

Mindful Memo

Week 16– November 29th - RCMA Wimauma Community Academy

Find Your Flow

You may know it as being “in the zone,” but we’ve all experienced moments when we are fully immersed in an activity. We feel confident in our abilities, we are focused, and we may even feel a heightened sense of consciousness (think “runner’s high”). While most attribute this feeling to playing sports, it’s possible to achieve a state of flow in our everyday lives. Whether teaching, art, gaming, exercising, writing, reading, listening to or making music, or just doing everyday activities, this week challenge is to find your *flow*.

The Neuroscience of Flow

Research has found that there are changes in brain activity during flow states. Other research suggests that there is also an increase in activity of dopamine when people are experiencing flow.^[1]

How to Get There

- Have a specific goal
- Leave self-consciousness behind
- Match your challenge to your skill level
- Stay present/minimize distractions
- Have a growth mindset
- Enjoy the activity
- Actively listen

Benefits

- Better emotional regulation
- Greater enjoyment and fulfillment
- Increased happiness
- Greater intrinsic motivation
- Increased engagement
- Improved performance
- Skill development
- Increased creativity
- The task becomes more meaningful

Video

[What is Flow Theory? What does this mean for our students? \(4:47\)](#)