

A photograph of a dense evergreen forest covering a mountain slope, with the forest reflected in a calm body of water in the foreground. The scene is peaceful and natural.

Calm and focused.



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Mattis Erngren

On the agenda.

1. Start with why
2. Stress in the body
3. The evolution of stress
4. Stress and productivity
5. Methods for reducing stress
6. Mindfulness?
7. Other helpful tools
8. Distraction management
9. KPIs for calm & focus
10. Implementation in team and individual
11. Group discussion
12. Q&A + followup

Why, how, what.



BUSINESS JOURNAL JULY 14, 2015

PR

Psykisk ohälsa fortsätter öka

Psykisk ohälsa har blivit den överlägset vanligaste orsaken till sjukskrivning

Nästan fyra av tio sjukskrivna har den diagnosen och det är framkvinnor mitt i livet som den psykiska ohälsan ökat kraftigt. Försänu snabbtreda orsakerna samtidigt som socialförsäkringsminis Kristersson (M) öppnar för en satsning på företagshälsovården.



Stress är vanligaste orsaken till sjukskrivning

Publicerat onsdag 1 april 2015 kl 14.13



p4 kollar

Stressen kostar samhället miljarder

Publicerat onsdag 15 februari 2012 kl 07.32



Lena Mårs hjälper långtidssjukskrivna
(1:45 min)

Ekonomi

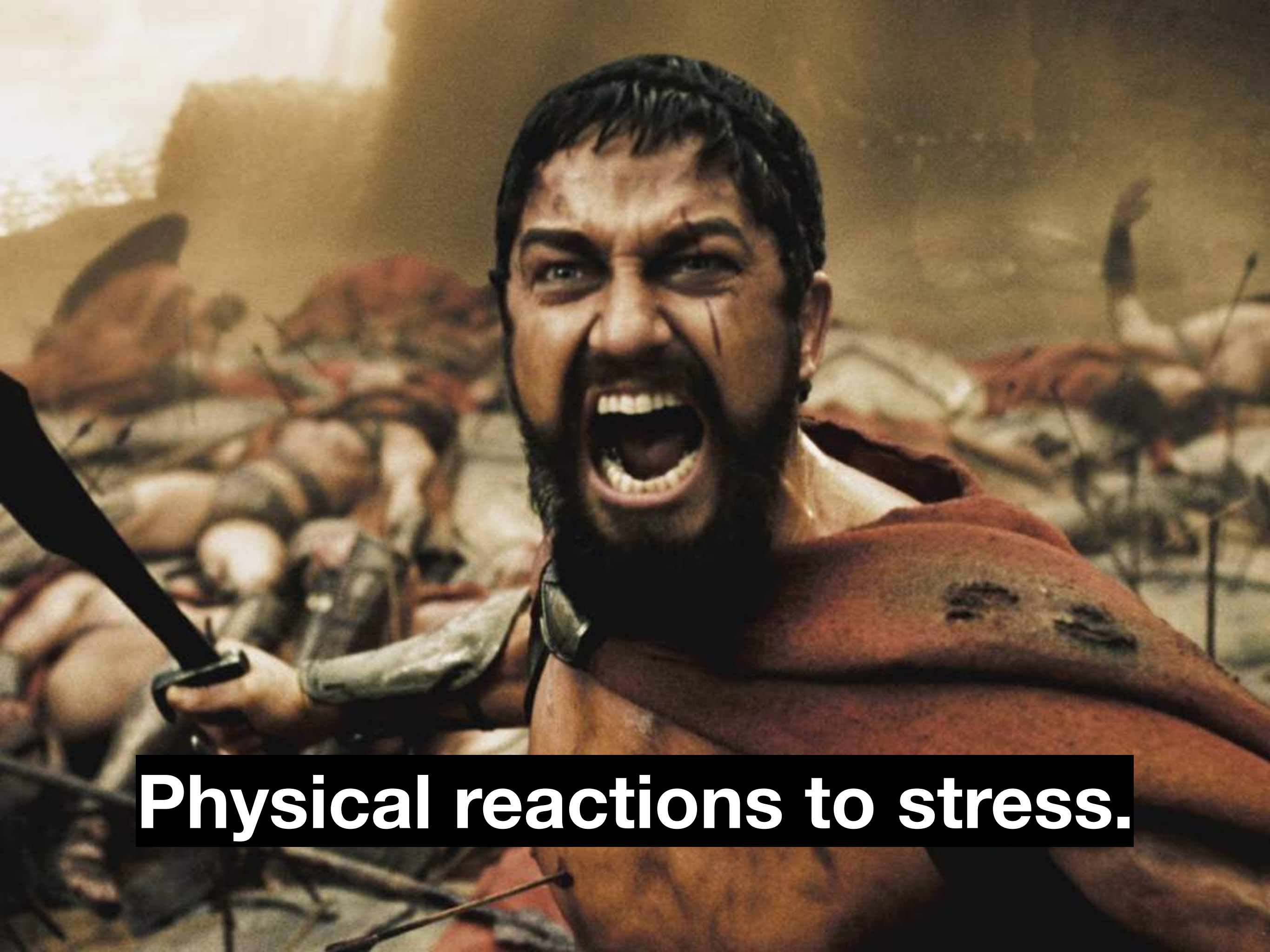
Dramatisk ökning av stressrelaterade sjukskrivningar

PUBLICERAD 2015-04-01



The business case.

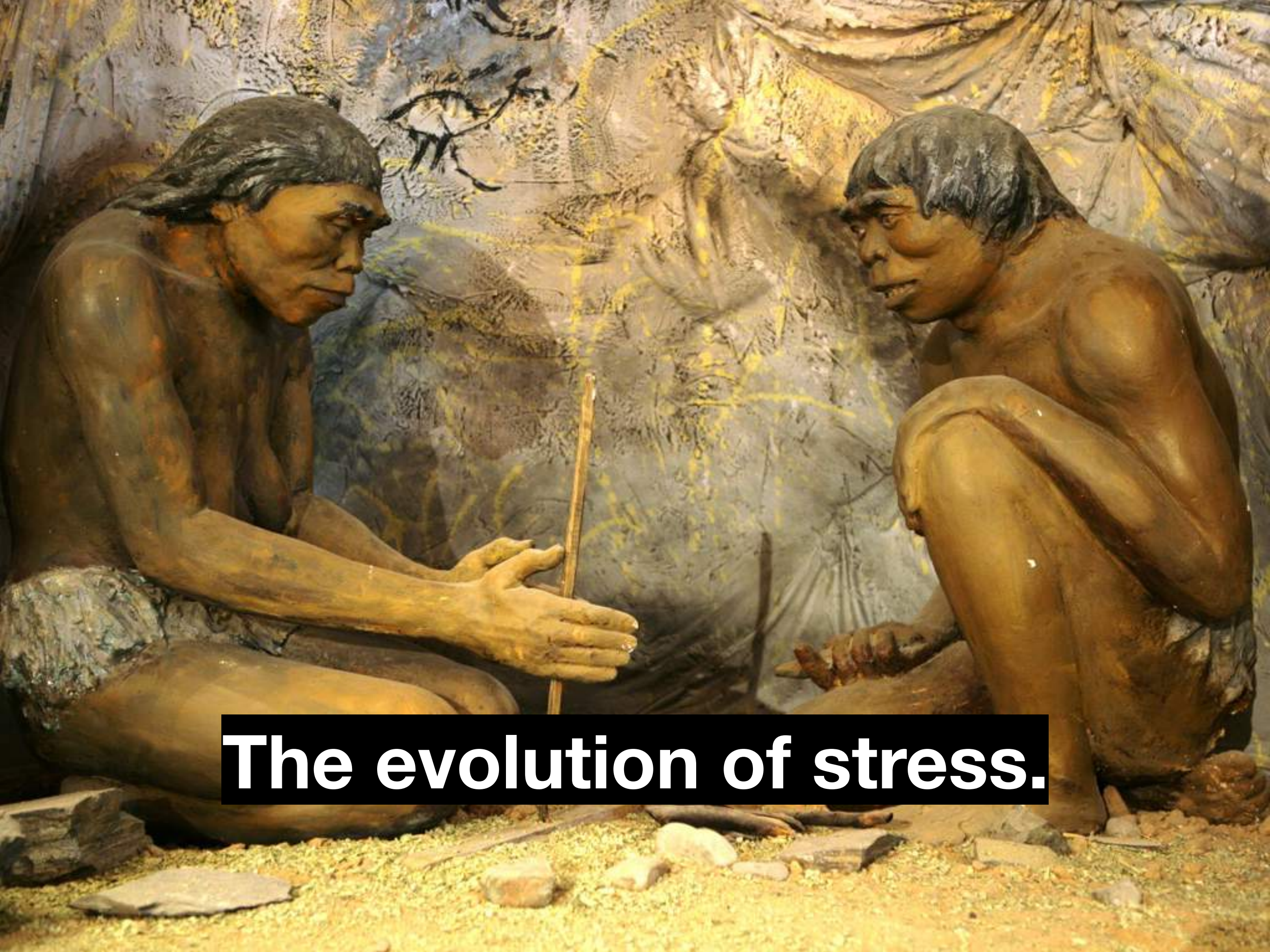
- A burnout costs the company on **average 400 000 SEK.**
- High stress → low focus → low quality → **less revenue.**
- High stress → low well-being → **less talent retention.**
- High stress → bad employer branding → **reduced talent attraction.**
- High stress → low immune system → **more sick leave.**



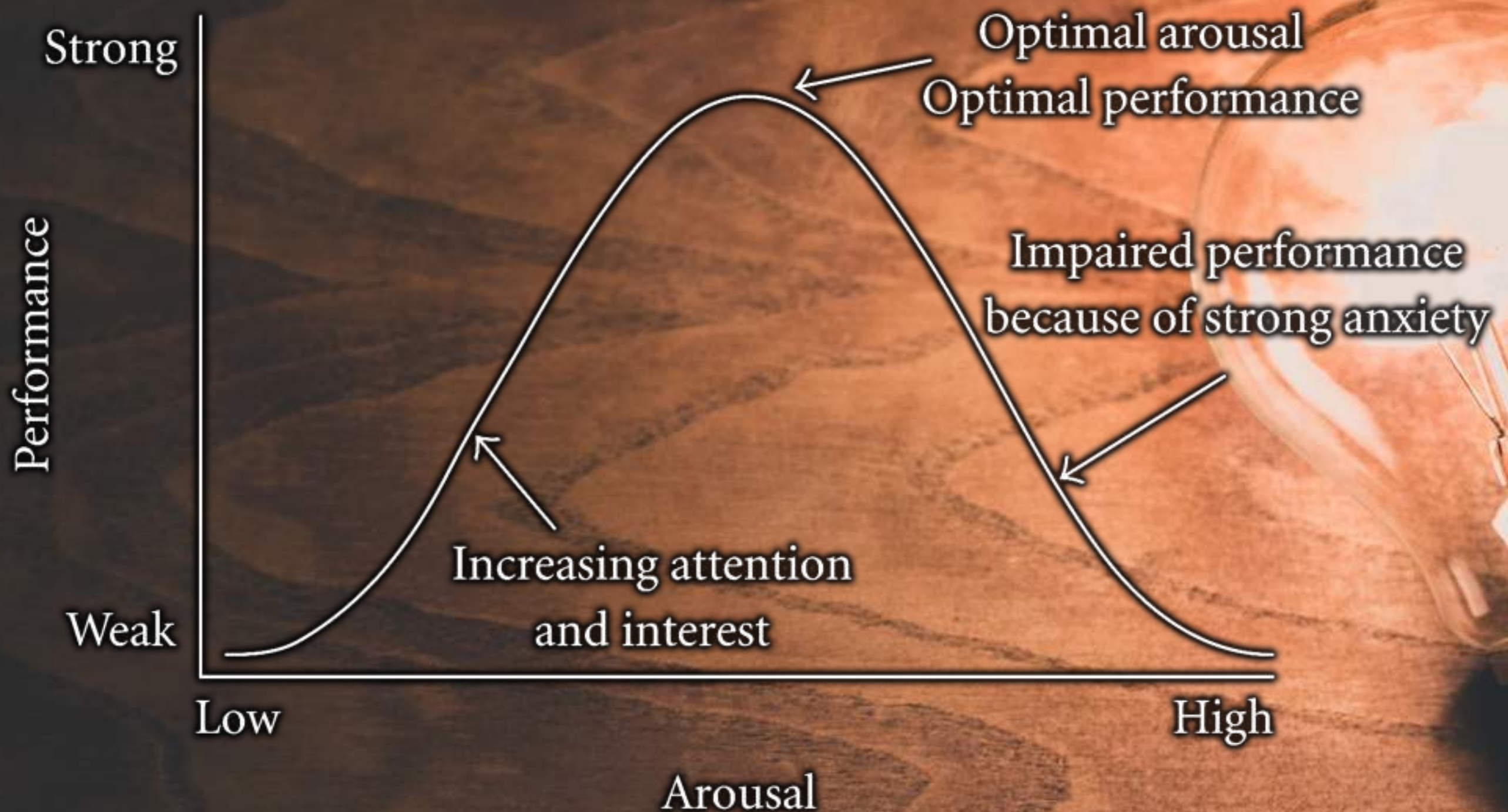
Physical reactions to stress.



The amygdala.



The evolution of stress.



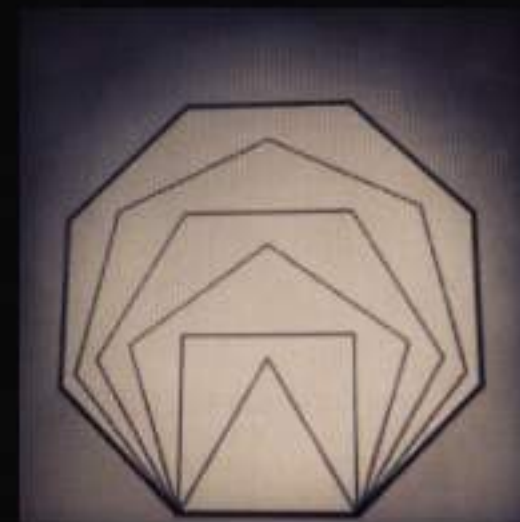
The Yerkes-Dodson law.



Winding down.



Mindfulness.



Mindfulness

Sati and smṛti [\[edit \]](#)

The Buddhist term translated into English as "mindfulness" originates in the Pali term *sati* and in its Sanskrit counterpart *smṛti*. According to Robert Sharf, the meaning of these terms has been the topic of extensive debate and discussion.^[34] *Smṛti* originally meant "to remember," "to recollect," "to bear in mind," as in the Vedic tradition of remembering the sacred texts. The term *sati* also means "to remember." In the *Satipaṭṭhāna-sutta* the term *sati* means to remember the dharma, whereby the true nature of phenomena can be seen.^[34] Sharf refers to the *Milindapañha*, which explained that the

Mindfulness

**Remembering to
pay attention
to the present moment
without judgment.**

Present-state awareness.

**Remembering to
pay attention
to the present moment
without judgment.**



Meditation.



The science of meditation.

Reduced activity/size of amygdala (lower stress)

Boosts idea generation = creativity.

Increased concentration and self-control = focus.

Also:

Studies on chronic pain, addiction, tinnitus, psoriasis...

Reduced symptoms of IBS, cancer, HIV

ngo

untitled

package.json

database.js

app.js

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base.js

re

e

.json

```
1 'use strict';
2
3 var express = require("express");
4 var app = express();
5 var mongoose = require("mongoose");
6 var Schema = mongoose.Schema;
7 mongoose.connect("mongodb://127.0.0.1:27017:test");
8 var db = mongoose.connection;
9
10 var animalSchema = new Schema({
11   name: String,
12   age: Number
13 });
14
15 var Cat = mongoose.model("Cat", animalSchema);
16
17 Cat.remove({}, function(err) {
18   console.log('Cats removed.')
19 });
20
21 Cat.create({name: "Tea", age: 3}, function(err, doc) {
22   console.log("Cat added: " + doc);
23 });
24
25 Cat.create({name: "Lo", age: 1}, function(err, doc) {
26   console.log("Cat added: " + doc);
27 });
28
29 app.get("/", function (req, res){
30   res.send('Welcome! Do you want to see my <a href="/cats">cats</a>?');
31 });
32
```





Freedom

Freedom for productivity

Timer

Status

Select how long to run Freedom:

2 hours



H

5 minutes



M

Start Freedom

☐ Local Network Access

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SelfControl

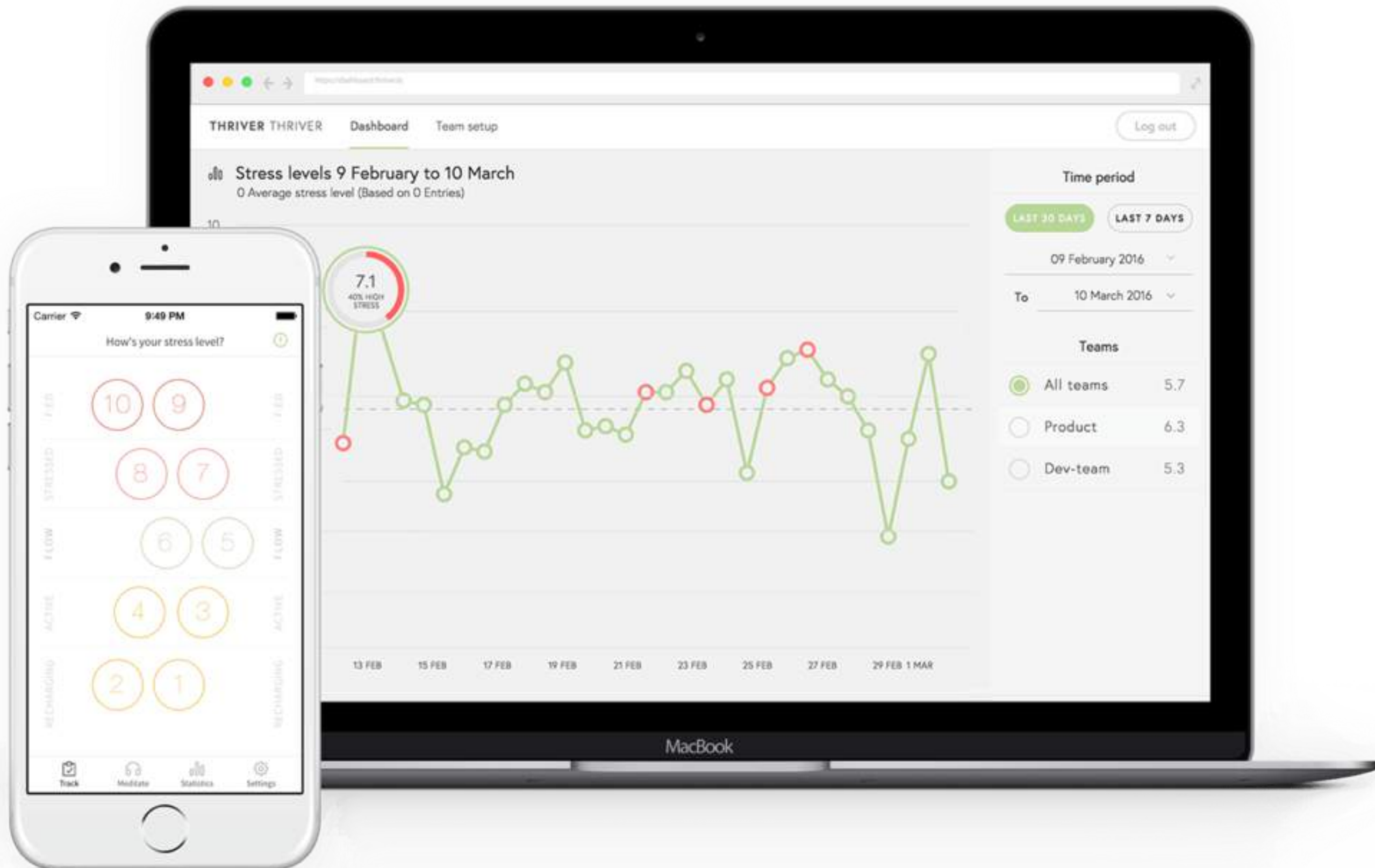
Start



1 hour 15 minutes

Edit Blacklist

Thriver www.thriver.io



A glowing lightbulb hangs in the foreground, its filament visible and emitting a warm orange light. The background is dark and out of focus, showing other similar light sources and structural elements of a room, possibly a library or a workshop, with shelves and beams visible in the shadows.

**Discuss your reflections
in small groups. (10 mins)**



**Share your thoughts
with the rest of us.**

Summary

1. Biz as usual doesn't work.
2. Too much stress is unhealthy and un-productive.
3. Don't mistake motion for progress.
4. Measure, and talk about, mental fitness.
5. Toolbox: workouts, deep breathing, present-state awareness, gratitude, meditation, gaming ...



Q&A.



Mattis Erngren
mattis@lightly.io
@mattisern

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