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

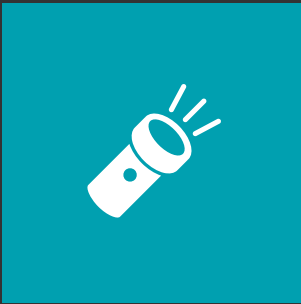# Definitions

Meditation

Cultivation

Practice

Exercise

Concentration

First skill of mindfulness

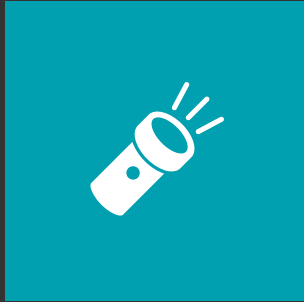Focus on whatever you find important now

Setting breakpoints

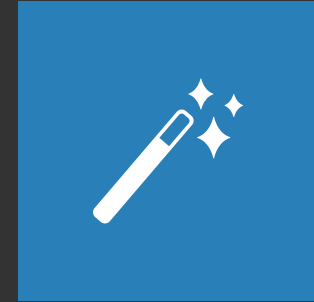Attention is your most precious resource

Clarity

Second skill of mindfulness

Experience the present moment with increased resolution and lower latency
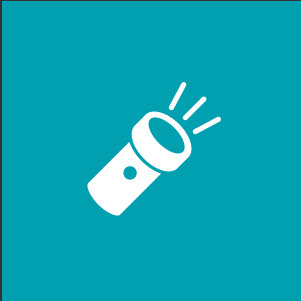
Reading variables and states of objects

Act smarter on the input I have

Appreciate life more
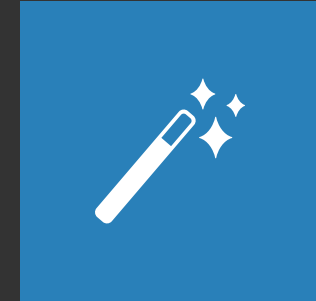
Equanimity

Third skill of mindfulness

Suffering = Discomfort * Resistance

Resistance = 1 / Equanimity

Improving code so it runs with less resources

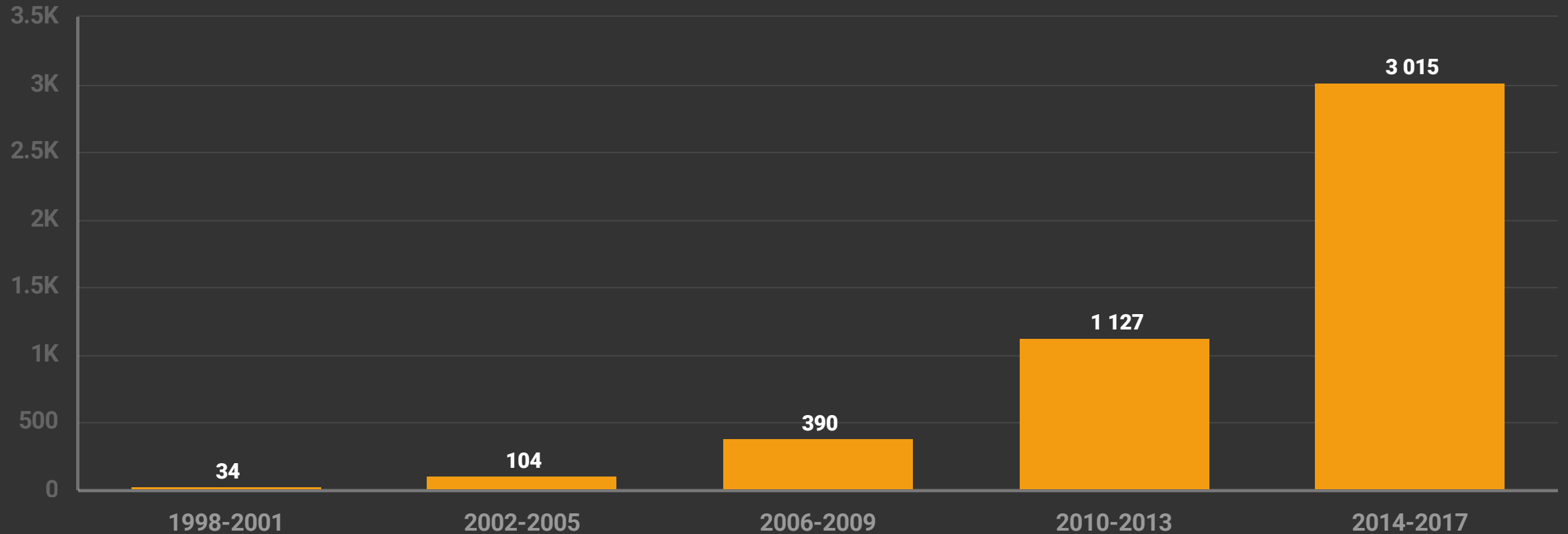**Deal better with uncertainty and change**

Living and working with more ease and fun

Practice

The Science

Research on mindfulness

Number of articles on mindfulness in 4 year periods / Source: PubMed
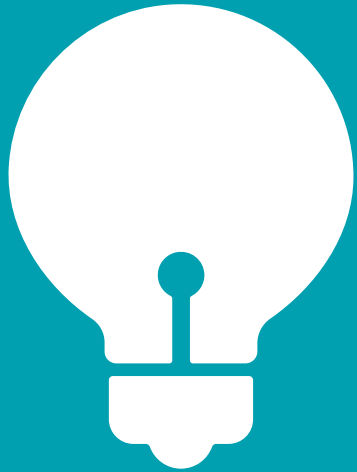
Mind As Code by @MarkusWittwer
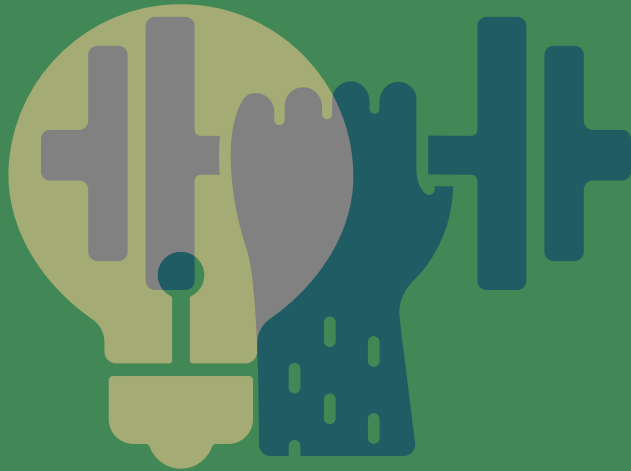
Effects of meditation

Intelligence and Memory

Increased scores in college admission tests

Effects of meditation

Body
Less sense of stress and less inflammation markers

Intelligence and Memory
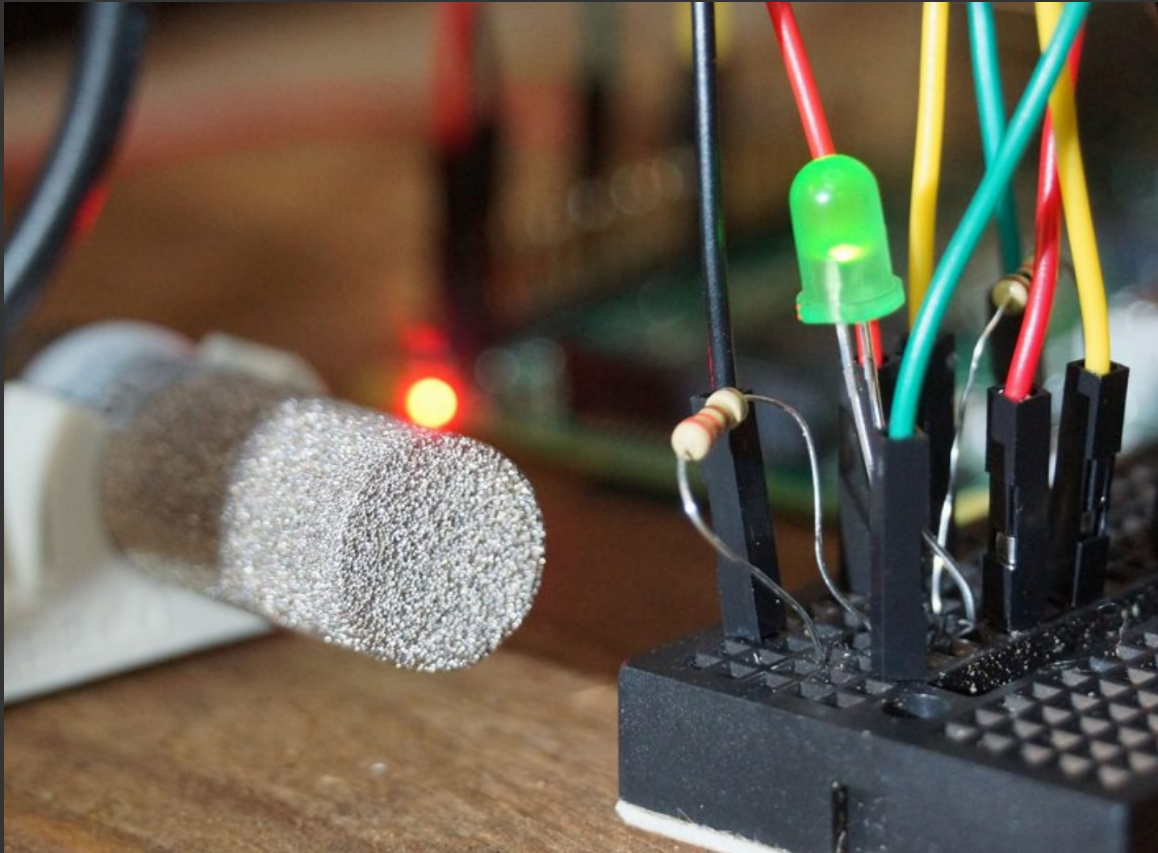Increased scores in college admission tests

Effects of meditation

BodyBrain changes

Less sense of stress and less inflammation from stressful markersvents

Amygdala hijack

Why am I doing this...

Curiosity / Power

Kindness / Happiness

Thanks!

More info & learning materials:
bit.ly/MindAsCode

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🐦 @markuswittwer

🌐 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