



# Mind as Code

Mindfulness for developers and knowledge workers

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@MarkusWittwer

# Flow of the talk

1 What is mindfulness about?

2 Practice

3 The science

4 Closing

# Definitions

## Meditation

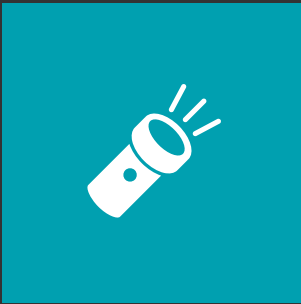
Cultivation

Practice

Exercise

# Concentration

First skill of mindfulness



Focus on whatever you find  
important now



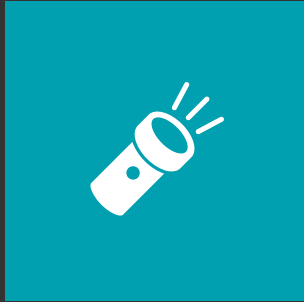
Setting breakpoints



Attention is your most precious  
resource

# Clarity

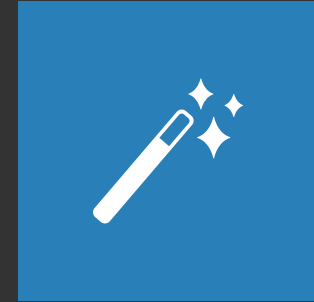
Second skill of mindfulness



Experience the present moment  
with increased resolution and  
lower latency



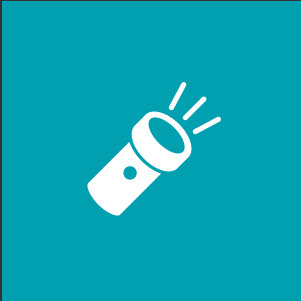
Reading variables and states of  
objects



Act smarter on the input I have  
Appreciate life more

# Equanimity

Third skill of mindfulness

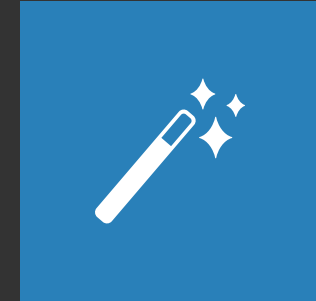


Suffering = Discomfort \*  
Resistance

Resistance = 1 / Equanimity



Improving code so it runs with  
less resources



Deal better with uncertainty and  
change

Living and working with more ease and  
fun



A young boy with short brown hair is sitting cross-legged in a field of tall green grass. He is wearing a red t-shirt with a small logo on the left chest that says "Camp" and "52", and blue denim shorts. He is wearing black sunglasses and has his hands raised in a meditative gesture, with his index and thumb fingers touching. The background is a dense line of green trees under a bright sky. A semi-transparent white box with the word "Practice" is overlaid on the image.

Practice



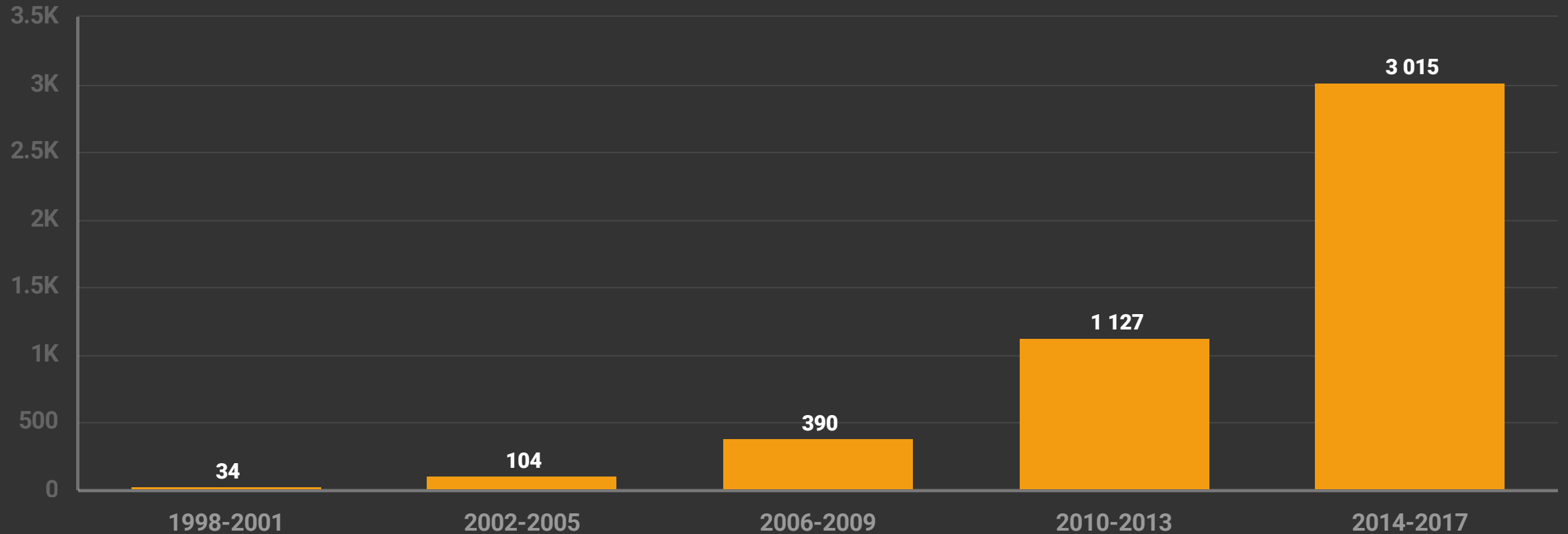


# The Science

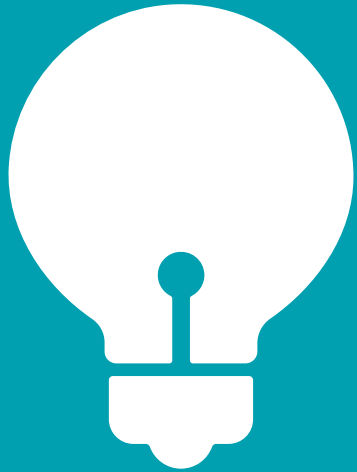


# Research on mindfulness

Number of articles on mindfulness in 4 year periods / Source: PubMed



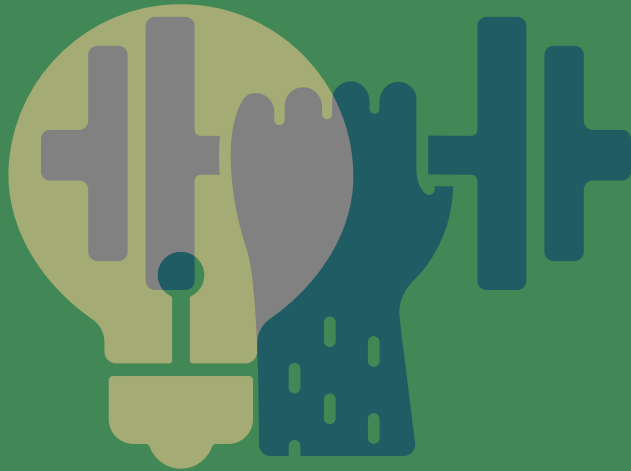
# Effects of meditation



## Intelligence and Memory

Increased scores in college admission tests

# Effects of meditation



Body  
**Intelligence and Memory**  
Less sense of stress and less inflammation  
Increased scores in college admission tests  
markers

# Effects of meditation



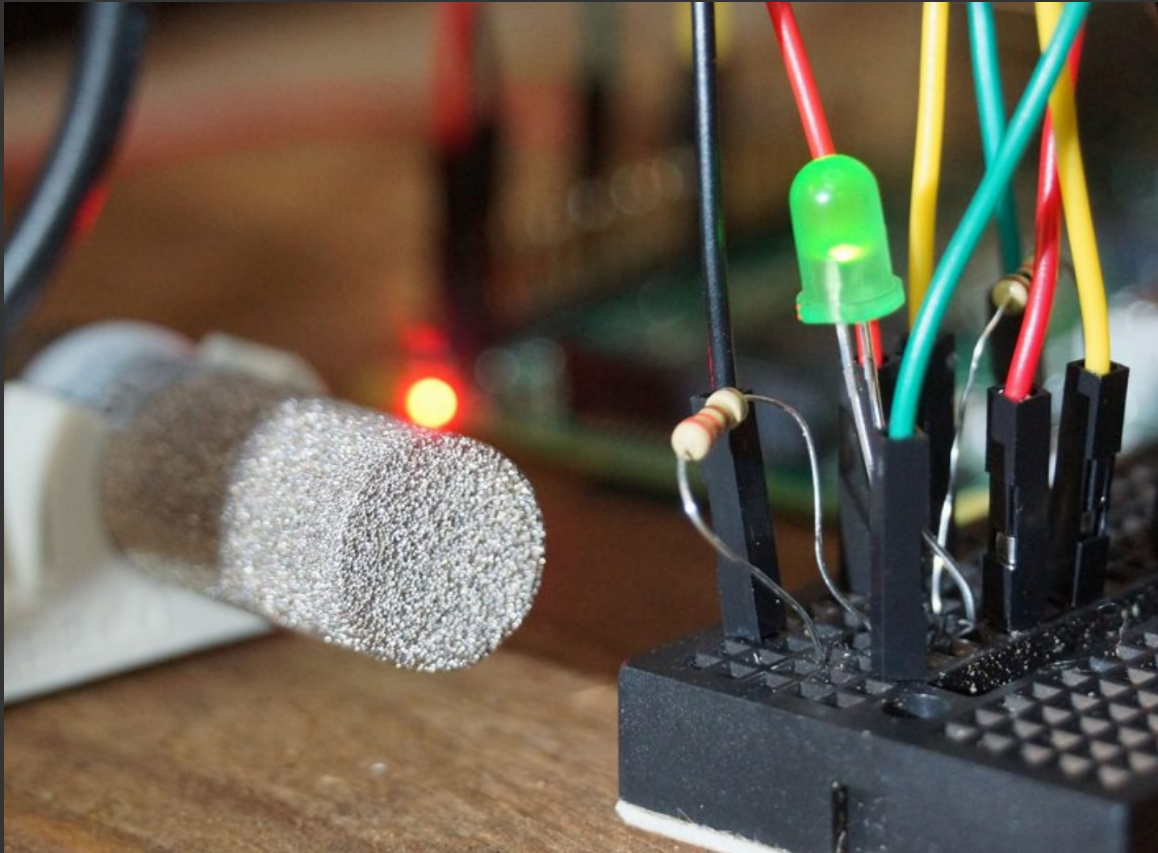
## Body Brain changes

Less sense of stress and less inflammation from stressful markers events

# Amygdala hijack



# Why am I doing this...



Curiosity / Power



Kindness / Happiness



# Thanks!

More info & learning materials:  
**[bit.ly/MindAsCode](https://bit.ly/MindAsCode)**



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[xing.to/wittwer](https://xing.to/wittwer)

No cat was harmed creating this presentation

# The three skills of mindfulness

## Concentration

Focus on whatever you find important now

## Clarity

Experience the present moment with increased resolution and lower latency

## Equanimity

Suffering = Discomfort \* Resistance

Resistance = 1 / Equanimity

## Setting breakpoints

Increase the space between trigger and response

## Reading variables and states of objects

Acting smarter on the input I have

## Improving code so it runs with less resources

Living and working with more ease and fun