



**mindspace**

.....  
Management Consulting

# **The Power of Presence**


## **Healing Ourselves, Healing Others**

Presented by:

Carl Lemieux

Organizational Psychologist, MBA

May 23<sup>rd</sup>, 2018

A man in a dark suit and light blue shirt is meditating with his eyes closed. In the background, other people in business attire are blurred, suggesting a meeting or office setting. A green triangle is visible in the top-left corner.

*Mindfulness* is paying attention:

- 1) On purpose
- 2) In the present moment
- 3) **Non-judgmentally**



**70 000**

Is the number of thoughts that crosses our mind everyday

# A Wandering Mind is an Unproductive Mind

50%



... and an unhappy mind ☹️

# The Impact



Distracted minds

Missed connections

Reacting more than responding

Innovation and creativity suffer

Lost connection with values & purpose

## EFFECTS OF STRESS ON THE BODY



### SKIN:

Changes in Skin Texture, Loss of Skin Tone, Loss of Moisture, Thinner & More Delicate Skin



### IMMUNE SYSTEM:

Decreased Immunity



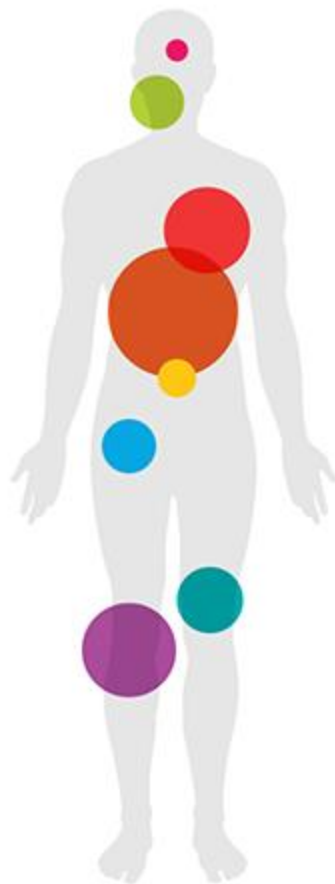
### HORMONES:

Hormonal Imbalances, Increased Cortisol



### BONES:

Decreased Calcium Absorption, Weakened Bones



### BRAIN:

Fatigue, Reduced Concentration, Decreased Mood



### HEART:

Increased Heart Rate, Elevated Blood Pressure



### GUT:

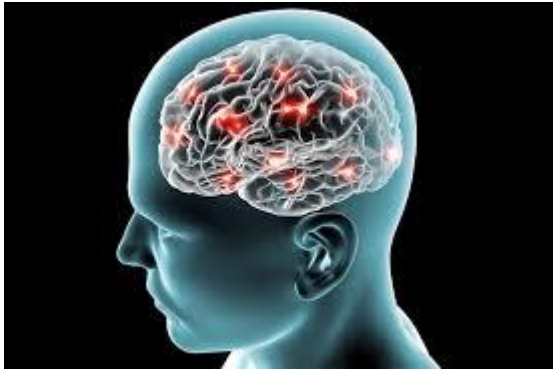
Decreased Nutrient Absorption, Alterations in Gut Motility, Changes in Microbiome, Leaky Gut



### MUSCLE:

Muscle Protein Breakdown

# The Good News



Over 7 000 studies



Attention

Performance

Decision making

Creativity & innovation

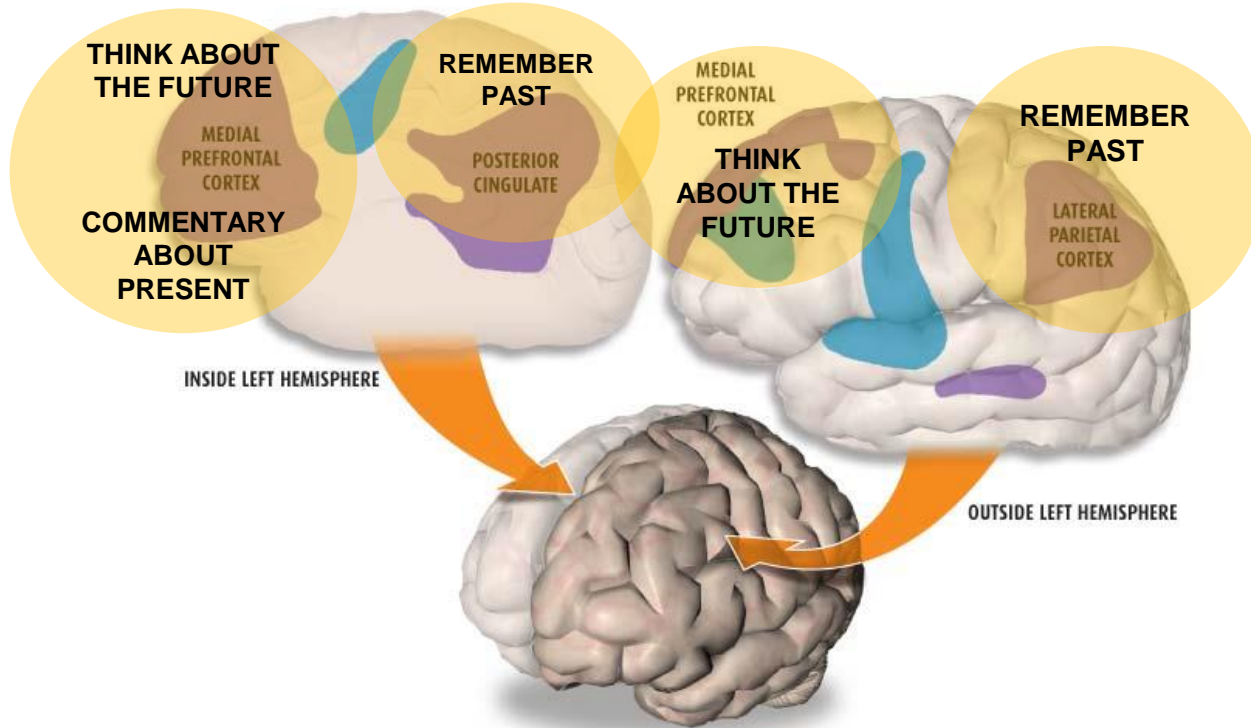
Empathy et compassion

Resilience

Reduced Stress & Anxiety

Immune System

# The Brain at Rest

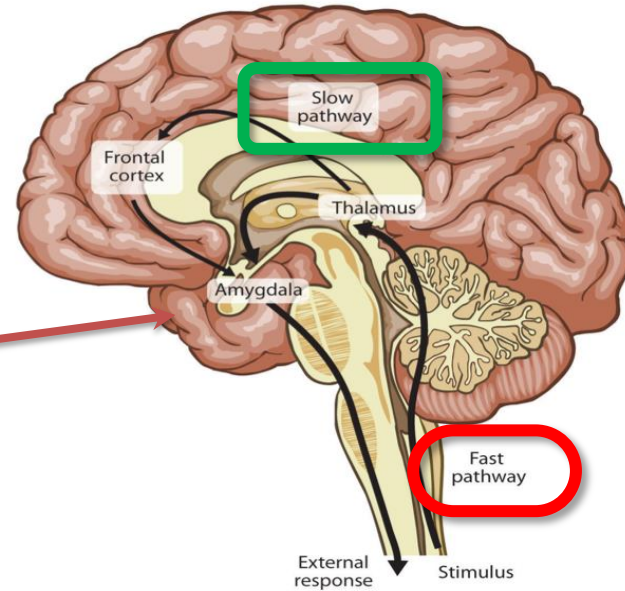
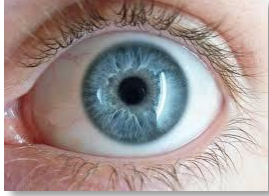




# Our Negative Bias



# Fast Brain and Slower Brain



# What Fuels the Fast Brain ?

Situation



- Catastrophizing
- Blaming
- Doubting
- Judging
- Rehashing
- Rehearsing, ...



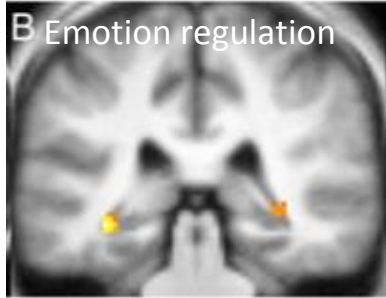
Reaction





# Neuroplasticity

## Hippocampus



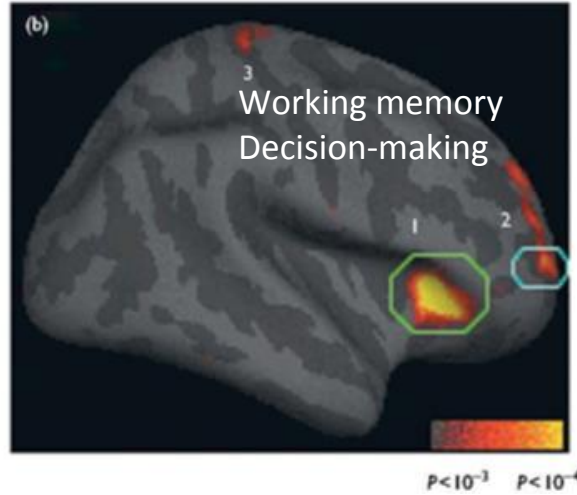
Hölzel et al. (2011)

## Amygdala



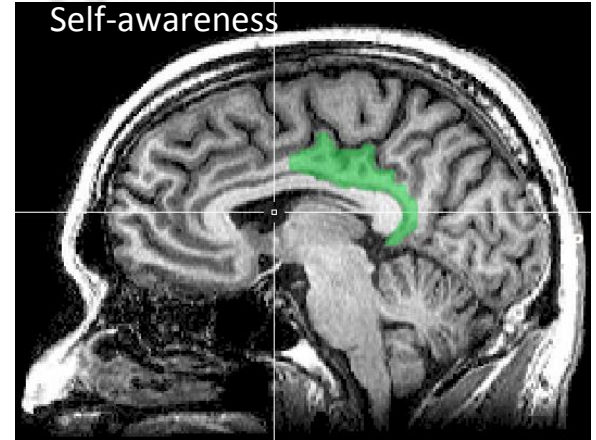
Hölzel et al. (2010)

## Dorso-lateral Prefrontal Cortex



Lazar et al. (2005)

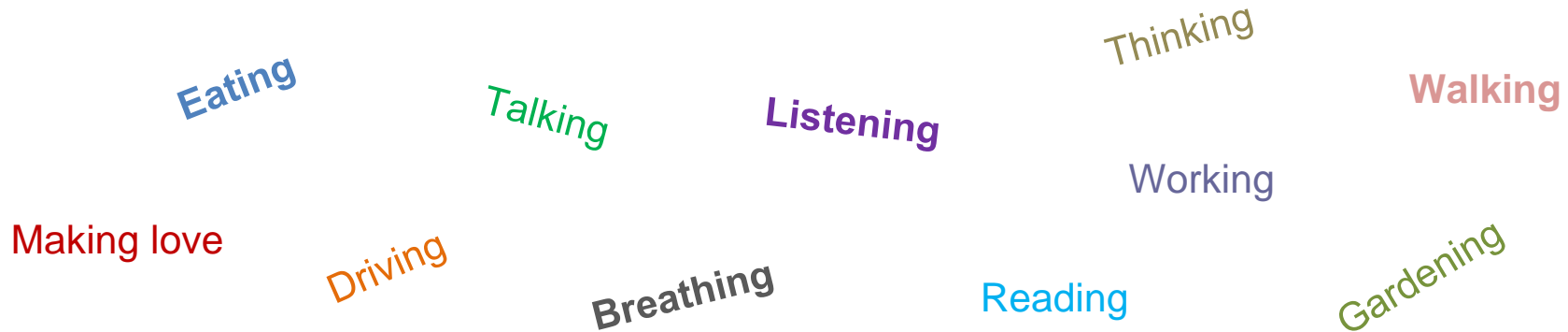
## Insula



Brewer et al. (2011)

# Popular Mindfulness Strategies

- Formal Meditation... Focused or Open awareness
- Informal ... Being attentive when ...



# Key Success Factors for You

- Unitask as much as possible
- Introduce mindful moment in your day (30-60 seconds to notice breath)
- Meditation practice as a daily routine (regularity over duration)
- Explicit informal mindfulness practices
- Developing a support systems, at home and work
- Unplug once in a while
- Practice, patience and acceptance 😊

→ Giving up **1%** of your time appears to be a small price to pay for increased **longevity, health, ease, resilience, focus** and **happiness**



# mindspace

.....  
You are here

[MindSpaceAtWork.com](http://MindSpaceAtWork.com)

Follow MindSpace:

