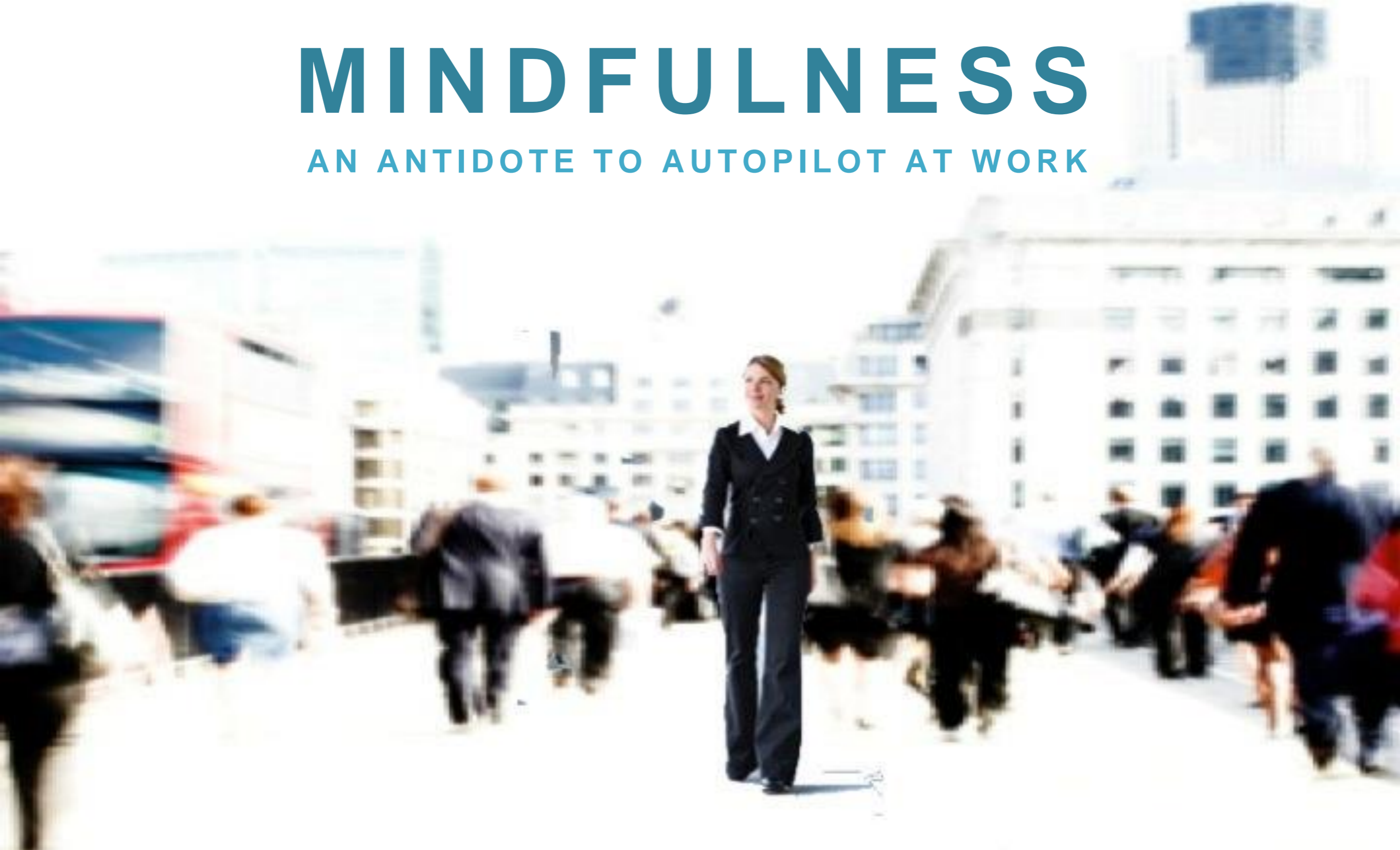


MINDFULNESS

AN ANTIDOTE TO AUTOPILOT AT WORK



SHALINI BAHL, PH.D.
FOUNDER M FACTOR
SEARCH INSIDE YOURSELF CERTIFIED TEACHER



OVERVIEW

- What
 - definition of autopilot
 - checklist
 - autopilot's influence on behavior
- Why
 - nature of mind on autopilot
- How
 - mindfulness as an antidote to autopilot
 - triangle of awareness
 - experience mindfulness
 - neuroscience of mindfulness
 - inquiry based framework & strategies



“Wonder is the beginning of wisdom.”

—SOCRATES

AUTOPILOT CHECK IN

ARE YOU MULTITASKING NOW?



WHAT IS AUTOPILOT

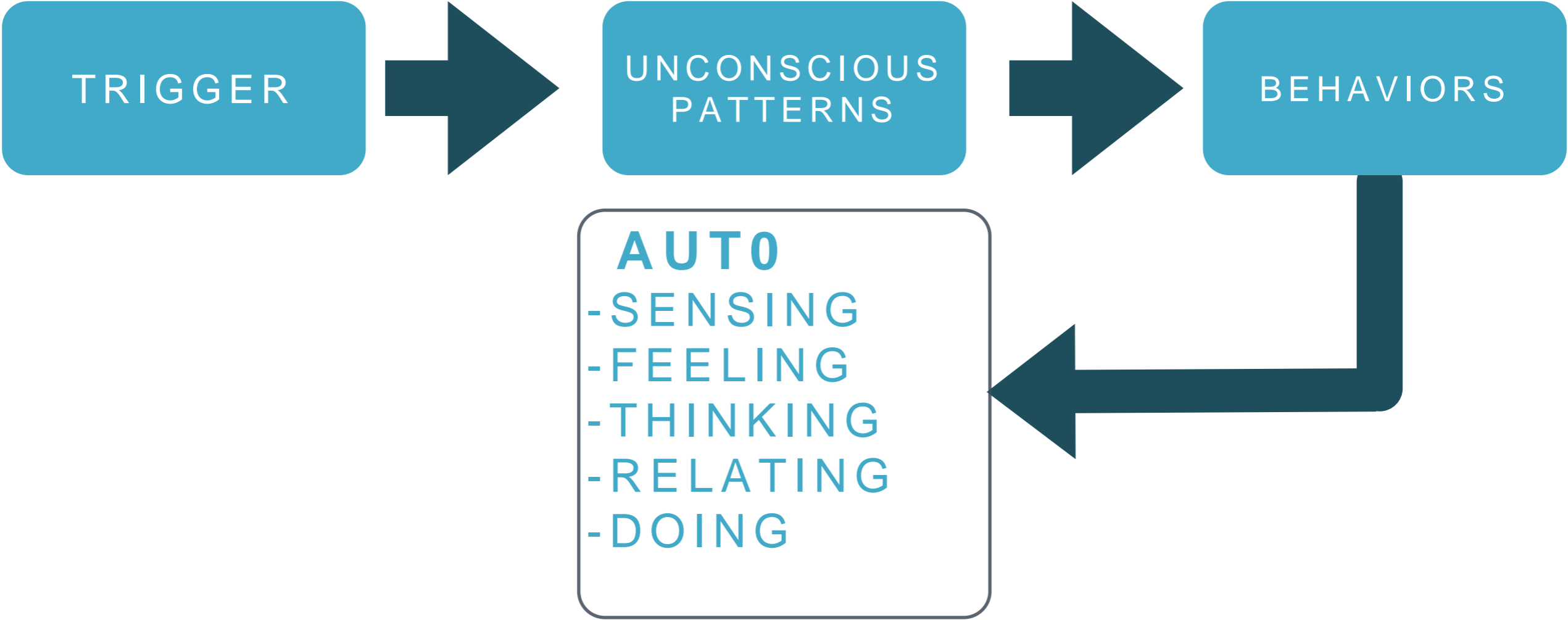
**'AUTOMATICITY' IS
EVIDENCED BY THE
BEHAVIOR DISPLAYING
SOME OR ALL OF THE
FOLLOWING FEATURES:**

- 1. LACK OF AWARENESS**
- 2. UNINTENTIONALITY**
- 3. UNCONTROLLABILITY**
- 4. EFFORTLESS**

(BARGH, 1994)



AUTOPILOT'S INFLUENCE ON BEHAVIOR



YOUR MIND ON AUTOPILOT

WHY



WHAT
PERCENTAGE
OF THE TIME
YOUR MIND
WANDERS AWAY
FROM TASK AT
HAND?





47%

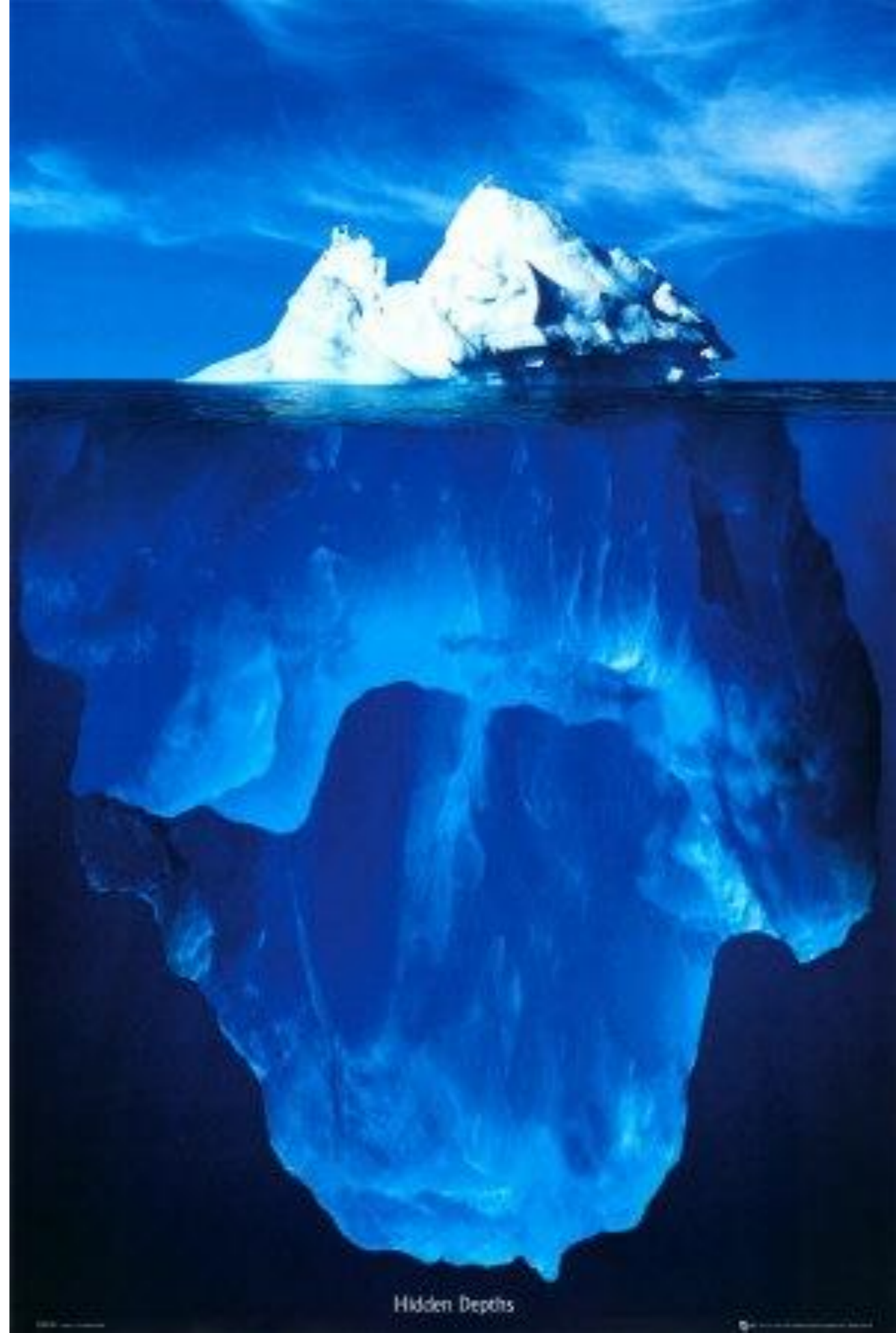
OF THE TIME*

*Killingsworth & Gilbert in
Science November 2010

MIND
WANDERING IN
A RELAXED
STATE
SUPPORTS
CREATIVITY



WHAT
PERCENTAGE
OF YOUR DAILY
DECISIONS ARE
MADE
CONSCIOUSLY?

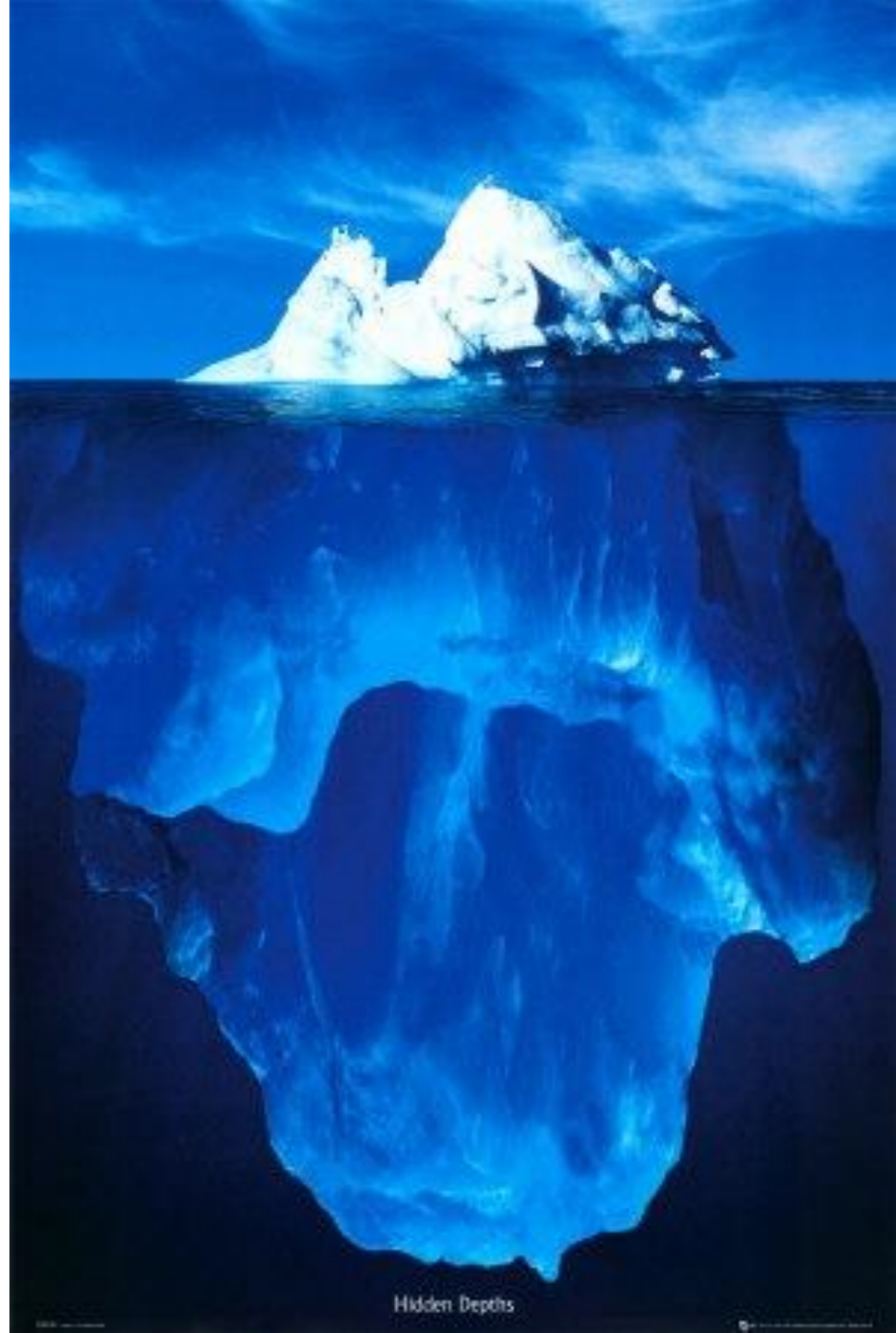


5%

95% OF THE
DECISIONS ARE
MADE
UNCONSCIOUSLY

*

*Bargh and Chartrand in
American Psychologist 1999



Hidden Depths

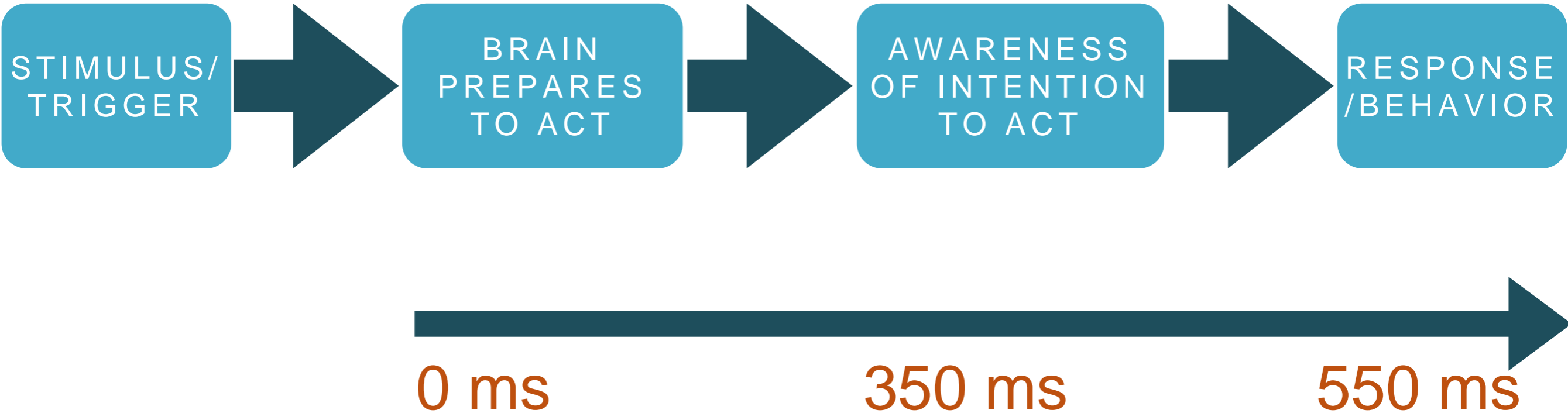
AUTOMATICITY IS USEFUL BECAUSE WE HAVE LIMITED COGNITIVE RESOURCES



*Bargh and Chartrand in
American Psychologist 1999

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

~Viktor E. Frankl



Automaticity is needed for survival

TIGER

BRAIN
PREPARES
TO ACT

FIGHT OR
FLIGHT



WHAT IS THE QUALITY OF YOUR DECISIONS?

- **50% WANDERING MIND**
(Even when you need to be focused)
- **95% UNCONSCIOUS MIND**
(Even when the unconscious mind doesn't serve you)
- **REACTIVE BEHAVIORS**
(Even when there is no tiger)



AWARENESS, INTENTIONALITY & CONTROL

HOW

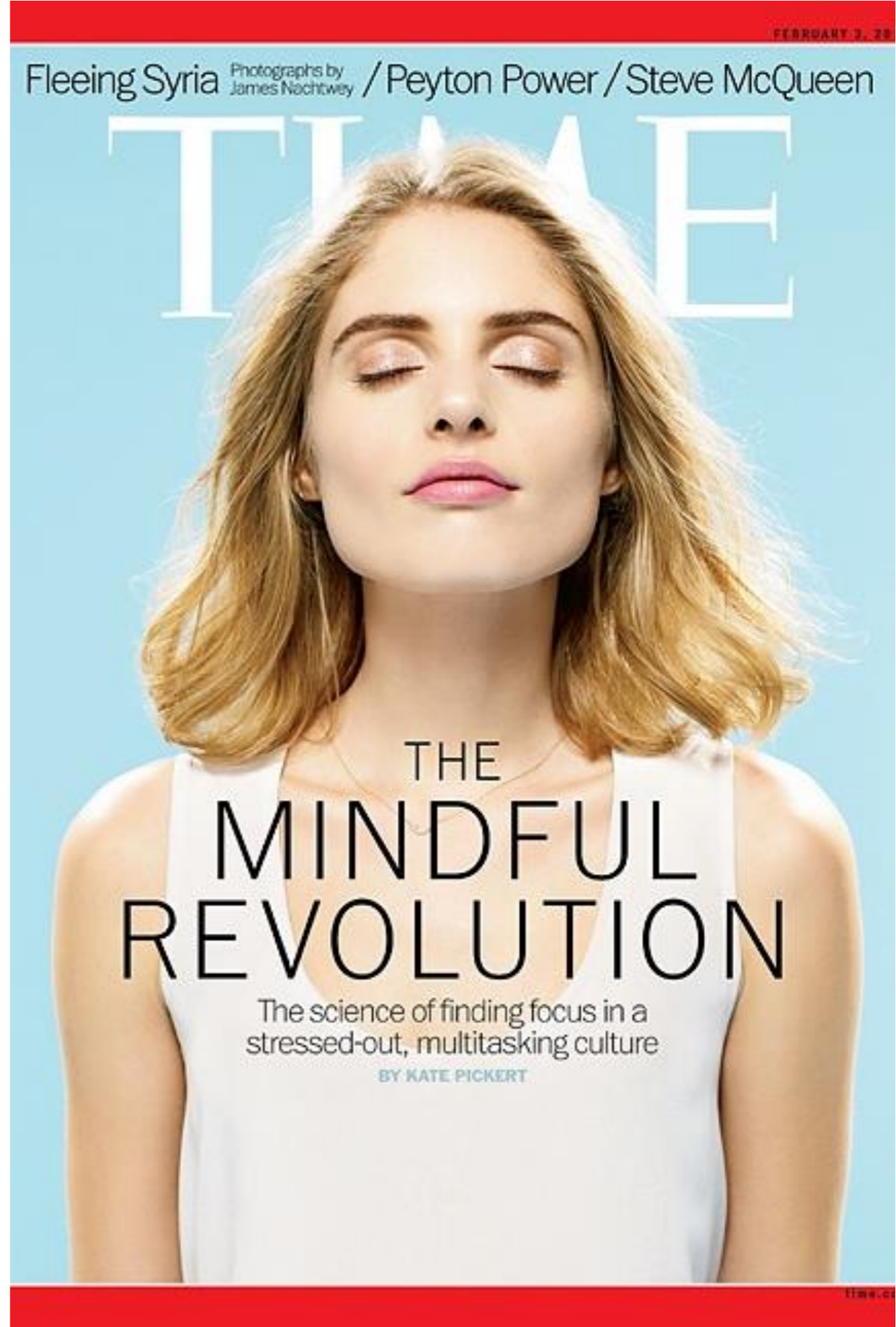


“The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. No one is compos sui (master of himself) if he have it not.”

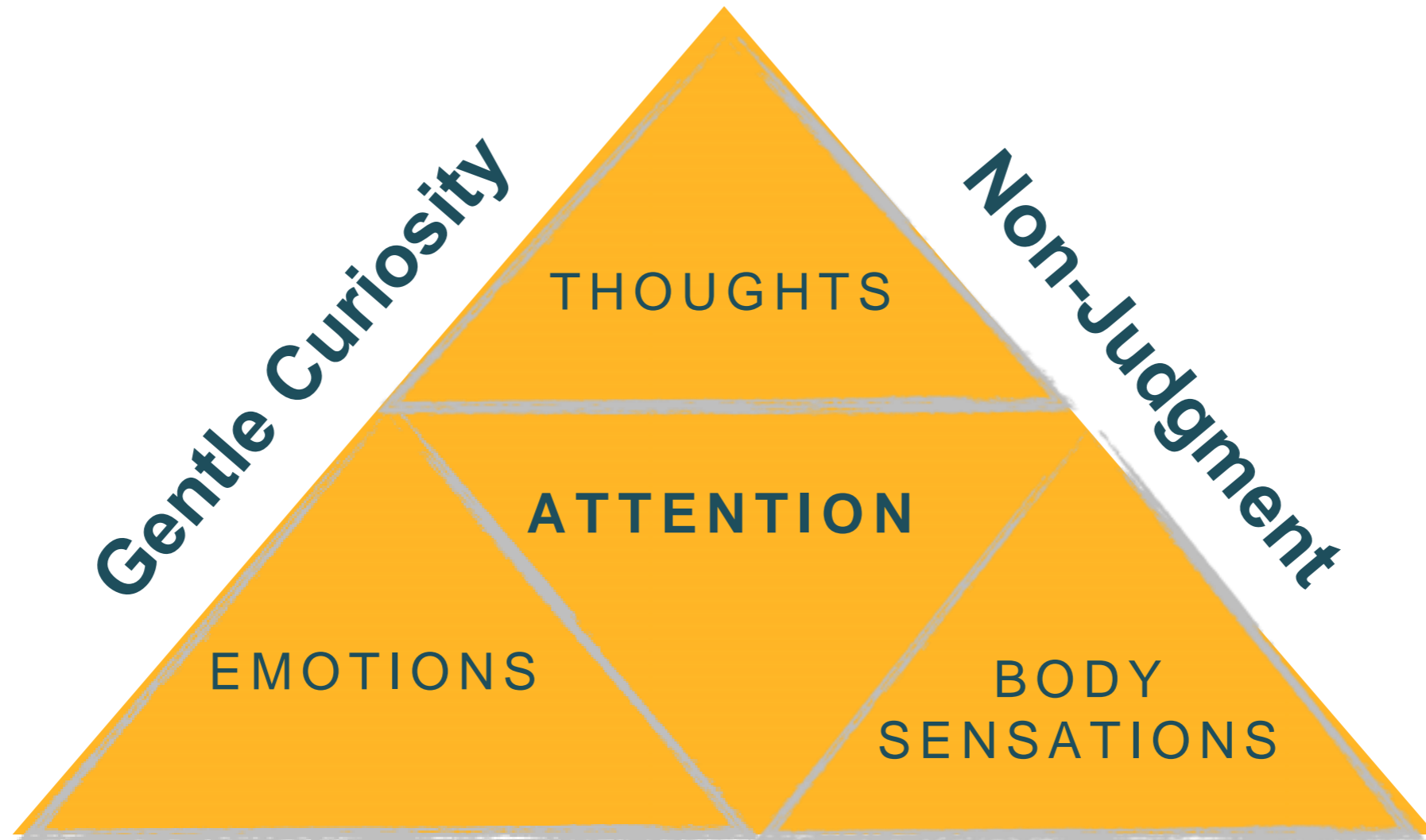
—WILLIAM JAMES

“MINDFULNESS IS
THE AWARENESS
THAT ARISES
FROM
PAYING
ATTENTION
ON PURPOSE,
IN THE PRESENT
MOMENT,
NON-
JUDGMENTALLY”

~ DR. JON KABAT-ZINN



TRIANGLE OF AWARENESS

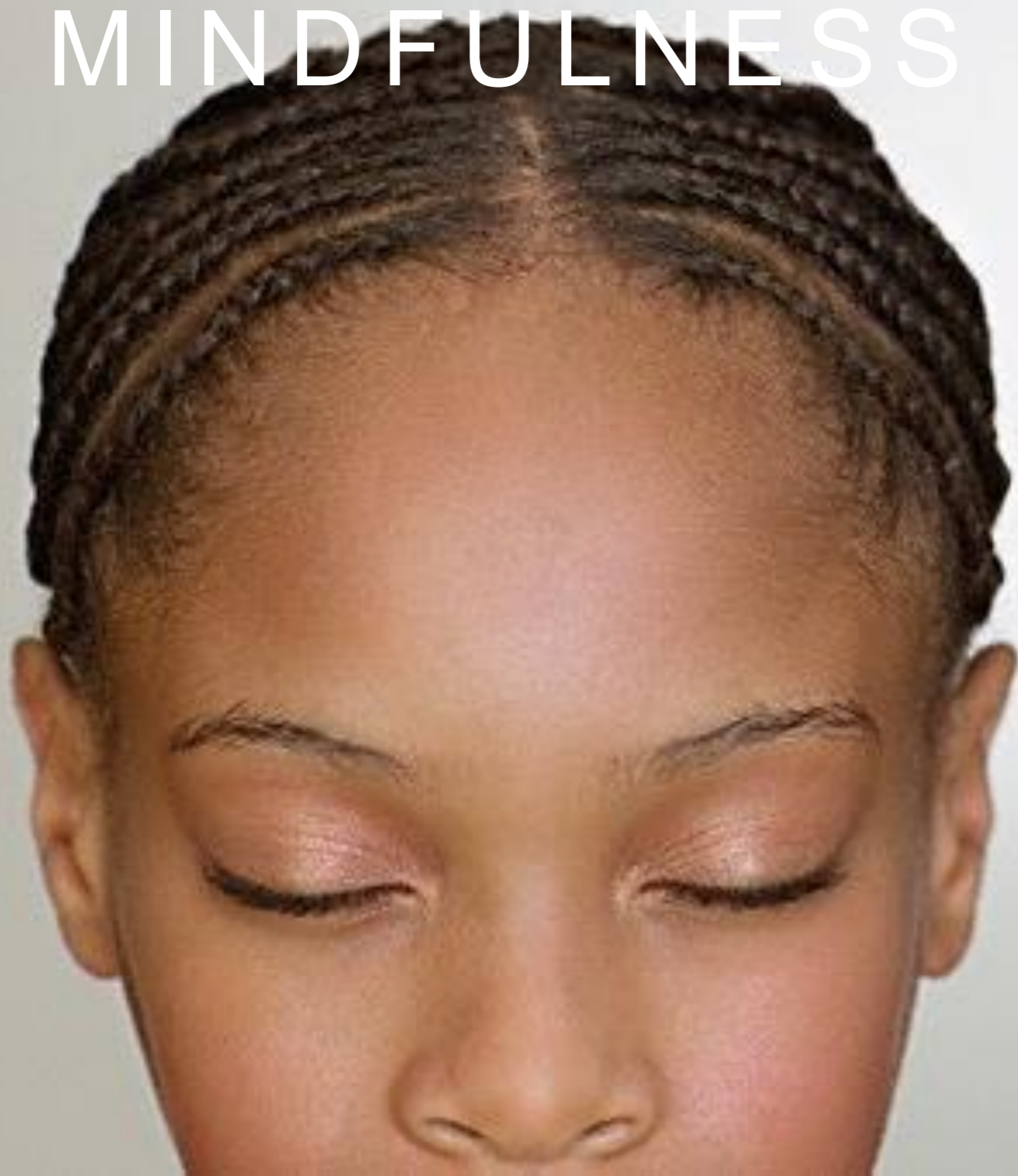


Intentional & Moment to Moment

DISCOVER THE STATE AND QUALITY OF YOUR MIND

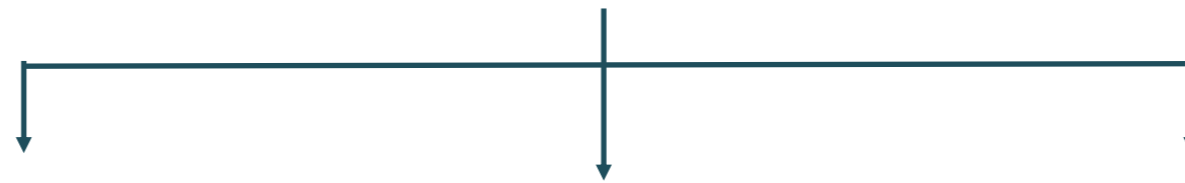
EXPERIENCE

MINDFULNESS



NEUROSCIENCE OF MINDFULNESS*

Mindfulness Meditation



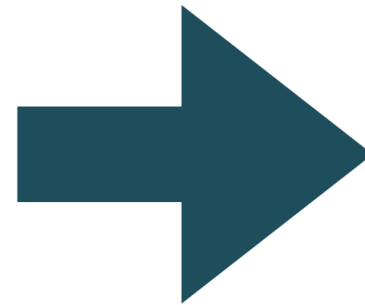
	Attention Attentional Control	Reflect & Reframe Emotion Regulation	Awareness Self-awareness
Associated brain areas	Anterior cingulate cortex	Prefrontal Cortex, Amygdala	Insula, Medial Prefrontal cortex
Time	Short Term	Intermediate	Long Term
effort	Effort To Pay Attention	Effort To Reduce Reactivity	Effortless Being
	Meta-Awareness	Intentionality	Control

*Holzel et al 2011, Tang et al 2015

FROM AUTOPILOT TO MINDFUL

AUTOPILOT

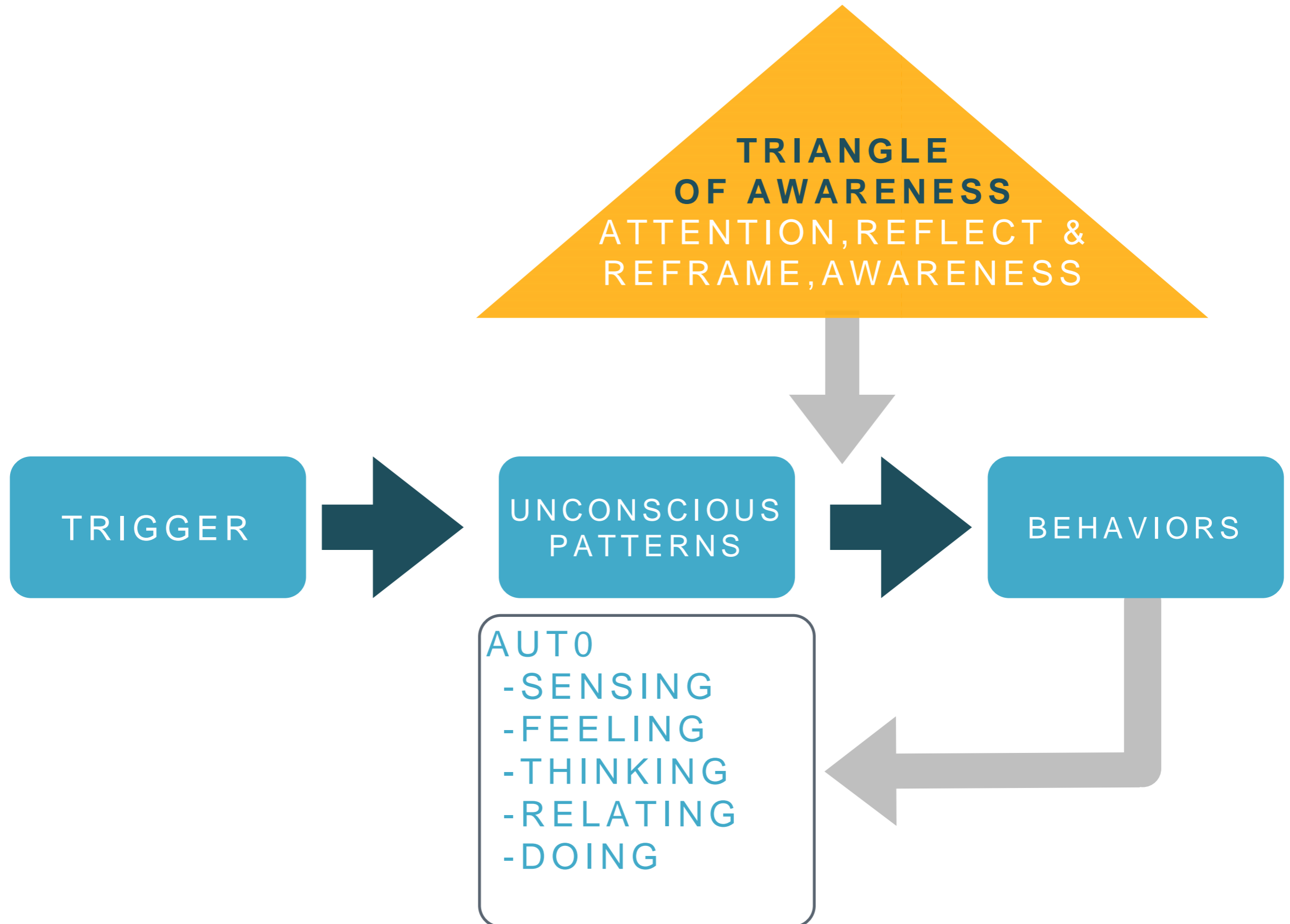
Lack of awareness
Unintentionality
Uncontrollability
Effortless



MINDFUL

Meta-Awareness
Intentionality
Control/Choice
Effortless

MINDFULNESS: INQUIRY-BASED FRAMEWORK



MINDFULNESS-BASED STRATEGIES

APPLIED TO AUTO-SENSING, FEELING, THINKING, RELATING, AND DOING



What do you notice?

Can you sustain your attention?

Can you suspend arising distractions and come back to the object of attention?

What is the quality of attention? Is it gentle and curious?

What are your patterns?

What are your assumptions?

What are other perspectives?

What if you stayed with the experience without trying to change it?

Can you see the bigger picture with more clarity?

STRENGTHENING THE MINDFULNESS MUSCLE

“Only through mindfulness training can we possibly hope that our awareness will be strong enough and reliable enough to assist us in responding in a balanced & imaginative manner when we are stressed.”

~ Dr. Jon Kabat-Zinn



TYPES OF MINDFULNESS PRACTICES

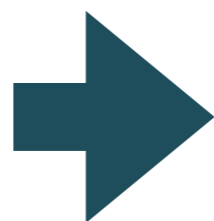
- Awareness of Breath
- Body Scan
- Open Awareness
- Mindful Walking
- Mindful Listening
- Loving Kindness
- Mindful Movement (Yoga, Tai chi)





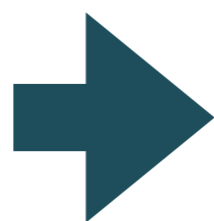
M FACTOR PROGRAMS

- Search Inside Yourself
(Mindfulness-Based
Emotional Intelligence)



Self-Awareness
Self-Regulation
Motivation - Purpose, Envisioning
& Resilience
Empathy
Compassionate Leadership

- Mindfulness-Based
Stress Reduction
(Health & Well Being)



Mindfulness & Autopilot Nature
Perceptions
Wholesome Habits
Managing Stress
Problem Solving
Mindful Communications

- Custom Programs
comprising
mindfulness-based
strategies and
organizational learning



For Example:
Introduction to Mindfulness
Mindful Communication
Resilience Training
Mindful Leadership

SEARCH
INSIDE
YOURSELF
CERTIFIED TEACHER



CONTACT INFORMATION

Email: Shalini@MFactor.org

Website: mfactor.org

Mindfulness Community: <http://mindfuluniverse.com/>

LinkedIn: <http://www.linkedin.com/in/shalinibahl>

Twitter: <https://twitter.com/shalinibahl>

Slide Share: <http://www.slideshare.net/ShaliniBahl>

Autobiography in five short chapters ~ Portia Nelson

Chapter 1.

I walk down the street.
There is a deep hole in the sidewalk
I fall in.
I am lost....I am helpless
It isn't my fault.
It takes forever to find a way out.

Chapter 2.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place
but, it isn't my fault.
It still takes a long time to get out.

Chapter 3.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in....it's a habit.
My eyes are open
I know where I am.
It is my fault.
I get out immediately.

Chapter 4.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter 5.

I walk down another street.