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

1. Unconscious Incompetence
2. Conscious Incompetence
3. Conscious Competence
4. 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

- Mindful ACCEPTance
  - Feedback
  - Perception of Elements in Current Situation
    - Level 1
  - Comprehension of Current Situation
    - Level 2
  - Perception of Future Status
    - Level 3

- Mindful Space
  - Decision

- Mindful CHANGE
  - Performance of Actions
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…