Mindful Tech: balancing work and life

@antonygroves
...and done! On #SharedParentalLeave until February. Although will be taking a break from my break to talk at the @MultiMedialT AGM in January about my experience of #mindful tech in balancing work and life. Free tickets available at eventbrite.co.uk/e/mmit-2018-ag...
The calm before the storm...
MND Association
@mndassoc

Our vision is a world free from motor neurone disease facebook.com/mndassociation #MND

📍 England, Wales & Northern Ireland   🌐 mndassociation.org   📅 Joined March 2012

Sands
@SandsUK

Sands is the UK stillbirth & neonatal death charity. We support anyone affected by the death of a baby & promote research to reduce the loss of babies’ lives.

📍 London   🌐 sands.org.uk/findingthewords   📅 Joined September 2010
“Remember that there is only one important time and that is now. The present moment is the only time over which we have dominion” p.75

“Real Buddhism is not really an “ism.” It's a process, an awareness, an openness, a spirit of enquiry - not a belief system, or even (as we normally understand it) a religion” p.9
“When you start to feel a little sad, anxious, or irritable it’s not the mood that does the damage but how you react to it” p.8

Digital wellness is less about the act of disconnecting and more about the simplicity of understanding that you are in control of your digital destiny.

OFFTIME

Start

Unplugging

APPS:

CALLS/SMS:
Mindful Tech

3–10 min • Meditation

Technology doesn’t have to constantly steal our attention—we get to define how we interact with our devices. Using a technique called noting, try to be less reactive to the pings and notifications, and instead develop a healthier relationship with all things tech.
DreamLab

You're supporting Project DRUGS Phase 2

Charge your device to power DreamLab

Imperial College London
Thank you

Alison has been staring at this beautiful tree for five hours.

She was meant to be in the office. Tomorrow she will be fired.

In this way, mindfulness will have solved her work-related stress.