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# The Trader's Curriculum

*by Dr Vee*

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Insights · Practice · Growth

Weekly evidence-based insights to become the trader you're meant to be

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## From Reactive Trader to Observer

Happy Sunday Traders!

This week, we're training one of the most valuable skills in trading: **creating enou**
**space between what the market does and what you do next.**

### 1. LEARN

Mindfulness is sometimes misunderstood as relaxation. For traders, I think a mu
more useful definition is: ***Mindfulness is training yourself to observe what***
***happening without immediately reacting to it.*** And there is now substan
neuroscience and psychological research behind that idea.

**I. Train the Pause**: A meta-analysis of 111 randomized trials and 9,538 participa found that mindfulness training improved attention, cognitive flexibility, a importantly for traders, inhibitory control (Whitfield *et al.*, 2022). Inhibition is y ability to feel an impulse without acting on it. FOMO can appear. Fear can app Urgency can appear. The feeling is automatic. The mouse click doesn't have to.

**II. Train Your Attention:** Research from Richard Davidson's group at the Univers of Wisconsin–Madison (2008) describes meditation as training a simple mental lo Notice → Disengage → Refocus. That's also a trading skill. Notice the P&L. Notice fear. Notice the candle pulling your attention away. Then return to your level, y setup, and your plan. Where your attention goes, your decisions follow.

**III. Train Under Pressure:** In 2025, Prasad and collaborators tested a b mindfulness intervention in 45 financial traders. Mindfulness reduced cortisol a increased testosterone compared with controls. This hormonal profile was a associated with better trading-task performance. It's an early, small study, unusually relevant because it tested mindfulness in traders, while trading. You do meditate to escape pressure. You meditate to behave better inside it.

## 2. TRAIN

A short, repeatable practice, not a retreat. Do this before you enter a trade, before y exit one, or the moment you notice any urge.

**The 90-Second Separation**

— Stop. Both hands off the mouse and keyboard for the count.

— One slow breath in through the nose, a slower one out; extend the exhale past th inhale.

— Name what's actually happening in one plain sentence: "I'm afraid the trade reverses," or "I want to move my stop." Naming the feeling, in words, is itself part of what quiets the alarm response.

— Ask one question before acting: "Is this the plan, or is this the survival brain?"

— Only then act, or don't.

*The lesson doesn't end here. Dive into this week's scientific references supporting th findings on our website*

***→ Dive Deeper***

## 3. THIS WEEK'S QUESTION

What changes in your trading when you stop asking, "What do I need to do?" and st asking, "What am I observing?"

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> You can't stop the waves, but you can learn to surf.
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> - Jon Kabat-Zinn, American Scientist, founder of Mindfulness-Based Stress Reduction (MBSR)

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## THE WEEKLY ROADMAP

With this week's topic in mind, it's time to prepare for execution. Explore Vee's higl time frame decision points guiding our Adepts' trading focus throughout the weel

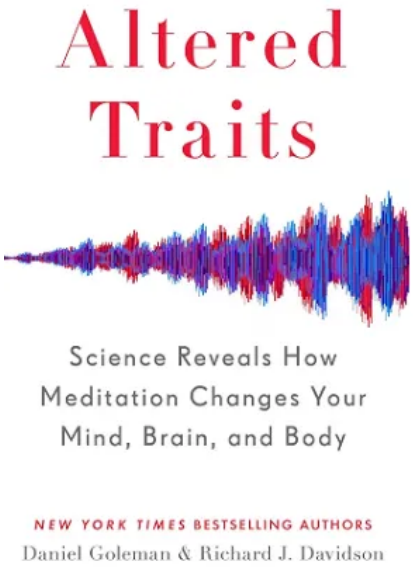
***→ Explore Here***

To one lesson at a time,

**Dr. Vanessa Charland, PhD**
Trading Science Communicator & Human Performance Specialist
Co-Founder of *Market Alchemists*

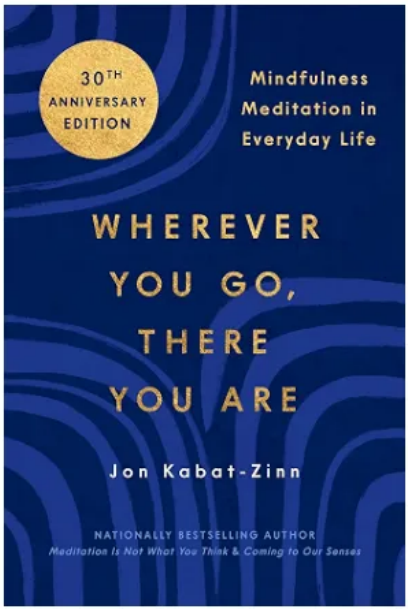
## THIS WEEK'S BOOK RECOMMENDATIONS

1. **Altered Traits**. Davidson is one of the major researchers in contemplativ neuroscience, and the book separates what meditation research actual supports from the exaggerated claims surrounding it.




2. **Wherever You Go, There You Are.** A beautifully simple introduction t mindfulness from the founder of Mindfulness-Based Stress Reductio Particularly useful if you want to understand mindfulness as a way of relatir

Particularly useful if you want to understand mindfulness as a way of relati differently to thoughts and experiences rather than simply as a relaxatic technique.

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