

The Mindful Developer

The Neuroscience of Successful Software Developers

@MatthewRenze

#CodeMash



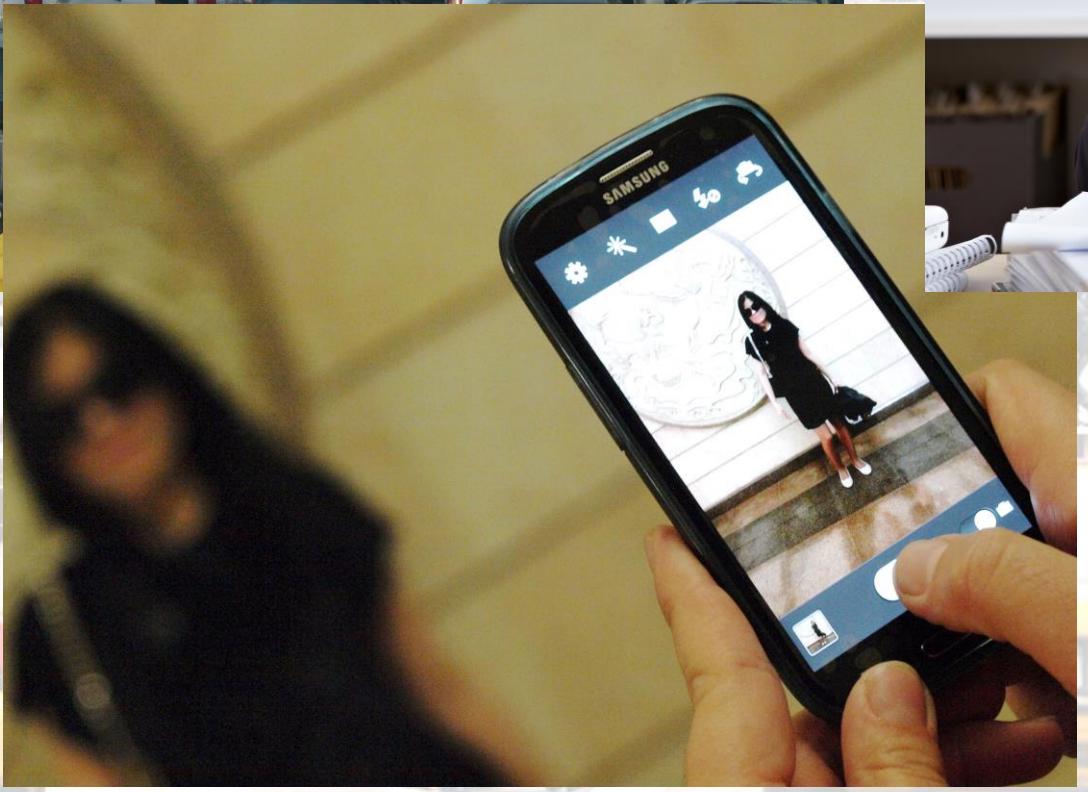












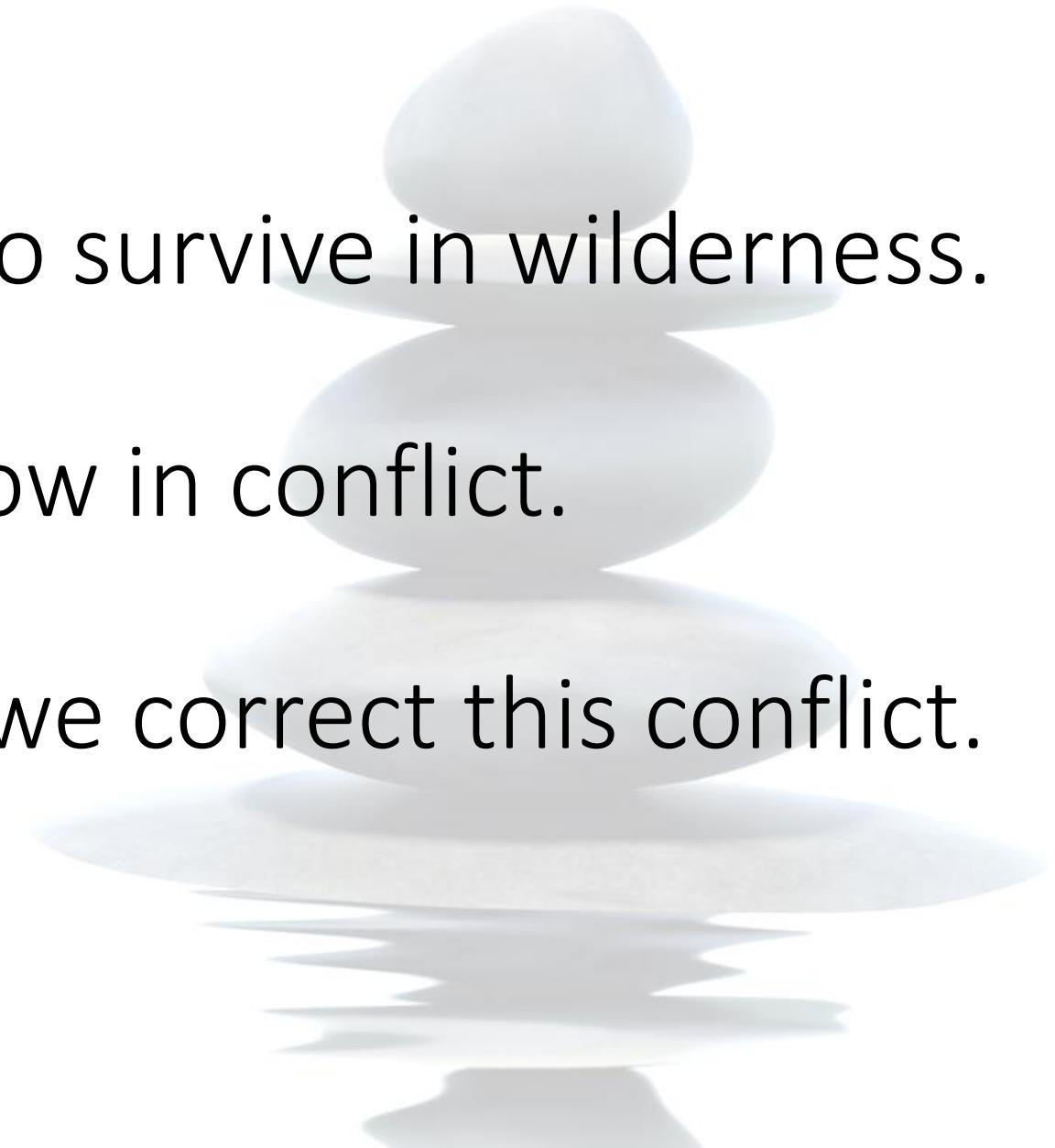
A photograph of a large, spreading tree with a thick trunk and dense green foliage, situated in a dry, open landscape. In the background, there are rolling hills or mountains under a clear sky.

Our brains evolved to survive in wilderness.



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Modern society is now in conflict.



Our brains evolved to survive in wilderness.

Modern society is now in conflict.

Mindfulness is how we correct this conflict.

Overview

Stress

Mindfulness

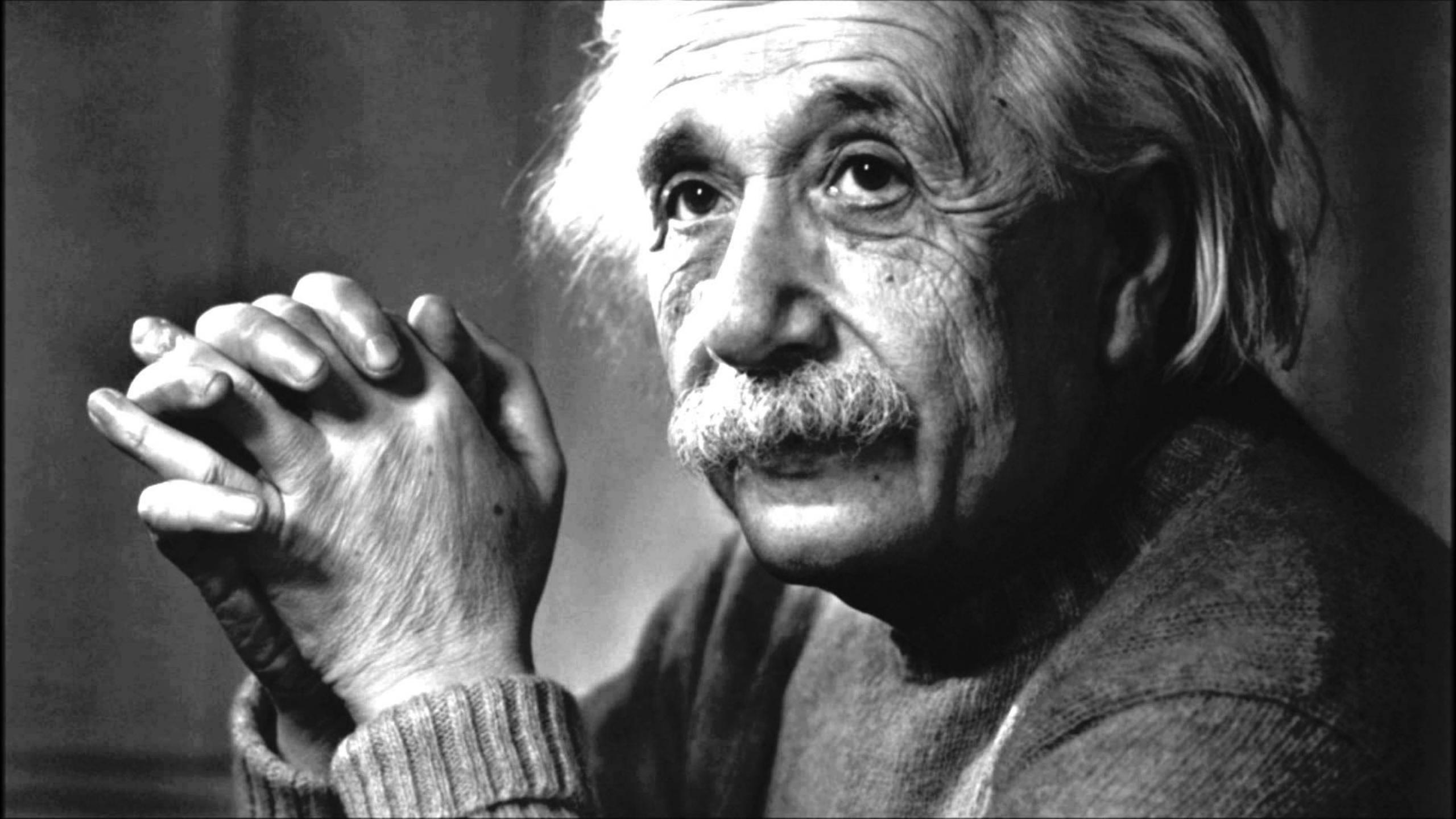
Meditation

Neuroscience

Benefits







Disclaimer



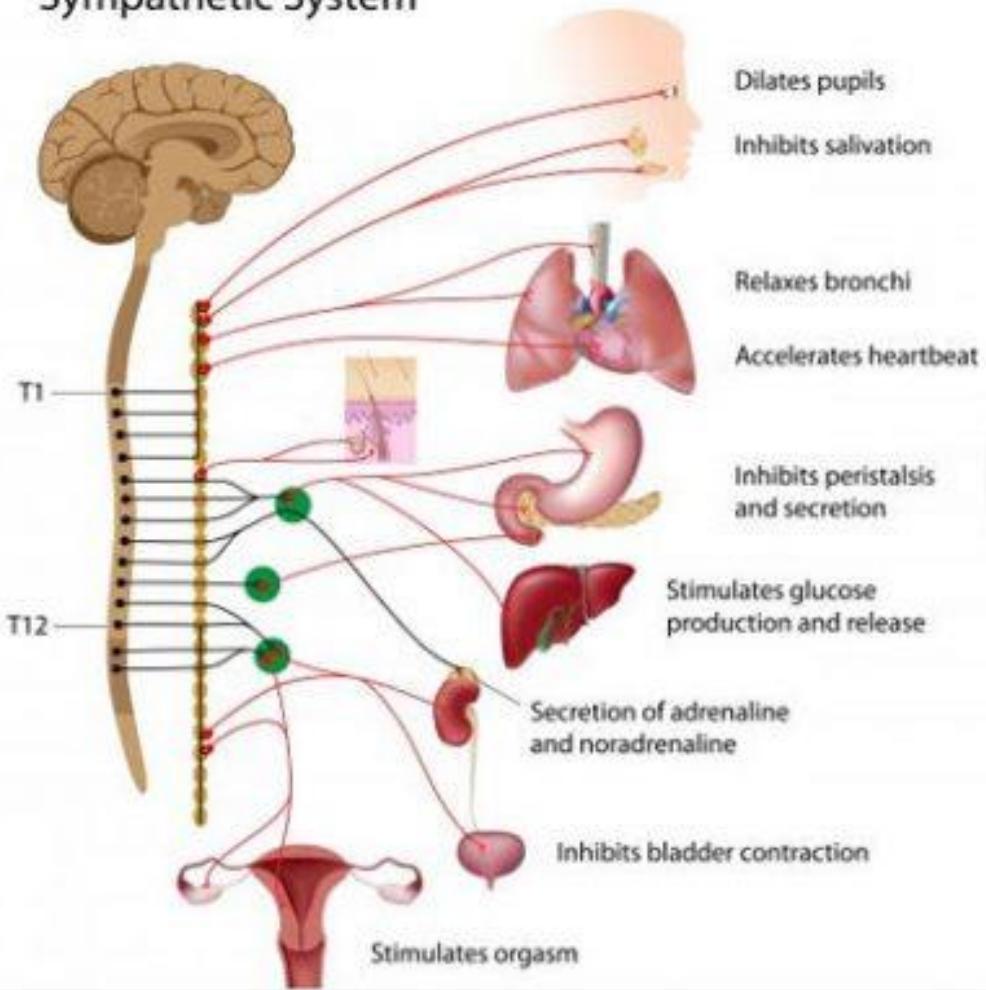
A landscape photograph featuring a large, spreading tree with a thick trunk and dense green foliage in the foreground. The background consists of rolling hills under a clear blue sky.

Stress

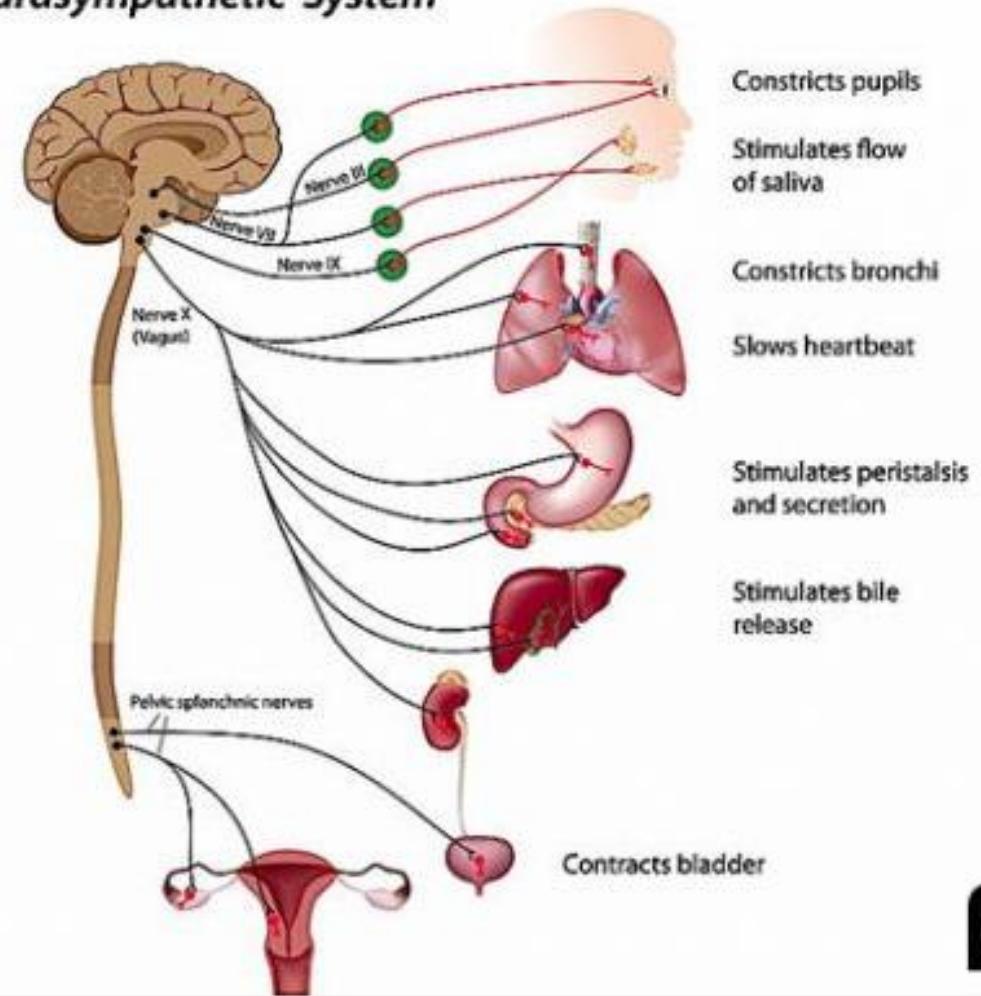




Sympathetic System



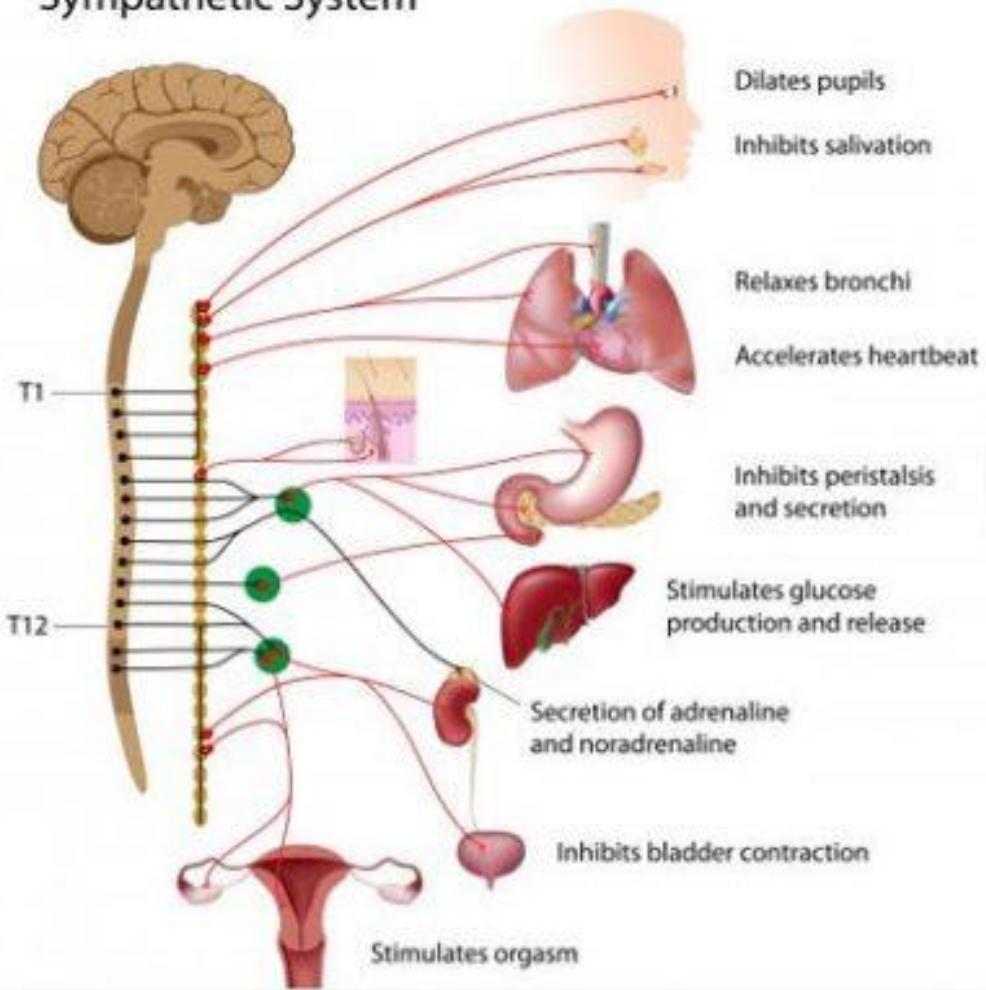
Parasympathetic System



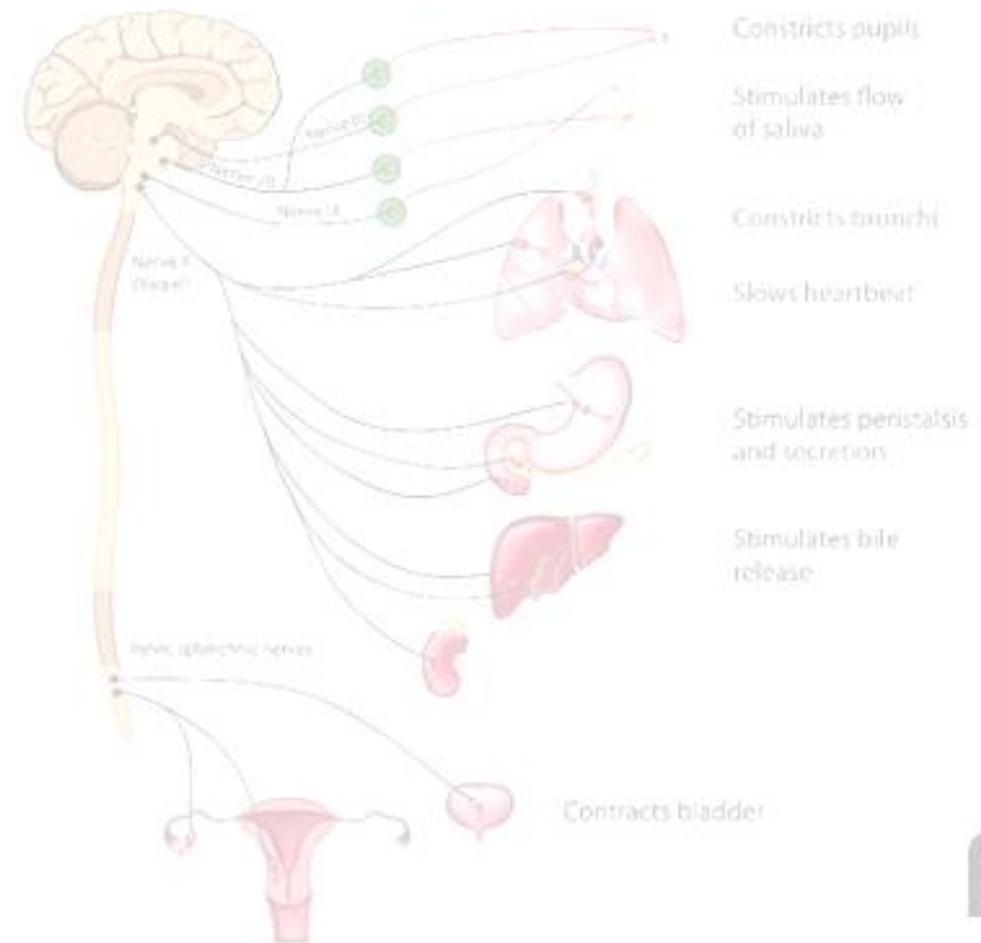
VS



Sympathetic System

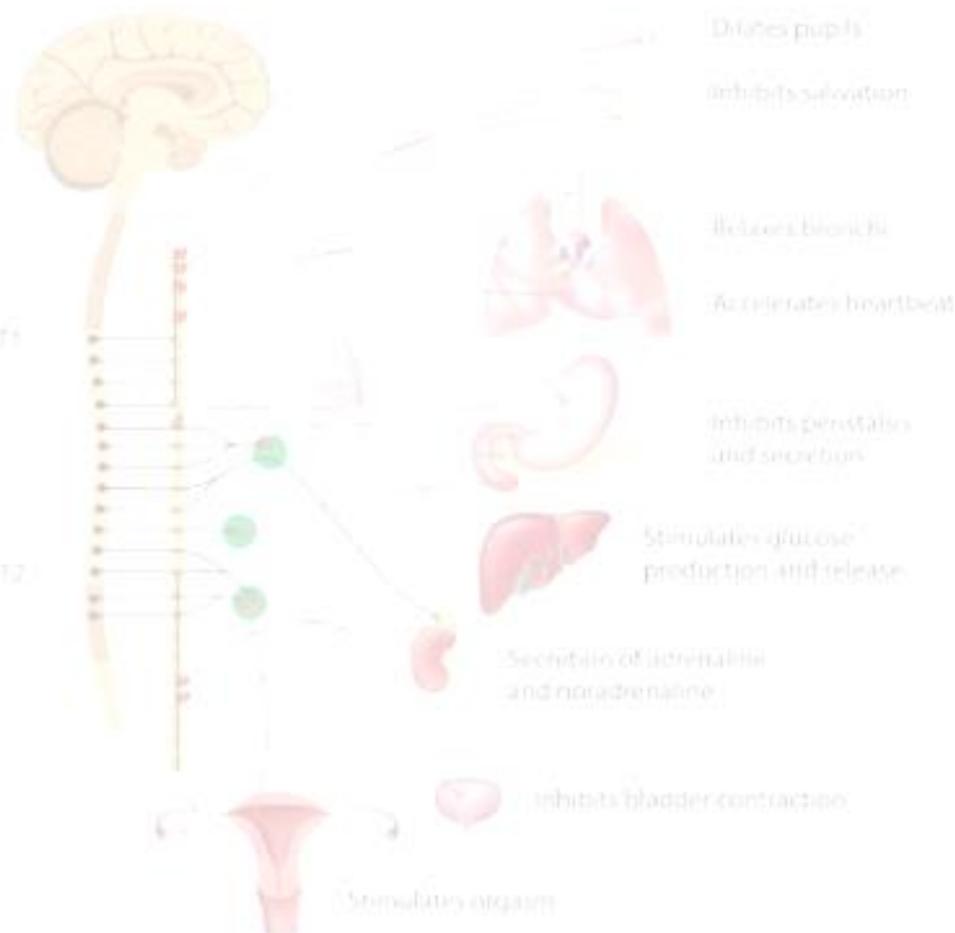


Parasympathetic System



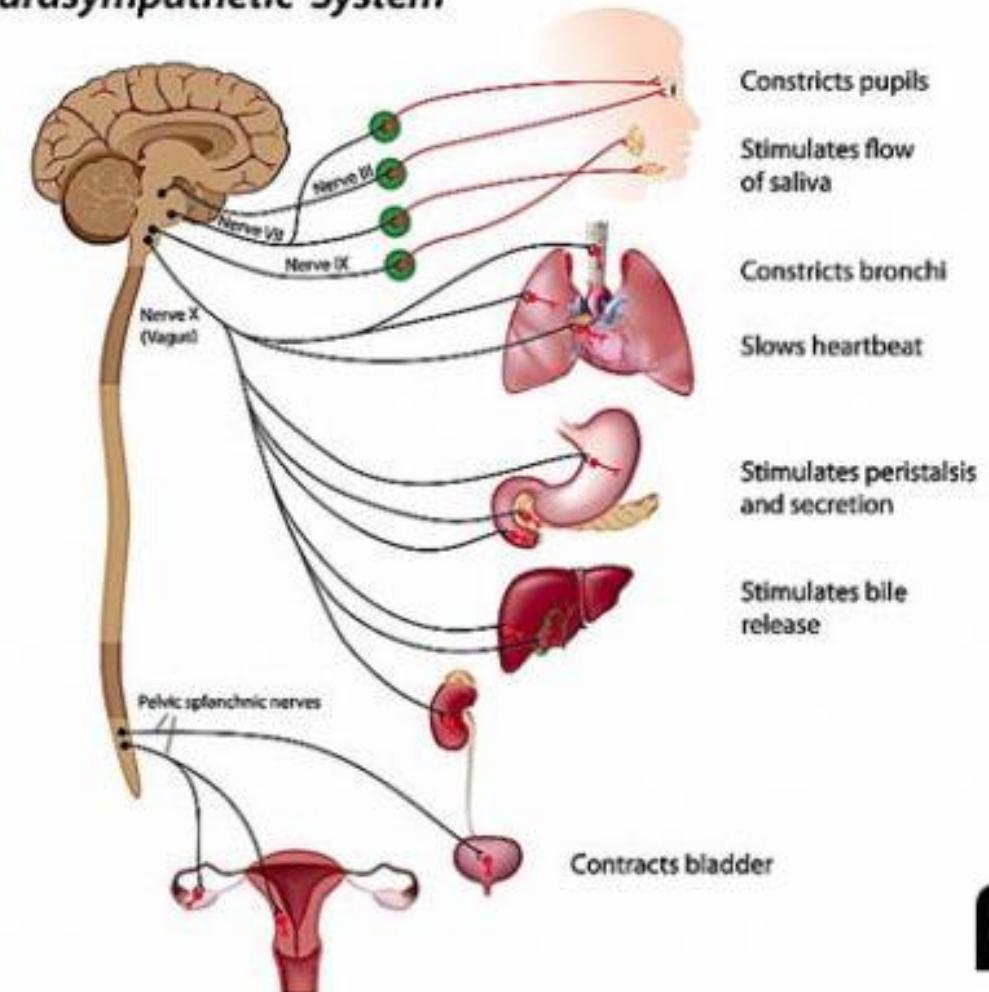
VS

Sympathetic System

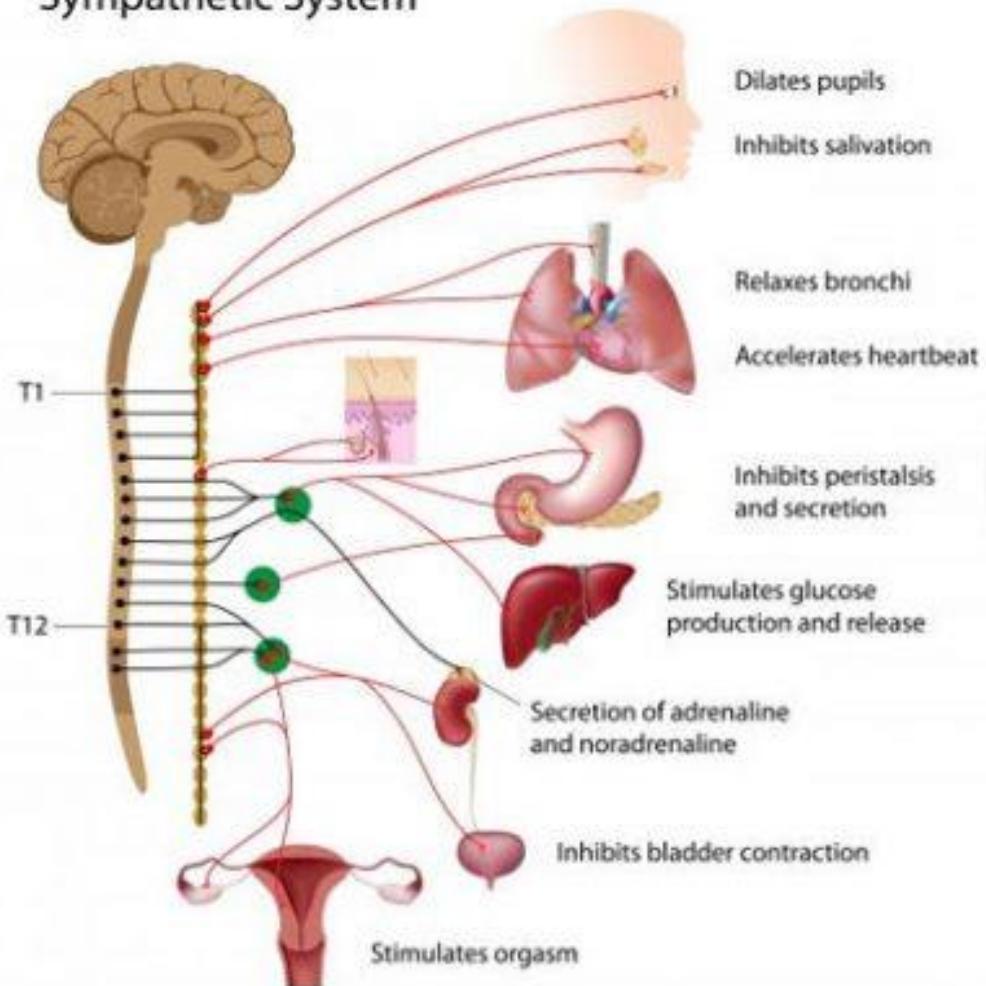


VS

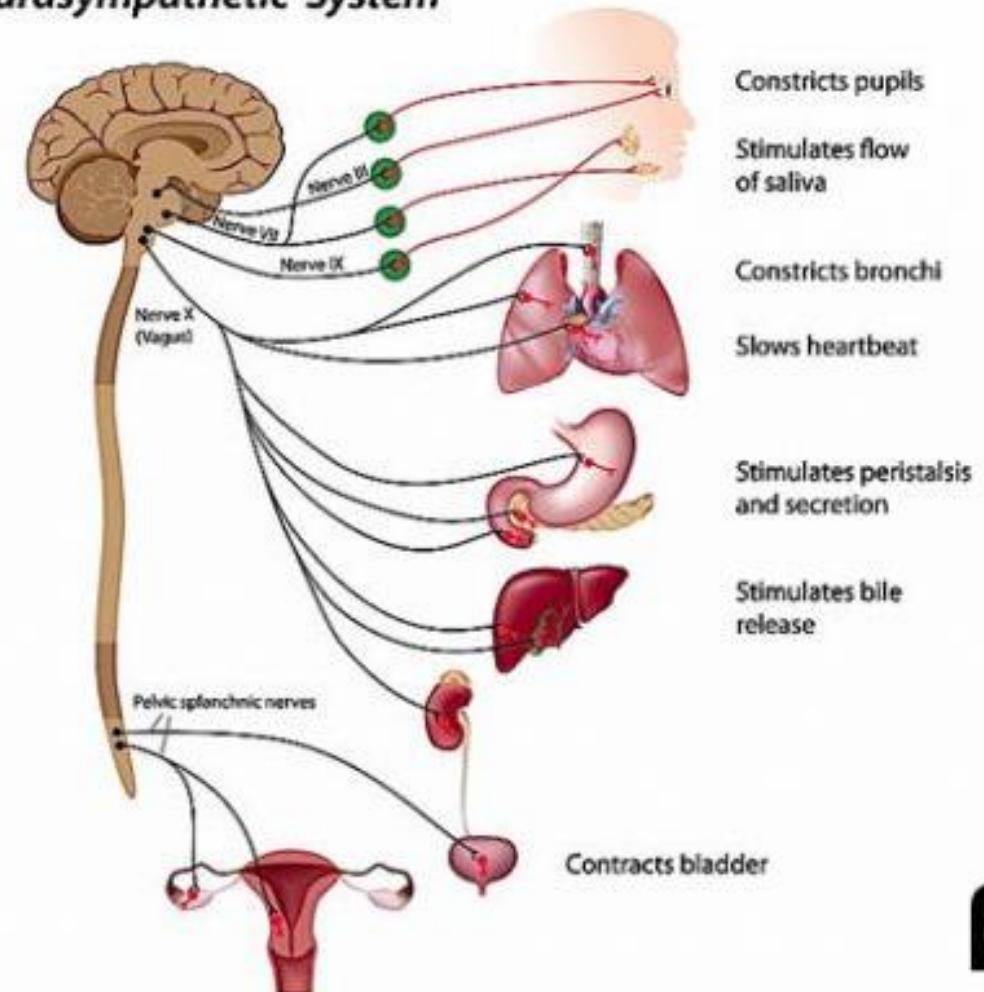
Parasympathetic System



Sympathetic System



Parasympathetic System



VS













Negative Effects of Chronic Stress

Heart disease

Metabolic syndrome

Digestion issues

Autoimmune system

Immunosuppression

Negative Effects of Chronic Stress

Heart disease

Metabolic syndrome

Digestion issues

Autoimmune system

Immunosuppression

Female reproduction

Male reproduction

Developmental disorders

Cancer complications

Mental health



Mindfulness









Presence

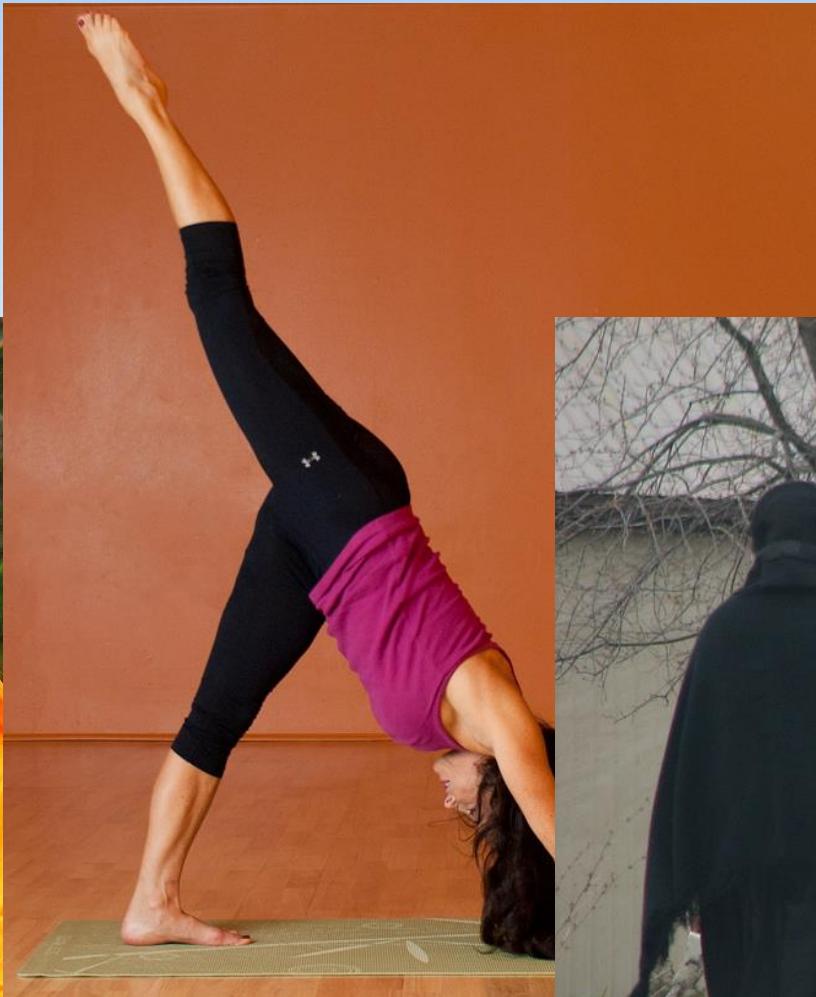


Presence
Awareness



Presence
Awareness
Acceptance





Source: Wikipedia



Source: Wikipedia

Mind like water



Meditation



How to Meditate

1. Sit in a comfortable position



How to Meditate

1. Sit in a comfortable position
2. Position your hands



How to Meditate

1. Sit in a comfortable position
2. Position your hands
3. Close your eyes



How to Meditate

1. Sit in a comfortable position
2. Position your hands
3. Close your eyes
4. Focus on your breath



How to Meditate

1. Sit in a comfortable position
2. Position your hands
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4. Focus on your breath
5. Observe your mind wander



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5. Observe your mind wander
6. Return your focus to your breath



How to Meditate

1. Sit in a comfortable position
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4. Focus on your breath
5. Observe your mind wander
6. Return your focus to your breath
7. Accept your experience as it is



How to Meditate

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Neuroscience

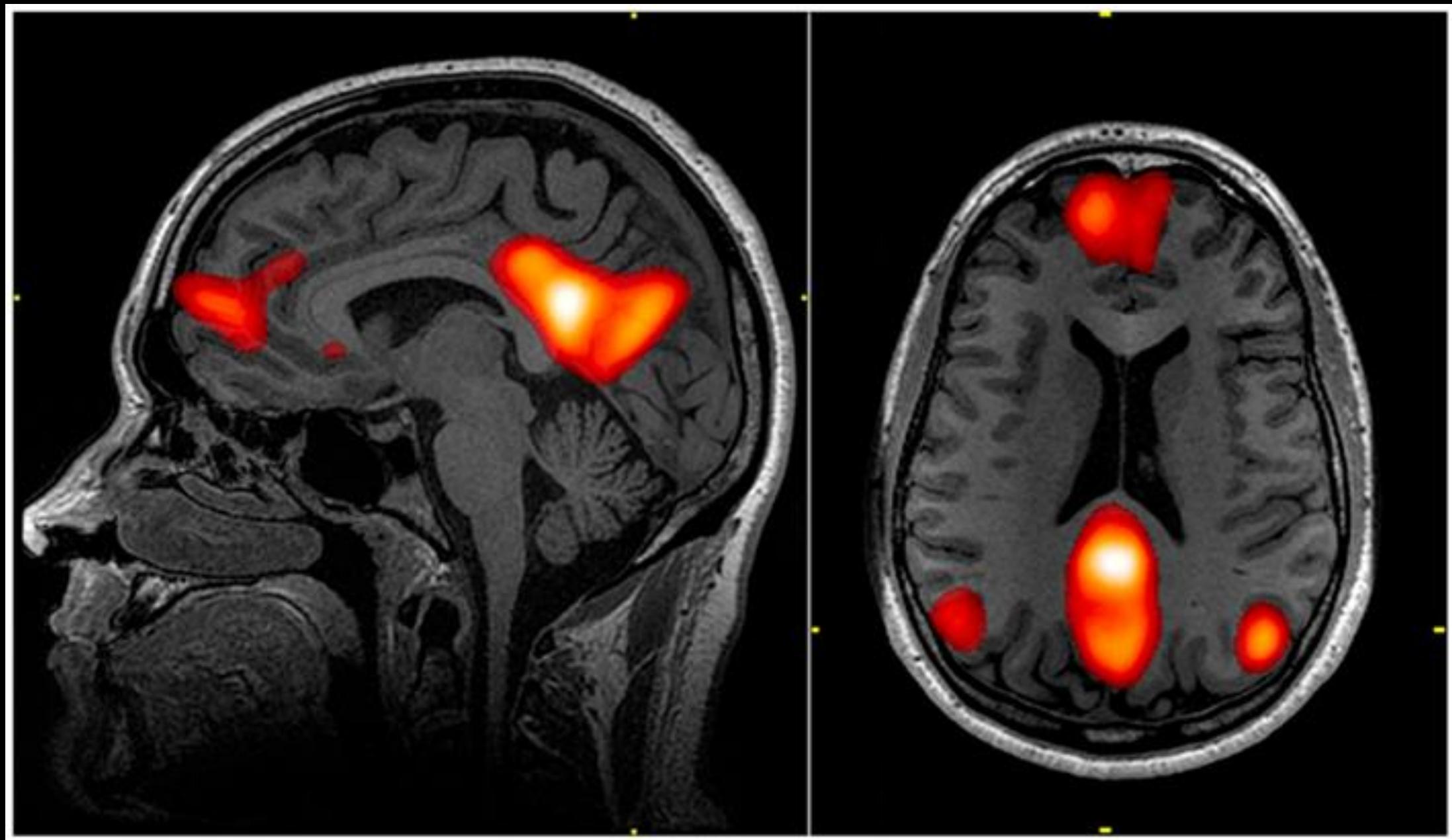


Source: <http://www.edmontonjournal.com/news/brain-quiz/images/brain.jpg>



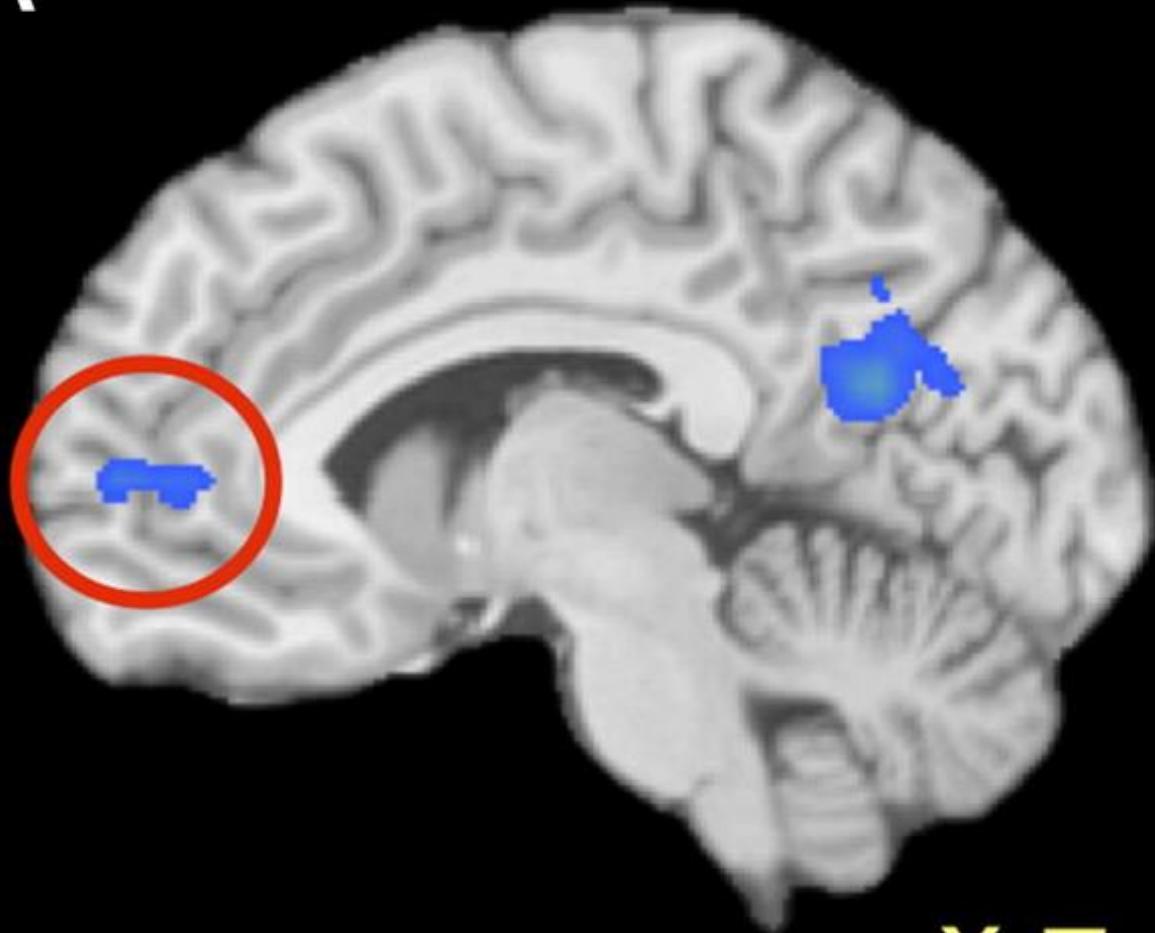


Source: <http://www.forbes.com/sites/alicegwalton/2015/02/09/7-ways-meditation-can-actually-change-the-brain>



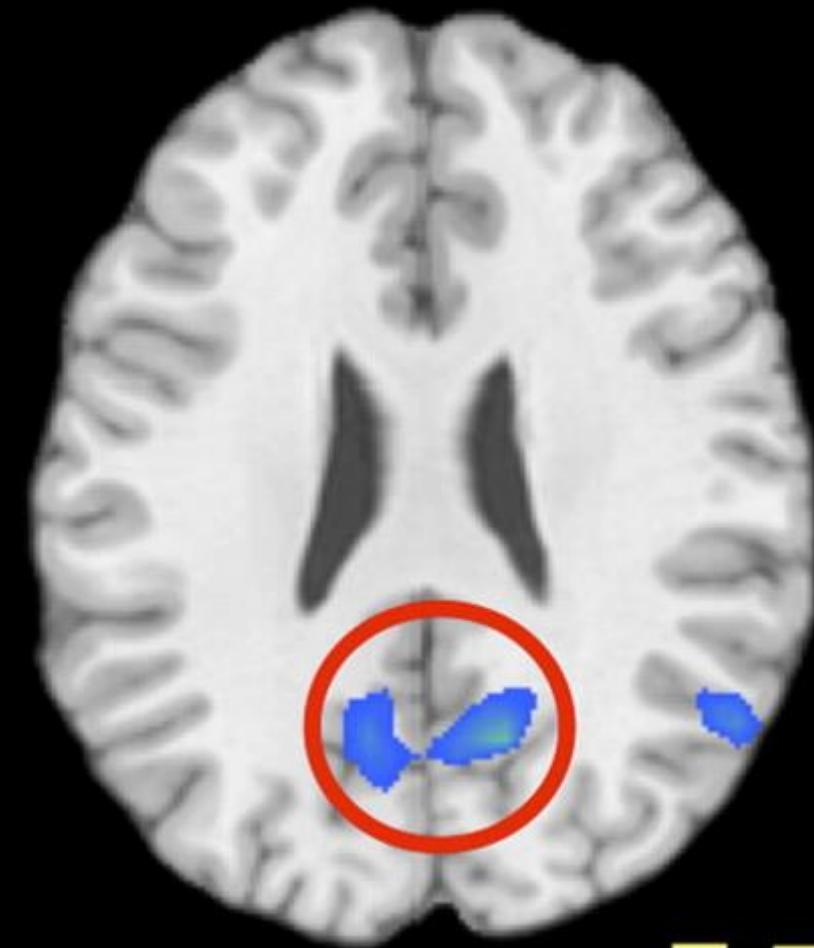
Source: Wikipedia

A



$x = -6$

B

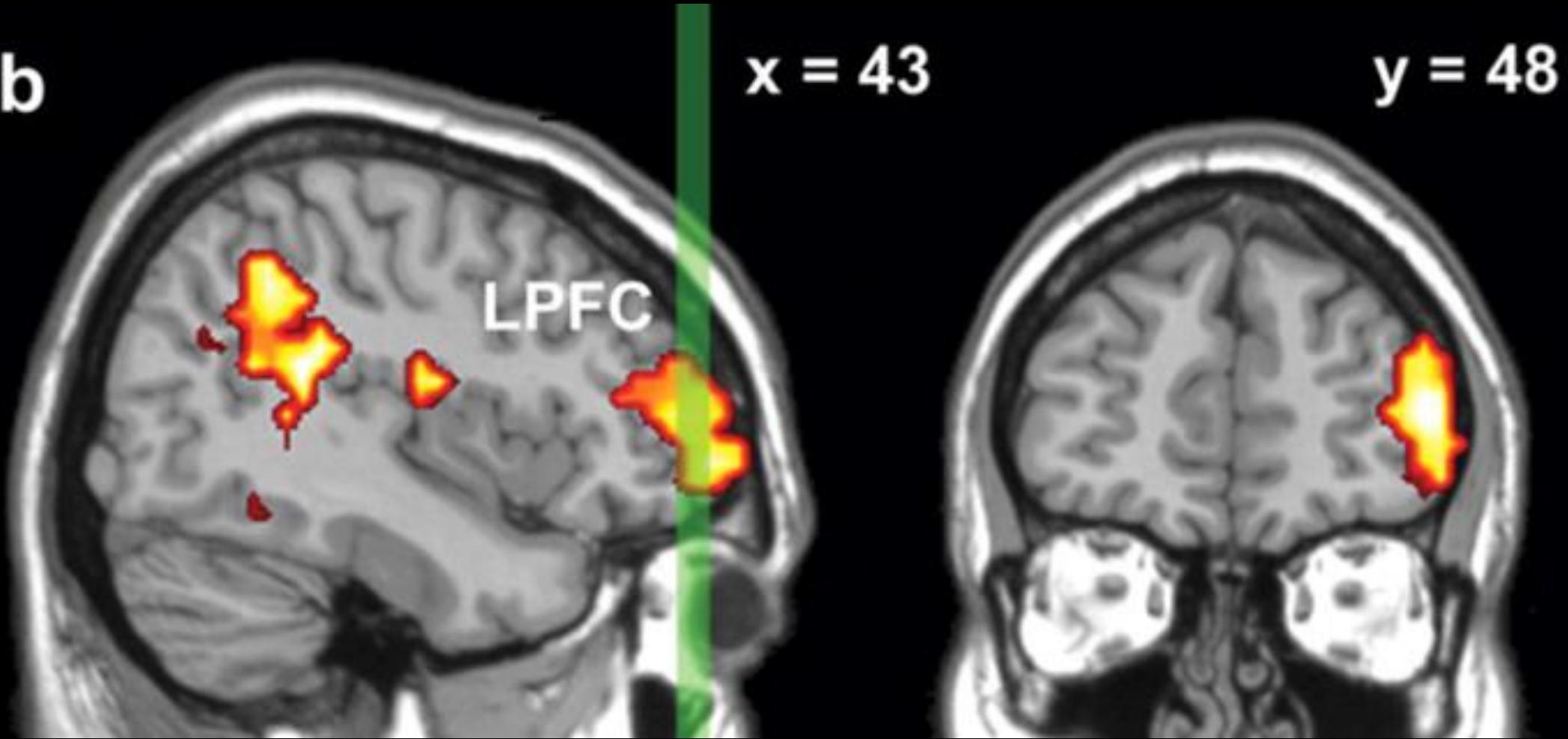


$z = 21$



Source: <http://journal.frontiersin.org/article/10.3389/fnhum.2012.00292/full>

b



Other Changes

Cortical thickness

Anterior cingulate cortex

Prefrontal cortex

Hippocampus

Insula



Benefits



Benefits



Benefits

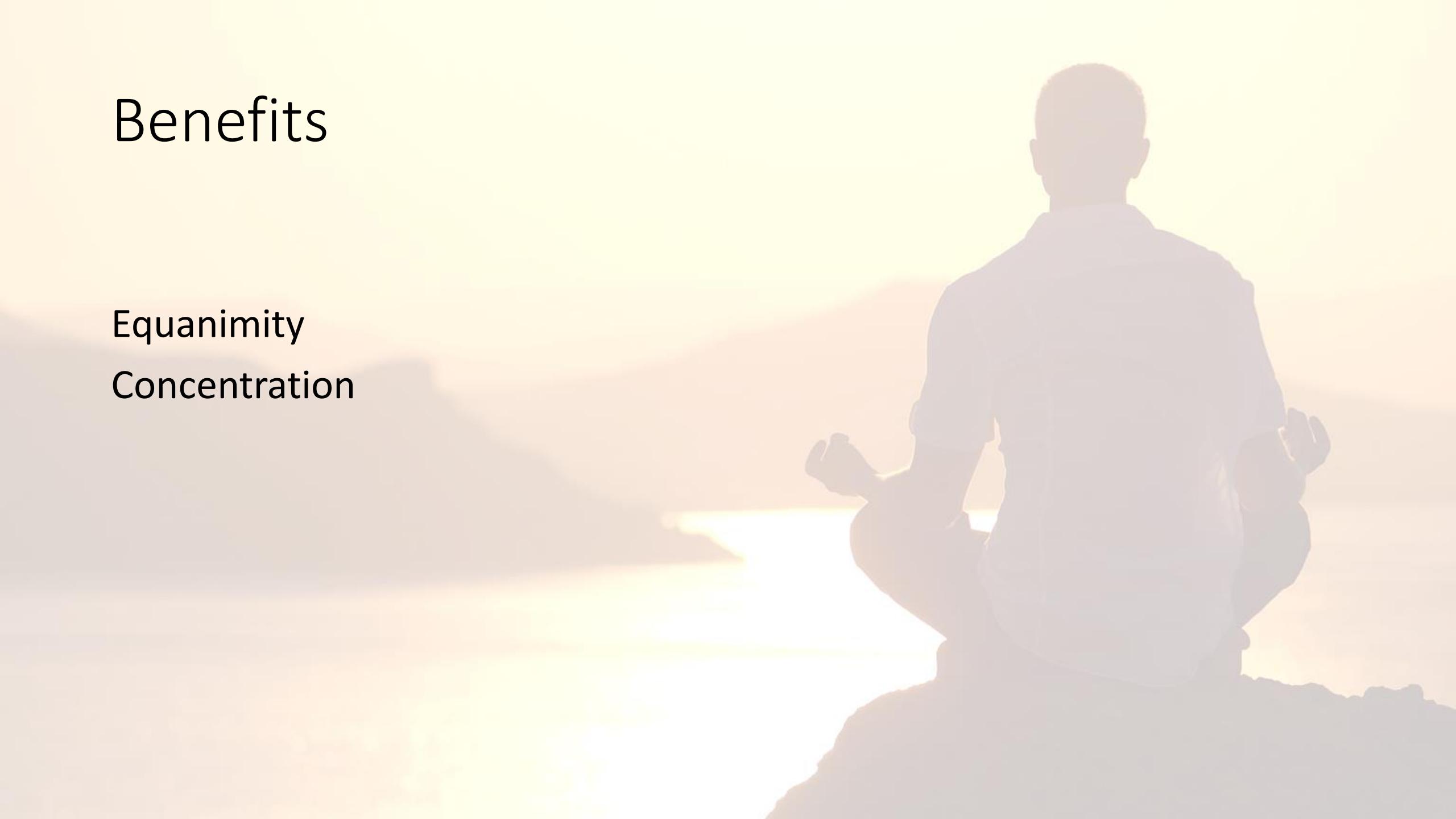
Equanimity



Benefits

Equanimity

Concentration



Benefits

Equanimity

Concentration

Non-judgement



Benefits

Equanimity

Concentration

Non-judgement

Egolessness

Benefits

Equanimity

Concentration

Non-judgement

Egolessness

Compassion



Benefits

Equanimity

Concentration

Non-judgement

Egolessness

Compassion

Sustainability

Where to Go Next

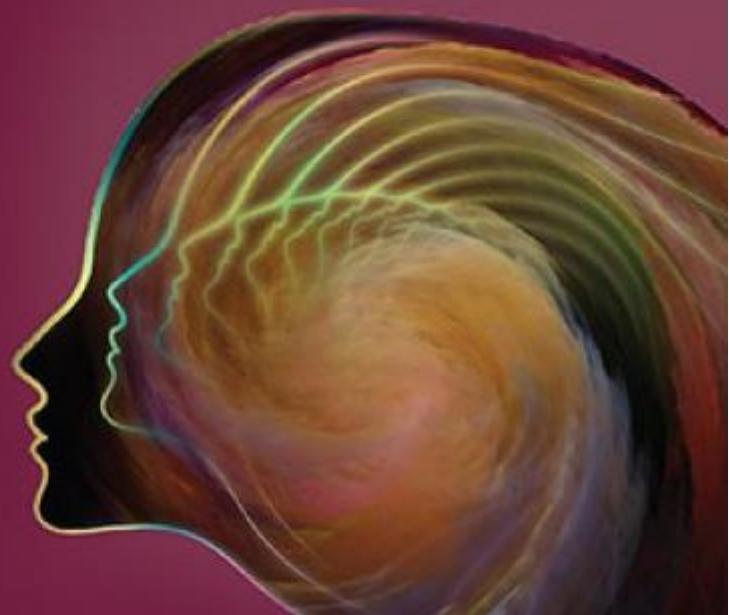


Topic
Better Living

Subtopic
Health & Wellness

The Science of Mindfulness: A Research-Based Path to Well-Being

Professor Ronald D. Siegel
Harvard Medical School/Cambridge Health Alliance



www.thegreatcourses.com



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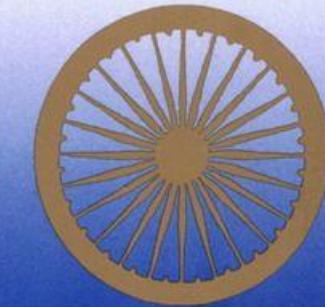


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Summary

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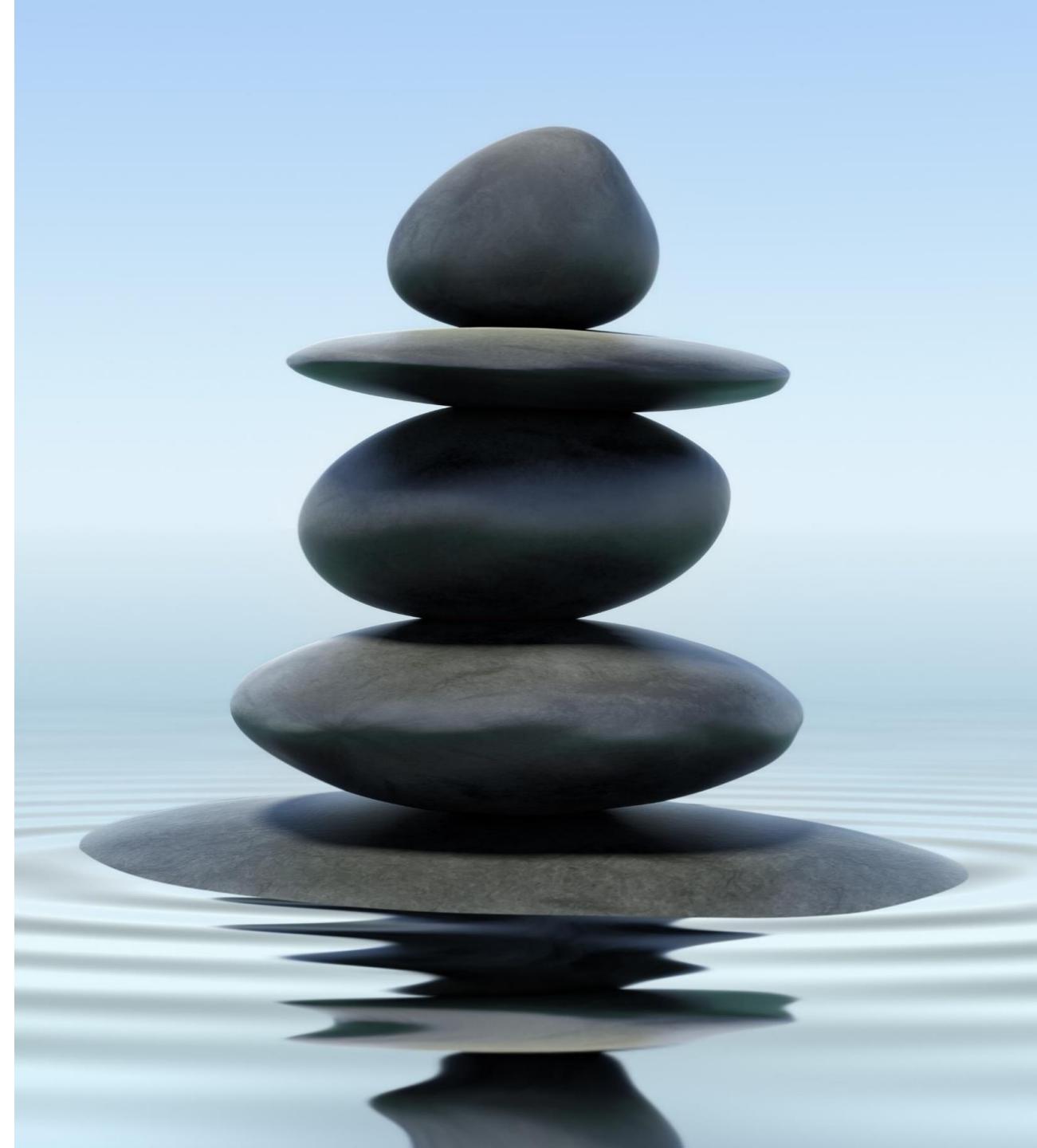
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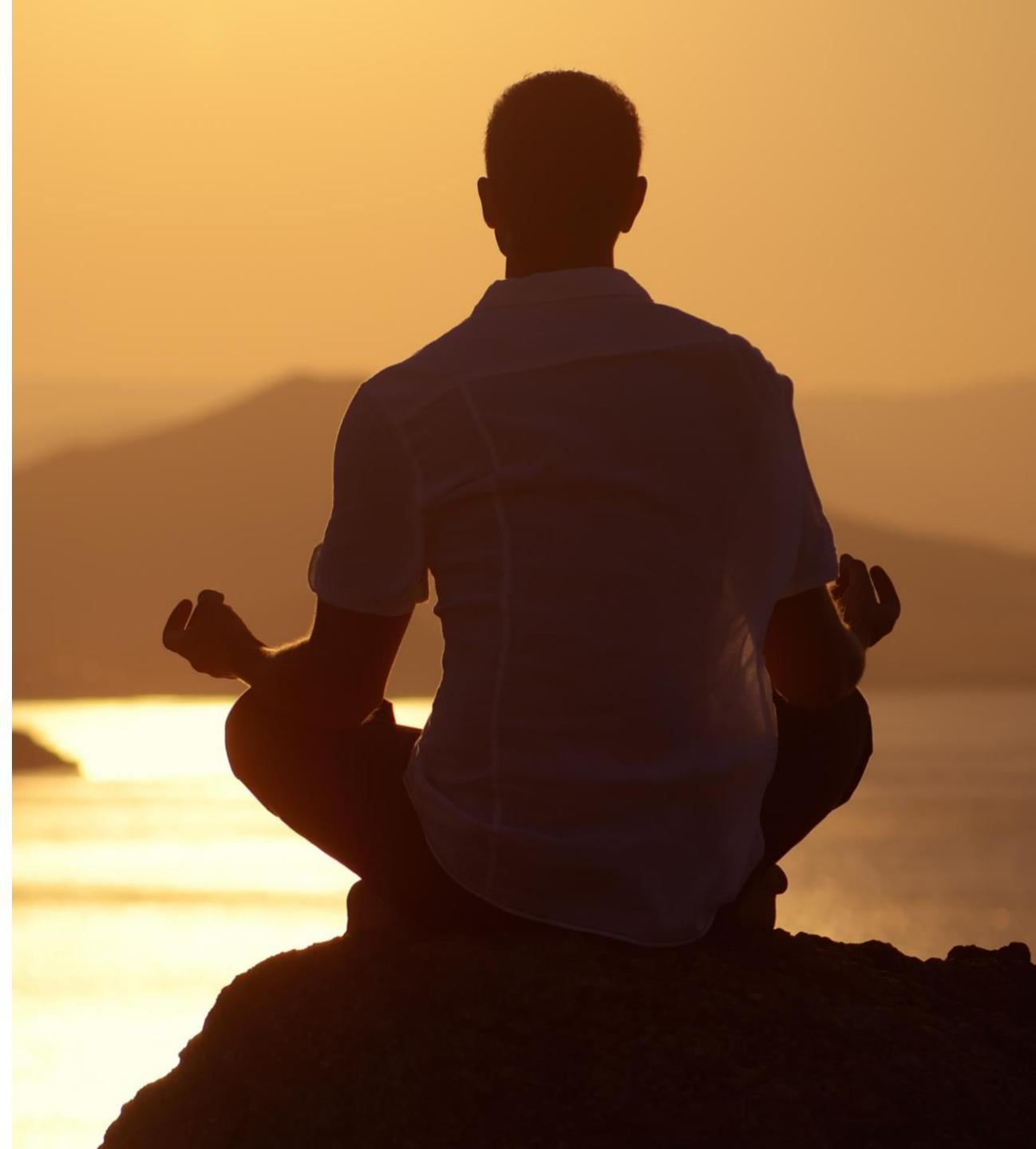
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Feedback

Feedback is very important!

One thing you liked?

One thing I could improve?



Contact Info

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Renze Consulting

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Thank You! :)