



WHAT'S ALL THIS
TALK ABOUT
MINDFULNESS

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“ Mindfulness is not concerned with emptying your mind of thoughts or achieving any particular state but with awareness of your current state and how you deal with it - are you aware, gentle, and open.. ”

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*“Mindfulness is simply
being aware of what is happening right now without
wishing it were different.*

*Enjoying the pleasant without
holding on when it changes
(which it will)*

*Being with the unpleasant without
fearing that it will always be this way
(which it will not)”*

– James Baraz



Mindfulness is paying
attention to your life,
here and now, with
kindness and curiosity.

Amy Saltzman



Let's try it...

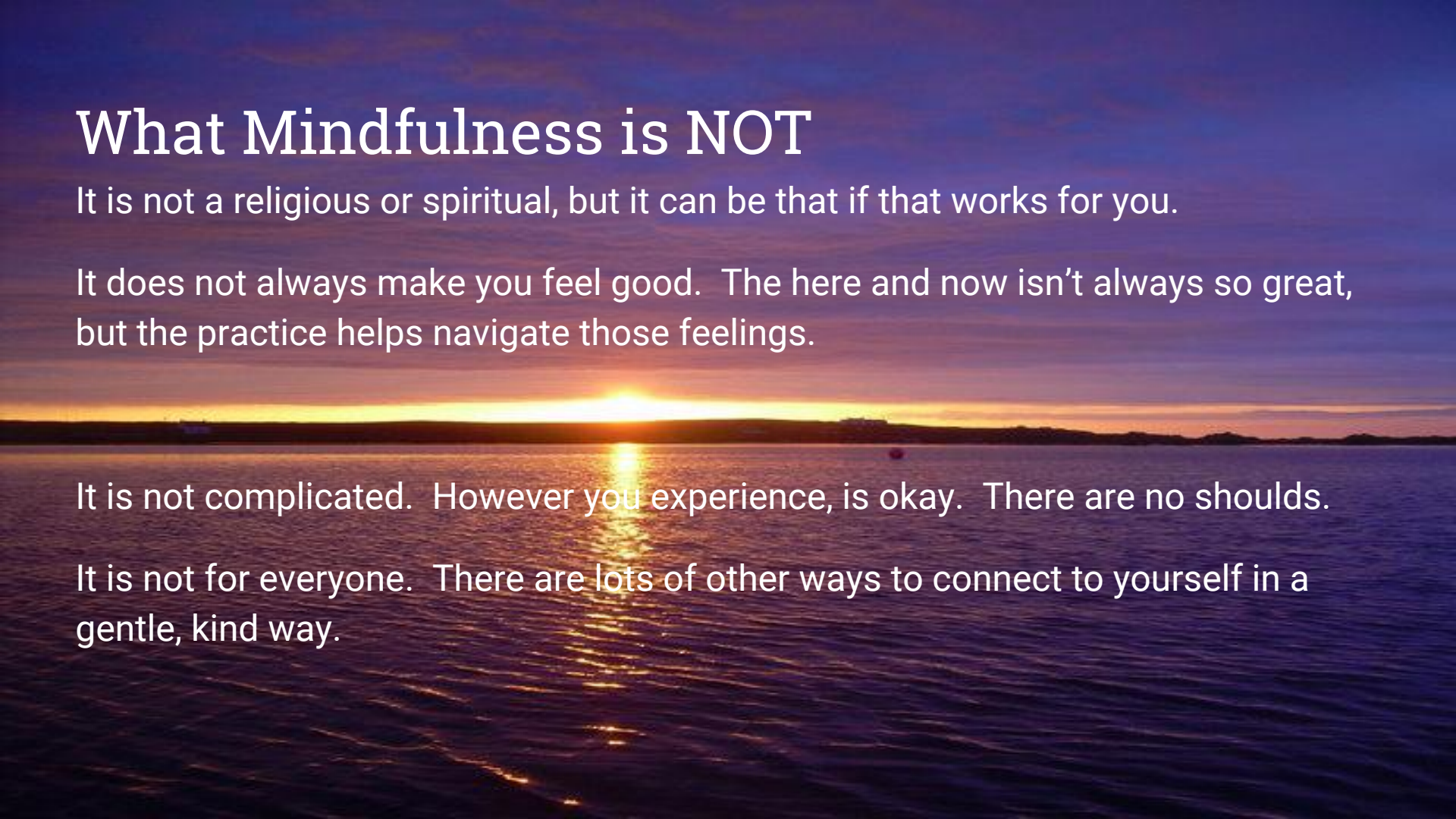
What Mindfulness is NOT

It is not a religious or spiritual, but it can be that if that works for you.

It does not always make you feel good. The here and now isn't always so great, but the practice helps navigate those feelings.

It is not complicated. However you experience, is okay. There are no shoulds.

It is not for everyone. There are lots of other ways to connect to yourself in a gentle, kind way.



The Benefits of Mindfulness

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Research shows mindfulness with college students.....

Promotes Relaxation, Assists in Emotion Regulation, Alleviates Stress, Anxiety Reduction, AODA Impact, Reduction of Depressive Symptoms, Academic Success

A study on mindfulness in college students found that medical and psychology students who practiced mindfulness reported improvements in a wide range of areas, including decreased reactivity, increased curiosity and affect tolerance, improved patience, and **self-acceptance**, and enhanced relational qualities (Solhaug, Eriksen, de Vibe, Haavind, Friborg, Sørli, & Rosenvinge, 2016)

Problems with **alcohol** are more prevalent in college students than many other populations and can lead to serious issues with both academic progress and a more broad range of outcomes. Mindfulness may be an effective tool for addressing this issue, as it has been negatively linked with alcohol problems and can help students deal with the stress that may prompt drinking in this population (Bodenlos, Noonan, & Wells, 2013).

The effects of mindfulness on the likelihood of drinking may be due in part to the impact of mindfulness on self-control. College students who participated in mindfulness-based stress reduction (MBSR) reported enhanced self-control and vitality, among other outcomes (Canby, Cameron, Calhoun, & Buchanan, 2015).

Similarly, a study on mindfulness and **emotion regulation** in college students found that higher levels of mindfulness predicted better regulation of emotions and suppression of thoughts (MacDonald & Baxter, 2016). Better self-regulation and self-control contribute to the more effective positive inhibition of destructive behaviors and, in turn, greater psychological well-being.

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Benefits of Mindfulness

Increases focus

Improves confidence, creativity

Increases positive emotions

Increases self compassion

Decreases negative emotions and stress

Good for the body

Reduces stress, depression in teens

Good for relationships

Improves behavior in classrooms in kids

Fosters compassion and altruism

Helps reduce binge drinking

Strong sense of self, act more in line with values, healthier body image, secure self esteem, resilience to negative feedback



Loving
Kindness
Mindfulness
Experience

Center Buy In

Foster a curiosity and acceptance of positive psychology practices

Help them process through any anxiety/concerns with practicing mindfulness

Give them concrete exercises that they can become more confident and competent (Loving Kindness always is good)

Keep processing how it is going and give support to each other. Share stories of successes and challenges.

Integration of Mindfulness in Services

STAND ALONE SPACES

- Just Breathe Room
- Rejuvenation Room

INTEGRATION

- Drop In & Breathe Appointments
- Mindfulness Groups
- CALM grant
- AODA services
- Wellness Workshops
- Individual Therapy Sessions
- Titans Breathe Campaign



A photograph of a tulip field in a forest. The tulips are orange and in various stages of bloom. The background shows tall trees with sunlight filtering through, creating a bokeh effect. A semi-transparent green rectangle is overlaid in the center, containing the text.

SAVOR
MINDFULNESS
EXPERIENCE



Student Stories

"A"

(Leah)

"E"

(Sandy)


"H", "M"

(Sara)

Grief Retreat

(Sandy & Leah)

Positive Psychology Practice



GRATITUDE
SELF-COMPASSION
AWE

A scenic coastal landscape at sunset. The foreground is filled with numerous purple daisies with yellow centers, growing on a green hillside. The middle ground shows a sandy beach and the ocean with gentle waves. In the background, there are rolling hills and mountains under a sky transitioning from orange and yellow near the horizon to a clear blue. The text "What do/can you do?" is overlaid in white, sans-serif font across the center of the image.

What do/can you do?

Thank you for attending this workshop!

Questions? Comments?

Resources we love...

- The Greater Good Science Center at the University of California, Berkeley
- The Happiness Toolbox: 56 Practices to Find Happiness, Purpose & Productivity in Love, Work, and Life by Jonah Paquette, Psy.D.
- Real Happiness: Proven Paths for Contentment, Peace & Well-Being by Jonah Paquette, Psy.D.
- The Mindful Path to Self-Compassion by Christopher K. Germer, PhD
- The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle
- Just One Thing by Rick Hanson, PhD

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