

Mindfulness at The University of Iowa

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Presentation to UI Staff Council

Poll Question

How much do you know about Mindfulness?

What is mindfulness?

→ The awareness that arises when...

- Paying attention
- On purpose
- In the present moment
- Non-judgmentally
- To the unfolding of experience moment by moment

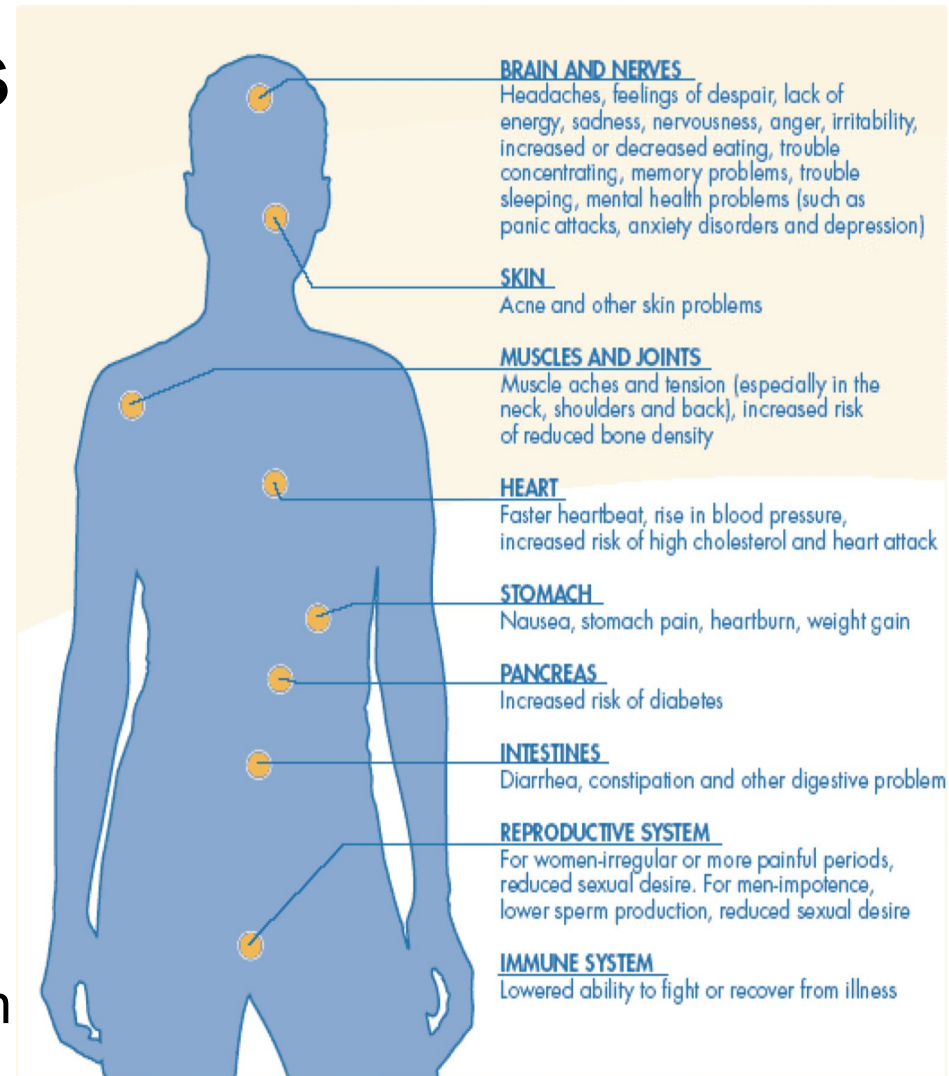
What *isn't* Mindfulness?

- Relaxation
- Emptying the mind
- Positive thinking
- Never having unpleasant experiences
 - Thoughts
 - Feelings
 - Bodily sensations
- Denial of reality



Various Stressors

- Work & Money
- Family responsibilities
- Health
- Future of nation
- Current political climate
- Acts of terrorism; violence toward minorities; personal safety
- Cost of health insurance
- Uncertainty about future health & healthcare



Tips for Mindfulness Development

→ **Start with yourself**

- having your own M practice gives realistic understanding of what it is and what it takes

→ **Allocate quiet space** for people to practice M together or in private

→ Offer **extended M intervention** which supports practice over sustained period

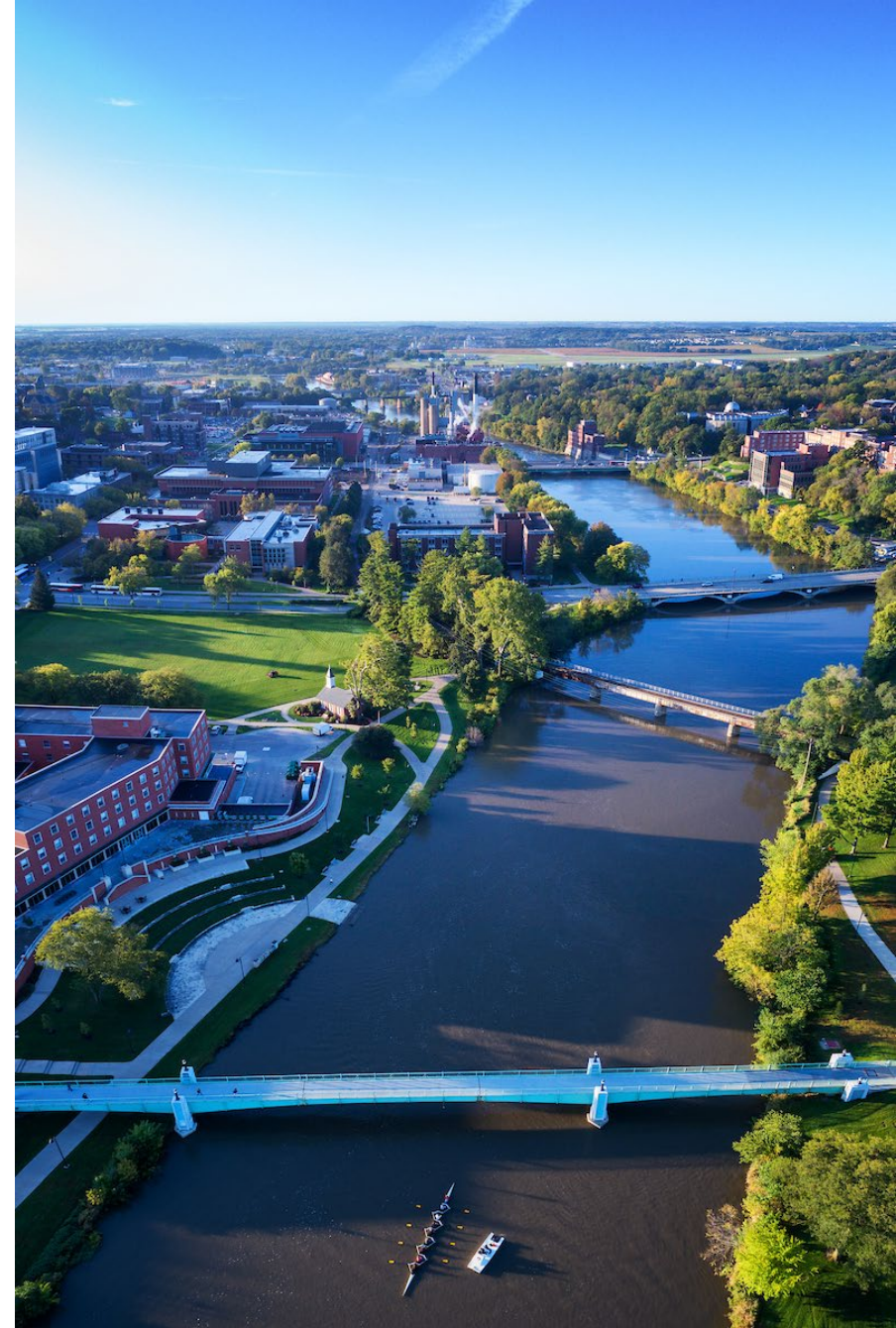
- 8-week MBSR program

→ **Start meetings with “Mindful Minute”** of silence, focusing on breath to help attendees choose quality of attention & intentions for being with each other and the issues at hand

→ Others?

Mindfulness at UI

- www.uihc.org/mindfulness-programs
- Email: mindfulness@uiowa.edu
- Phone: 319.384.5089
- Programs are offered throughout the year. Attendance at an informational session is required prior to registering for most programs.
- UI employees and House Staff may be eligible for fee support for Mindfulness-Based Stress Reduction (MBSR) through UI Wellness' liveWELL program
<https://hr.uiowa.edu/well-being/livewell>



Upcoming Groups

→ Sundays Jan 24-March 2 4:00-6:30 p.m.

→ Two remaining (req'd) info sessions:

- Thursday, January 14 @ 4:30pm
- Wednesday, January 19 @ noon

→ Spring 2021 Groups T.B.A.



UI STAFF COUNCIL INVITATION: MINDFULNESS IN ACTION

Feb 11, 2021 12:00-1:00 p.m.



A 'gift' for UI Staff Councilors who want to
experience a taste of mindfulness practice together

IOWA