

B E P R E S E N T

Life on Autopilot

"I'm not that smart - I'm just able to stay with something for longer than most."

- Albert Einstein



Thank you for joining the session on **Mindfulness and Autopilot**, and taking the time to contribute towards your self-care.

To get a grasp on Mindfulness and Autopilot it is important to:

- Switch off other devices and limit external distractions. Teach the brain how to focus, instead of being on Autopilot.
- Take deep breaths. Helps us to limit internal distractions. Deep breathes are like love notes to the nervous system.
- Notice new things. Ellen Langer from Harvard University encourages us to 'notice something new', as this helps us to come into the present moment and feel more alive.
- Learn to ignite innovation. By doing this, we are more able get out of the same old neural wiring and pathways that we are used to travelling down.
- Be honest and ask yourself the question - are you being or mindful or on Autopilot?
- Avoid making decisions on Autopilot. Research shows us that we are on Autopilot 47% percent of the time. We have a tendency to ruminate, daydream, and think of the future or the past.
- Practice mindful behaviour, such as not texting while driving.
- MULTITASKING is pure Autopilot behaviour.
- Remember the Gorilla Video, and notice how the mind focuses and perceives things.

Five signs you are living on Autopilot:

1. Your routine is predictable. Your calendar is full of repetitive activities, and you follow your plan without thinking. There's no room for improvisation or last-minute changes.
2. You are pleasing others. You let other people's expectations define your choices. You are not paying attention to what you need.
3. You are always on the go. You never pause to reflect on how you are feeling or what you are doing. You are busy, distracted, or both.
4. You are MULTITASKING.

Quote to Remember:

"We cannot solve our problems with the same level of mind we used when we created them."

- Albert Einstein