

# 040 – Mindfulness and Situational Awareness

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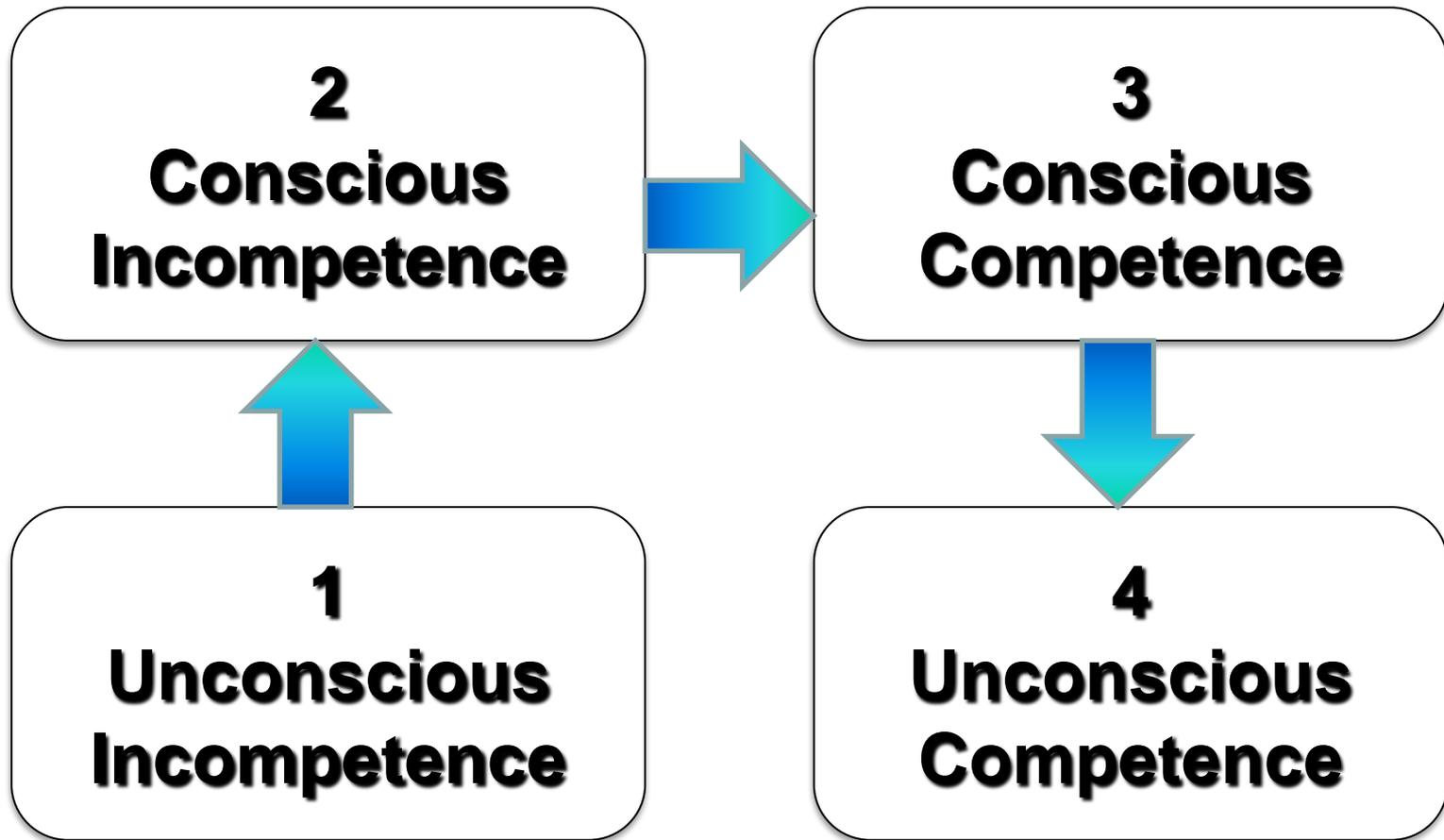
# Introduction

- The Strategic Corporal.
- What would help junior commanders to make wise decisions?
- Conclusion; mindfulness training in order to develop ➡ **Mindful Competence.**

# Mindful Competence

- **Mindful Acceptance**; accepting where I am so that I can change.
- **Mindful Space**; the mental space created by Mindful Acceptance which enables me to make choices freed of the 'Automatic Pilot'.
- **Mindful Change**; acting thoughtfully and purposefully.

# Unconscious Competence

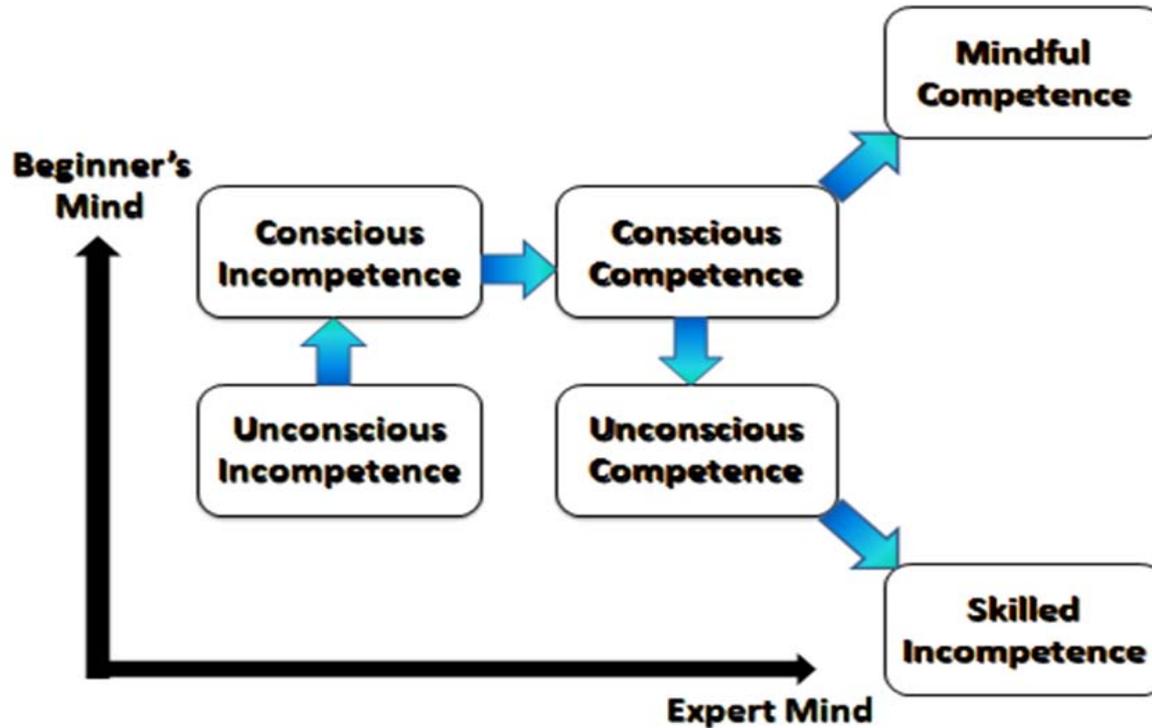


# The Mindful Commander Utilizes Two States of Mind

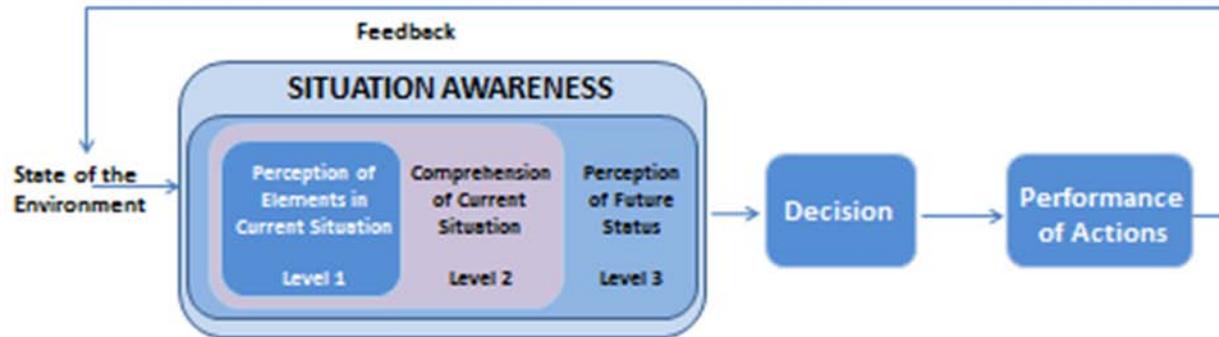
- **The Expert Mind;** few possibilities.
- **The Beginners Mind;** many possibilities – ready for anything, open to everything.
- **Mindfulness;** embraces both, simultaneously.

“Thoughts without content are empty, and intuitions without concepts are blind.” (Immanuel Kant 1724-1804)

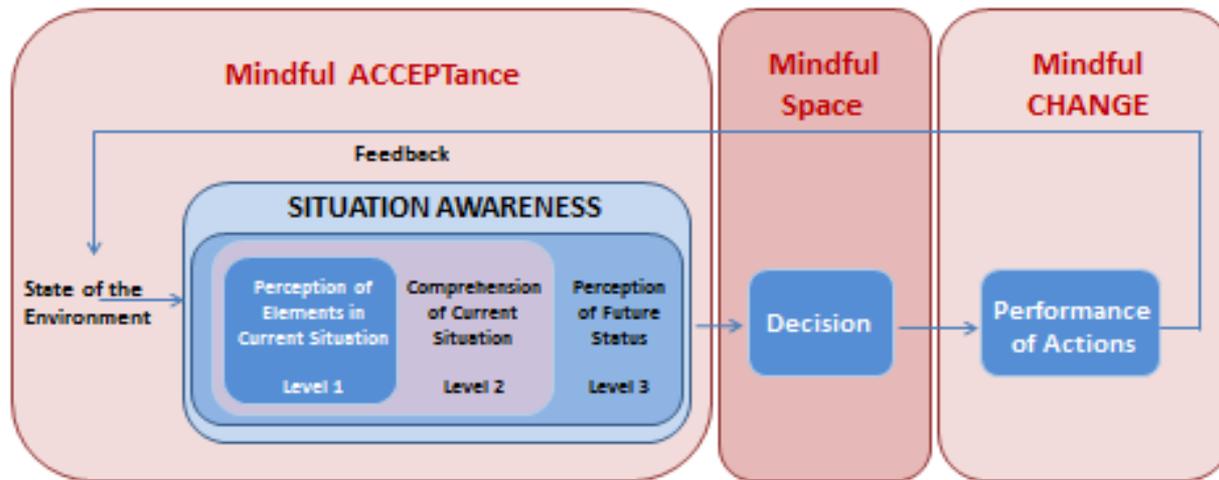
# Mindful Competence



# Situational Awareness



# Mindfulness & Situational Awareness



# Mindfulness Training: A Double Win.

There is evidence of its relevance to the healthy as well as the disturbed mind.

- It improves aspects of attention.
- Increases immune function.
- Better handling of emotions under stress.
- Reduces negative mood, perceived stress and rumination.

# The Future

- We are seeking to devise effective strategies for disseminating mindfulness training across organisations.
- Proof of concept.
- Exploring the effect of organisation culture on mindfulness.
- Looking for interested partners...