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

Jon Kabat-Zinn, PhD Ancient practice for modern times. Slide content courtesy of UI Mindfulness Based Programs.
What *isn’t* Mindfulness?

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

Jon Kabat-Zinn, PhD Ancient practice for modern times. Slide content courtesy of UI Mindfulness Based Programs.
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

Slide content courtesy of UI Mindfulness Based Programs.
APA Stress in America Surveys 2015, 2017, 2018
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](http://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](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: MINFULNESS 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