Wellness in Graduate Life Series
Graduate Student Workshop 2
MINDFULNESS

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Agenda

• Noticing
• From last week
• Defining mindfulness
• The difference between mindfulness and meditation
• Benefits of mindfulness
• Practice of mindfulness and you
• Resources
Mindfulness
What is mindfulness?

• In U.S., relatively new theory and technique in medicine, psychology, and counseling
• “Mindfulness means paying attention in a particular way:
  • on purpose,
  • in the present moment, and
  • nonjudgmentally” –Jon Kabat-Zinn
• An effective way to manage stress
The Practice of Mindfulness

- The practice can take many forms
  - A filter that helps us see things as they are
  - Practice may be challenging, patterns of negative thinking may be long-standing
  - A way to train the mind, like a muscle, to perceive in a way that is more clear, balanced, and positive
- An effective way to train the mind in mindfulness is with meditation
Mindfulness and Meditation

- **Mindfulness**: a way of being, noticing, perceiving life just as it is, in the present moment
  - You can practice mindfulness in any number of ways

- **Meditation**: an effective way to practice mindfulness, to train the mind to live in the present moment, to pay attention purposefully
  - Overtime we build patterns that may not serve us anymore
  - Changing patterns takes time and effort
  - Meditation—or any other contemplative activity—is like a gym for the mind
  - A way of training the mind in new and more effective patterns
Benefits of Mindfulness

- Mindfulness and meditation, with *practice* and *time*:
  - Help develop physical and emotional capacities
- Practice helps to build the capacity to:
  - Respond to situations in ways that are more balanced and appropriate
- Can help interrupt stress process, increase space between stimulus and response
How Long to Practice to See Results

- Practice, practice, practice
- Meditation may be challenging and entails practice, patience, and self-compassion
- Mindfulness and meditation are not about perfection, expected that the mind will wander; an imperfect process
- The practice is in noticing we have wondered, and non-judgmentally return to your anchor, usually your breath
- Number of times to practice and for how long will depend on you and your circumstances
Resources

- **Apps**: Insight Timer, Calm
- **Authors**: Tara Brach, Jack Kornfield, Kristin Neff
- **Books**: Dr. Jon Kabat-Zinn (2005): “Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness”
- **Trainings**: Mindfulness-Based Stress Reduction Program, many program offered locally and online
  - UCLA Mindful Awareness Research Center: [http://marc.ucla.edu/body.cfm?id=22](http://marc.ucla.edu/body.cfm?id=22)
Mindfulness on Campus

Near art buildings

Education Classroom building, basement