



Meditation for Devs: Maintaining Your Sanity for Crunch and Beyond

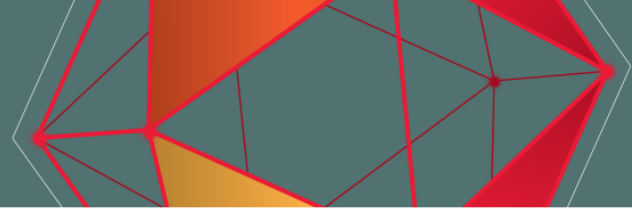
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Amanda Gardner

- Yoga/meditation teacher
- Mindfulness expert
- The Deep End Games
- Writer of *Perception*
- Mom of FOUR





Who I was

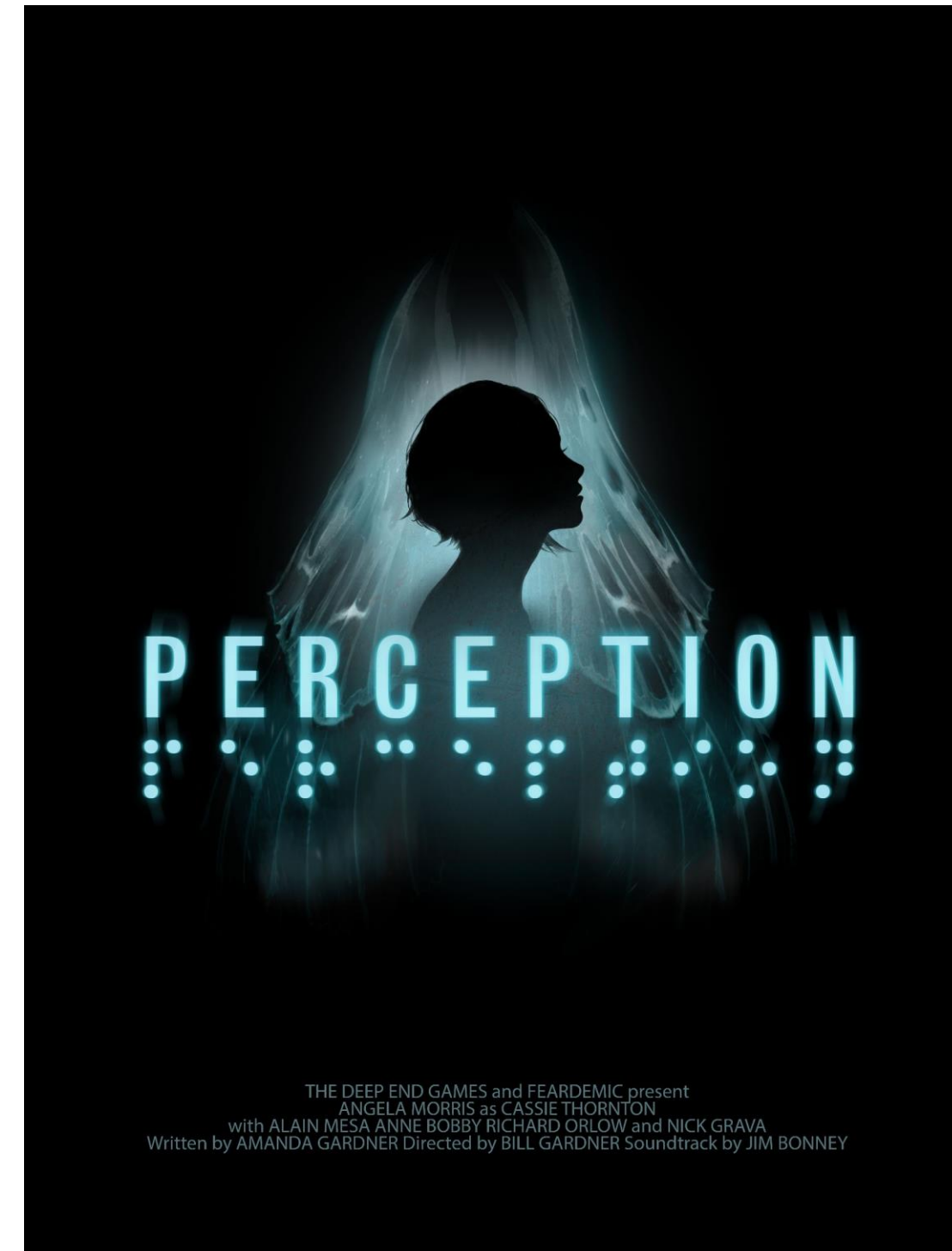
- English teacher
- Mom of two
- Stay at home mom
- Wife to a cool AAA veteran





How did I get here?

- 1 game in crunch
- + 1 toddler
- + 1 newborn
- + WE BOTH GOT MONO
- = TOTAL SHUTDOWN





Be present and relaxed

- Present – less mistakes, less iteration, more innovation
- Relaxed – be happy where you are, body is cooperative, tasks become easier





How to Be Present

- In your body – body scan exercise
- In your breath
 - Oxygen and energy
 - How to step energy up
 - How to bring energy down





How to Be Present at Work

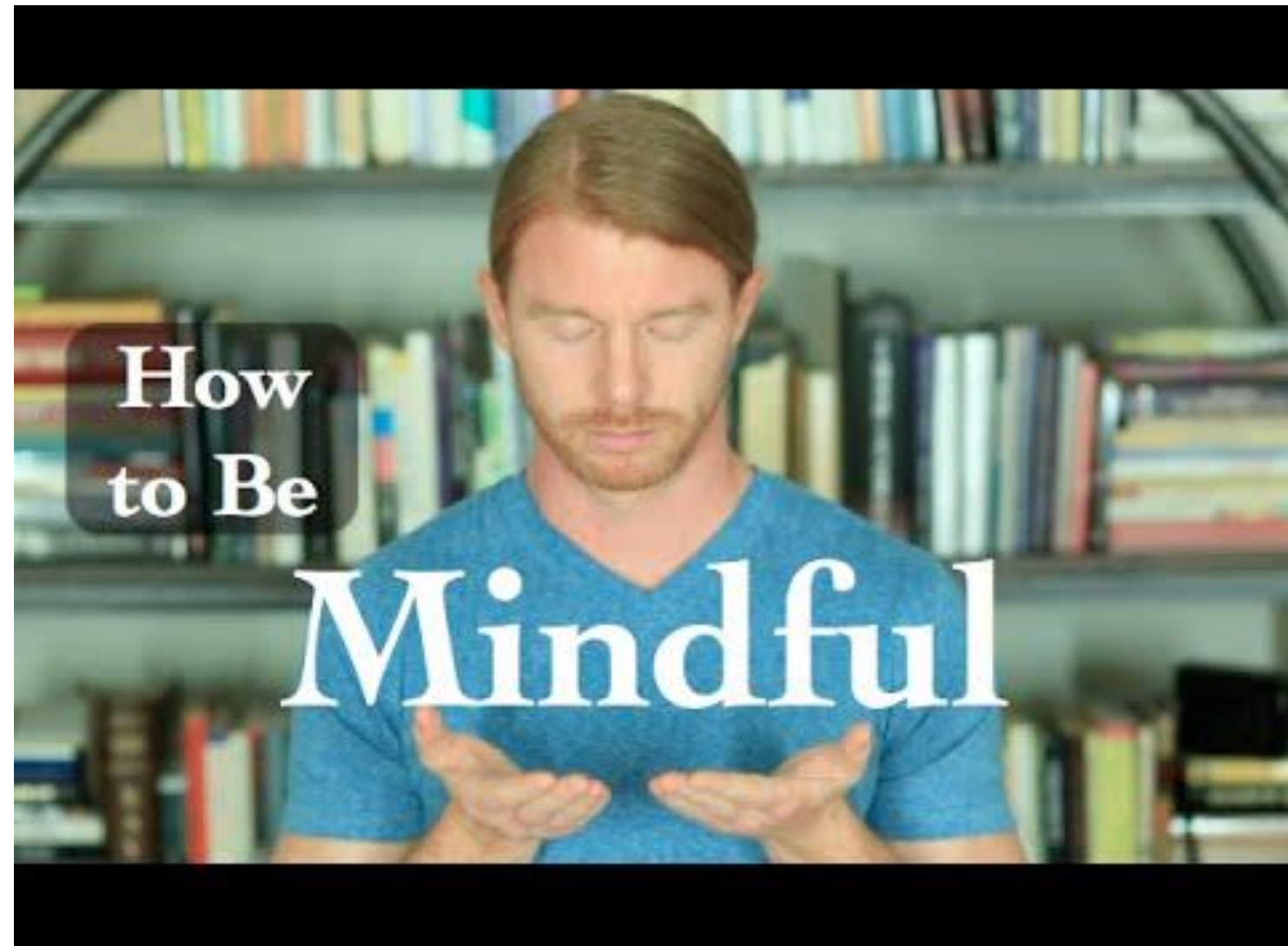
- Take in 5 sensory details you've never noticed
- Take different routes, sit different ways, change habits
- Hang with different people/new perspectives
- Diffuse oils (citrus/floral/woods)
- **KEEP IT FRESH.**





Introductory Mindfulness

- Leaves on the stream exercise
- Silent witness
- Correct the puppy





How to Relax (but still be productive)

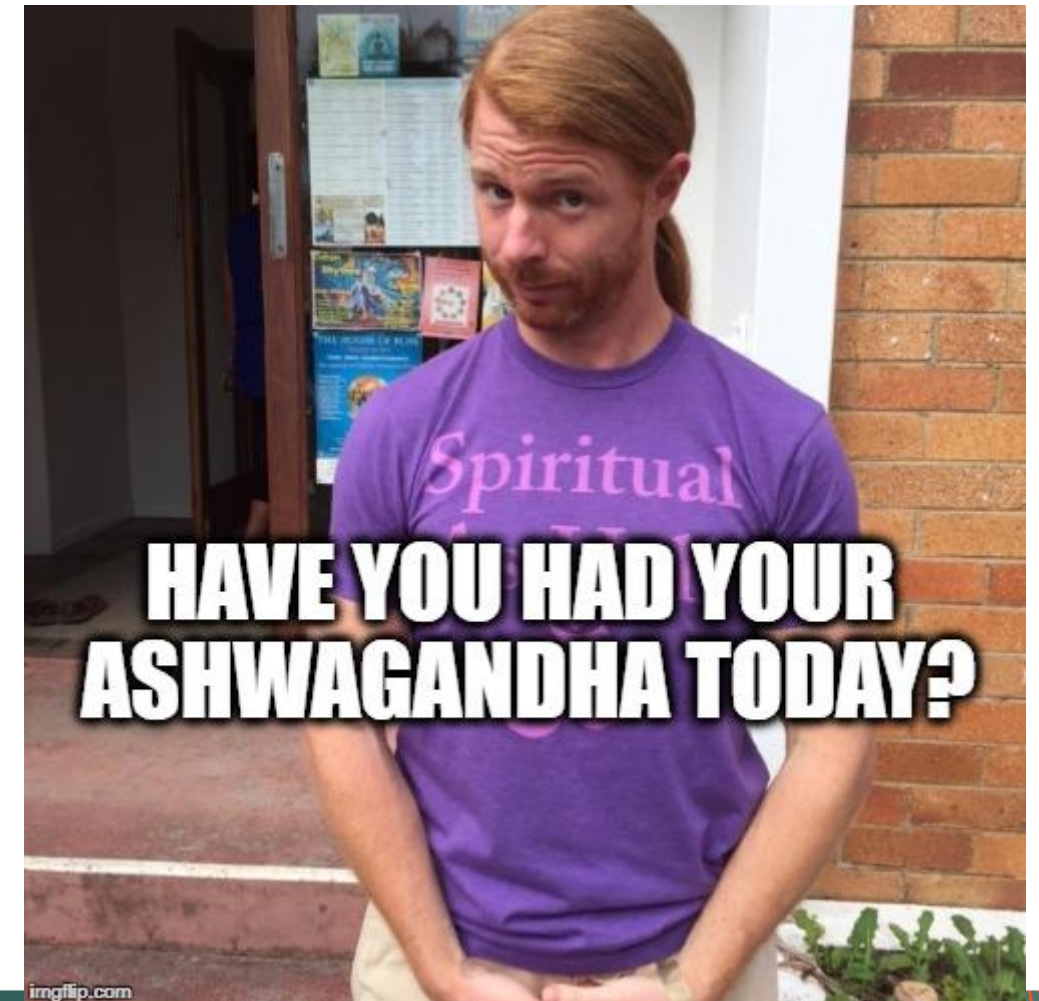
- First 17 seconds of your day
- Gratitude spiral exercise
- Deepak's "Ananda" app, or Headspace
- Mantras and the monkey mind exercise
 - Favorite mantras: So Hum, Sat Nam, Sat Chit Ananda





Relax on a chemical/cellular level

- Fight cortisol and improve overall health
- Adaptogens
 - Ashwagandha
 - Mushrooms – cordyceps/reishii
 - Antioxidants



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Relax on a physical level

- Yoga
 - Restorative
 - Nidra
- Sleep
 - Depth of sleep
 - DO NOT HIT SNOOZE





Relax on a cellular level

- Cut inflammation
 - Meat
 - Dairy
 - Sugar
 - Caffeine
 - Alcohol





Pocket Meditations

- Rainbow elevator
- Sensory meditation
- Golden bucket
- Guided visualizations
- Focused meditation
- Breathe in gold





Recommended Reading/Listening

- *The Power of Now* by Eckart Tolle
- *The Universe Has Your Back* by Gabrielle Bernstein
- *The Four Agreements* by Don Miguel Ruiz
- *The Slight Edge* by Jeff Olson
- *The Desire Map* by Danielle LaPorte
- *How Not to Die* by Dr. Michael Greger
- *The Five Second Rule* by Mel Robbins
- *Way of the Seal* by Mark Devine



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Stay in touch!

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