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MINDFULNESS MADE SIMPLE

TRYMAINE GAITHER

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)



Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled
Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene

HIGH ENERGY

LOW ENERGY

LOW PLEASANTNESS

HIGH PLEASANTNESS

Source: Marc Brackett, 2019

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What is Mindfulness?

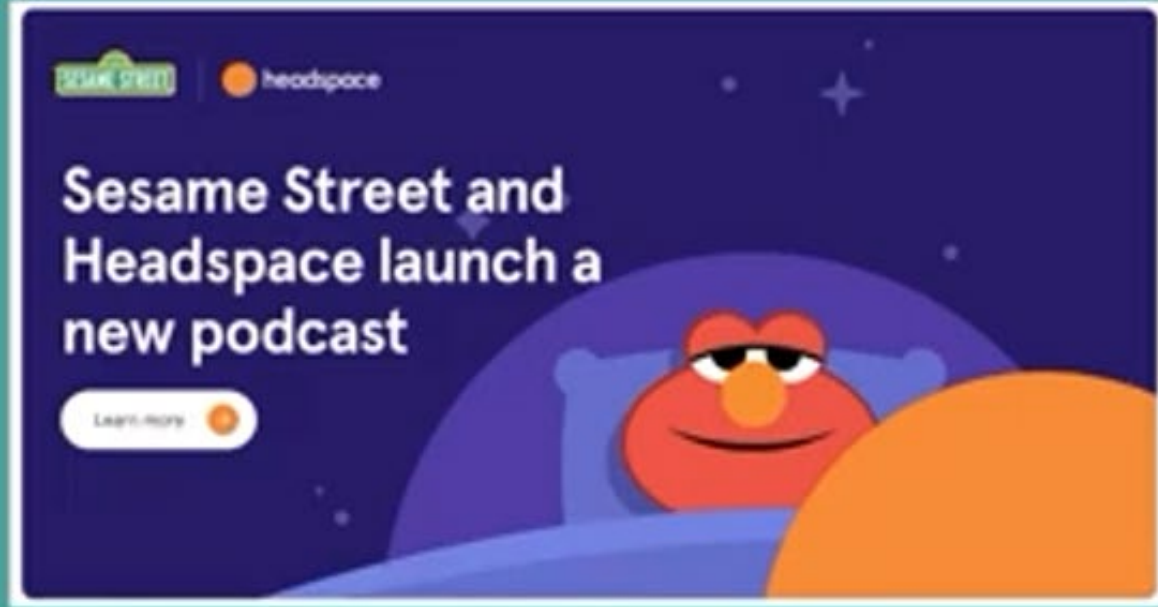




Benefits of Regular Mindfulness Practice

- 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

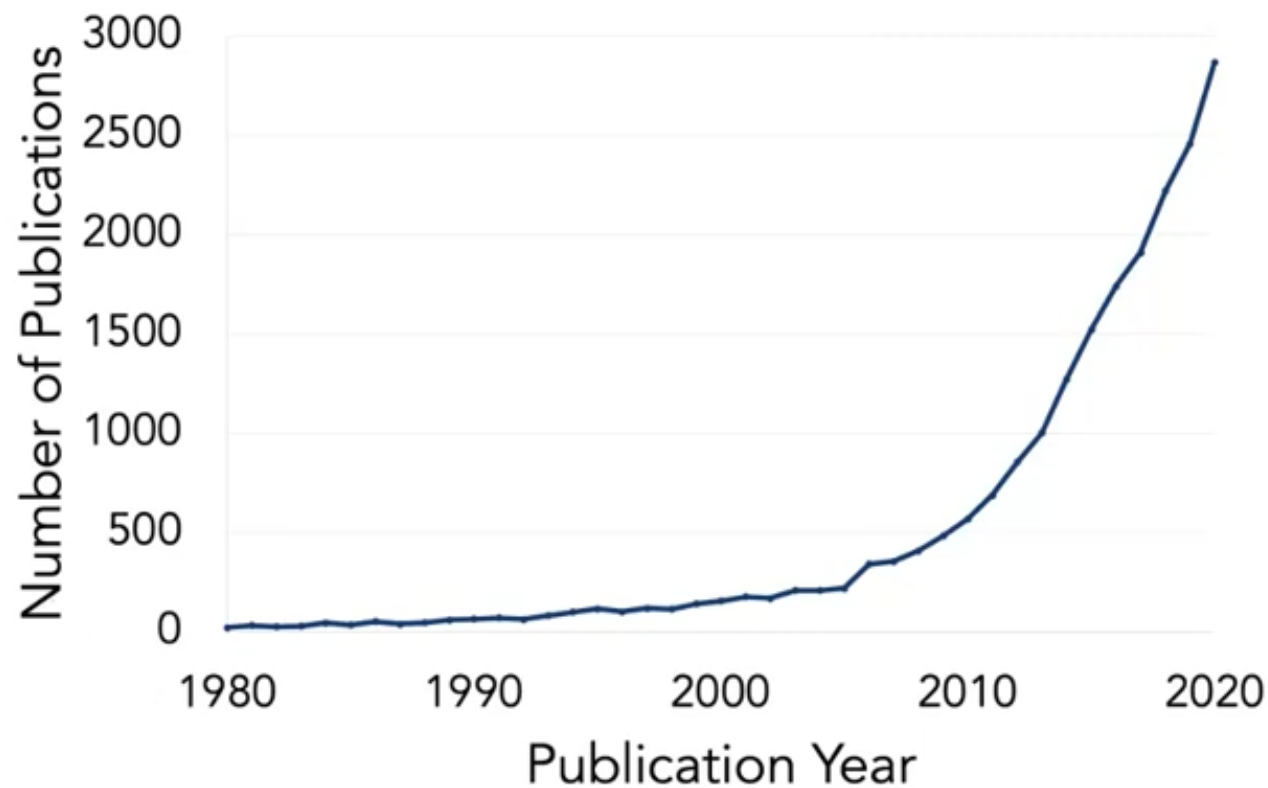


- As of January 2021, Headspace had 66 million users across all platforms





Number of Peer-Reviewed Mindfulness Publications Have Increased Logarithmically Over the Past 40 Years



Source: PubMed, United States National Library of Medicine

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**“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



Full Text | Scholarly Journals

The nondiscriminating heart: Lovingkindness meditation training decreases implicit intergroup bias

Kang, Yoona; Gray, Jeremy R; Dovidio, John F.

Journal of Experimental Psychology: General Vol. 143, Iss. 3, (Jun 2014): 1306-1313.

DOI:10.1037/a0034150

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Full text Full text - PDF Abstract/Details References 39

Abstract

Translate

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)

Full text

Translate

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Cited by (79) Documents with shared references (27528)

Related items

Reconstructing and deconstructing the self: Cognitive mechanisms in me ...
 Dahl, Cortland J; Lutz, Antoine; Davidson, Richard J.
 Trends in Coanitive



Lovingkindness Meditation

3 Groups

1. Meditation Practice Group
2. Control Group (No Meditation)
3. Discussion Group: Learned about meditation but did not practice



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Source: Marc Brackett, 2019



References

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THANK YOU!