

The value of mindfulness

and how it came to

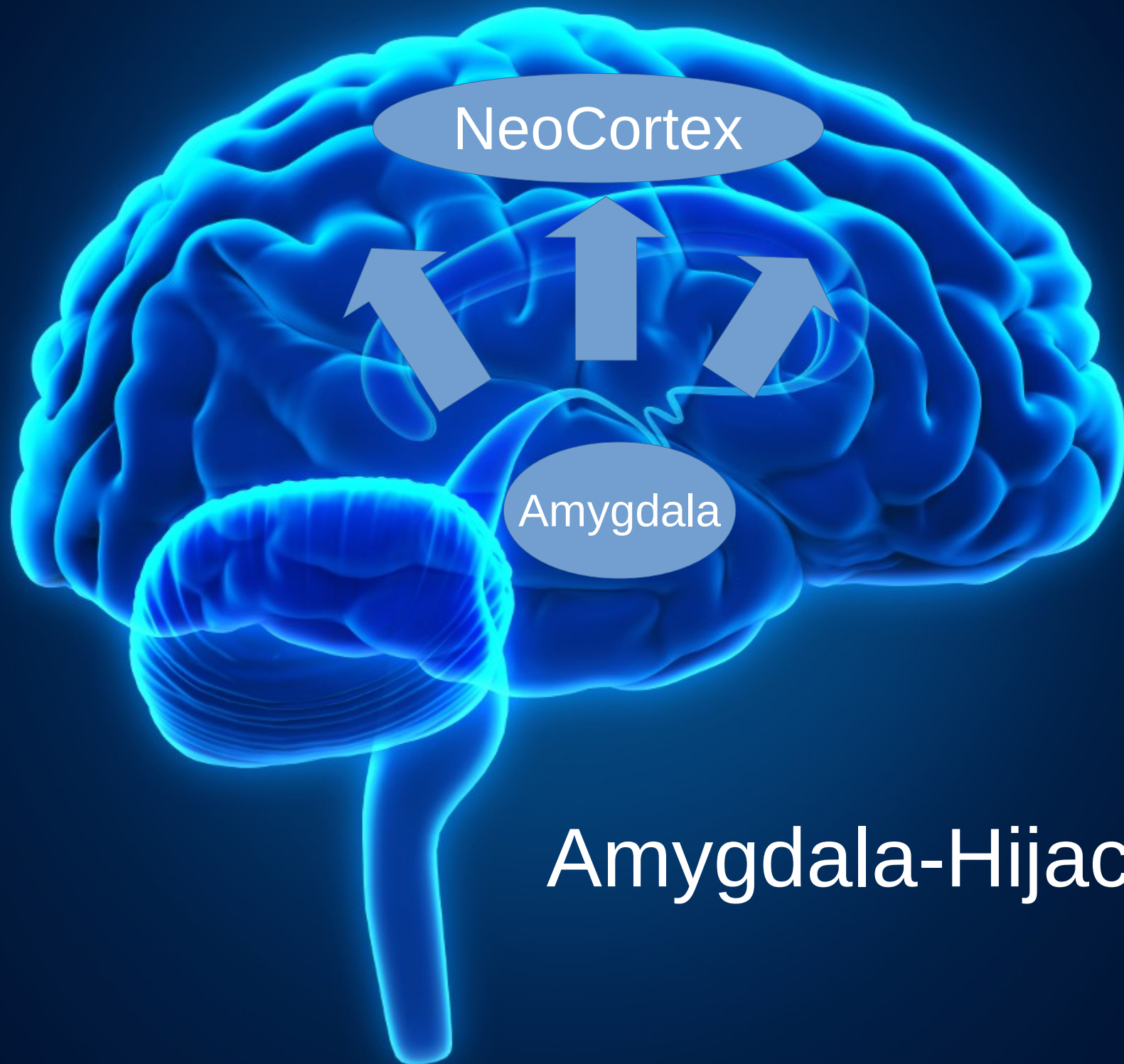




One single fact: **There is a bug**

Some fantasized scenarios about possible consequences:

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



Amygdala-Hijack



Danger!

The famous 3 F's



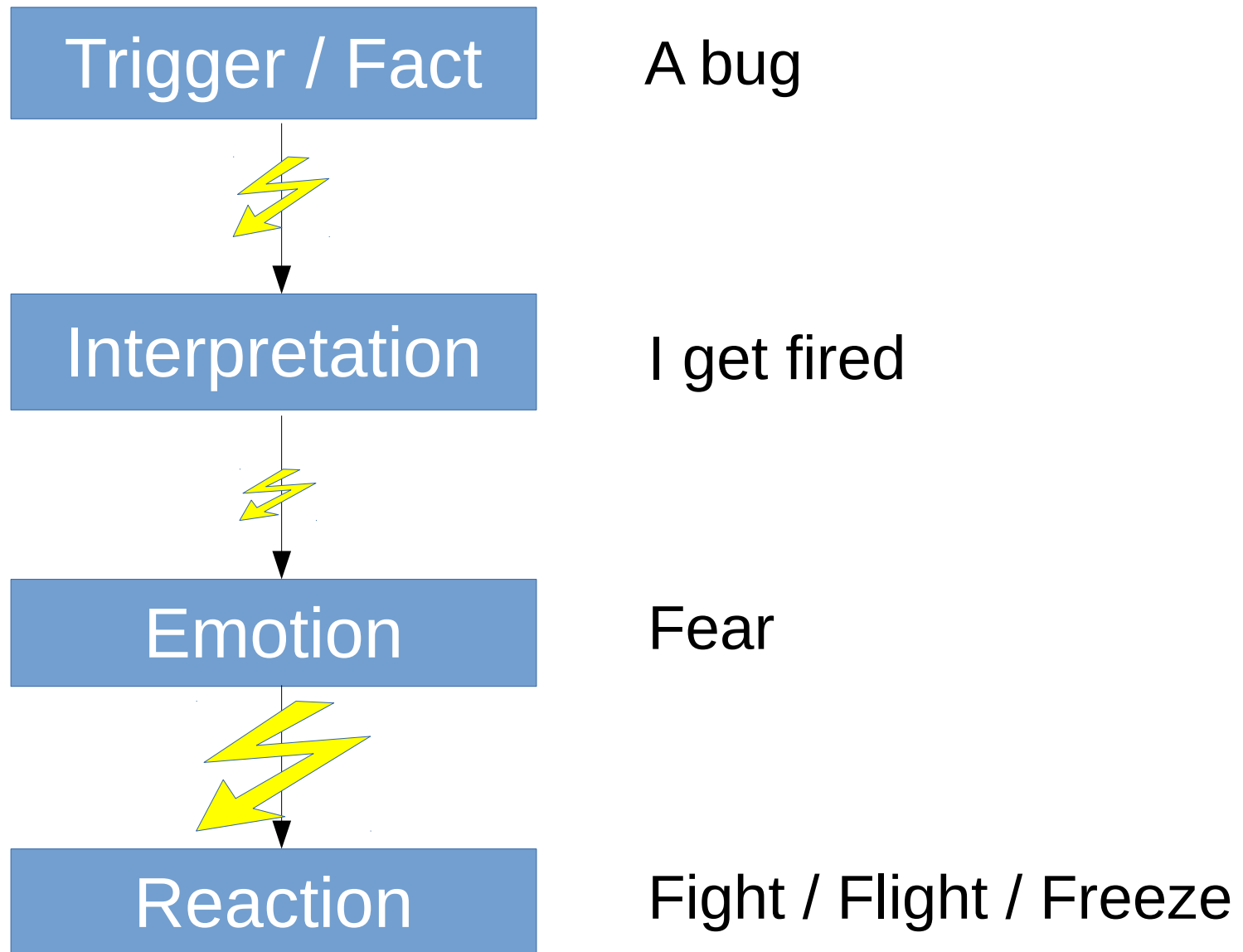
Fight

Flight



Freeze

Which strategy is optimal for fixing software bugs?

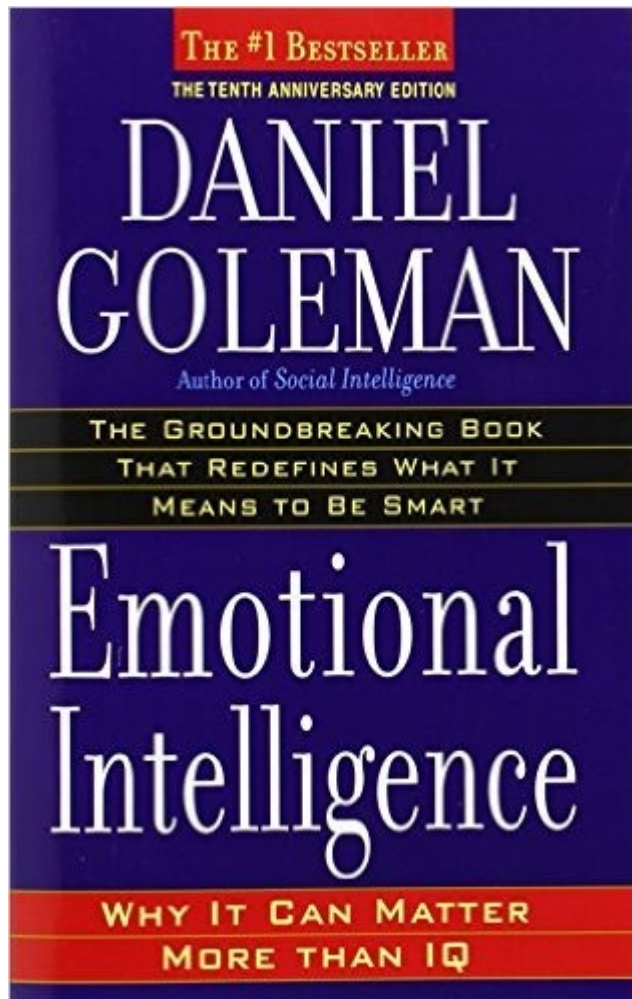


What to apply?

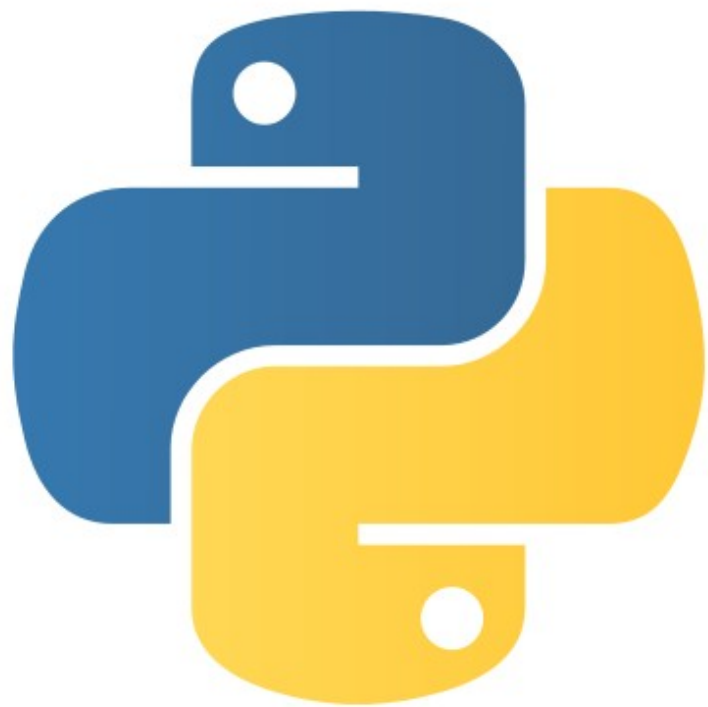
Emotional Intelligence

“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



python

powered

self awareness


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

>>> import inspect



The screenshot shows the Python documentation page for the `inspect` module. The breadcrumb navigation at the top reads: Python » 2.7.11 » Documentation » The Python Standard Library » 28. Python Runtime Services ». The page title is **28.13. `inspect` — Inspect live objects**, with the phrase "Inspect live objects" circled in red. A sidebar on the left titled "Table Of Contents" lists the following items:

- 28.13. `inspect` — Inspect live objects
 - 28.13.1. Types and members
 - 28.13.2. Retrieving source code
 - 28.13.3. Classes and functions
 - 28.13.4. The interpreter

The main content area includes the text "New in version 2.1." and a link for "Source code: [Lib/inspect.py](#)". A horizontal line separates this from the introductory paragraph, which states: "The `inspect` module provides several useful functions to help get information about methods, functions, tracebacks, frame objects, and code objects. For example, it

```
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class Human:
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        """Practice self-awareness"""
```

```
    while True:
```

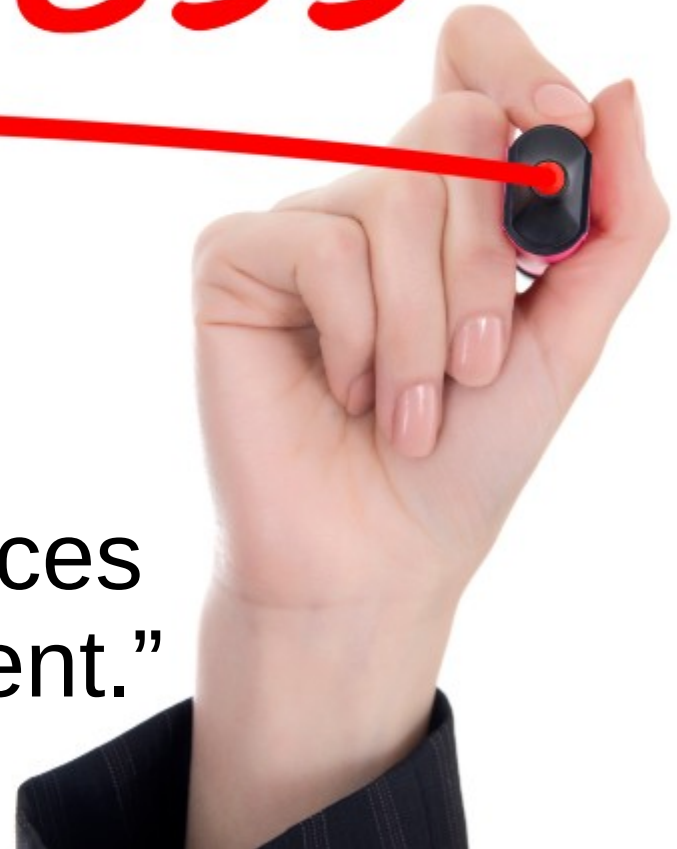
```
        inner_state = inspect.inside() *
```

* Planned for Python 2.8

mindfulness

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

Source: [wikipedia.org](https://en.wikipedia.org/wiki/Mindfulness)



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:
```

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    def awareness(self):
```

```
        """Practice self-awareness"""
```

```
    while True:
```

```
        inner_state = inspect.inside()
```

```
        pass
```

```
        continue
```

Two challenges:

- Judgement
- Distraction

```
import inspect
```

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

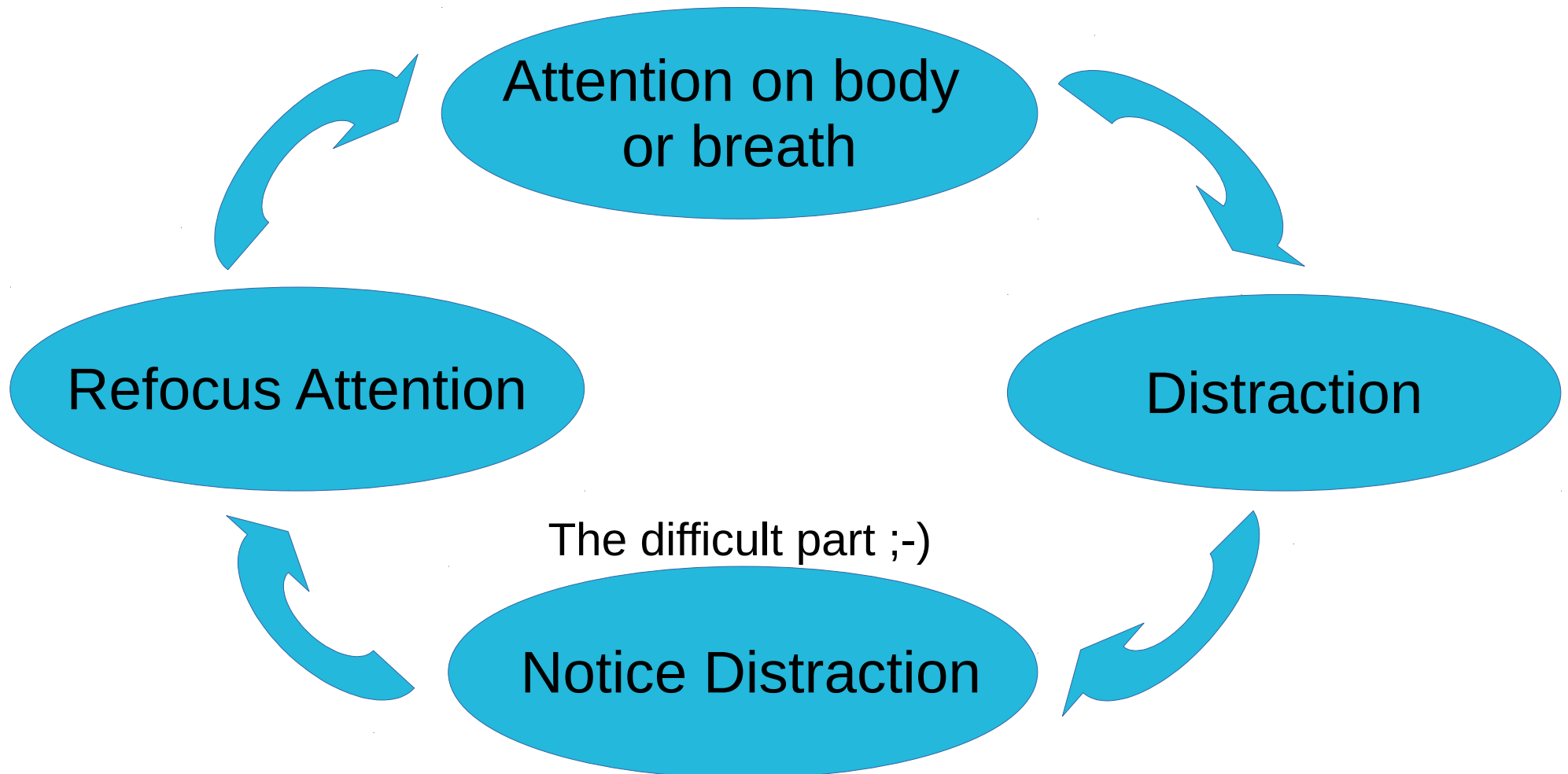


- Just watch
- Don't judge
- Be gracious

How to address distraction?

Mindfulness

a process of continuous refocusing



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



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 / ...

4x

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

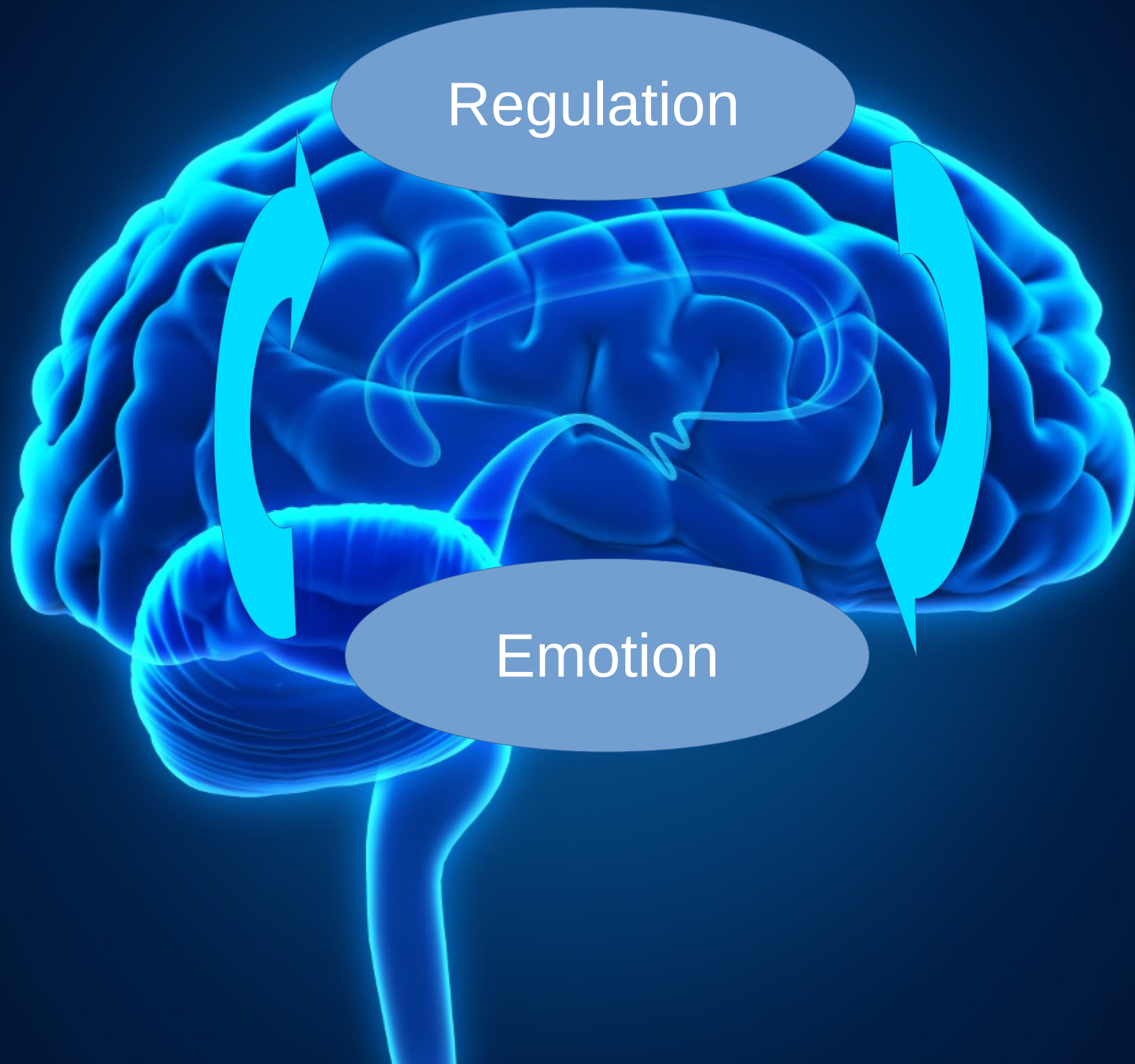
existential

(“I am angry”, “I am sad”)

to

physiological

(“I feel anger in my body”)



Regulation

Emotion

Responding
to triggers
instead of
reacting to them

Search Inside Yourself (SIY) Leadership program

Started 2002 at



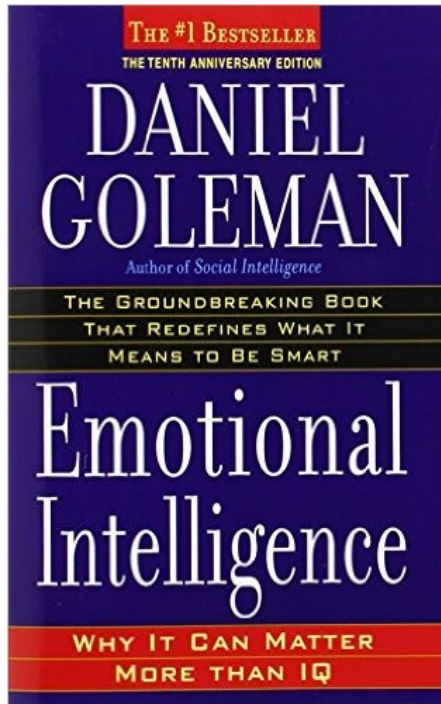
siyli.org



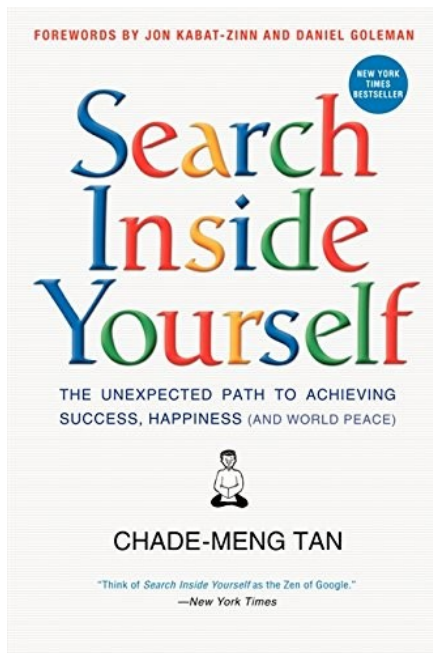
SIY program initiated
by **Chade-Meng Tan**
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Supported by many experts, e.g.

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- Self-Awareness
- Self-Regulation
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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.

SIY 103.1 Self Awareness

The diagram illustrates a three-step process for self-awareness:

- EMOTIONAL AWARENESS**
 - Clarity into my own emotions
 - Able to view myself from 3rd person perspective
 - Objective about emotional experience
- ACCURATE SELF-ASSESSMENT**
 - Honest about my own strengths and weaknesses
 - Clear about my own priorities and goals
 - Comfortable with myself
- 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





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
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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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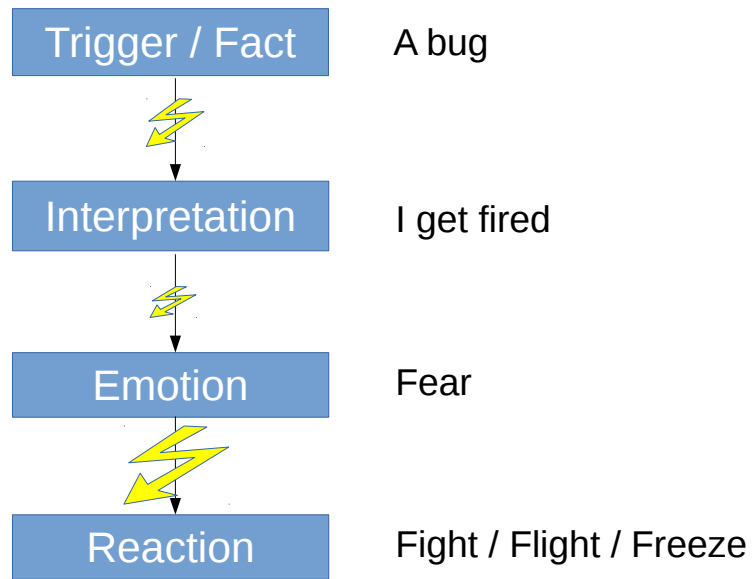
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Emotional Intelligence

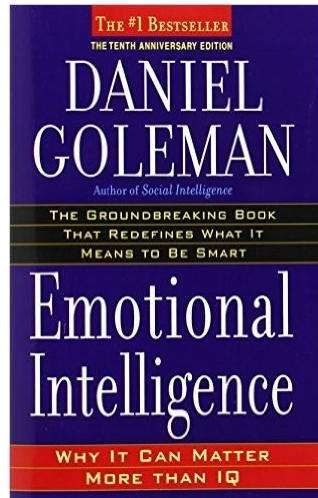
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Salovey and Mayer. *Imagination, Cognition, and Personality*. Vol 9, 1990, P. 185–211

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

http://www.unh.edu/emotional_intelligence/EIAssets/EmotionalIntelligenceProper/EI1990%20Emotional%20Intelligence.pdf

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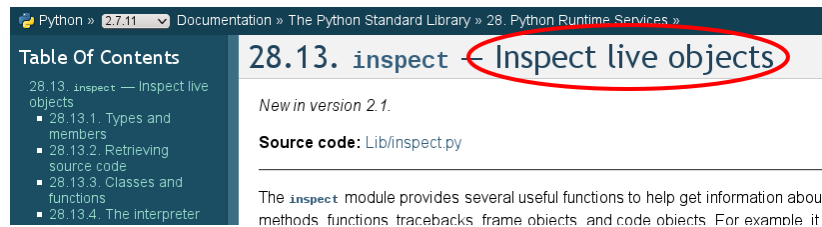


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We need some functionality which is able to explore what is going on inside.

So let's the Python's standard library.

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28.13. inspect - Inspect live objects

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Source code: [Lib/inspect.py](#)

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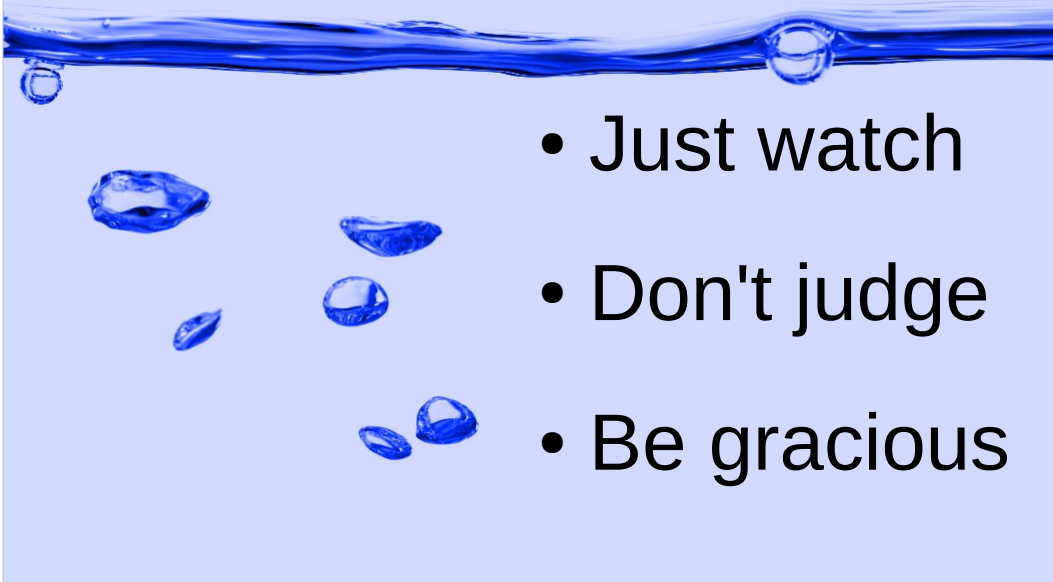
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<http://www.istockphoto.com/photo/bubbles-gm511803962-86830133?st=21fab22>

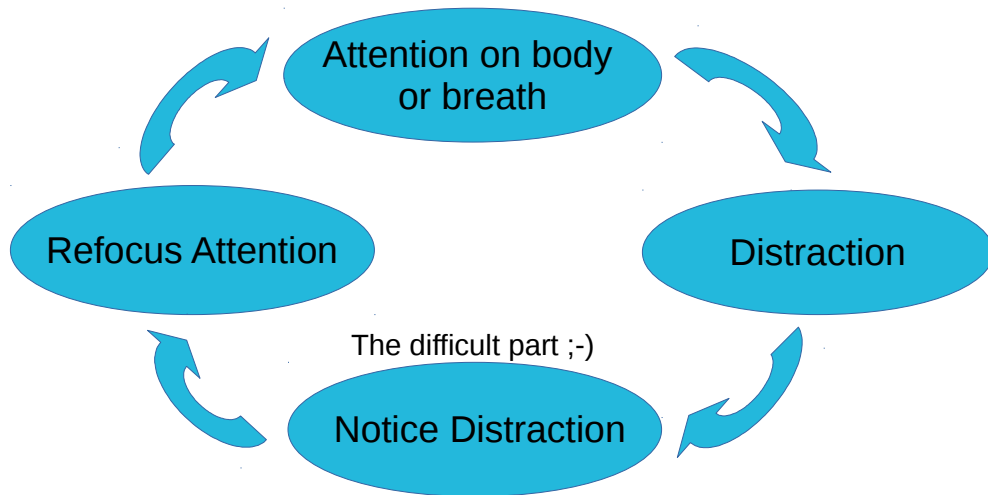
In Gimp: Menu 'Colors' → 'colorize'

Set hue: 229, saturation: 100, lightness: -2

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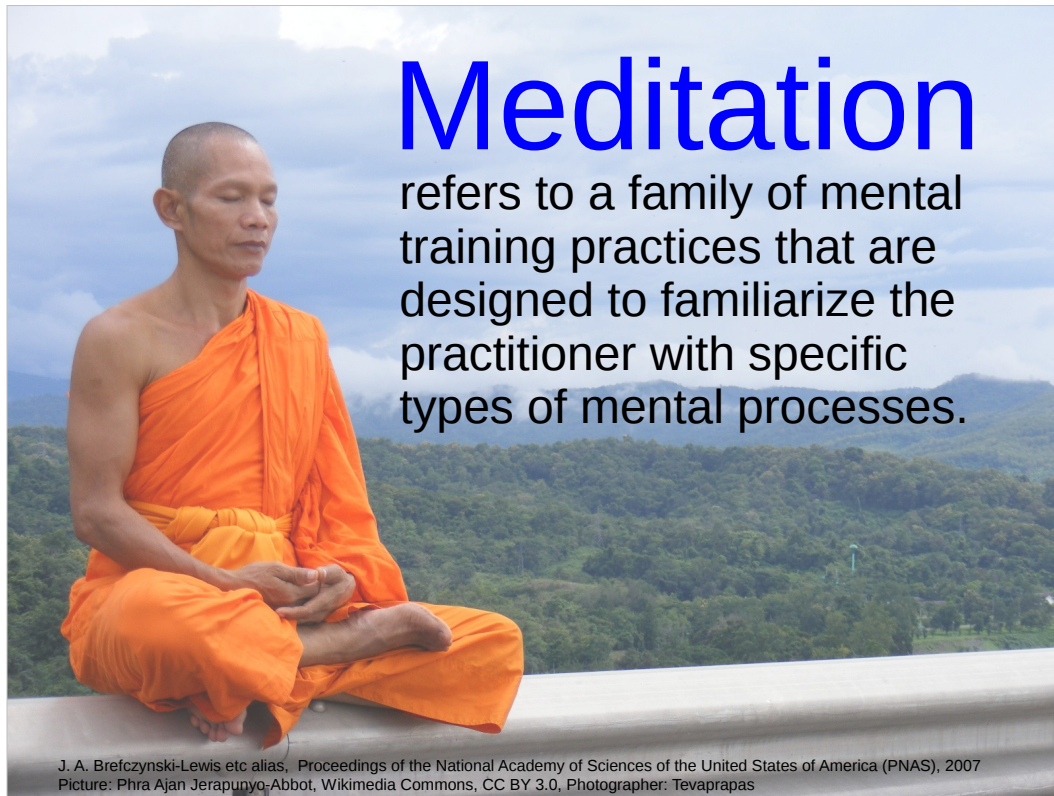
How to improve mindfulness



[tibetan]:
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familiarize,
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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 Jerapunya-Abbot, Wikimedia Commons, CC BY 3.0, Photographer: Tevaprapas

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

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Image: wikipedia.org / F. Cirillo

® by Francesco Cirillo

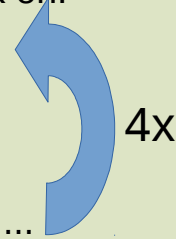
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Source: SIY leadership institute

Dealing with strong emotions

Shift from
existential
("I am angry", "I am sad")
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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siyli.org

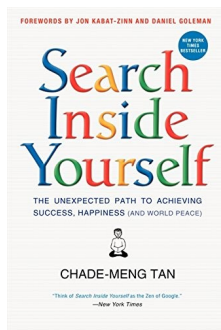
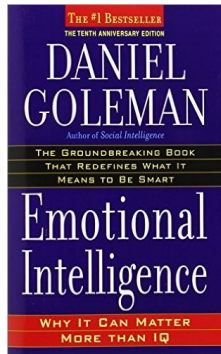


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Image source: Meng's Google + picture gallery



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