

Introduction to Mindfulness & Meditation

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<https://web.calpoly.edu/~vbennert/mindfulness/>



Logistics

- Use headphones
- Leave your camera on (we want to see you!)
- Mute yourself unless you want to talk

COVID-19

uncertainty

stress, worry, anxiety, fear

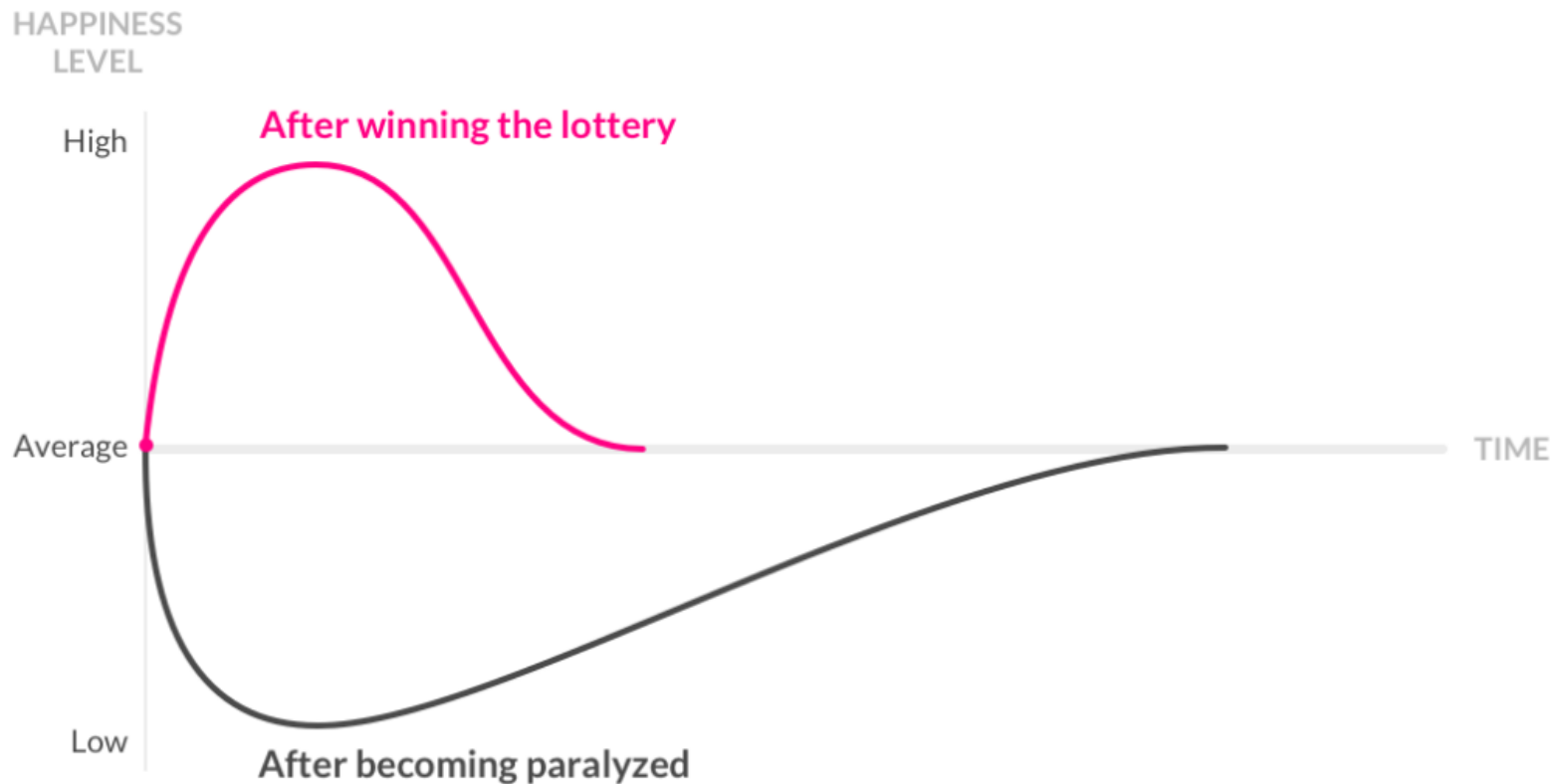
difficulties sleeping, mood swings, depression

The way out is in.

Thich Nhat Hanh

The Happiness Baseline

External circumstances cannot change your happiness baseline





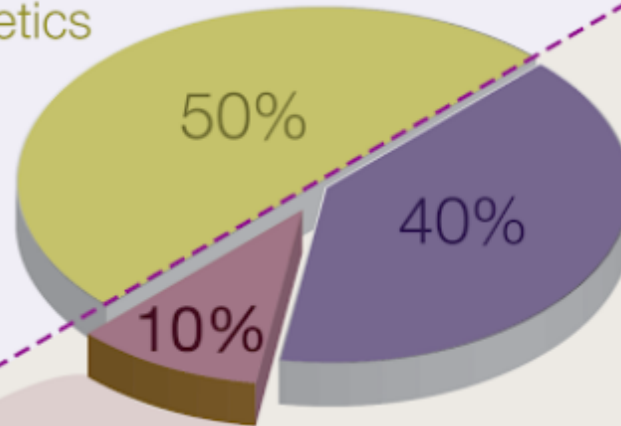
HAPPINESS

by Anna Vital



genetics

depends on your




cannot control
can control



internal
state of mind

circumstances



 Funders and Founders

source: Sonja Lyubomirsky "The How of Happiness",
Penguin Books

We are happier when we are present

There is no magic pill or magic trick

- Based on my experiences and practices
- You have to find out what works for you

Confidentiality!

- What **you can share** with others after this workshop
 - Anything that I said
 - Anything that you learned
 - Your own experience
- What **you cannot share** with others after this workshop
 - Anything anyone else said
- Important to create safe container here



Mindfulness talking and listening



How are you doing?

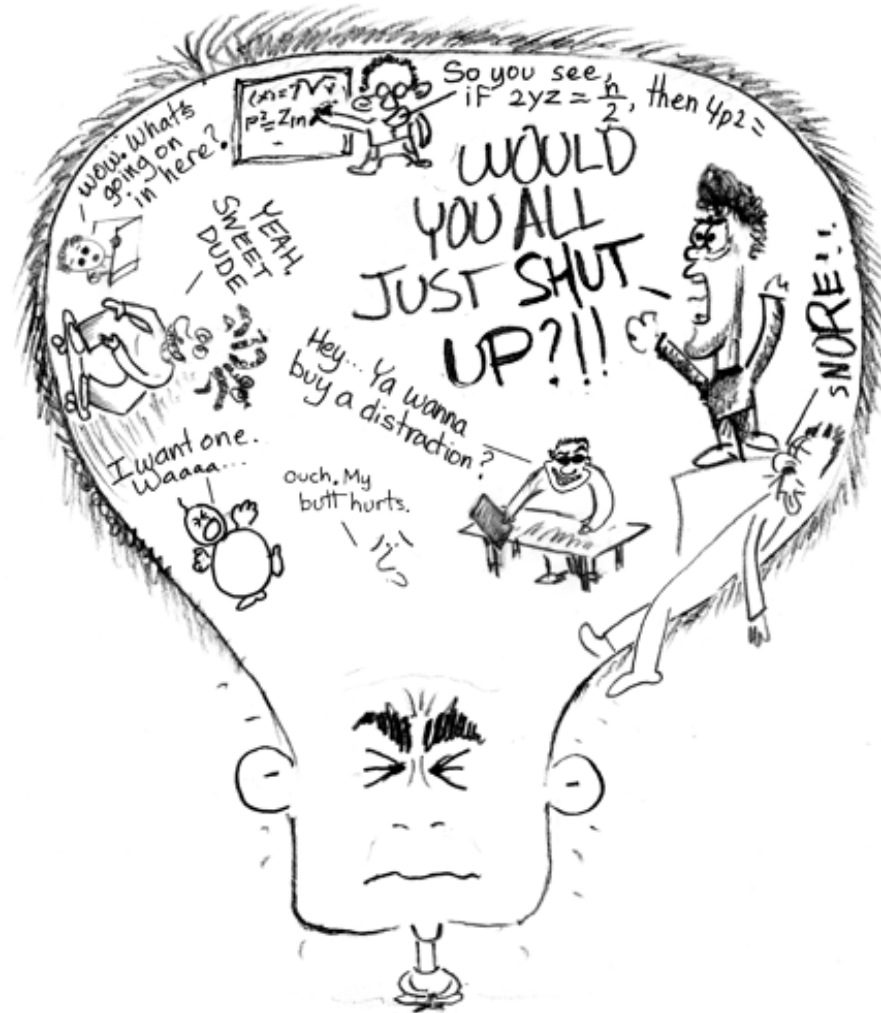
Meditation

A state of deep peace that occurs when the mind is calm and silent

A state of no-mind



Often, in reality...



What you practice grows stronger

Are you practicing meditation or judgement & frustration?

Mindfulness

Paying attention with loving kindness

Practicing awareness in a non-judgemental way



Curiosity –
the magic trick?

Guided Meditation

Mindful Walking

Mindful Eating

How was this experience for you?

all there ever was
all there ever will be
is the present moment

Meditation & Mindfulness

- Silent sitting
- Guided meditations
- Watching/counting the breath
- Walking meditation
- Active meditations
- Body scan
- ...
- Everything can become a meditation!

Research: mindfulness works!

- Mind:
 - Increases mental strength & focus
 - Increases memory retention & recall
 - Better cognitive skills & creative thinking
 - Better decision making & problem solving
 - Better information processing
 - Helps ignore distractions
 - Helps manage ADHD

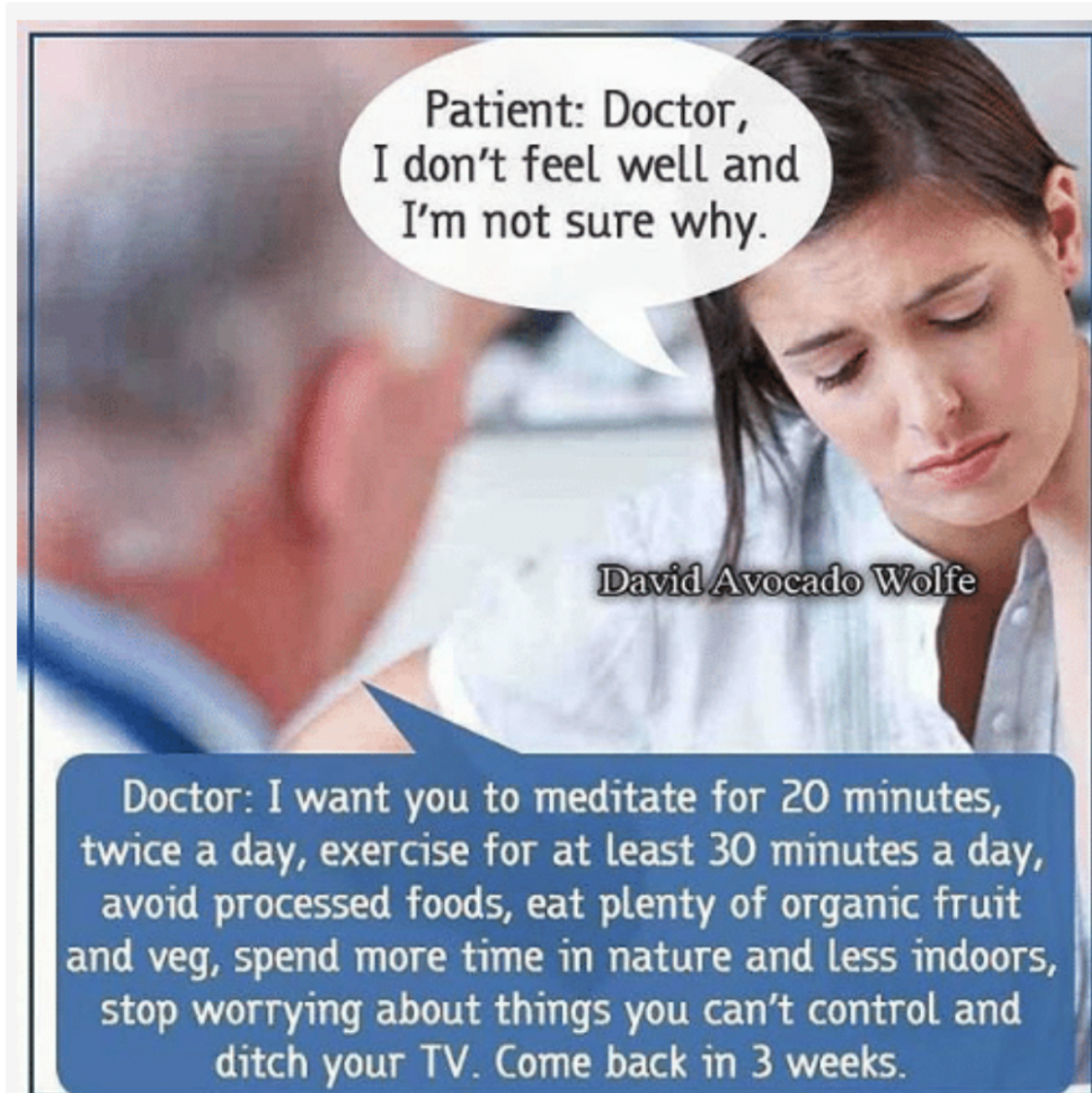
Research: mindfulness works!

- Healthier Body:
 - Improves immune system & energy level
 - Improves breathing & heart rates
 - Helps sleep better
 - Reduces blood pressure
 - More longevity
 - ...

Research: mindfulness works!

- Emotional Well-being:
 - Lessens worry, anxiety & impulsivity
 - Lessens stress, fear, loneliness & depression
 - Enhances self-esteem & self-acceptance
 - Improves resilience against pain & adversity
 - Increases optimism, relaxation & adversity
 - Helps prevent emotional eating & smoking
 - Helps develop positive social connections
 - Improves your mood & emotional intelligence

Mindfulness: one aspect of a bigger picture



And what about COVID-19?

- Sleep, healthy food, exercising, nature & mindfulness
- Wash your hands, avoid touching your face
- Practice physical distancing and social connection
- Limit time on news (and online in general)
- Listen to experts and reliable resources
- Consider journaling
- Have a regular daily schedule
- Come back to the present moment as often as you remember (take a breath, feel the sun/the wind, listen...)
- Think and talk about what you are grateful for in your life or what brings you joy

Tell me, what brings you joy?

(Some) Resources

<https://web.calpoly.edu/~vbennert/mindfulness/>

Cal Poly Counseling Services:

<https://hcs.calpoly.edu/counseling>

Student Mindfulness Club

- Grant Gilbert, Physics Major: Founder & President
calpolymindfulness@gmail.com
- Virtual meditations scheduled for Spring quarter

Questions/Comments/Feedback?

- Please raise your “virtual hand” (under participants)