

## A Guide to Staying Human (Part 3): Why Mindfulness Matters When the World Is Breaking Down

Frankly 143

### Show Notes and Links to Learn More

*The TGS team puts together these brief references and show notes for the learning and convenience of our listeners. However, most of the points made in episodes hold more nuance than one link can address, and we encourage you to dig deeper into any of these topics and come to your own informed conclusions.*

00:00 – [A Guide to Staying Human series](#)

Resources:

- [A Practical Guide for Practicing Presence](#) (Nate's suggestions from this video)
- [Checking in with the senses](#)
- [Pausing between the impulse and action](#)
- [Single-tasking](#)
- [Contemplation, Tree of contemplative practices](#)

00:53 – [Recent pressures on diesel market, Reporting on Toyota's internal bulletin warning of motor oil shortages](#)

01:20 – [Challenges of fully present in the now, Strategies for presence](#)

03:35 – [More-than-human predicament](#) (Metacrisis)

03:42 – Referenced study: [A wandering mind is an unhappy mind, Study's website/app: Track Your Happiness](#)

05:00 – Referenced study: [A default mode of brain function](#)

05:30 – [Default Mode Network \(DMN\)](#)

05:55 – [Taylor Guthrie, TGS Episode on Default Mode Network](#)

06:00 – [In-video image source](#)

06:05 – [Prefrontal cortex, Hippocampus, Neuroanatomy of the default mode network](#)

06:19 – [Self-referential processing, Theory of mind, Spontaneous thought, Mental time travel](#)

07:10 – [Hippocampus role in memory and future thinking, Damage to hippocampus inhibits ability to think about the future, Recent debate about role of hippocampus in future thinking](#)

08:03 – [Self-narrative gives life coherence, Theory of mind is the foundation of human cooperation](#)

08:23 – [An evolutionary gap in primate default mode network organization](#)

08:45 – [Chronic dominance of the DMN due to stress](#)

09:00 – [Task Positive Network \(TPN\)](#)

09:15 – [Relationship between DMN and TPN \(anticorrelated\)](#)

09:38 – [Attention economy](#)

# The Great Simplification

- 09:55 – Chronic DMN dominance leads to: [Reduced grey matter in hippocampus](#), [Increased rates of anxiety and depression](#), [Diminished sensory processing](#)
- 11:43 – [“Shower thoughts” and creativity](#)
- 12:14 – [Time seems to accelerate as we age](#), [Increase of DMN dominance with age](#), [Children spend more time in TPN](#)
- 14:35 – [Psychological importance of feeling seen](#), [Social isolation](#)
- 16:45 – [Effects of an absent parent](#)
- 17:00 – [DMN and inner time consciousness](#)
- 18:30 – [Some fertilizers up ~50% in cost](#)
- 21:50 – [Checking in with the senses](#) and therefore [reducing worry](#), [Somatic attention](#)
- 22:05 – [Contemplation](#), [Tree of contemplative practices](#)
- 22:20 – [Thich Nhat Hanh: Drink the tea, wash the dish, walk the path](#)
- 22:45 – [Pausing between the impulse and action](#)
- 23:22 – [Supernormal stimuli](#)
- 24:05 – [Single-tasking](#), [Myth of multi-tasking](#)
- 25:04 – [Iain McGilchrist](#), [Recent TGS episode on beauty](#), Other TGS Episodes: [#165](#), [#85](#)
- 27:03 – [Increasing risk of human-caused extinction of various species](#)
- 27:07 – [Forest fires are getting worse](#)
- 27:10 – [Institutions on the brink of collapsing](#) including [colleges](#)
- 27:15 – [Carbon Pulse \(Possible future shapes of the Carbon Pulse\)](#), [Fossil fuel depletion \(IEA report on such\)](#), [In-video graphic source](#)
- 28:43 – [Christian contemplative tradition](#), [The Sacrament of the Present Moment](#) by [Jean Pierre de Caussade](#)
- 29:25 – [The Great Simplification](#)
- 30:20 – [A Practical Guide for Practicing Presence](#) (Nate’s suggestions from this video)