

Engineering Kiosk Alps Meetup Innsbruck

# Mindfulness? I don't think that's for me!

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### **Please be aware that this talk will include the following:**

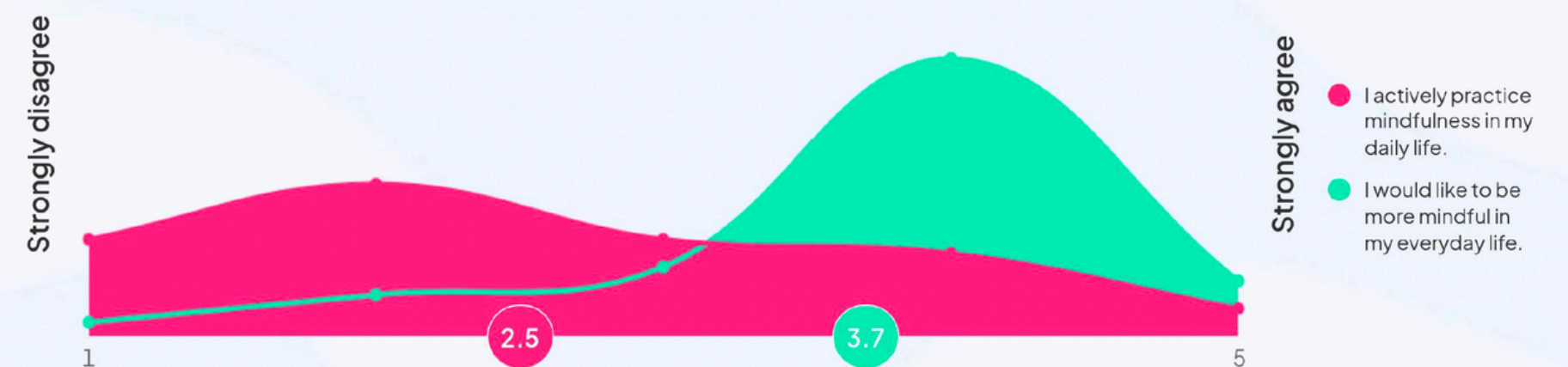
- Mental Health topics, such as:
  - Depressions and Burnout
  - Neurodivergency
- Feelings
- Swear words
- Sarcasm

Side note: You can find all source at the end of the talk.

# When you hear the word “mindfulness”, what comes to mind?



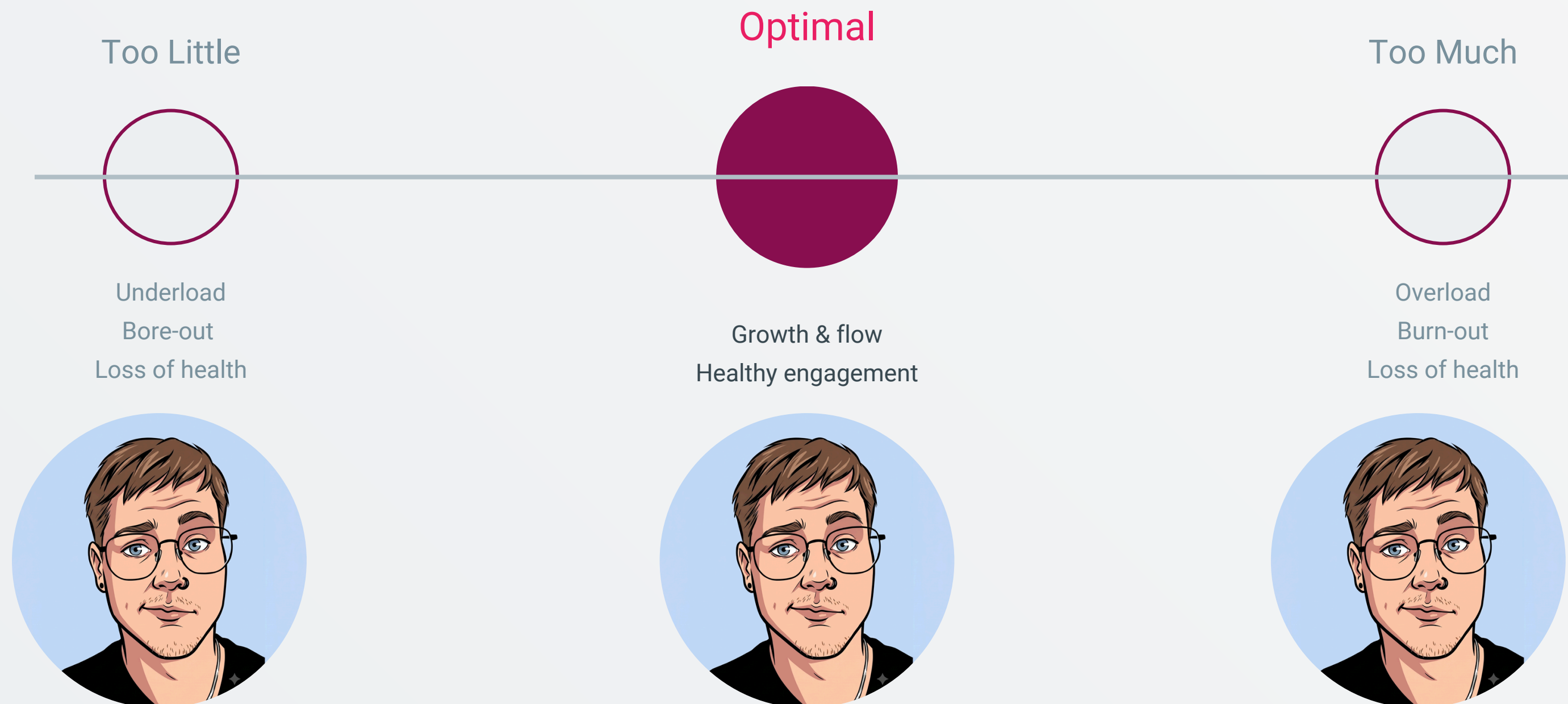
## How much do you agree with the following statements?





# Finding the Right Balance of work

Work demands exist on a spectrum — the goal is the middle ground.



Note: This talk may contain topics that could evoke emotional reactions in some individuals

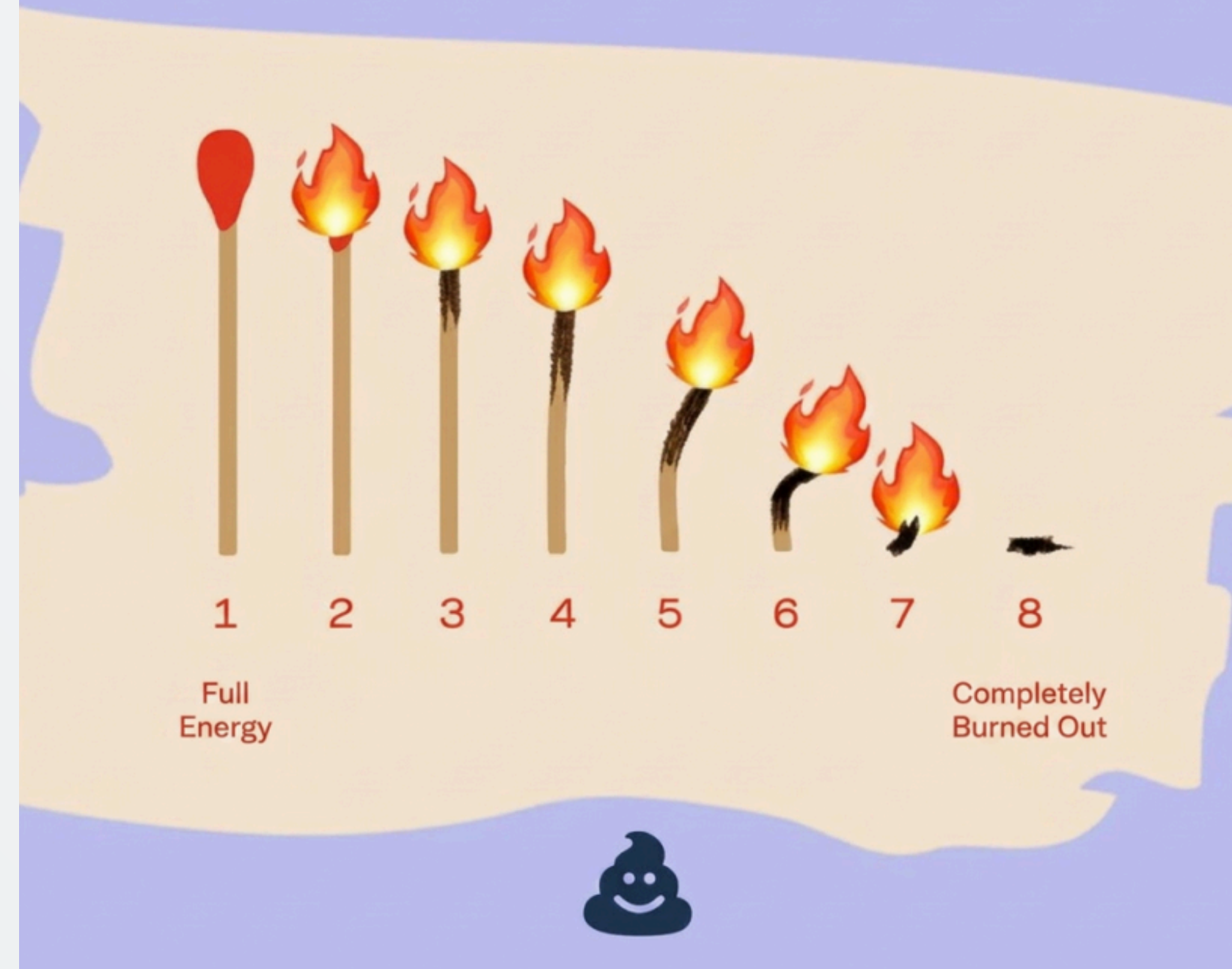
Story Time



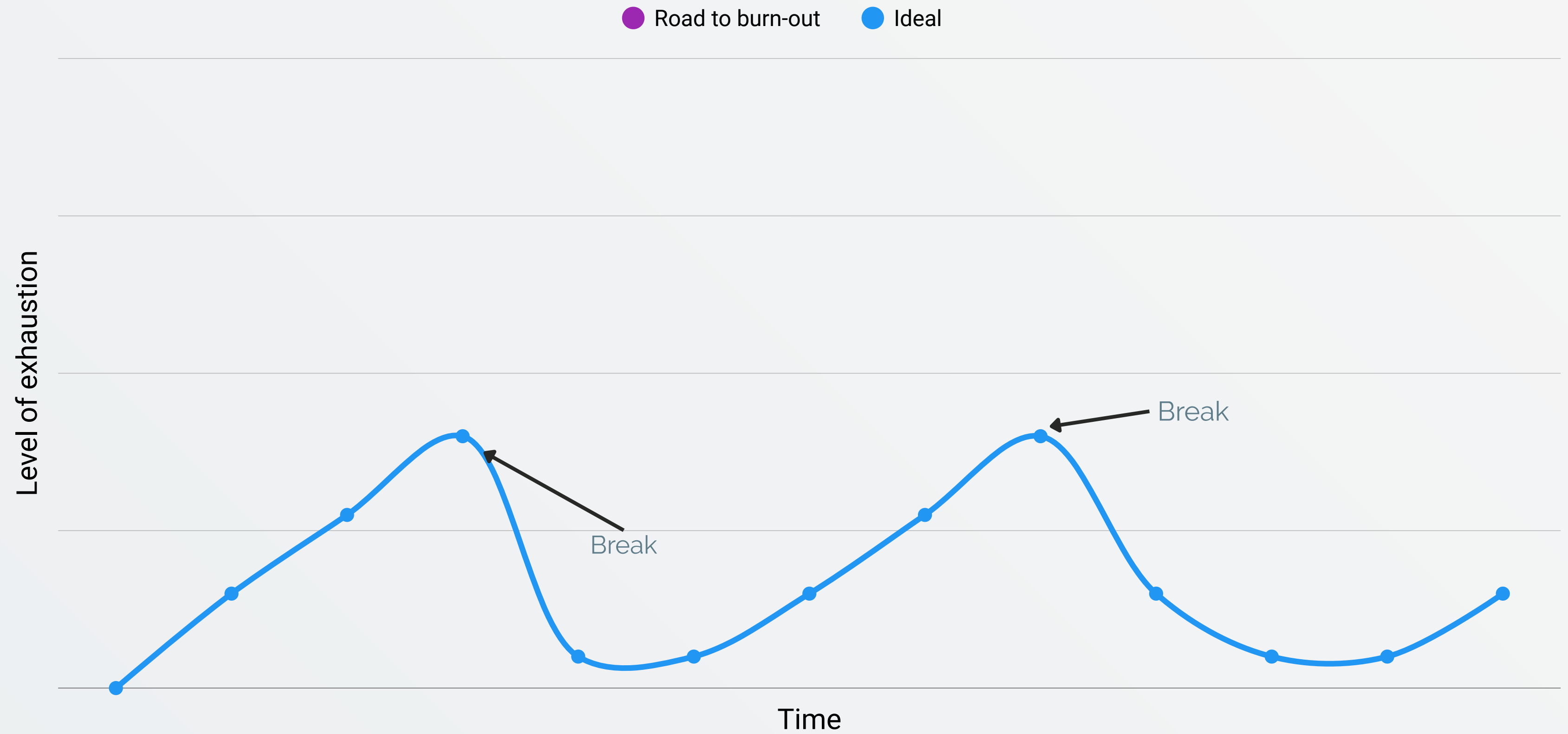
I didn't notice it happening.

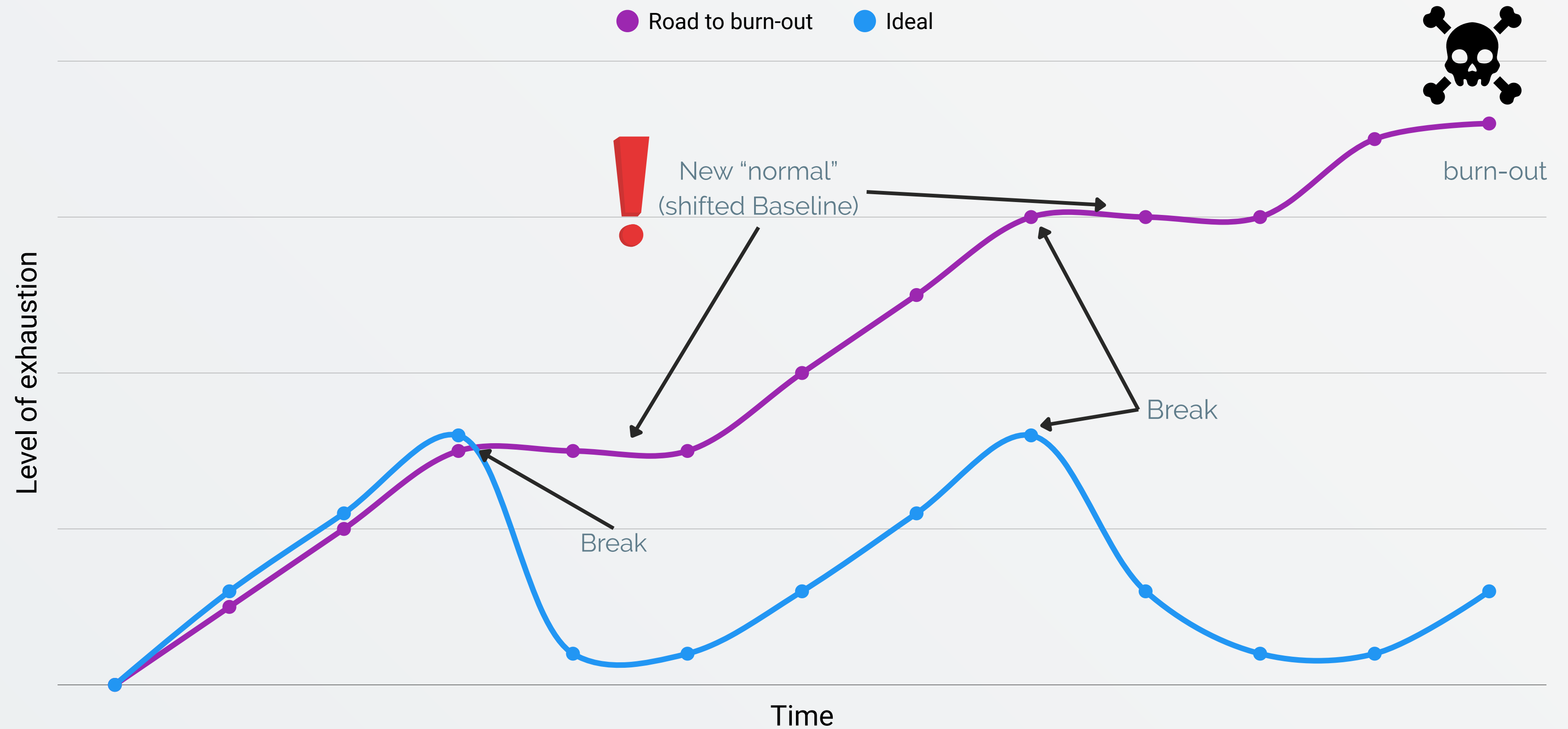
That scared me.

## From Burn-on to Burn-out ... with the Match Method



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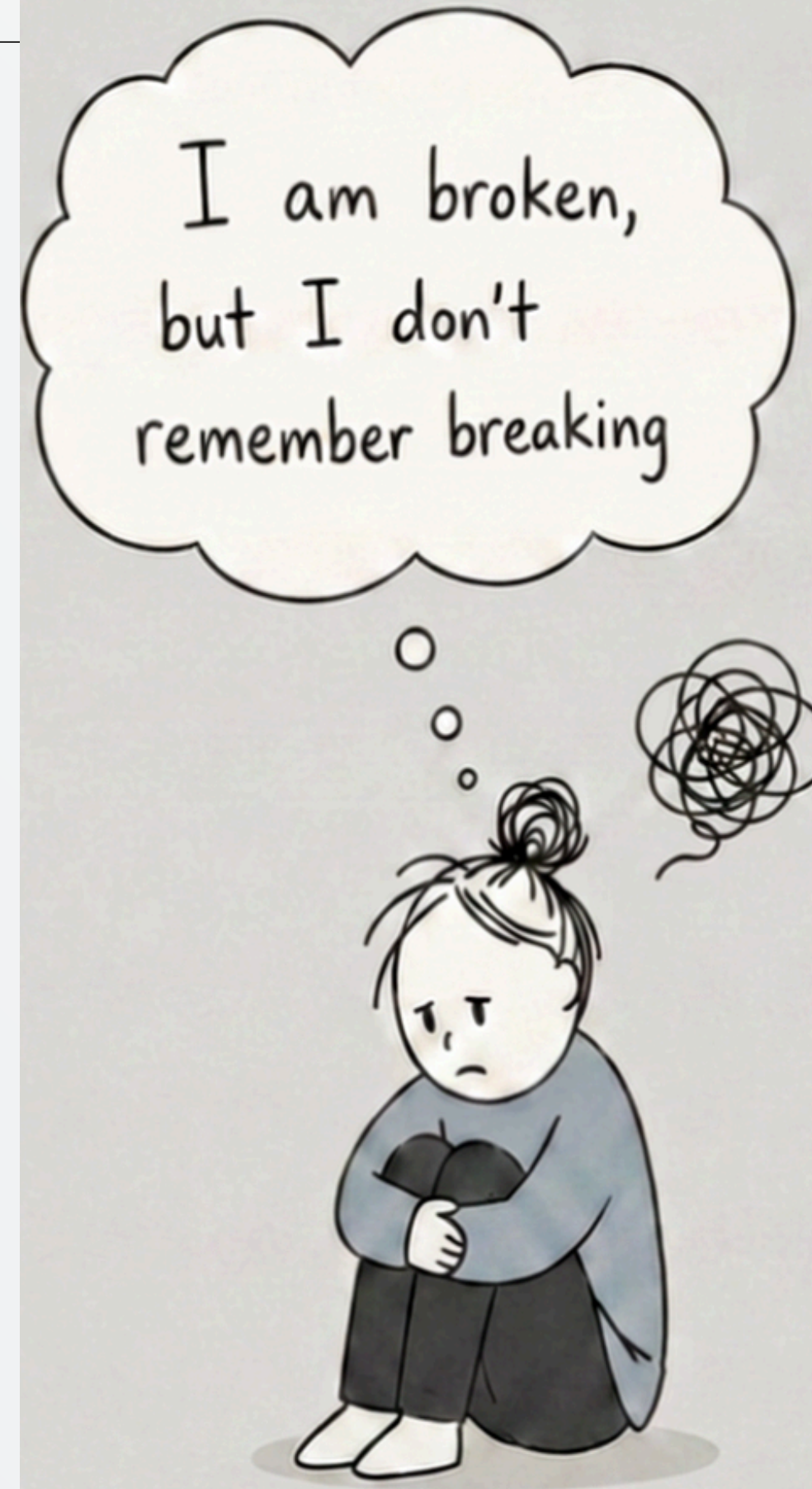




## Glad, Mad, Sad

- Basis: Feelings
- 86 core emotions
- Most people only recognize three:

## Glad, Mad, Sad



“Awareness of one's internal states  
and surroundings”

## Cognitive

Thought patterns

example: Labeling Thoughts

## Physical

Bodily sensation

example: Body Scan

### Activating vs. Non-Activating Mindfulness

## Sensory

External stimuli

example: Guided attention

## Behavioral

Intentional action

example: Mindful walking

Name:  
5 things you can see,  
or  
5 things you can hear  
or  
5 things you can perceive

### How did this exercise feel for you?



### Willingness (Acceptance & Action)

What can I  
change?

I can handle it.

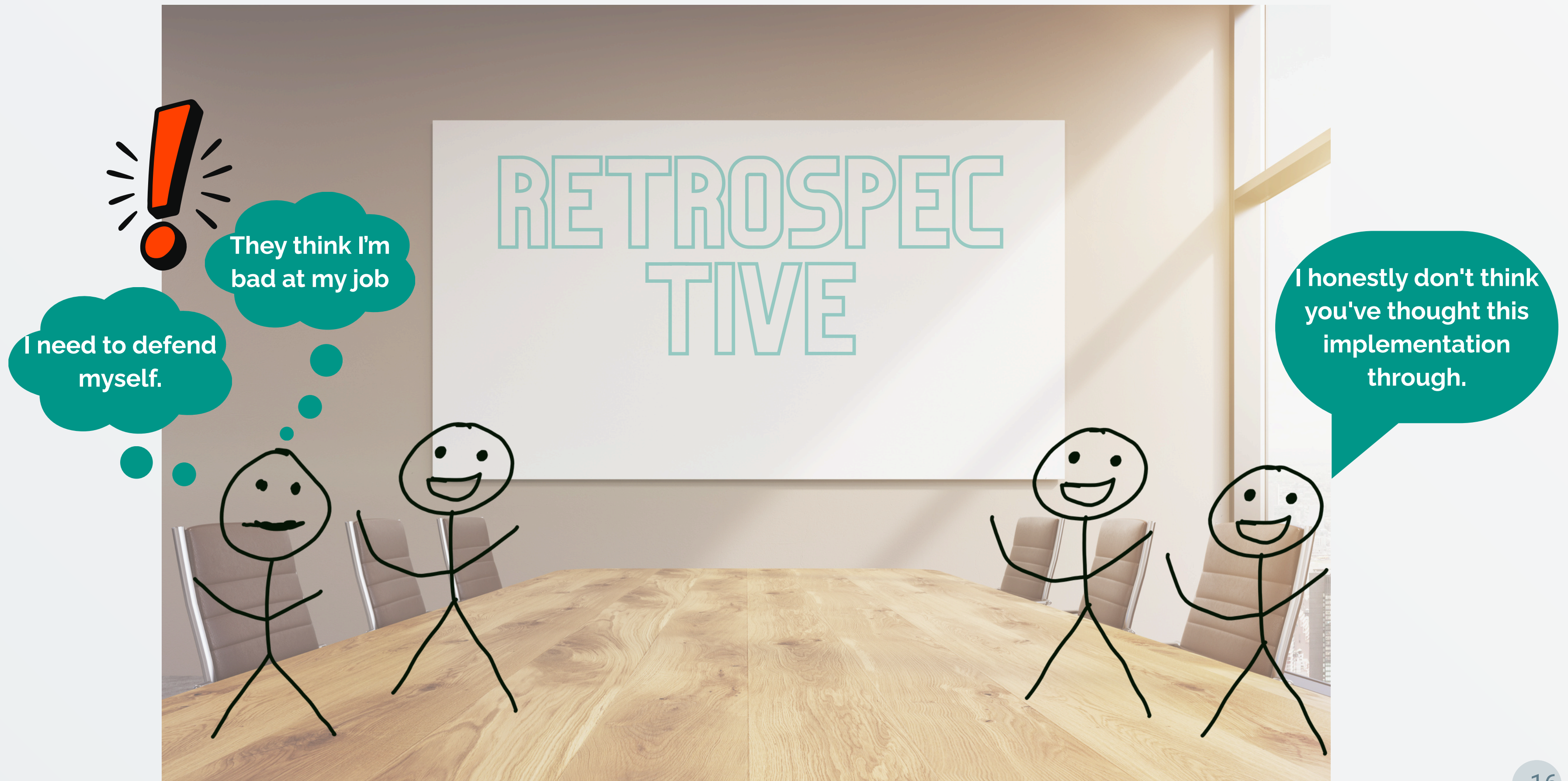
It is what it is.

### Willfulness (Resistance)

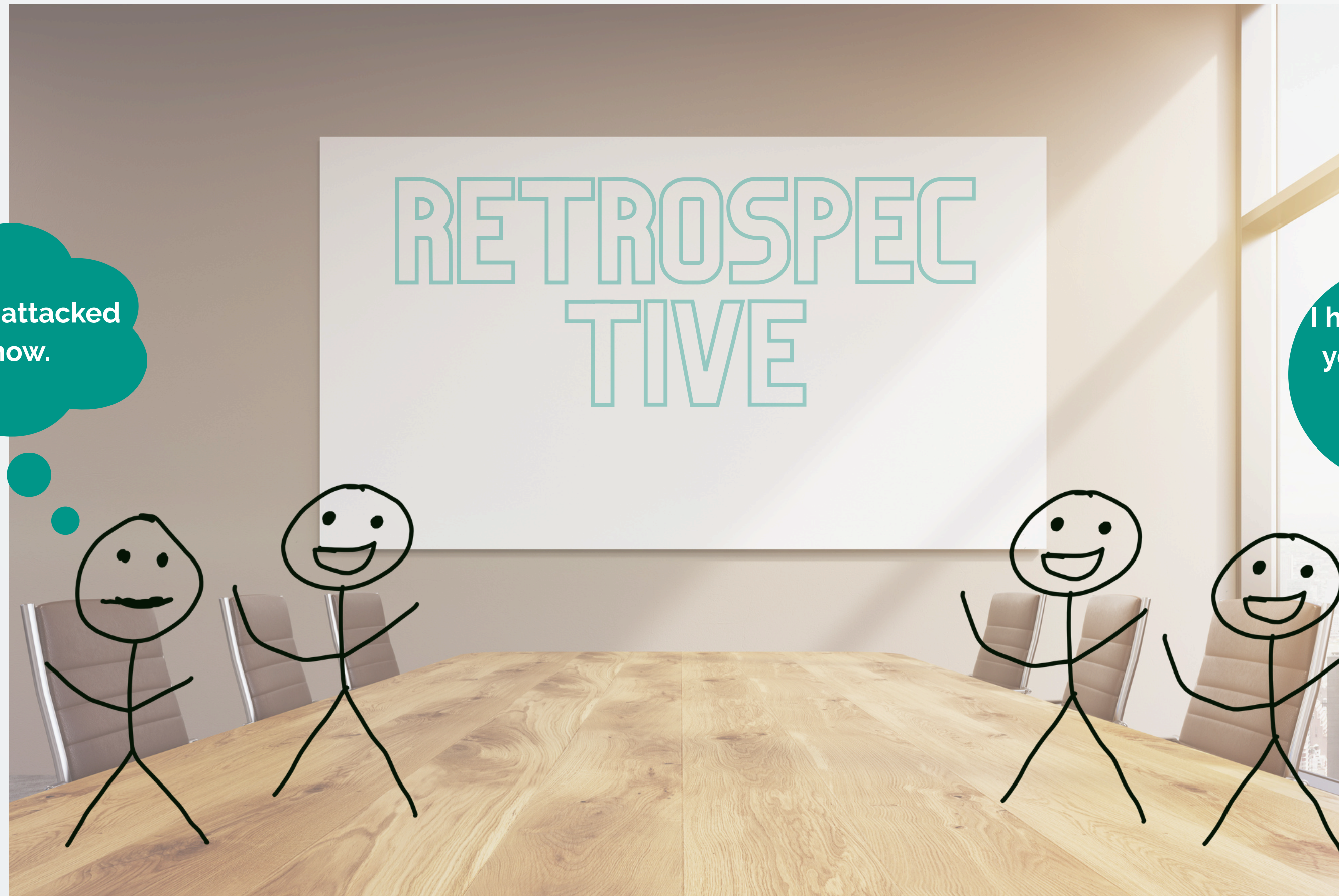
I must do it!

...but I need to.

It has to work!



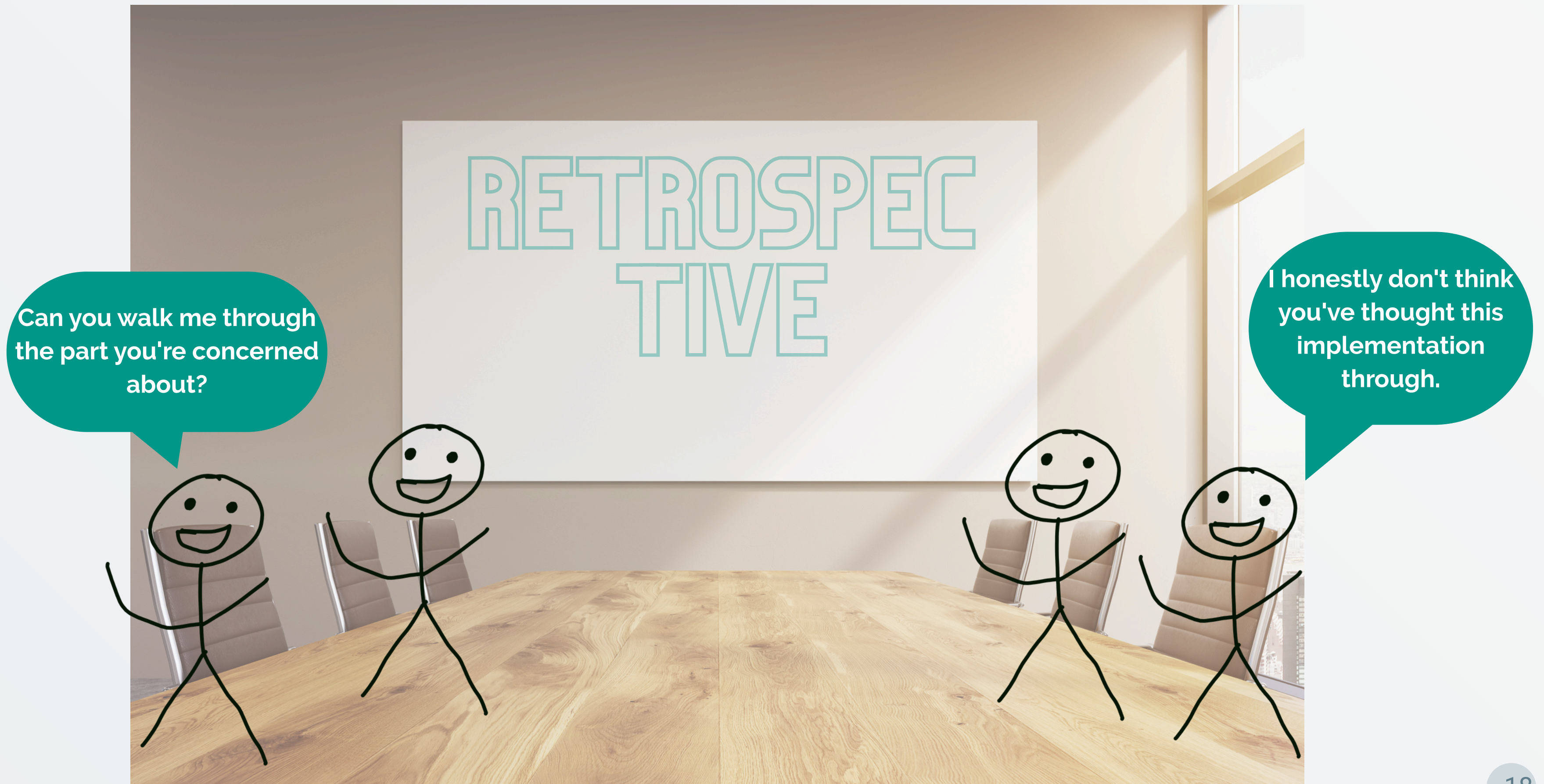
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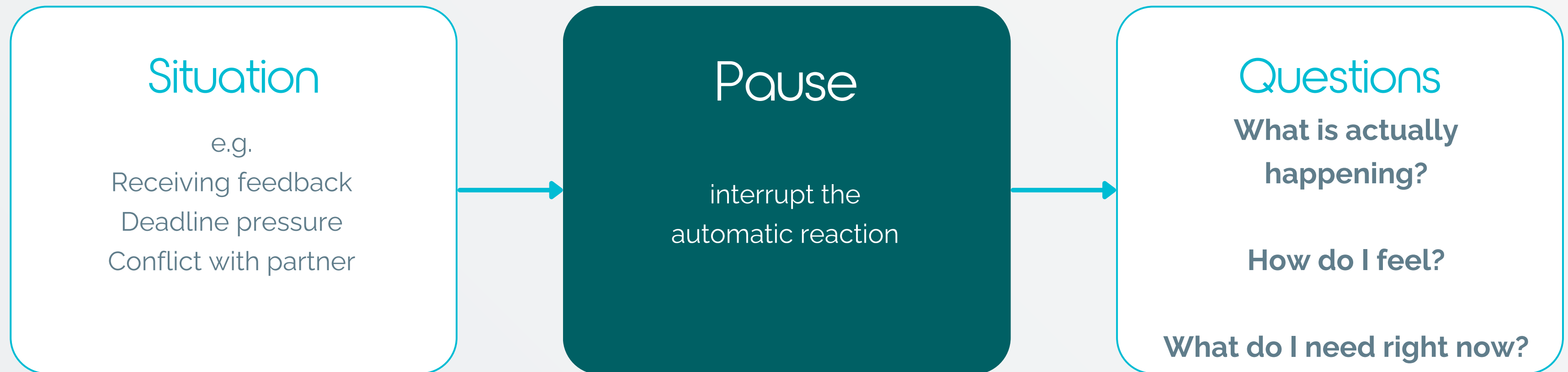
Okay. I feel attacked  
right now.

I honestly don't think  
you've thought this  
implementation  
through.

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# Mindfulness grows through practice.

It's not necessary to spend an hour in silence every day. Often, it's enough to consciously choose to be present in the moment.

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Instead of saying:

"You should practice mindfulness."

Try:

"Find a version that works for you."

"A little mindfulness  
is already a good start."

End

“I thought mindfulness was nonsense until I realized I had stopped noticing myself.”

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# Thank you for listening

Questions?

Let's keep in touch



- <https://dictionary.apa.org/mindfulness> (06.2026)
- <https://shitshow.de/> (06.2026)
- [https://www.linkedin.com/posts/noradietrich\\_verhalten-wirklich-ver%C3%A4ndern-ugcPost-7454487656081608704-7yT2/?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAADM0350BTQi8Gsk18paFw4ILNlQ3PBDbXNk](https://www.linkedin.com/posts/noradietrich_verhalten-wirklich-ver%C3%A4ndern-ugcPost-7454487656081608704-7yT2/?utm_source=share&utm_medium=member_desktop&rcm=ACoAADM0350BTQi8Gsk18paFw4ILNlQ3PBDbXNk) (06.2026)
- Gekeler, S. (2026). Fürsorge im Weltraum. Neue Narrative, (26), 88–93.
- Dietrich, N. (2023). Mental Health at Work. Vahlen.
- Bohus, M., & Vonderlin, R. (2025). DBT-Skillstraining: Das Patienten-Manual. Klett-Cotta.
- [https://www.linkedin.com/posts/shitshow\\_mentalhealth-care-reminder-activity-7399696044994818048-gtMv?utm\\_source=share&utm\\_medium=member\\_desktop&rcm=ACoAADM0350BTQi8Gsk18paFw4ILNlQ3PBDbXNk](https://www.linkedin.com/posts/shitshow_mentalhealth-care-reminder-activity-7399696044994818048-gtMv?utm_source=share&utm_medium=member_desktop&rcm=ACoAADM0350BTQi8Gsk18paFw4ILNlQ3PBDbXNk) (06.2026)
- <https://www.mindful.org/what-is-mindfulness/>