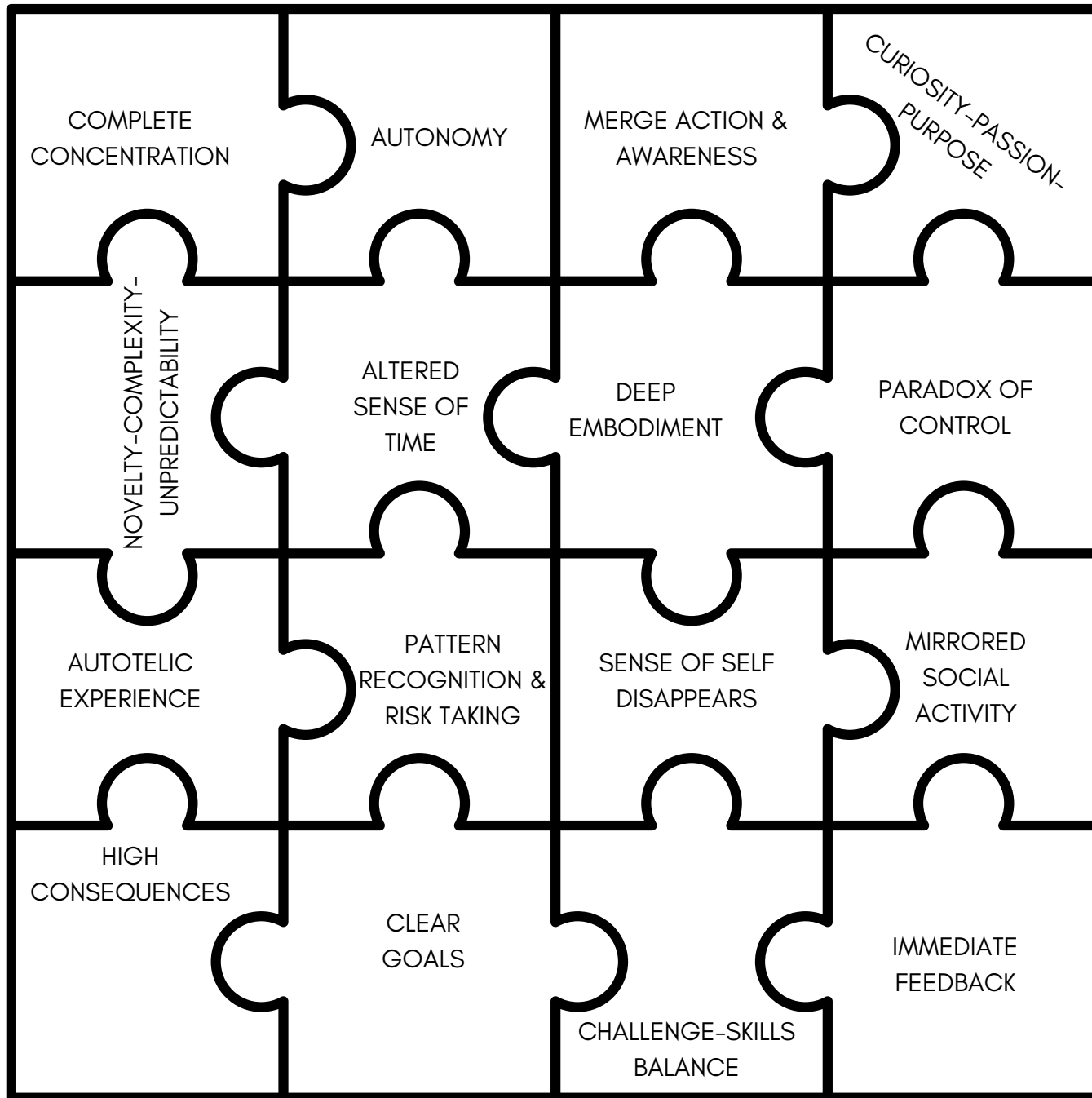


# THE FLOW SPECTRUM

MICROFLOW

STRESS - FLOW - REST



STRESS - FLOW - REST

MACROFLOW



Adapted from: 1. Csikszentmihalyi, M., & Asakawa, K. (2016). Universal and cultural dimensions of optimal experiences. Japanese Psychological Research, 58(1), 4-13. 2. Pajda, S. (2018). Designing the Conceptual Flow Model from Csikszentmihalyi to Gurdjieff: The Mystic Revelations. PURUSHARTHA-A Journal of Management, Ethics and Spirituality, 11(2), 25-39. 3. Bartholomeyczak, K., Kozmin, M. T., & Weinhardt, C. (2023). Fostering flow experiences at work: a framework and research agenda for developing flow interventions. Frontiers in Psychology, 14, 1148054.

APTOMAHA.COM

