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 ...)
Danger!
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.”

The tools

- Self-Awareness
- Self-Regulation
- Motivation
- Empathy
- Social Skills
self awareness
class Human:
    def awareness(self):
        """Practice self-awareness"""

...??
>>> import inspect

28.13. inspect — Inspect live objects

New in version 2.1.

Source code: Lib/inspect.py

The `inspect` module provides several useful functions to help get information about methods, functions, tracebacks, frame objects, and code objects. For example, it
import inspect

class Human:
    def awareness(self):
        """Practice self-awareness""
        while True:
            inner_state = inspect.inspect.inside() *

* Planned for Python 2.8
Mindfulness is the practice of bringing one's attention to the internal and external experiences occurring in the present moment.

Source: wikipedia.org
Let's practice mindfulness on the body.
Continued exercise

Try to keep 5% of your attention on your body while listening to this talk.
import inspect

class Human:
    def awareness(self):
        #"""Practice self-awareness"""
        while True:
            inner_state = inspect.inspect.inside()
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            continue
Two challenges:

- Judgement
- Distraction
import inspect

class Human:
    def awareness(self):
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        while True:
            inner_state = inspect.inspect.inside()
            judgement = eval(inner_state)
            if judgement == 'bad':
                deny_or_supress(inner_state)
                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

- Refocus Attention

- Distraction

- Notice Distraction

The difficult part ;-)
Mindfulness is simple to do ... … but hard to sustain
How to improve mindfulness

[tibetan]:

gom

[english]:

familiarize,
g gotting 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

Image: wikipedia.org / F. Cirollo

® by Francesco Cirillo
HowTo Pomodoro®

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

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):
    """
    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

Google

siyli.org
Supported by many experts, e.g.

- Daniel Goleman (Psychologist, Emotional Intelligence)
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- Zen Masters (e.g. Norman Fisher)
- Neuroscientists etc.

SIY program initiated by Chade-Meng Tan (Google employee number 107)

Image source: Meng's Google + picture gallery
- Self-Awareness
- Self-Regulation
- Motivation
- Empathy
- Social Skills / Leadership
Checkout the videos on https://siyli.org/resources

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 panic.

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
Danger!
The famous 3 F's

Fight

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https://de.wikipedia.org/wiki/Peter_Salovey
The tools

- Self-Awareness
- Self-Regulation
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self awareness
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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In Gimp: Menu 'Colors' → 'colorize'
Set hue: 229, saturation: 100, lightness: -2
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- Notice Distraction
- The difficult part ;-)
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http://www.pnas.org/content/104/27/11483
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Image: wikipedia.org / F. Cirollo

© by Francesco Cirillo
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to
**physiological**
("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 instead of reacting to them
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