

My name is Elizabeth



feelings and treating yourself with compassion and understanding. And when you are practicing this towards yourself, as those attitudes become more natural to you, then you're also more likely to treat other people with that same non-judgement and compassion. And of course with lovingkindness meditation, fostering compassion for other people is the entire point.

Decreases amygdala reactivity.

maybe something like, you're on a hiring committee making that decision. Just doing a small mindfulness session beforehand will make it less likely that bias will impact your decisions.

Finally, take a short break between tasks and don't multitask. Multitasking actually is less productive than focusing on tasks one at a time. The idea here again is giving something your full attention so that you aren't letting your brain take automatic shortcuts, because the shortcuts that our brains tend to rely on are the ones that have the potential to be biased.

Those were my top tips for using mindfulness to interrupt bias.

Thank you all for coming.