Phones!	Stick around	Contact infor	mation Q&	A <u>Sumr</u>	nary and thanks 11.50		
Don't	ignore! Root c	ause/fixes	Mental health	Ask them	<u>Summary 11.45</u>		
			What chan	ges to make	Discussion 11.35		09.0
Increase sustair	ability Look for	these Oth	ner root cause?	Did we fix t	he root casues? 11.30		
Allow help	Help each other	out Can't t	rust individuals to f	ïix			
Loyalty, eng	agement, ambition	Stress is caus	ed by positive thing	gs			
"Paradise"	Cave ppl problem	solved Wh	nat's the worst case	e? <u>Minds</u>	set interventions 11.20		
Stress OK Or don't.	You chose this ch	nallenge C	limbing the mounta	in			<u>09.1</u>
	Tribe Cave p			dback			
		t hard date	Recovery time pla				
-	PostIts Google				<u>ractical changes 11.05</u>		
Slack: perpetual med			-2h distraction-free				
LOOKS	non-productive	Same tools to find					
Reflect upon si	Try it on the try it of the try it on the try it of try it on the try it on the try it on the try it on the try it	Root word	quick, "easy", scien Contemplati			Sustainable p	00.2
	· · ·	stlessness	Simple, but not ea				prok
Science (pl			ce through meditati		fulness practice 11.45		
		me don't need it.	It's just a to		raniose praetioe i i i i e		
Too much?	Creativity, planning, le		aydreaming as defa				
"Presence	, .		Sold as n1 tool tod	/			
Toyota princi		ıt reflection	Simple & free me				<u>09.4</u>
Is mindfulness what y		diets Don'	t start out with solu		nding root cause 1020		
	Less stress, m	ore productivity	Win/win ava	ilable:			
	eak or 8 of stressed? taking time off.		uitive management t leads to better re				
Why do we	do it? Industrial work.	We encour	age each other (cul	ture) <u>N</u>	on-binary stress 10.05		09.5
Main work	tool stops functioning	to be stress	sed. Is that good o	r not?			
Note that r	nore stress can be good	d "Are you	stressed" is not a	good			
Task comp	lexity. Surgeon example	e enough o	question. Be specif	ic.			

No p	ohone experiment Put them	somewhere					
09.05 Setup Web	Disagreement good	Active part	icipation	"This is what I got."	Iterated since		
	r\/I\@\\/	Goal: increase sustainability without losing productivity. Broad strokes.		fix what's not broken am/org instead.	"Practical"	•	
	Their reasons to be here	/ly story	(never only work)	_			
		Data from S	weden & US	Did you know this?			
00.45	What is unsustainable? Sick because of stress.	Europeala a fer	over friende O	Cost for company	Unsustainabl	<u>.                                      </u>	
<u>09.15 but why?</u>		Examples fro		14% Sweden "akut		+73%	
		Categories	Female		lurses/teachers	Why?	
	Stress correlated cancer, not cause	eHealt	hy / "unhealthy" n	nethods	as quick fix e: good/bad? Depend	de i doso	
			Stress + body				
	Ignorance Me	ental health	,	of mental health?	Why?	<u> </u>	
			Unrealistic expec		lings, too		
	Increasing demands /	goals?	But is it workload		Uncertainty, expec	tations goals	
09.25 And why to we hav problem?	<u>e the</u> Ind heritage: nature/ni	urture -	> different reaction		eat all same	ations, goals	
	ma nomagor nataro, m		"Everyone's stres		nging deck chairs on	Titanic	
	Companies don't talk	Companies don't talk about it		Afraid to loose momentum Sense of urgency			
	Blaming individual (otl	hers + self)	Taboo		until too late	Spiral	
	Trying to solve problem	Trying to solve problem. Makes sense body reacts.		Same reaction today, but what's the problem?		Thinking is enough	
09.45 Cause I'm a cave n	Social stress Not part of	of tribe.	What is <i>really</i> ups	etting you?			
09.43 Cause I III a cave II	Were their stress sustain		3. Less time to r		at indigenous culture	!S	
	not? Difference from us		It's natural to fee	el overwhelmed	Built for different er	- nvironment	
				Brain is mal	leable.		
	Amygdala reacts to danger.	smaller with practice Fighting 1m yrs evo					
09.55 Neurobiology	"Don't worry" is not enough.	Talking cure	e, diary. Not solve	Pre-frontal co	rtex		
	Different biological responses to	Can I m	nake it? Y	ou choose to be here	+ you were p	icked!	
	threats and challenges	Can I re	echarge afterward	? Example from	om your life		