

# A TOOLKIT FOR PROFESSIONALS

## MINDFULNESS AT WORK

### Developing a Healthy Relationship to Technology

#### TECHNOLOGY AND MINDFULNESS

Developing a healthier relationship with technology begins with AWARENESS.

- ▶ How do you **FEEL** when using your devices?
- ▶ What's your **INTENTION** when reaching for your phone?
- ▶ How **OFTEN** are you looking at a screen?
- ▶ Are you in **CONTROL**, or is the device in charge?

Understanding your habits and how they influence your state of mind is a requisite for change.

#### WAYS TO HEAL YOUR RELATIONSHIP WITH TECH

##### SET BOUNDARIES

- Turn off notifications
- Stop usage before sleep
- Establish tech-free time blocks

##### BE MINDFUL

- Engage with intent, not out of habit
- Recognize your motivations
- Be ok with being unavailable
- Cultivate fulfilling activities that don't involve technology

##### DO LESS

- Sleep without a device in the room
- Wait longer before using your device in the morning
- Schedule tech-free time into your day



#### DID YOU KNOW?

Use of technology influences body and brain in the following ways...

- Bright light from screens disrupts our sleep cycles
- Outsourcing memory to a device increases our forgetfulness
- Internet users 'skim' more than others and struggle with long-term focus
- The rise of the 'social media self' complicates our relationship to the 'true self'

Neuroplasticity, the ability of our brains to change in response to behavior, can lead to positive or negative structural change.

***"Meditation is the ultimate mobile device. You can use it anywhere, anytime, unobtrusively." - Sharon Salzberg***