DEFAULT MODE NETWORK

pause AT WORK®

Default Mode Network

(DMN)

PLANNING + ORGANIZATION

MIND WANDERING

SELF-REFERENTIAL THOUGHTS

RUMINATION

HELPFUL FOR PLANNING AND ORGANIZING, HOWEVER, WE NEED TO BE CAREFUL

fun fact: experienced meditators have smaller amygdalas

OVERACTIVE DMN CAN LEAD TO

over-activation of the amygdala (the alarm system connected to fight or flight)
= STRESS!

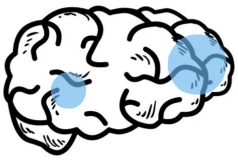
which can lead to

ANXIETY

DEPRESSION

(always thinking about future or past, while largely ignoring the present)

ONLY ONE NETWORK CAN BE ACTIVE AT ANY ONE TIME



Task Positive Network

(TPN)

ATTENTION-DEMANDING TASKS

PRESENT MOMENT AWARENESS

NO RUMINATION

ATTENTION TO BREATH, SOUNDS, SENSATIONS

HELPFUL FOR BEING IN THE HERE AND NOW

When the TPN is activated and we are in the present, there is no rumination, no worry, no past and no future, because the DMN is deactivated

THE MORE YOU PRACTICE MINDFULNESS, THE EASIER IT IS TO ACTIVATE TPN AND DEACTIVATE DMN

GROUNDING **FOCUS** **CALM** **BALANCE**

Research particularly from Tang, Y. Y., Hölzel, B. K., & Posner, M. I. (2015). The neuroscience of mindfulness meditation. Nature Reviews Neuroscience, 16(4), 213-225.