

## How Slowing Down Can Help You Keep Up to Speed

### **Mindfulness**

That quality of mind that is awake, aware and engaged  
The feeling that we are all here - in the present moment.

### **If multitasking doesn't work - why do it? Why do we stay busy?**

- Cultural - gives us a sense of importance
- Habit - it's just the way we do it
- Avoidance - avoid what's difficult
- Organizational - unreasonable expectations
- Adrenaline rush - get a dopamine hit in the brain

### **Bad News/Good News**

We can't manage time  
We can manage our attention

### **How to Slow Down**

- Pause  
It is not - not doing something - you are recharging, replenishing your energy  
Pay attention to body, heart, mind, environment - You are more than your thoughts  
Practice in transitions - getting out of your car, out of bed, after you turn off your devices at night
- Develop a small (mostly) consistent mindfulness practice - 10 minutes a day  
Don't add to your day - Take something out - 10 minutes that don't contribute to your health and well-being|  
[Link](#) to two 10 minute guided meditations
- Be intentional about how you interact with technology  
Choose when you check emails  
Have some time when you are not available  
Turn off notifications
- Meetings  
Begin with giving time to people settle in and focus  
On Zoom - invite people to stretch, look around and wave to each other

# KORABEK TRAINING

Building *Resilience* Through Mindfulness

## **Want a Mindfulness Practice You Can Really Use?**

Download my [Free 3 Secrets PDF](#)

## **Need a little support for your mindfulness practice?**

Join the private Facebook group: [Practicing Mindfulness: Where Life Meets Meditation](#)

### **Workshop Resources**

*How To Accomplish More By Doing Less*  
*One Second Ahead*  
*Focus: The Hidden Driver of Excellence*

Marc Lessor  
Rasmus Hougaard  
Daniel Goleman

TED Talk by Jeremy Hunter - *How To Change Your Future* <https://youtu.be/8-j6Qfj8udg>  
How paying attention to his attention saved his life

The Social Dilemma - documentary about the attention economy  
<https://youtu.be/uaaC57tcci0>

Feel free to contact me ([liz@korabektraining.com](mailto:liz@korabektraining.com)) if you have any questions or need help getting started with mindfulness.