6000 ft MSL

800 ft/minute

06:15

1000 ft
<table>
<thead>
<tr>
<th>Engine RPM</th>
<th>Heart Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>800</td>
<td>6000 - 1000</td>
</tr>
</tbody>
</table>
Tommy Lutz

In the Tech Industry since 2004

Private Pilot: ASEL, Glider (Since 2006)

SRE Manager, Archival Storage @ Google (Since 2017)

“Search Inside Yourself” Graduate (2018)
Threats

class PhysicalThreat;
class EgoThreat;

template<typename T>
void Human::ProcessThreat(const T& threat) {
  // TODO(unassigned) Differentiate between different types of threats.
  if(threat.LikelyToCauseHarm()) {
    this->Adrenaline(); // Probably need energy.
    this->DivertBloodToMuscles(); // Let’s get ready to fight!
  }
}

class EmbarrassingPresentationThreat;
class AbstractSimpleEmbarrassingPresentationThreatProxyFactoryBean;
class EmbarrassingFailedJokeThreat;
Micro-Decisions

- Automatic
- Low Latency
- High efficiency
- Low accuracy

Physical State
Sensory Input
Habit Patterns & Prejudgements

Threat Assessor and Decision Maker

Reactions & Actions

Limbic System
import inspect

- How can we leverage these processes?

  React defensively and judgmentally

  Rehearse / pre-plan responses

  Write postmortems for your reactions

  Intercept and modify reactions in real-time
Mindfulness in Python

human.py

@mindfulness.aware
def react(stimuli):
    danger = assessThreat(stimuli)
    judgement = prejudge(stimuli)
    return (danger, judgement)
Mindfulness in Python

```python
mindfulness.py
-------------------------------
def aware(react_fn):
    def wrapped(stimuli):
        (danger, judgement) = react_fn(stimuli)
        with attitude.kindness() & attitude.curiosity():
            bias = biases.observe(danger, judgement, stimuli)
            return biases.unbias(danger, judgement, bias)
    return wrapped

human.py
-------------------------------
def react(stimuli):
    danger = assessThreat(stimuli)
    judgement = prejudge(stimuli)
    return (danger, judgement)
```

@mindfulness.aware
def react(stimuli):
    danger = assessThreat(stimuli)
    judgement = prejudge(stimuli)
    return (danger, judgement)
Mindfulness without Terrible Analogies

Pay attention to one’s

- Mind
- Body
- Surroundings

With an attitude of

- Curiosity
- Kindness
When? Incident Management

- Breathe
- Observe
- Decide
- Act

It's OK - You've got this!
When? Disagreements: Defensiveness

We disagree with your idea.

Let me tell you all the ways my idea is good, perhaps forcefully.
When? Disagreements: Build Safety

We disagree with your idea.

Let me tell you all the ways my idea is good, perhaps forcefully.
When? Disagreements: Social Dynamics

- Who threatened your ego?
  - Boss? Peer? Direct Report?
- Are you labeling people?
- What assumptions, biases and prejudices do you hold for people "like that"?

- Gender
- Age
- Sexual Orientation
- Race
- Physical Disabilities
- Mental Disorders
How?

- Deliberate Practice
- Attention training!

Focus on sensations of breathing

Mind wanders

Notice the distraction

Kindness Curiosity
SRE Value-Add

- Engineering for Reliability
- Decision-making
- Operational Expertise
- Incident Management

To make these better...
Start with yourself.
Start with a breath...
with kindness and curiosity.
Thank you