MINDFULNESS MADE SIMPLE

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Special Assistant to the Provost for Inclusive Excellence
Agenda

1. Discussion: What is mindfulness.
2. Brief Formal Guided Mindfulness Practice and Discussion
3. Mindful Listening Activity
4. Brief Guided Informal Practice S.T.O.P.
5. Loving Kindness Practice and Discussion
6. Q & A

Choice! You are always in choice during any practice and can pass during any group sharing periods. (Treleaven, 2018)
Community Agreements

- We will show respect for one another in our interactions inside and outside of the training.
- We will “Share the air” making room for everyone to participate.
- We will keep everything shared in this training confidential.
- We will use I, and me pronouns when sharing. In other words, speak from your own experience.
- Choice! You are always in choice during any practice and can pass during any group sharing periods. (Treleaven, 2018)
What is Mindfulness?
Benefits of Regular Mindfulness Practice

- Reduced stress and anxiety
- Improved sleep and physical health
- Increased focus
- Increased empathy and self-compassion
- Greater resilience and self-acceptance
Digital Apps such as Headspace and Calm Have Increased Access to Mindfulness Training

- As of January 2021, Headspace had 66 million users across all platforms
Number of Peer-Reviewed Mindfulness Publications Have Increased Logarithmically Over the Past 40 Years

Source: PubMed, United States National Library of Medicine
“Mindfulness helps us create a gap between reaction and response.”
Jon Kabat Zinn
How to get started with meditation (no apps required, no apologies needed)

• Daily practice. Just 5 minutes of formal practice is a great starting point.
• Breathing meditation (or choose a different “anchor”)
• Observing thoughts without judgement
• Noticing what comes up.
• When you realize your mind has wandered, you are in awareness
Ted Talk: Richard J. Davidson
What To Notice During Focused Attention Practice

1. Notice your attention
2. Notice when you become distracted
3. Regain your attentional focus
4. Become aware of your attitude towards yourself. (Meng-Tan, 2012)

Choice! You are always in choice during any practice and can pass during any group sharing periods. (Treleaven, 2018)
Mindful Listening Activity

Partners / 15 minutes total

What is one thing that is a little messy in your life?
3 minutes per person.

What gives you inspiration during these challenging times?
3 minutes per person.

*If someone runs out of things to say, sit in silence and conscience awareness.*
S.T.O.P PRACTICE

S. Stop
T. Take a Breath
O. Observe
P. Proceed
The nondiscriminating heart: Lovingkindness meditation training decreases implicit intergroup bias

Kang, Yoon; Gray, Jeremy R; Dovidio, John F.
DOI:10.1037/a0034150

Abstract

Although meditation is increasingly accepted as having personal benefits, less is known about the broader impact of meditation on social and intergroup relations. We tested the effect of lovingkindness meditation training on improving implicit attitudes toward members of 2 stigmatized social outgroups: Blacks and homeless people. Healthy non-Black, nonhomeless adults (N = 101) were randomly assigned to 1 of 3 conditions: 6-week lovingkindness practice, 6-week lovingkindness discussion (a closely matched active control), or waitlist control. Decreases in implicit bias against stigmatized outgroups (as measured by Implicit Association Test) were observed only in the lovingkindness practice condition. Reduced psychological stress mediated the effect of lovingkindness practice on implicit bias against homeless people, but it did not mediate the reduced bias against Black people. These results suggest that lovingkindness meditation can improve automatically activated, implicit attitudes toward stigmatized social groups and that this effect occurs through distinctive mechanisms for different stigmatized social groups. (PsycINFO Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract)
Lovingkindness Meditation

3 Groups

1. Meditation Practice Group
2. Control Group (No Meditation)
3. Discussion Group: Learned about meditation but did not practice
Source: Marc Brackett, 2019
References

How mindfulness changes the emotional life of our brains | Richard J. Davidson | TEDxSanFrancisco. (2019, December 12). [Video]. YouTube. https://www.youtube.com/watch?v=7CBfCW67xT8&t=1s


Monitor, T. C. (2019, January 28). Intergroup Anxiety: Can You Try too Hard to be Fair? Retrieved from Youtube: https://www.youtube.com/watch?v=UsBpGmUeAsI&list=PLntbomhJLRy3CfjCckLCotEWT9mM_glL8&index=105&t=5s


THANK YOU!