

# Mindfulness

our bodies can change our minds

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**Mindfulness** is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judgment








Mindfulness Promotes

Focus

Empathy

Creativity

A person wearing a white robe is shown from the side, sitting in a meditative pose on a sandy beach. Their hands are resting on their knees in a mudra, with fingers interlaced. The background features a calm sea and distant, hazy islands under a warm, golden sunset sky. The overall mood is peaceful and contemplative.

**Simplifying** and decluttering are in themselves a **mindfulness** practices, they are ways of practicing living in the moment.



Focus





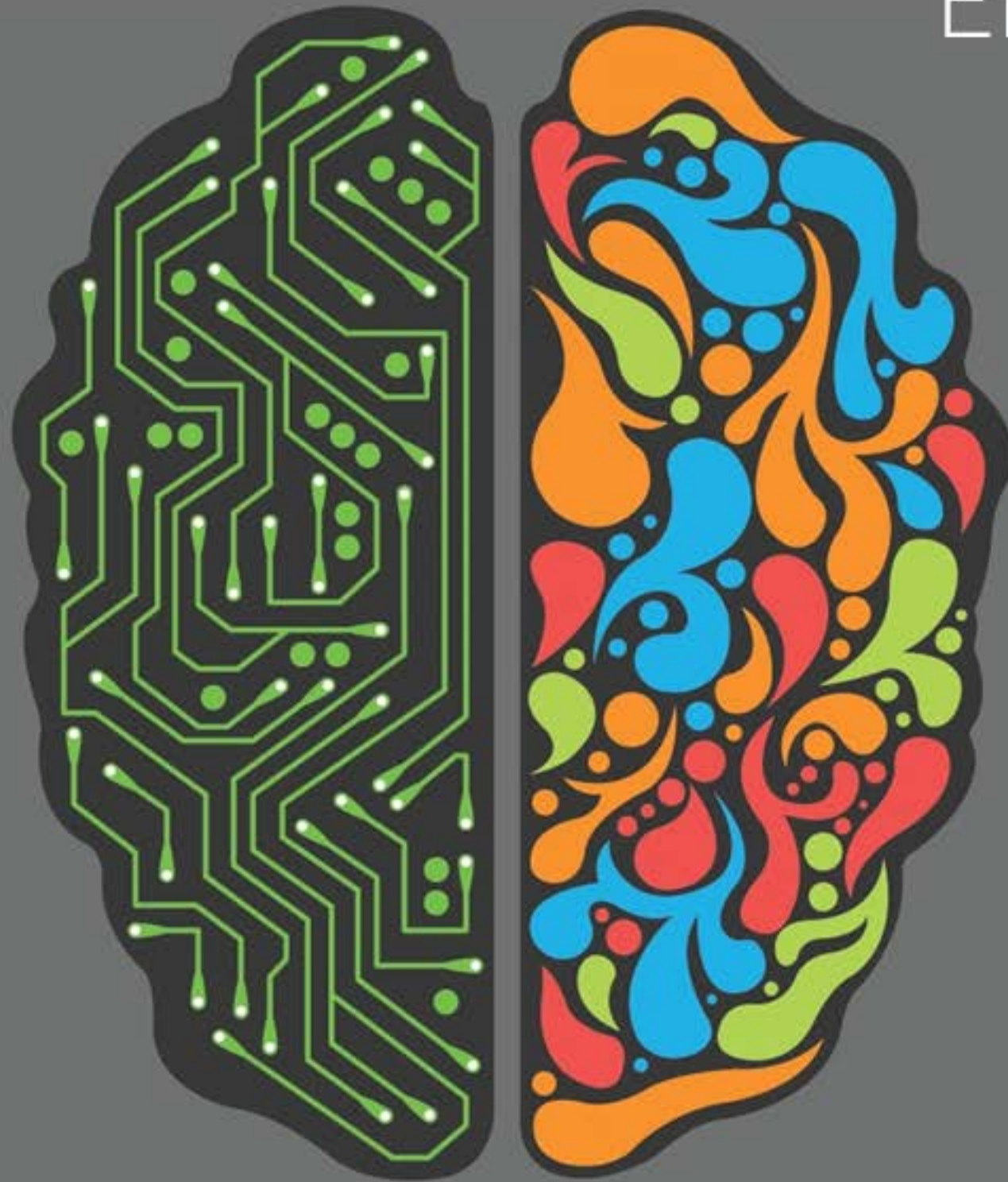
A great user experience has to be grounded in technical excellence.

But that technical excellence has to be directed by a clear understanding of the users and their needs, and that requires an empathetic imagination



Analytical

Empathetic



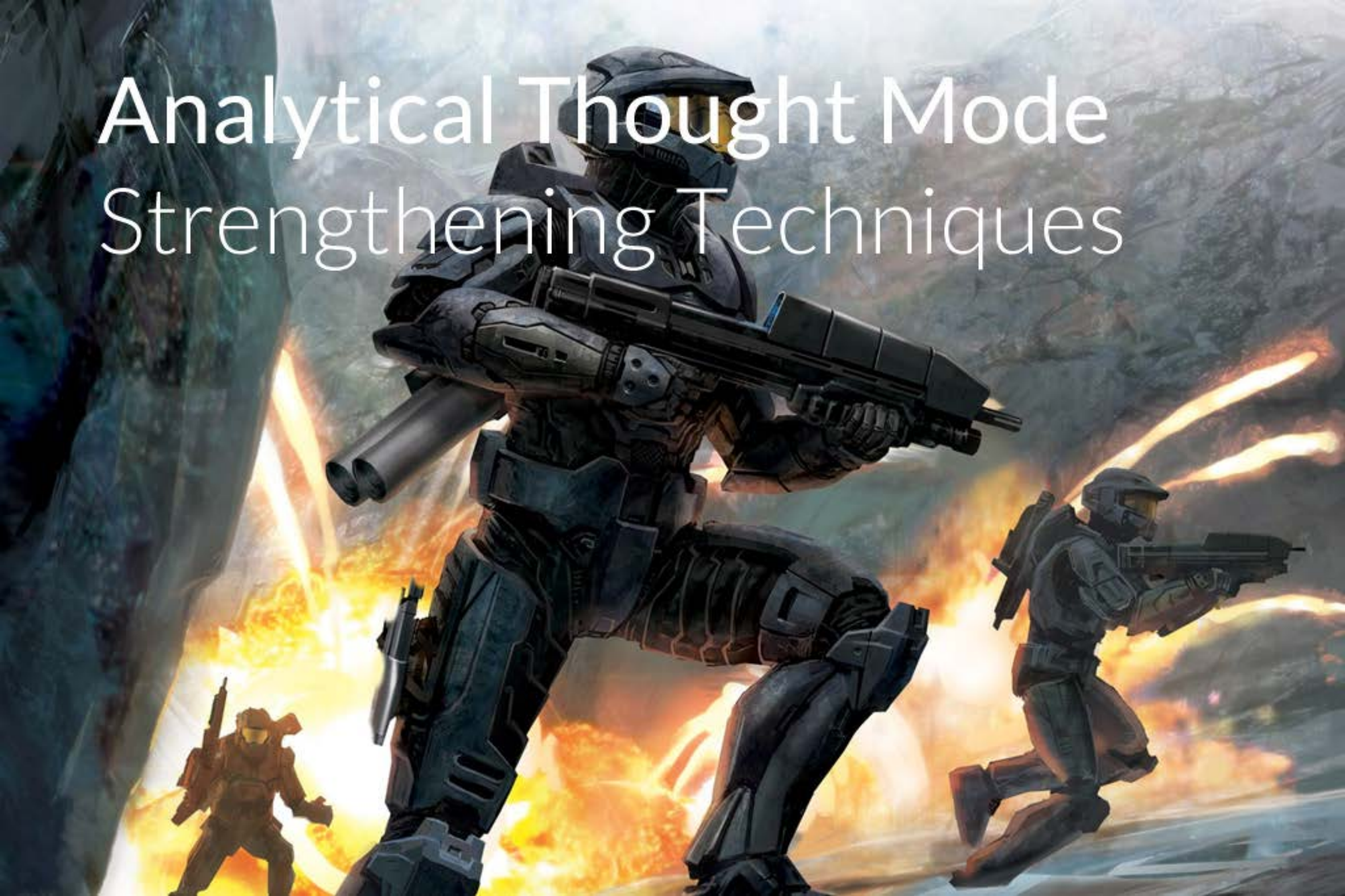




Empathy



# Analytical Thought Mode Strengthening Techniques





**Yoga postures** that open up the chest and shoulders create spaciousness in the body and chest cavity for more breath. This helps **open our mind to other people**, challenging situations, negotiations, new ideas and thoughts in the same way.





# Mindfulness Practices

For different phases of design

**Open monitoring meditation**  
helps with creativity, idea  
generation and divergent  
thinking

**Focus attention meditation**  
helps you focus on whats  
important, when you are  
ready to execute and refine  
your ideas.

