



# Mind as Code

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Mindfulness for developers and knowledge workers

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# Flow of the talk

1 What is mindfulness about?

2 Practice

3 The science

4 Closing

# Definitions

## Meditation

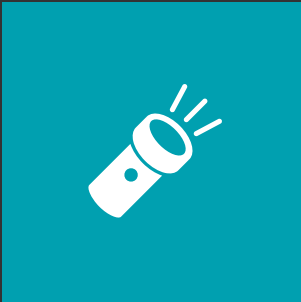
Cultivation

Practice

Exercise

# Concentration

First skill of mindfulness



Focus on whatever you find  
important now



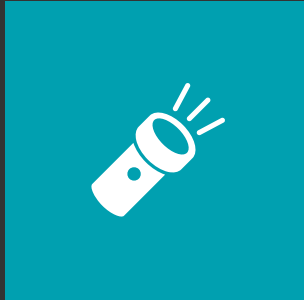
Setting breakpoints



Attention is your most precious  
resource

# Clarity

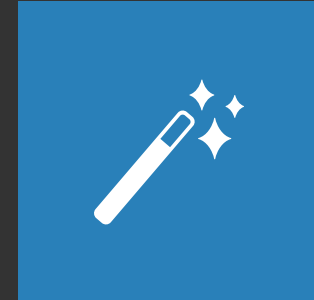
Second skill of mindfulness



Experience the present moment  
with increased resolution and  
lower latency



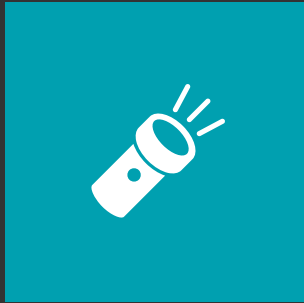
Reading variables and states of  
objects



Act smarter on the input I have  
Appreciate life more

# Equanimity

Third skill of mindfulness



Suffering = Discomfort \*  
Resistance

Resistance =  $1 / \text{Equanimity}$



Improving code so it runs with  
less resources



Deal better with uncertainty and  
change

Living and working with more ease and  
fun



A young boy with short brown hair is sitting cross-legged in a field of tall green grass. He is wearing a red t-shirt with a small logo on the left chest that says "Camp" and "52", and blue denim shorts. He is also wearing black sunglasses. His hands are raised in front of him, palms facing up, with his fingers slightly curled in a meditative gesture. The background is a dense line of green trees and bushes. The word "Practice" is written in large, white, sans-serif font across the middle of the image, partially overlapping the boy's torso and the grass.

# Practice



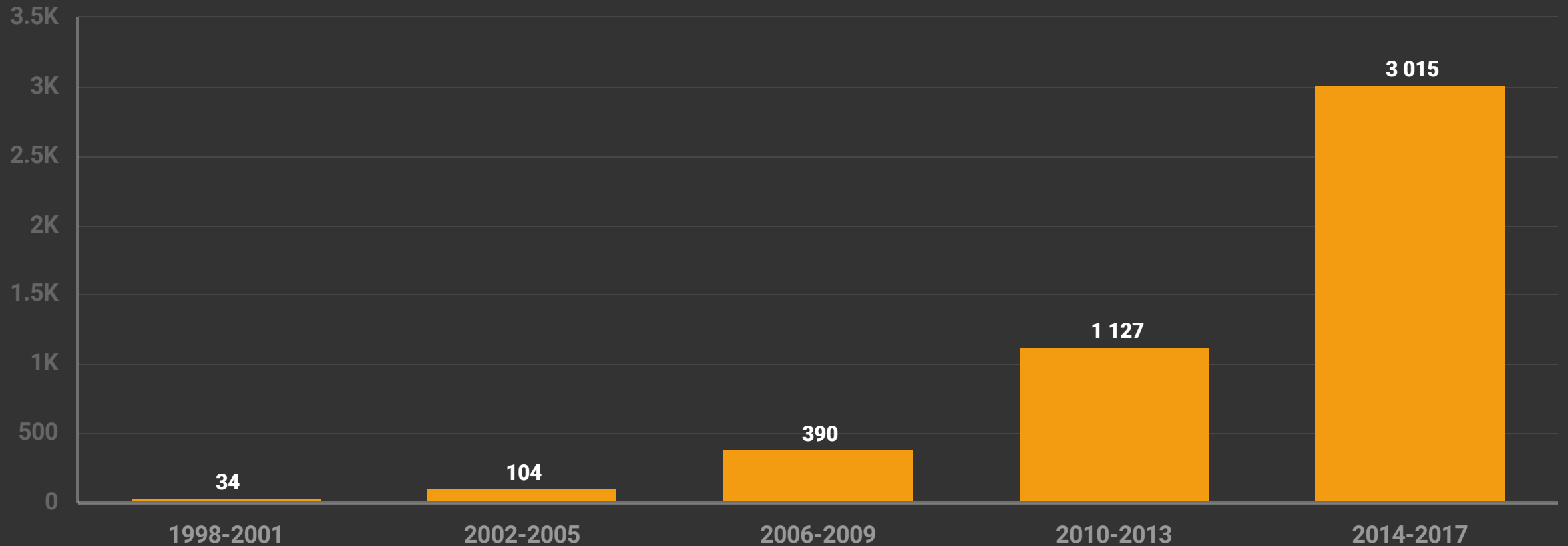


# The Science

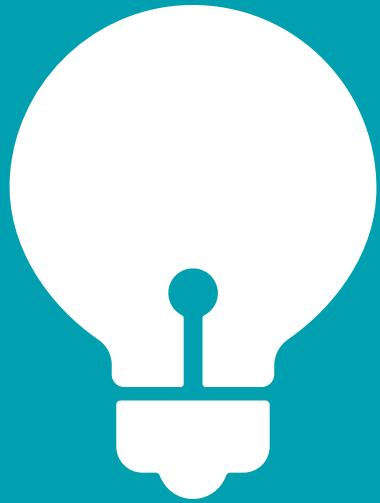


# Research on mindfulness

Number of articles on mindfulness in 4 year periods / Source: PubMed



# Effects of meditation



## Intelligence and Memory

Increased scores in college admission tests

# Effects of meditation



## Body

Less sense of stress and less inflammation markers

# Effects of meditation



## Social skills

Less stress in social situations

More compassionate behaviors

# Effects of meditation



## Brain changes

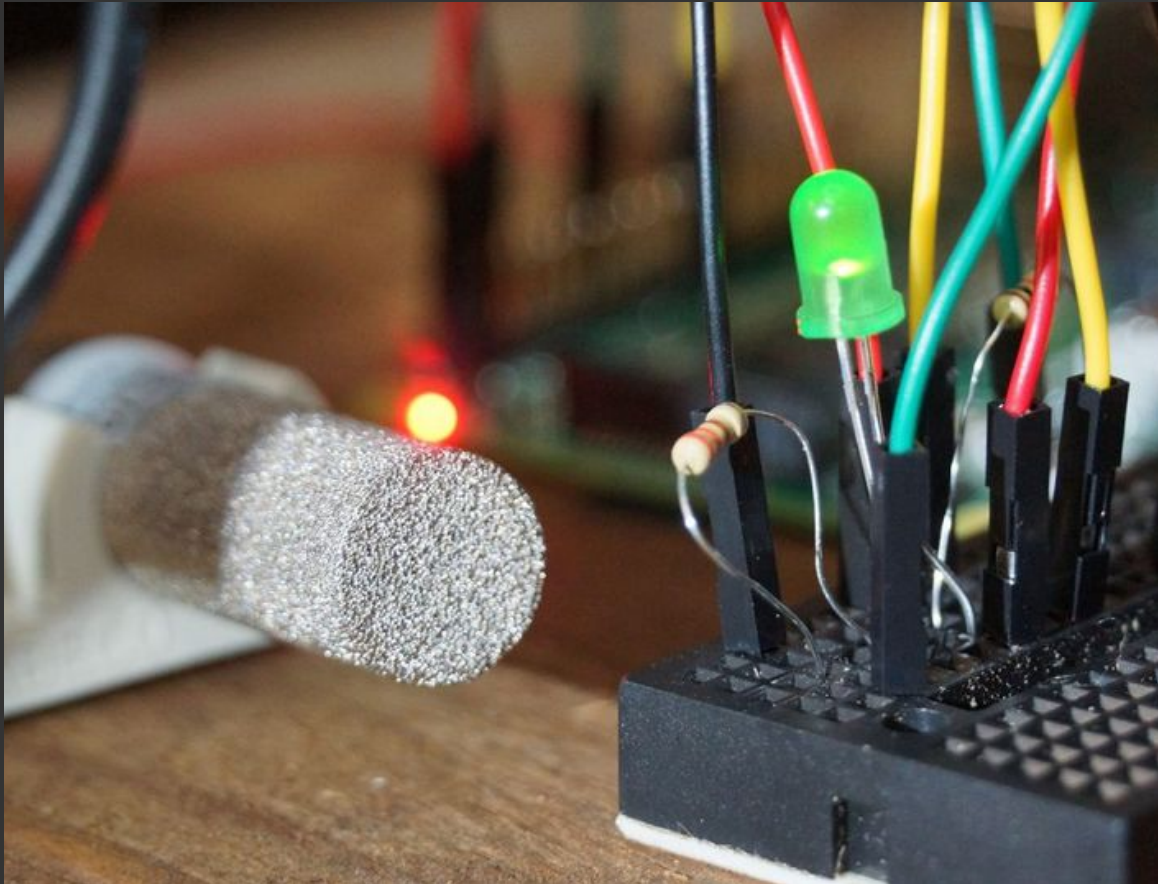
Less stress, higher rate of recovery from stressful events



# Amygdala hijack



# Why am I doing this...



Curiosity / Power



Kindness / Happiness



# Thanks!

More info & learning materials:  
[bit.ly/MindAsCode](https://bit.ly/MindAsCode)



[www.markuswittwer.de](http://www.markuswittwer.de)



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[xing.to/wittwer](https://xing.to/wittwer)

No cat was harmed creating this  
presentation

# The three skills of mindfulness

## Concentration

Focus on whatever you find important now

## Clarity

Experience the present moment with increased resolution and lower latency

## Equanimity

Suffering = Discomfort \* Resistance

Resistance = 1 / Equanimity

## Setting breakpoints

Increase the space between trigger and response

## Reading variables and states of objects

Acting smarter on the input I have

## Improving code so it runs with less resources

Living and working with more ease and fun