



Mindfulness for Creatives

UX CAMP HAMBURG 2019



Hi!
I'm Sarah Wilson-Reissmann

UX Designer + Mindfulness Instructor

Today's Agenda



**GETTING
UNSTUCK**

Pair and group
discussion



**WHAT IS
MINDFULNESS?**

What it is,
what it isn't

**MINDFULNESS &
CREATIVITY**

Experiential
mindfulness exercise

A hand holding a lit sparkler in the ocean at dusk. The background is a deep blue sea with gentle ripples. The sparkler is held in the center-right of the frame, with bright orange and yellow sparks radiating upwards and outwards. The hand is dark-skinned and is holding the sparkler by its base. The overall mood is one of hope and celebration despite being in a difficult situation.

**What do you do
when you find
yourself **STUCK?****



“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgementally”

Jon Kabat-Zinn 1994

Mindfulness and the Creative Process



Stages of the Creative Process

- ✓ Preparation - observation, research, gathering ideas
- ✓ **Incubation** - disconnecting and giving space for new insights to arise
- ✓ Illumination - flash of insight (and subsequent implementation)
- ✓ Verification - reality check, testing our insight

Graham Wallas 1926

Mindfulness is not only helpful to the creative process,
it's an essential part OF the creative process



**Mindfulness
practice:
fitness studio to
strengthen our
creative muscle**

Mindfulness Experiential Exercise



Mindfulness Practice



Meditation

Just 10 minutes of sitting practice a day can bring significant benefits



Body Practices

Sport, yoga, dance... anything where you get to move your body with intention



Being in Nature

Aimless wandering, nature walks, quiet strolls through the forest - it all helps



Mindful Eating

Slow down, savor each bite - actually feel and taste each bite of food in your mouth



Mindful Mundane

Washing the dishes, folding laundry, taking a shower - bring mindfulness to any activity



Play

Get out of your head and on the floor - roll around with children or animals

Recommended Reading




Want to learn more about mindfulness and creativity? Check out these books:

- ▶ [The Artist's Way](#) by Julia Cameron
- ▶ [Wherever You Go, There You Are](#) by Jon Kabat-Zinn
- ▶ [Mindfulness in Plain English](#) by Bhante Gunaratana
- ▶ [The Art of Thought](#) by Graham Wallas

Thanks!

Any questions?

You can find me at:

 [@uxerexuser](https://twitter.com/uxerexuser)
www.sarahwr.com

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