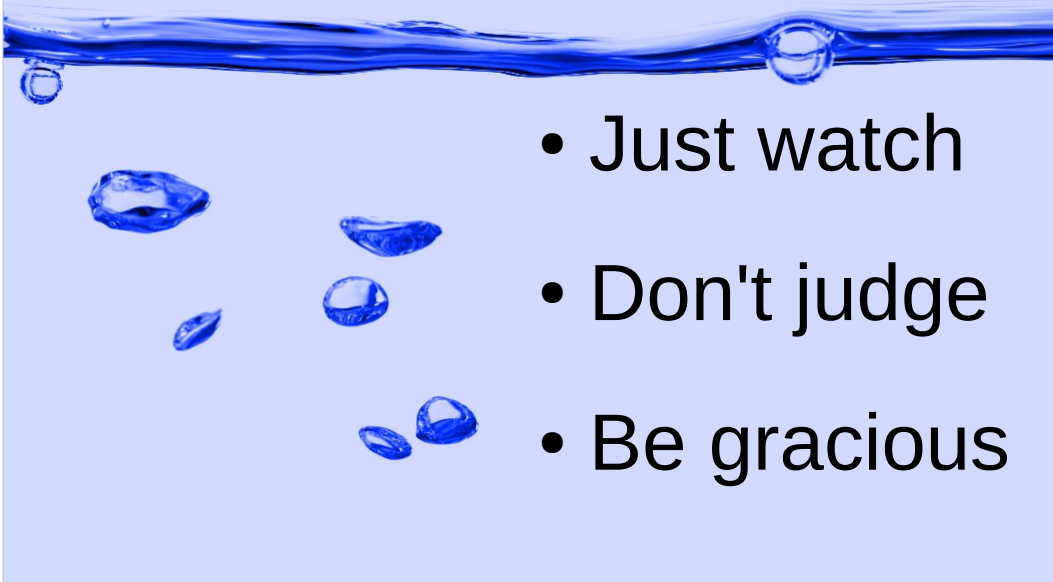
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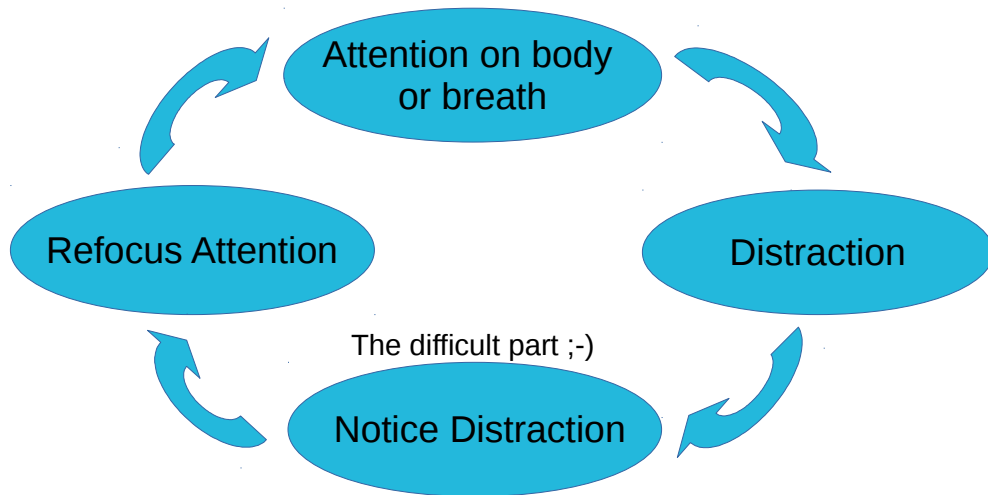- Just watch
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In Gimp: Menu 'Colors' → 'colorize'
Set hue: 229, saturation: 100, lightness: -2

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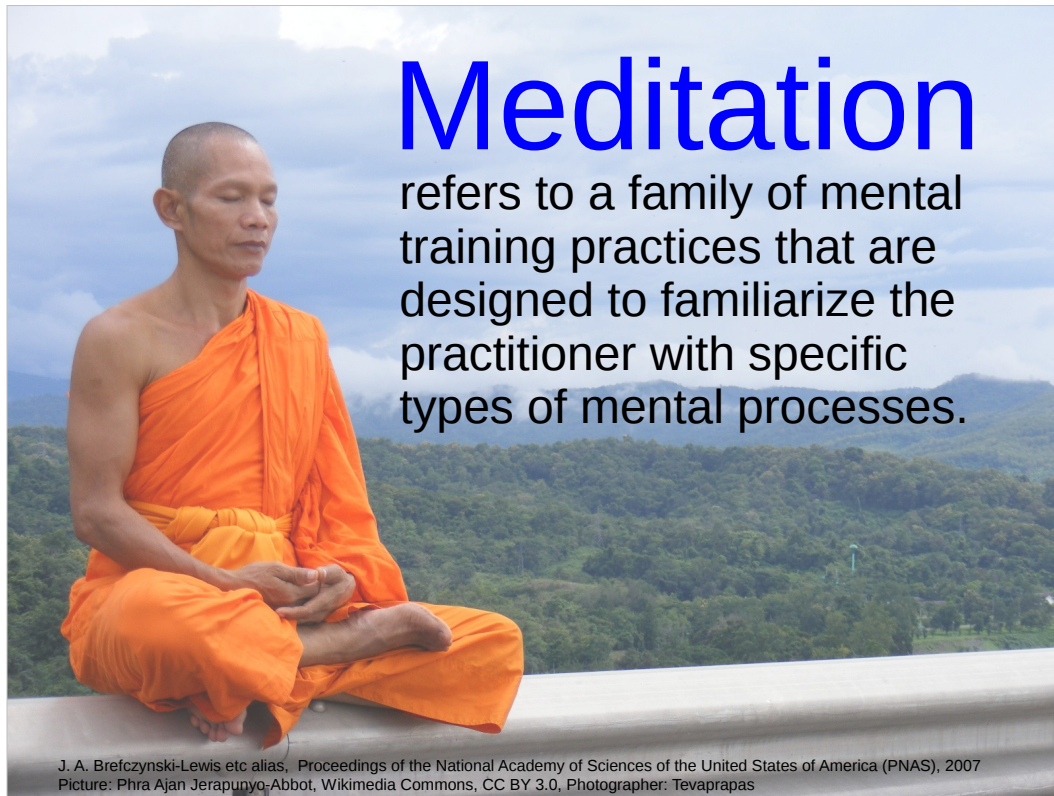
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J. A. Brefczynski-Lewis etc alias, Proceedings of the National Academy of Sciences of the United States of America (PNAS), 2007
Picture: Phra Ajan Jerapunyo-Abbot, Wikimedia Commons, CC BY 3.0, Photographer: Tevaprapas

http://www.pnas.org/content/104/27/11483

Short moments, repeated often

The Pomodoro Technique®

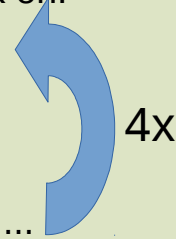## A strategy to establish
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(*"I feel anger in my body"*)

Emotion – a physical expression (in my body) of my current mental state.

This will come slowly with more experience

Emotions - perhaps important alarm signal from body

Again: Do not suppress!

You don't put a tape over a red alarm light in a car ...

Amygdala and neo cortex start to cooperate

Responding
to triggers
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reacting to them

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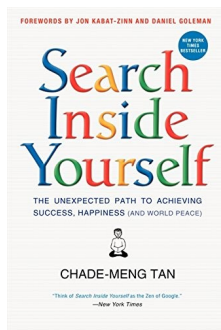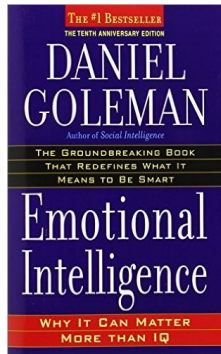
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Image source: Meng's Google + picture gallery

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