



Webinar

Mindfulness for People Leaders: **Manage the Distracted Mind**

November 2, 2021

Newfront
Formerly ABD 



wellnesscoach
by meditation.live



Session Topics

1. Learn how distraction and multitasking make us feel busy but can actually get in our way
2. Experience how mindfulness strengthens your ability to focus and let go of distractions



Robyn Cross
VP, Wellbeing
Practice Lead
Newfront



Andy Lee
Head of Mindfulness
Wellness Coach

Stress First Aid Recap



Box Breathing

- Breathe in, hold, breathe out, hold
- 4 counts each 'side'
- Breathe in/out of the belly and through the nose

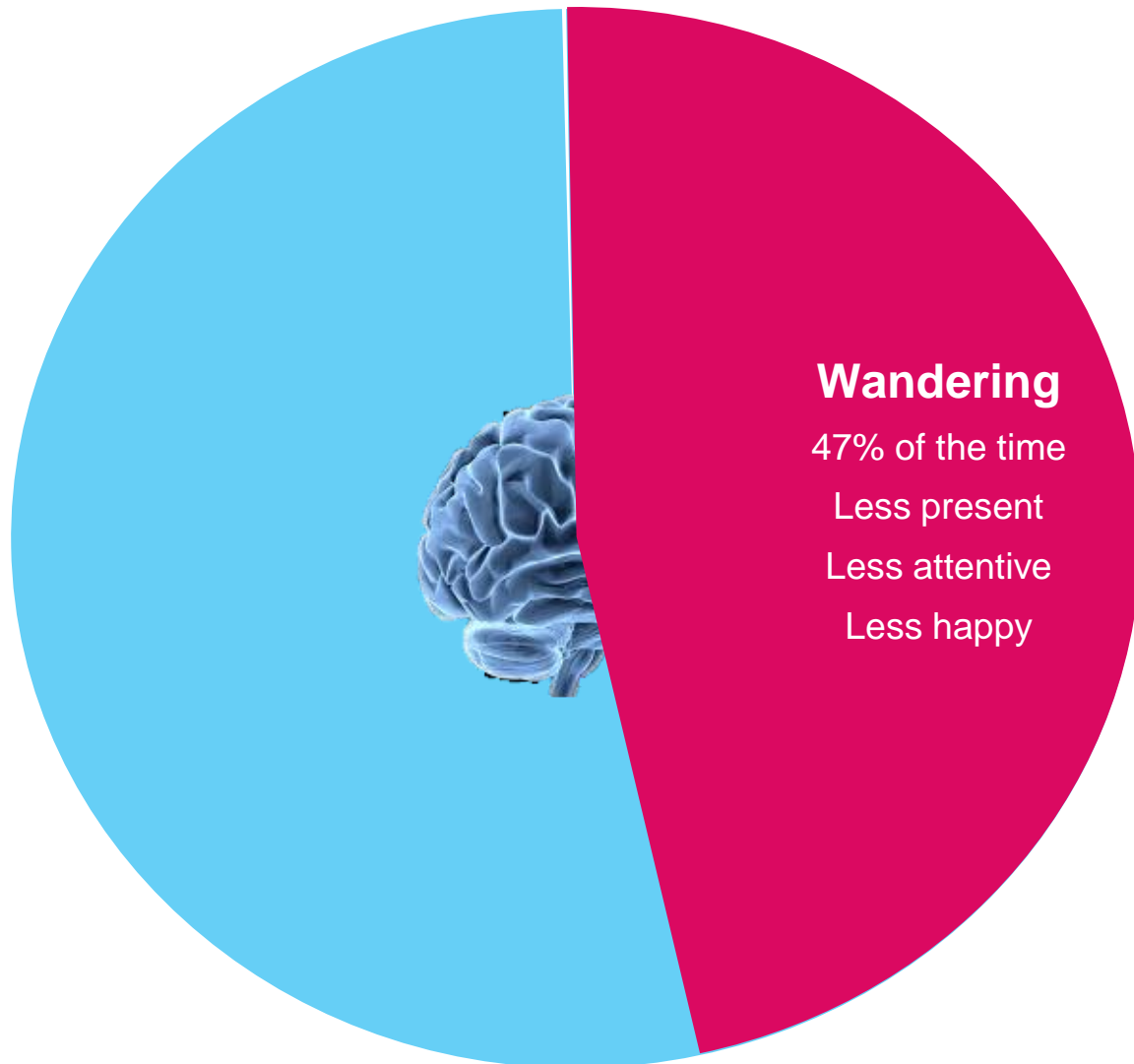
Relaxation Response

- Pay attention to your natural breathing
- One each outbreath, say to yourself 'one'



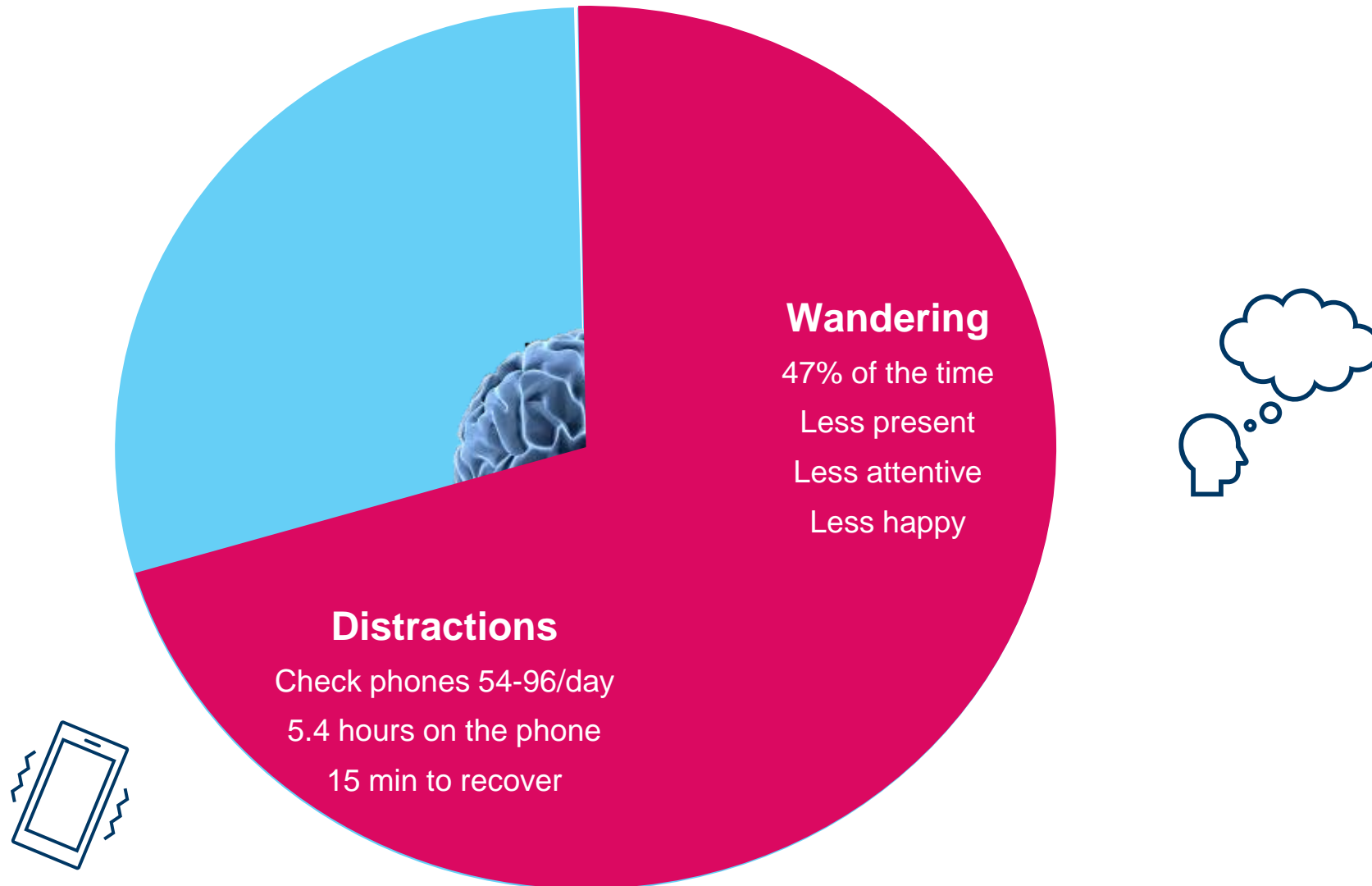
Where is your attention?





Wandering
47% of the time
Less present
Less attentive
Less happy







Multitasking

40% productivity drop
10% IQ drop
Worse at multitasking



Distractions

Check phones 54-96/day
5.4 hours on the phone
15 min to recover

Wandering

47% of the time
Less present
Less attentive
Less happy



Mindfulness is

Paying attention to your present moment experience with an attitude of openness and curiosity

Meditation is

The exercise that strengthens your capacity to be mindful throughout the day



Focus Tips

Reduce multitasking

Block out time for monotasking

Turn off notifications and alerts

Sign out of IM and collaboration programs

Practice 10+ minutes of mindfulness per day

Take breaks during the day to refocus and refresh

Thank You!

To learn more, ask your
Newfront Account Team.



wellnesscoach

License #0H55918 Newfront Disclaimer: The information provided is of a general nature and an educational resource. It is not intended to provide advice or address the situation of any particular individual or entity.

Any recipient shall be responsible for the use to which it puts this document. Newfront shall have no liability for the information provided. While care has been taken to produce this document, Newfront does not warrant, represent or guarantee the completeness, accuracy, adequacy or fitness with respect to the information contained in this document. The information provided does not reflect new circumstances or additional regulatory and legal changes. The issues addressed may have legal or financial implications, and we recommend you speak to your legal and financial advisors before acting on any of the information provided.

