Share in the chat:

What do you hope you learn during this session?

Misconceptions

1. Mindfulness is religious.
2. Mindfulness is sitting & doing nothing.
3. Mindfulness is having no thoughts.

Paying attention, on purpose, to the present moment, non-judgmentally.

Neural networks **before** training

Neural networks **2 weeks** after stimulation

Neural networks **2 months** after stimulation

Training for the brain.

Dampens activity in the amygdala

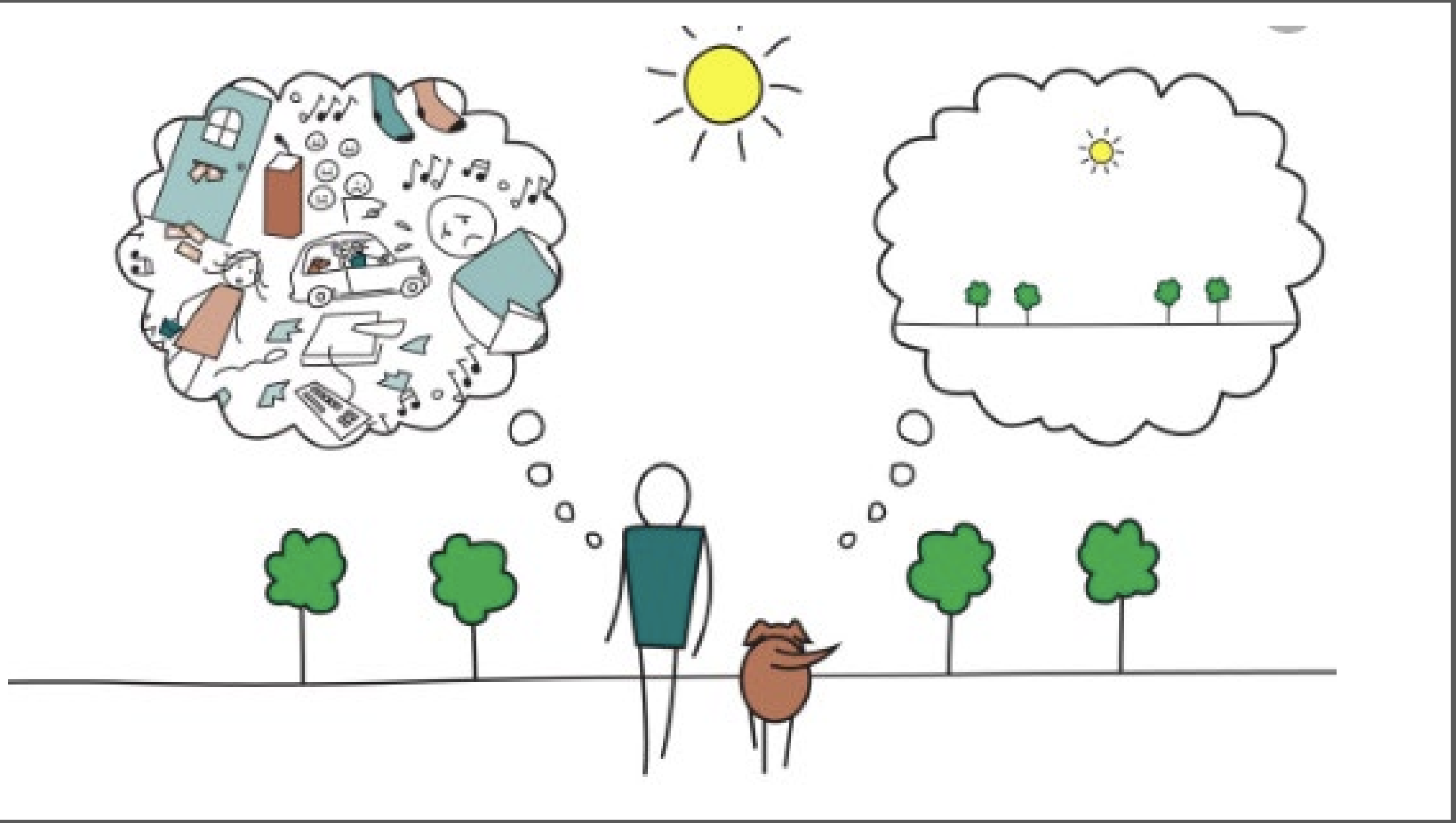
Increases resilience in handling stress

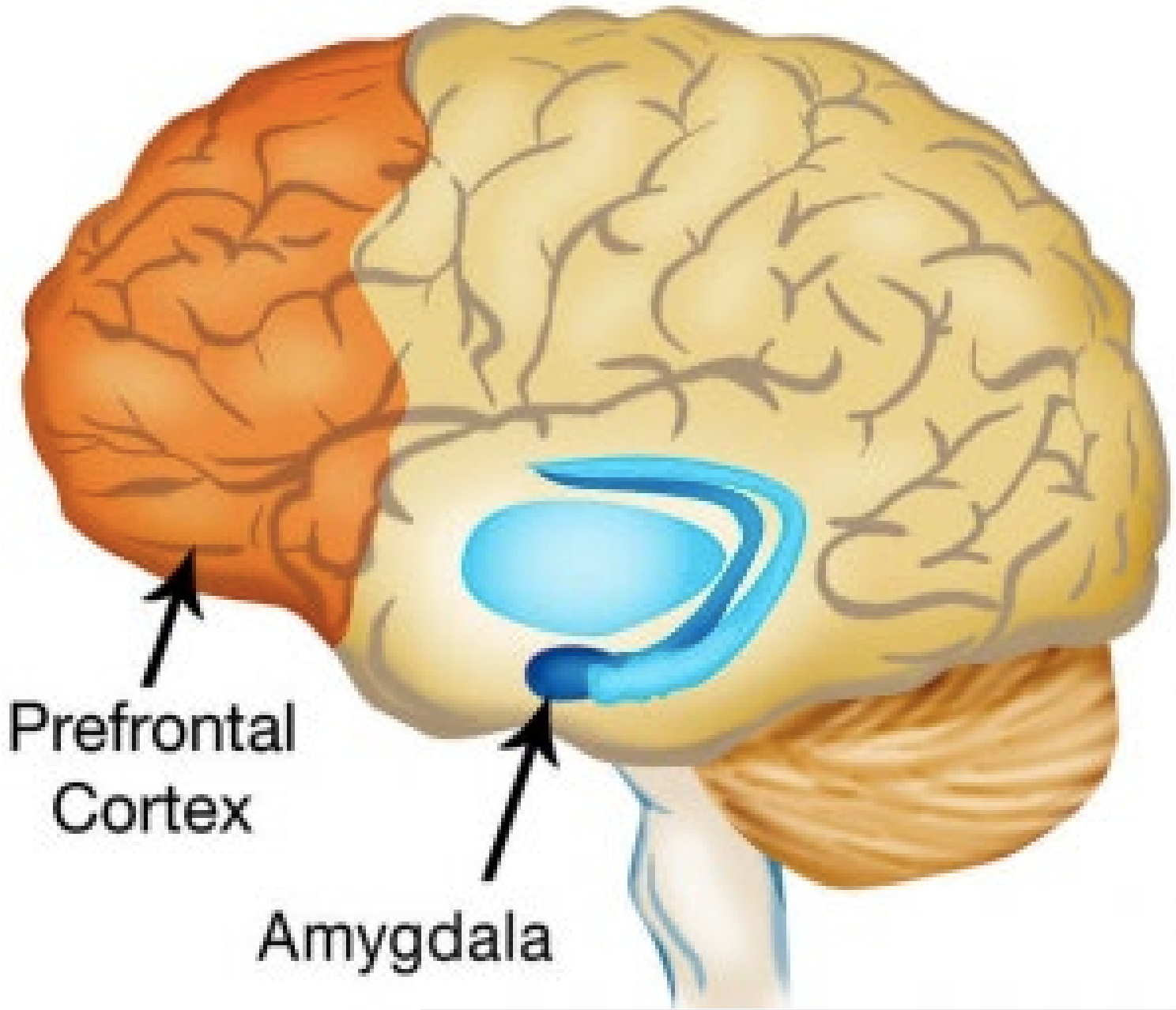
Sustains focus, inhibitory control

Enhances ability to handle complex situations

Decreases neural activity related to rumination

AMERICAN PSYCHOLOGICAL ASSOCIATION





Hardwired for
prehistoric life

Neural networks **before** training

Neural networks **2 weeks** after stimulation

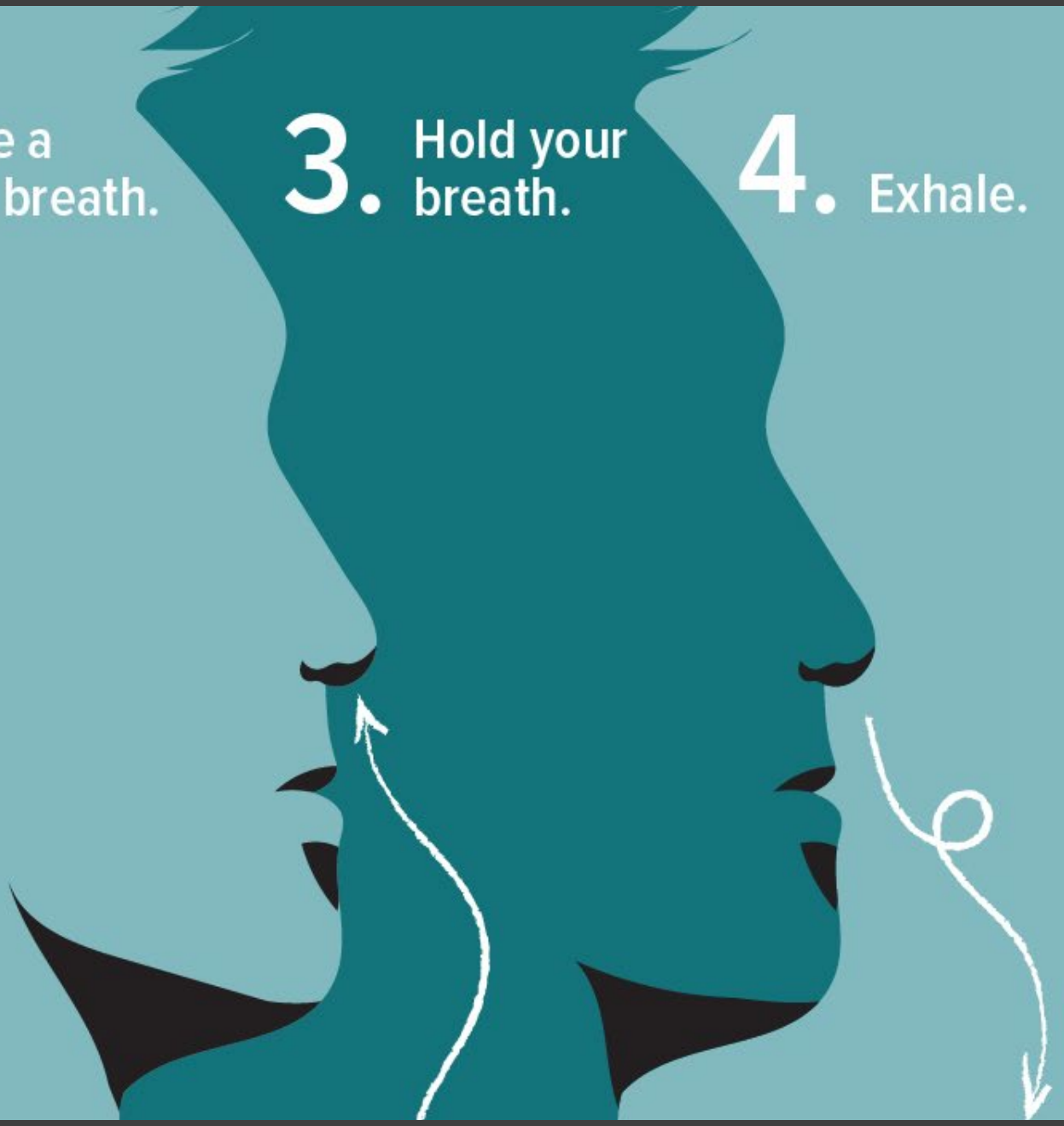
Neural networks **2 months** after stimulation

1. Sit or stand with your elbows slightly back.

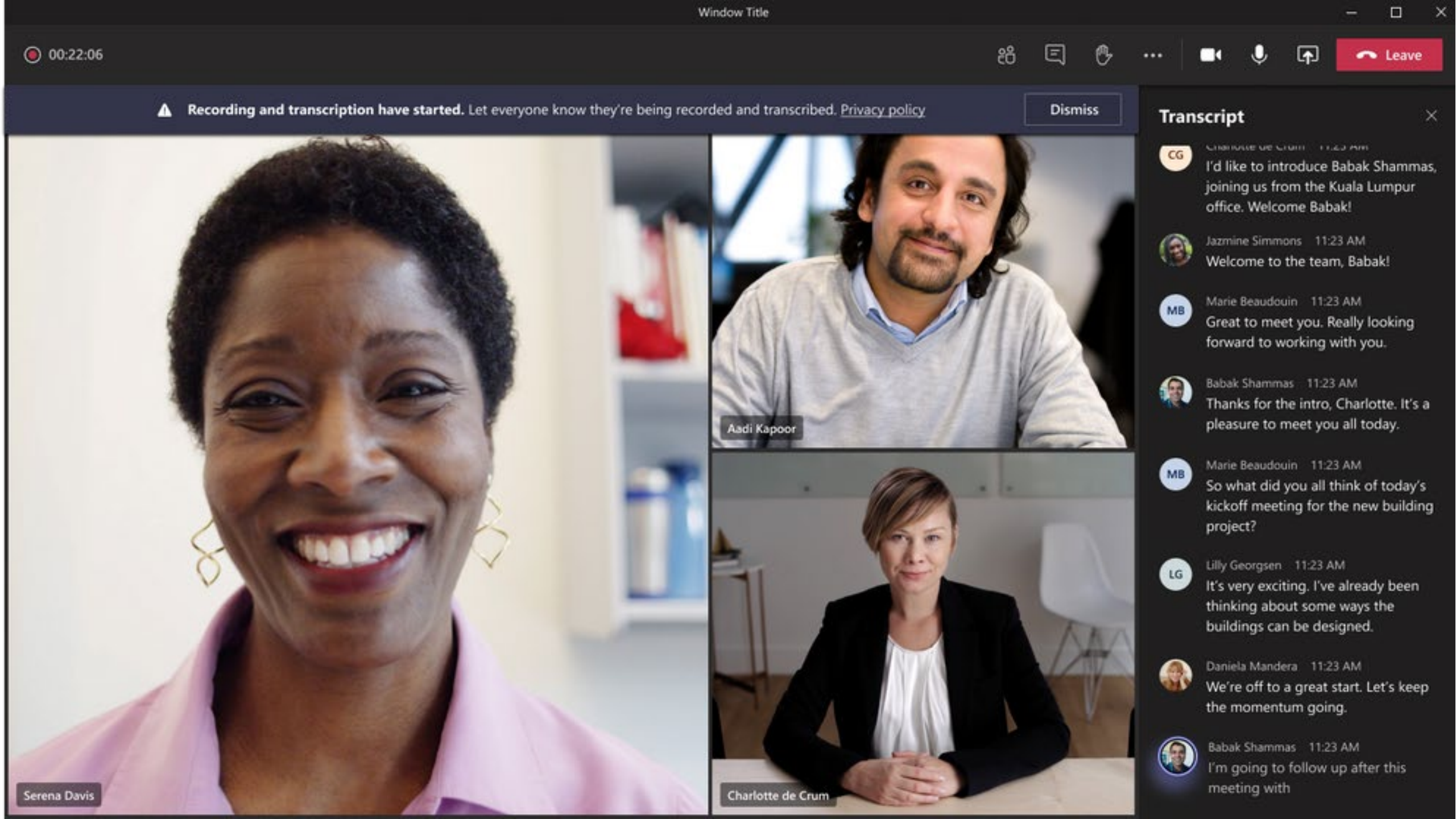
2. Inhale a deep breath.

3. Hold your breath.

4. Exhale.



1. Inhale, one, two.
2. Purse your lips.
3. Breathe out slowly.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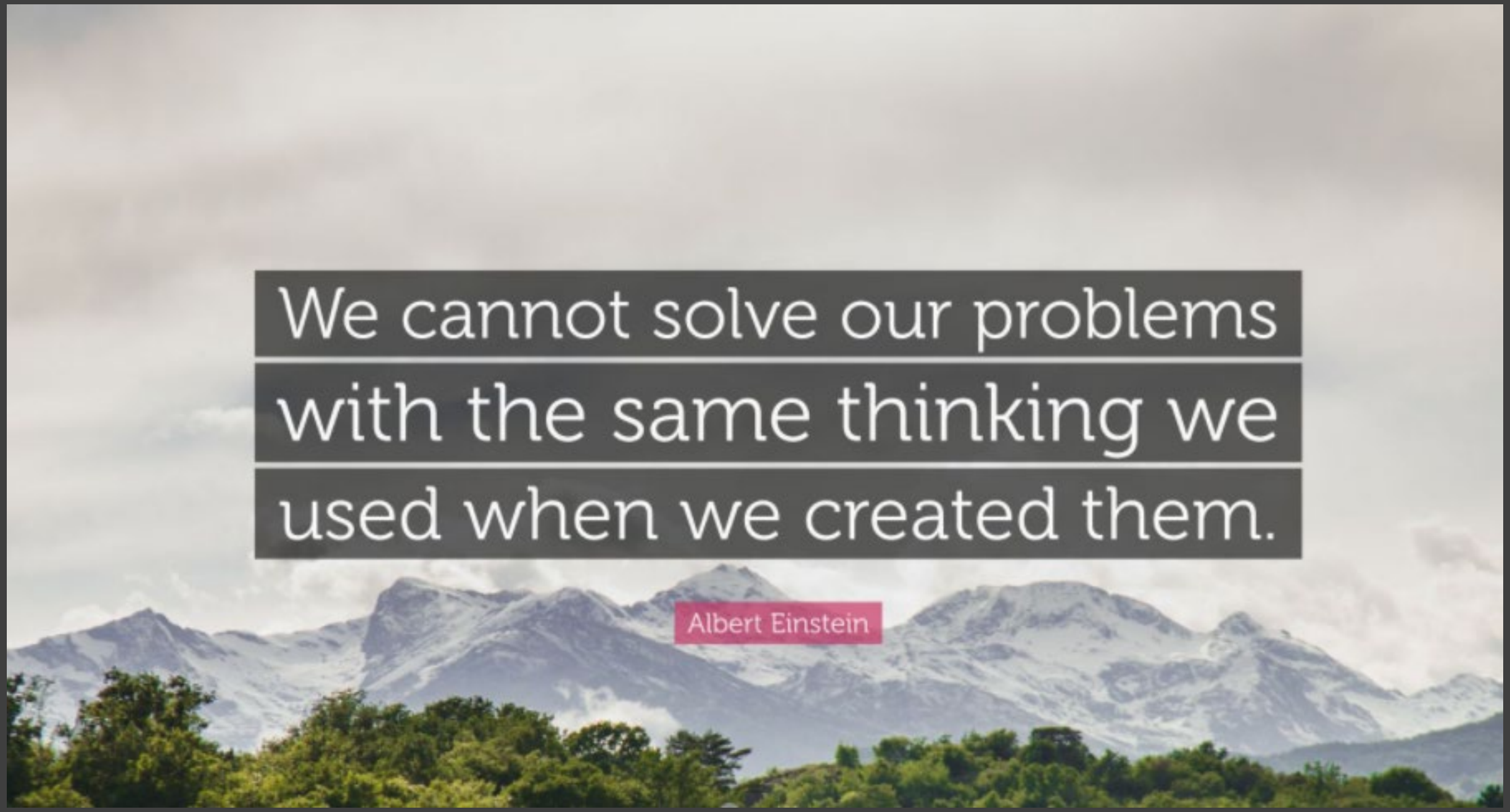
Leave
Recording and transcription have started. Let everyone know they're being recorded and transcribed. Privacy policy
Dismiss
Aadi Kapoor
Serena Davis
Charlotte de Crum
Transcript
CG
I'd like to introduce Babak Shammas, joining us from the Kuala Lumpur office. Welcome Babak!
Jazmine Simmons 11:23 AM
Welcome to the team, Babak!
MB
Marie Beaudouin 11:23 AM
Great to meet you. Really looking forward to working with you.
Babak Shammas 11:23 AM
Thanks for the intro, Charlotte. It's a pleasure to meet you all today.
MB
Marie Beaudouin 11:23 AM
So what did you all think of today's kickoff meeting for the new building project?
LG
Lilly Georgsen 11:23 AM
It's very exciting. I've already been thinking about some ways the buildings can be designed.
Daniela Mandera 11:23 AM
We're off to a great start. Let's keep the momentum going.
Babak Shammas 11:23 AM
I'm going to follow up after this meeting with


We cannot solve our problems
with the same thinking we
used when we created them.
Albert Einstein