Mindfulness 101

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Agenda

- Introduction to Mindfulness
- Meditation
  - Exercise
- Mindfulness in Daily Life
  - Exercise
- Resources
- Questions
Mindfulness is...

“paying attention in a particular way: on purpose, in the present moment, and non-judgmentally”

- John Kabat-Zinn
Mind Full, or Mindful?
Why?

- Running on **autopilot** can negatively impact our:
  - Performance
  - Cognitive functions
  - Psychological well-being
  - Longevity
  - Creativity

- **Practicing mindfulness** has been found to:
  - Decrease worry, depression, stress, and anxiety
  - Improve cognitive performance
  - Improve learning skills (i.e., attention, memory, concentration, and problem solving)
  - Increase self-acceptance
  - Improve relationships
  - Decrease burnout

The Skeptical Meditator

Dan Harris
Types of Mindfulness

- Formal Practice
- Informal Practice
Formal Practice: Meditation

- Focused attention on the present moment

- This could include focusing on your:
  - Breathing
  - Your senses
  - An image

- Guided or unguided
Meditation Exercise
Pro Tip

Try calm.com app to help engage in meditation any time any where
Informal Practice

- Integrating the concepts of mindfulness into everyday life, practice just being, such as:
  - Mindful Waiting
  - Mindful Eating
  - Mindful Walking
  - Mindful Communication
  - Mindful Studying
  - Mindful Working
Exercise

Creating our TO BE list

Handouts #1 and #2
Practice

More take home ideas

Handout #3
Resources

- Books:
  - 10% Happier – Dan Harris
  - The End of Stress – Don Joseph Goewey
  - Mindfulness-Based Stress Reduction Workbook - Bob Stahl, Elisha Goldstein
  - Full Catastrophe Living - Jon Kabat-Zinn and Thich Nhat Hanh

- Practice Resources:
  - Calm.com app
  - Join a Mindfulness-Based Stress Reduction Group
    - UCSF PC: Contact david@shinebright.com or call 415.686.6463 for details
    - UCSF Osher Center: 415-353-7718 for details
    - Kaiser
Questions?
Citations


