

Squirrel! Being Present In A World That Doesn't Want Us To Be

ASU
WIND
BANDS

Arizona State
University







Jason Caslor

Director of Bands

Arizona State University

Conn Selmer Educational Clinician

jcaslor@asu.edu

www.jasoncaslor.com

A Path To The Present



- Mindfulness
- You Are Amazing
- Myth of Multitasking
- Body Scan
- Smartphones
- Evolution
- FOMO
- Mortality
- Loving Kindness

Jon Kabat-Zinn

“ Mindfulness is paying attention on purpose in the present moment non-judgmentally.



Dan Harris (10% Happier)

**“ The goal is not to clear the mind.
Rather, the goal is to become
familiar with the mind.**

Health Benefits of Mindfulness



Physical

- Lower Blood Pressure
- Improved Sleep



Emotional

- Resilience
- Reduced Anxiety and Depression
- Increased Empathy



Mental

- Attention
- Creativity
- Memory
- Reduced Bias



Behavioral

- Less Reactivity
- Increased Patience

WORKOUT

Week 1

Monday

Tuesday

Wednesday

Thursday

PLAN

Week 2

Week 3





JUST



A LITTLE REMINDER

YOU ARE AMAZING

What Are The Odds...





1 in 12,500





A dramatic landscape photograph featuring a lightning storm. Multiple bright, jagged lightning bolts strike down from a dark, stormy sky. The foreground shows a field of tilled earth with distinct furrows, and a large, leafy tree stands on the right side. The overall scene is dark and atmospheric, with the lightning providing the primary light source.

1 in 1,200,000

P O W E R BALL®

DOUBLE PLAY®

POWERPLAY

PRINTED: 11/05/2022 17:24:56

2717-020090978-129340

034934 05285300

| | | | | | | | |
|---|----|----|----|----|----|-------|----|
| | 02 | 28 | 42 | 57 | 68 | PB 25 | Q6 |
| A | 12 | 13 | 19 | 35 | 53 | PB 15 | Q6 |

POWERBALL®

DOUBLE PLAY®

POWERPLAY

1 in 292,200,000

PRINTED: 11/05/2022 17:24:56

2717-020090978-129340

034934 05285300

A

02 28 42 57 68
12 13 19 35 53

PB 25 Q6
PB 15 Q6



1 in 400,000,000,000,000





1 in 9,223,372,036,854,775,808

CHAMPION





Neil Degrasse Tyson

“
“
The Human Mind
Barely Works As It Is.
Barely!



The Myth Of Multitasking



Monotasking



Task Switching



Multitasking



Continuous
Partial
Attention
(CPA)



Diminishing Returns

The Myth Of Multitasking



Monotasking



Task Switching



Multitasking



Continuous
Partial
Attention
(CPA)



Diminishing Returns

UC Irvine Study

“ It takes an average of 23 minutes to get back to a task.

The Myth Of Multitasking



Monotasking



Task Switching



Multitasking

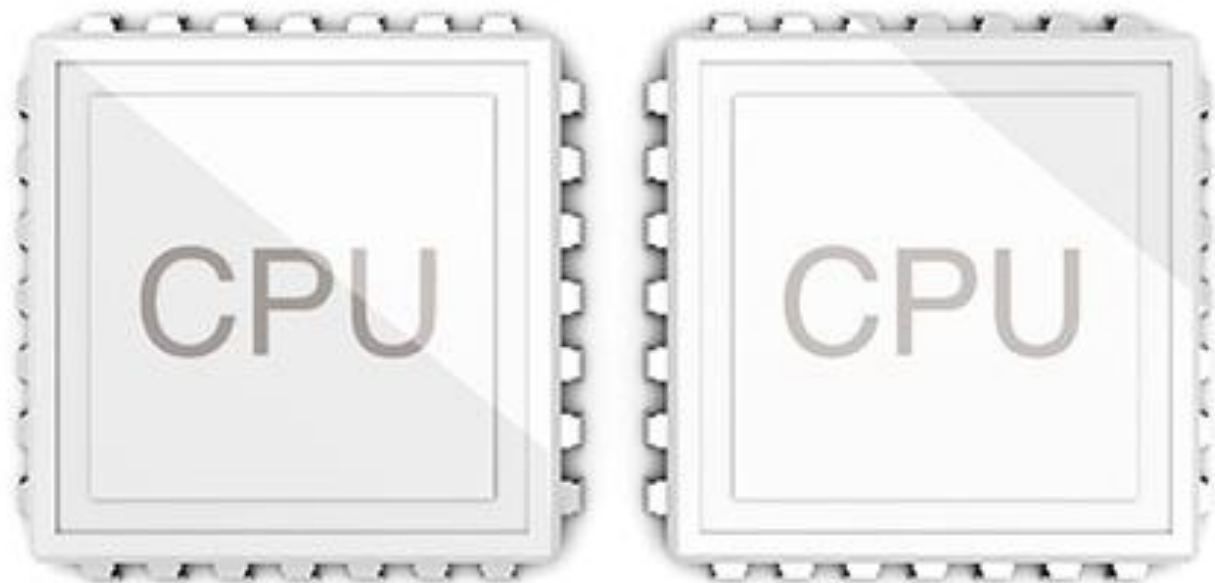


Continuous
Partial
Attention
(CPA)



Diminishing Returns

Dual Processor



TechTerms.com

The Myth Of Multitasking



Monotasking



Task Switching



Multitasking



**Continuous
Partial
Attention
(CPA)**



Diminishing Returns

Sherry Turkle, MIT Professor

“Forever Somewhere
Else.”



Linda Stone

**“ “ We're so accessible,
we're inaccessible.**



Neil Degrasse Tyson

“
“
The Human Mind
Barely Works As It Is.
Barely!



THREATS TO OUR ATTENTION

**RENT/
MORTGAGE**

DEBT

INFLATION

HOME LIFE

PERSONAL LIFE

POLITICS

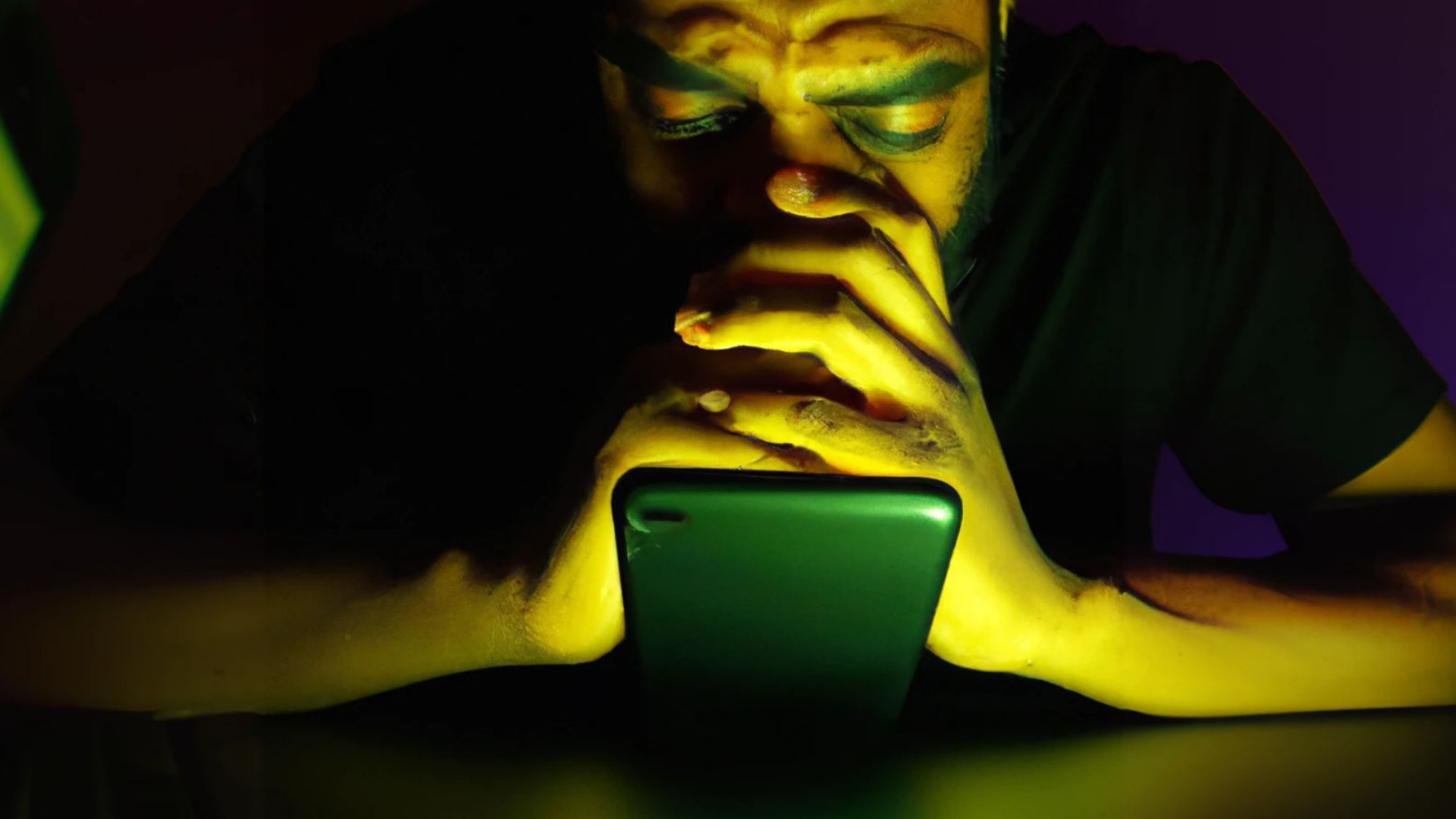
EMPLOYMENT

HEALTH

“ What Can We Do?







Jonathan Haidt

“ “ **The largest uncontrolled experiment humanity has ever performed on its own children.**

Stolen Focus (Johann Hari)

2,617

Times we touch our phone
each day

46%

Teens who say
they are online
constantly (2022)

57%

Americans who do
not read a single
book in a year.

3

Average minutes between distractions

17

Average minutes read per day

5.4

Average hours spent on our phones.

Stolen Focus (Johann Hari)

We talk and walk faster than we did in the 1950s.

We are skimming more and absorbing less.

Gloria Mark

“ Our attention spans are declining, averaging just 47 seconds on any screen.





**KEEP
CALM
REMEMBER
IT'S NOT
YOUR FAULT**



shutterstock.com • 2232319737

Johann Hari

“ The truth is that you are living in a system that is pouring acid on your attention every day.



Aza Raskin



Aza Raskin

@aza



One of my lessons from infinite scroll: that optimizing something for ease-of-use does not mean best for the user or humanity.



Nishant Chaturvedi   @nishantchat · Jun 7, 2019

#SocialMediaAddiction

The creator of the infinite scrolling feature, Aza Raskin, had a noble intention when he went about designing this feature.

...

[Show more](#)

7:17 PM · Jun 10, 2019

58 Reposts **17** Quotes **225** Likes **36** Bookmarks

Aza Raskin

“ Each day, the combined total of 200,000 human lifetimes is being spent scrolling through a screen.

Do the best you can until
you know better.

Then when you know better,
do better.

-Maya Angelou



Simon Sinek



“

Put it down. Put it away. Be present.



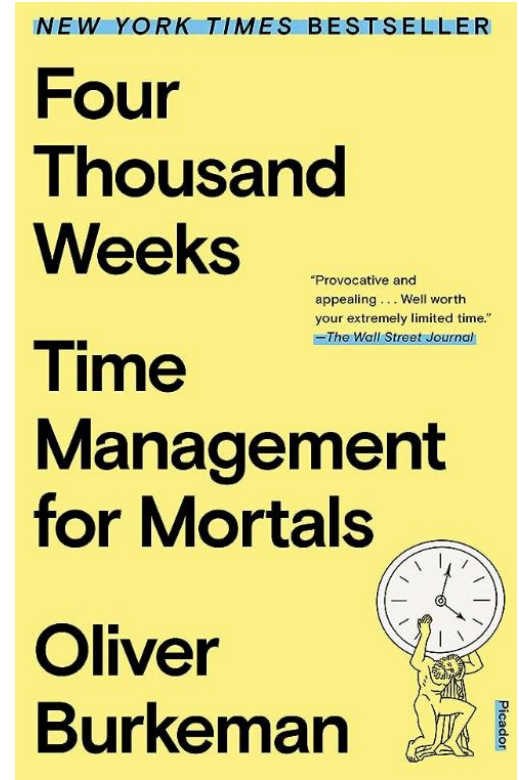


Jason Caslor

“**Burn-Out By 1000 Yeses**”

Oliver Burkeman

“ You have to choose a few things, sacrifice everything else, and deal with the inevitable sense of loss that results.





We Need To...



Unplug



Prioritize The Present



Be Role Models



Learn To Say No



Accept The Future (Anxiety)



Forgive The Past (Depression)



Do Less With Less



Be Kind



BE WHERE
you are,
NOT WHERE
YOU THINK YOU
should be



You can't stop the waves,
but you can learn to surf.

Jon Kabat-Zinn

“ quote fancy

Thank You!





Jason Caslor

Director of Bands

Arizona State University

Conn Selmer Educational Clinician

jcaslor@asu.edu

www.jasoncaslor.com

Resources



NEW YORK TIMES BESTSELLER

Four Thousand Weeks

"Provocative and
appealing . . . Well worth
your extremely limited time."
—*The Wall Street Journal*

Time Management for Mortals

Oliver
Burkeman



FIFTH ANNIVERSARY EDITION
NEW PREFACE • NEW GUIDED MEDITATIONS

#1 NEW YORK TIMES BESTSELLER

10% HAPPIER



HOW I TAMED
THE VOICE IN MY HEAD,
REDUCED STRESS
WITHOUT LOSING MY EDGE,
AND FOUND SELF-HELP
THAT ACTUALLY WORKS—
A TRUE STORY

DAN HARRIS

"Startling, provocative, and often very funny."
—GRETCHEN RUBIN, author of *The Happiness Project*

THE NATIONAL BESTSELLER

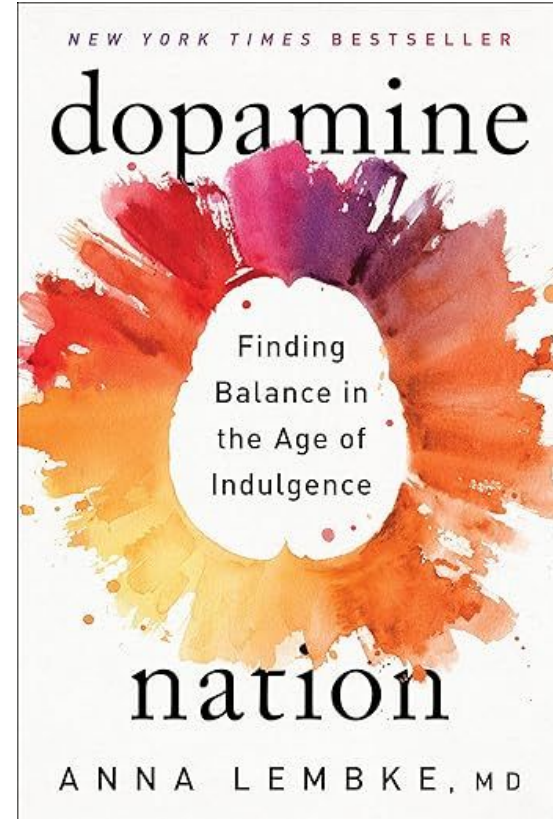
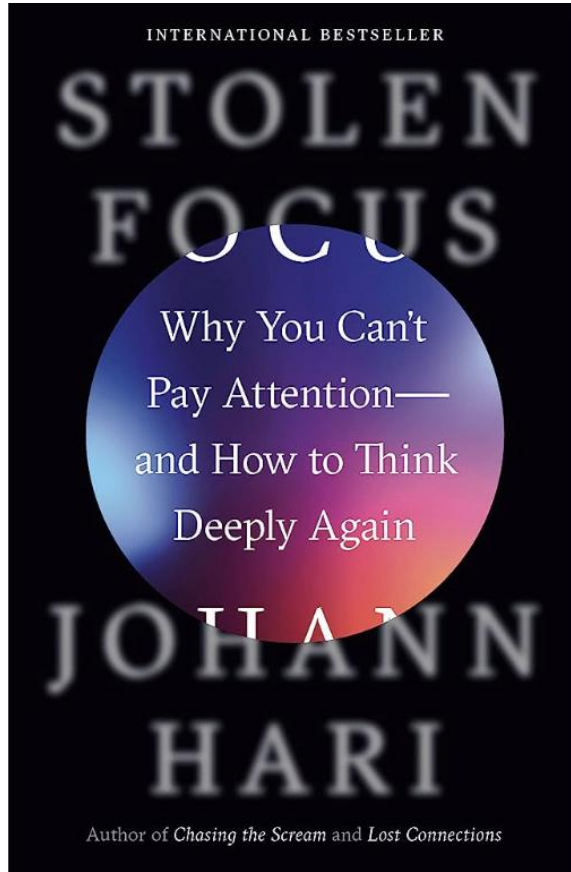
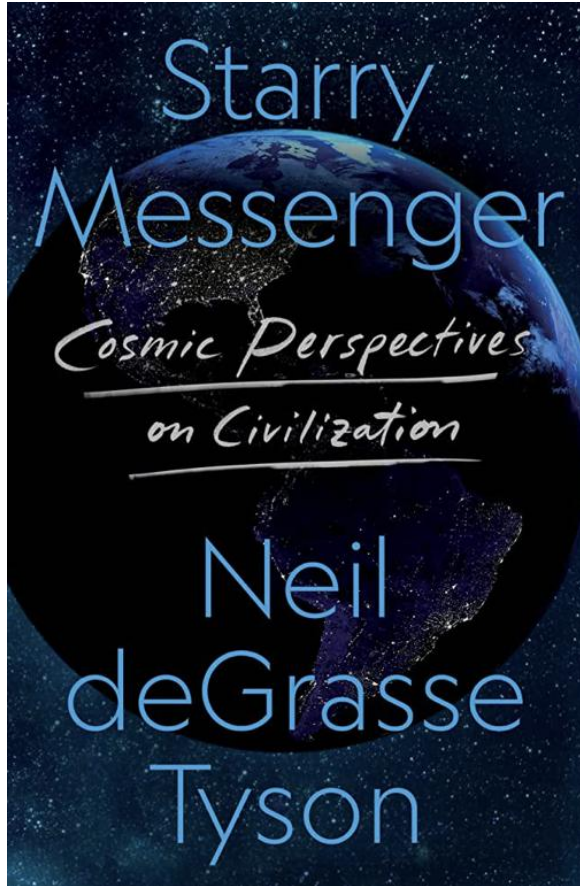
10TH ANNIVERSARY EDITION

WHEREVER
YOU GO
THERE
YOU ARE

MINDFULNESS MEDITATION
IN EVERYDAY LIFE

JON KABAT-ZINN
AUTHOR OF *FULL CATASTROPHE LIVING*
AND *COMING TO OUR SENSES*

AS FEATURED IN
BILL MOYERS'S HEALING AND THE MIND





TEN
PERCENT
HAPPIER

WITH DAN HARRIS



Upbeat!

**MINDSET,
MINDFULNESS,
AND LEADERSHIP
IN MUSIC EDUCATION
AND BEYOND**

MATTHEW ARAU

Foreword by
Tim Lautzenheiser

BOOK FOUR

MINDFULNESS FOR ALL

The Wisdom to
Transform the World

JON KABAT-ZINN

Author of the Bestselling Classic
Wherever You Go, There You Are

PREVIOUSLY PUBLISHED AS PART OF COMING TO OUR SENSES

JON KABAT-ZINN

MINDFULNESS
for
BEGINNERS

reclaiming the
present moment—
and your life



"Thinking about thinking is a useful shortcut that many people avoid. If you're stuck, Jamie Smart can help you understand why."

—**Seth Godin**, Author of *The Icarus Deception*

CLARITY

Clear Mind,
Better Performance,
Bigger Results

SECOND EDITION

Jamie Smart®

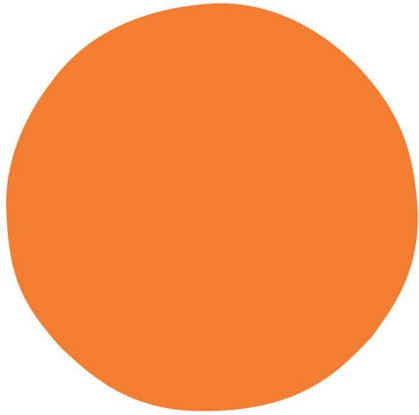
Sunday Times Bestselling author of *RESULTS*

More Books and Article

- "The Musician's Way" - Gerald Klickstein
- "Performance Success: Performing Your Best Under Pressure" - Don Greene
- "The Inner Game of Music" - Barry Green and W. Timothy Gallwey
- "The Miracle of Mindfulness" - Thich Nhat Hanh
- "The Power of Now" - Eckhart Tolle
- "Radical Acceptance" - Tara Brach
- "Mindful Self-Compassion" - Kristin Neff and Christopher Germer
- "Mindfulness in Plain English" - Bhante Henepola Gunaratana



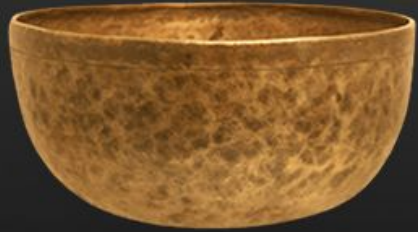
Apps



HEADSPACE®



Apps



Insight Timer

