

# Mindfulness & COVID-19



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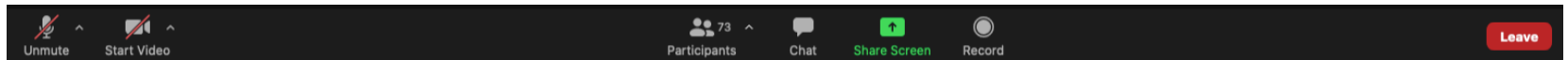


***Have a bite of food (e.g., raisin, piece of chocolate, a nut, a fruit) close by (for a practice of mindful eating).***

# Zoom

Please remain muted  
when not speaking

Option to  
raise hand  
(on phone: \*9)



Please start your video,  
if able,  
to promote community  
(especially during breakout rooms)

Use chat to ask or  
answer questions

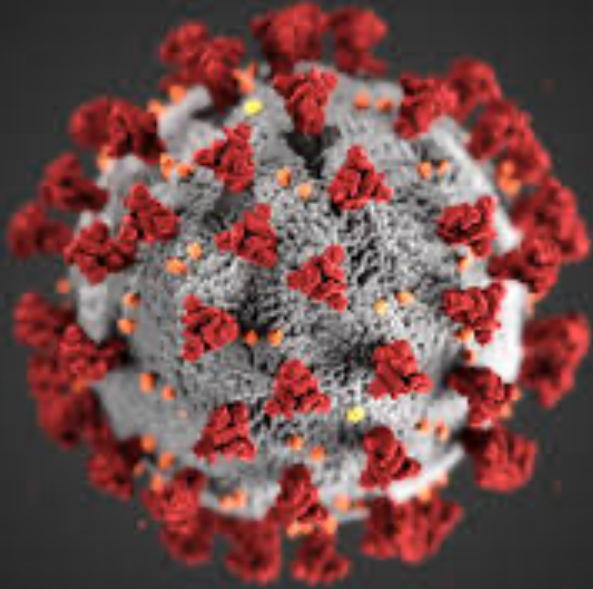
# I am a...

- A. Cal Poly student with a Physics major
- B. Cal Poly student with another major
- C. Faculty/staff in the Physics department
- D. Faculty/staff in another department
- E. Something else

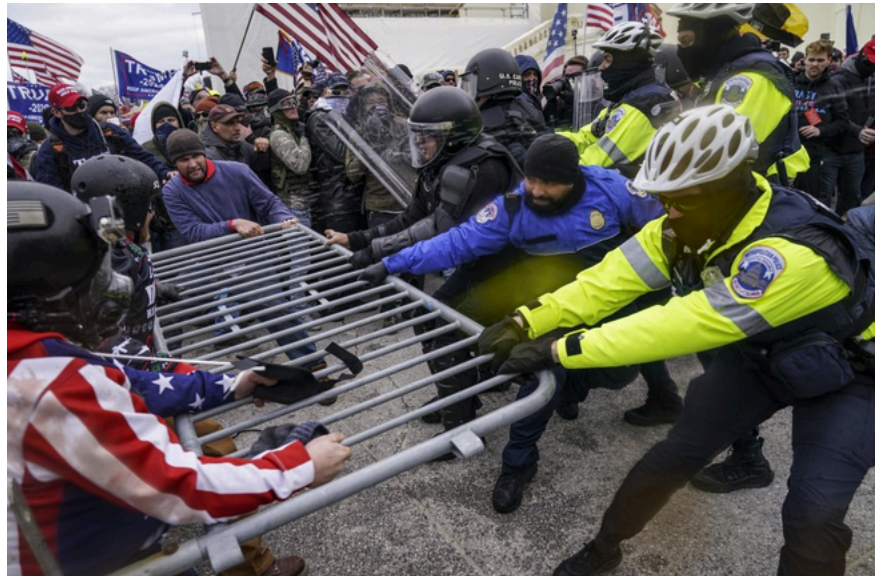
# Mindfulness & Meditation...

- A. Is completely new to me
- B. I have heard about it, but have not tried it myself
- C. I have tried it a few times
- D. I practice mindfulness on a daily basis
- E. I am basically a Buddhist monk

# A lot is happening...



**BLACK  
LIVES  
MATTER**



COVID-19

uncertainty

stress, worry, anxiety, fear

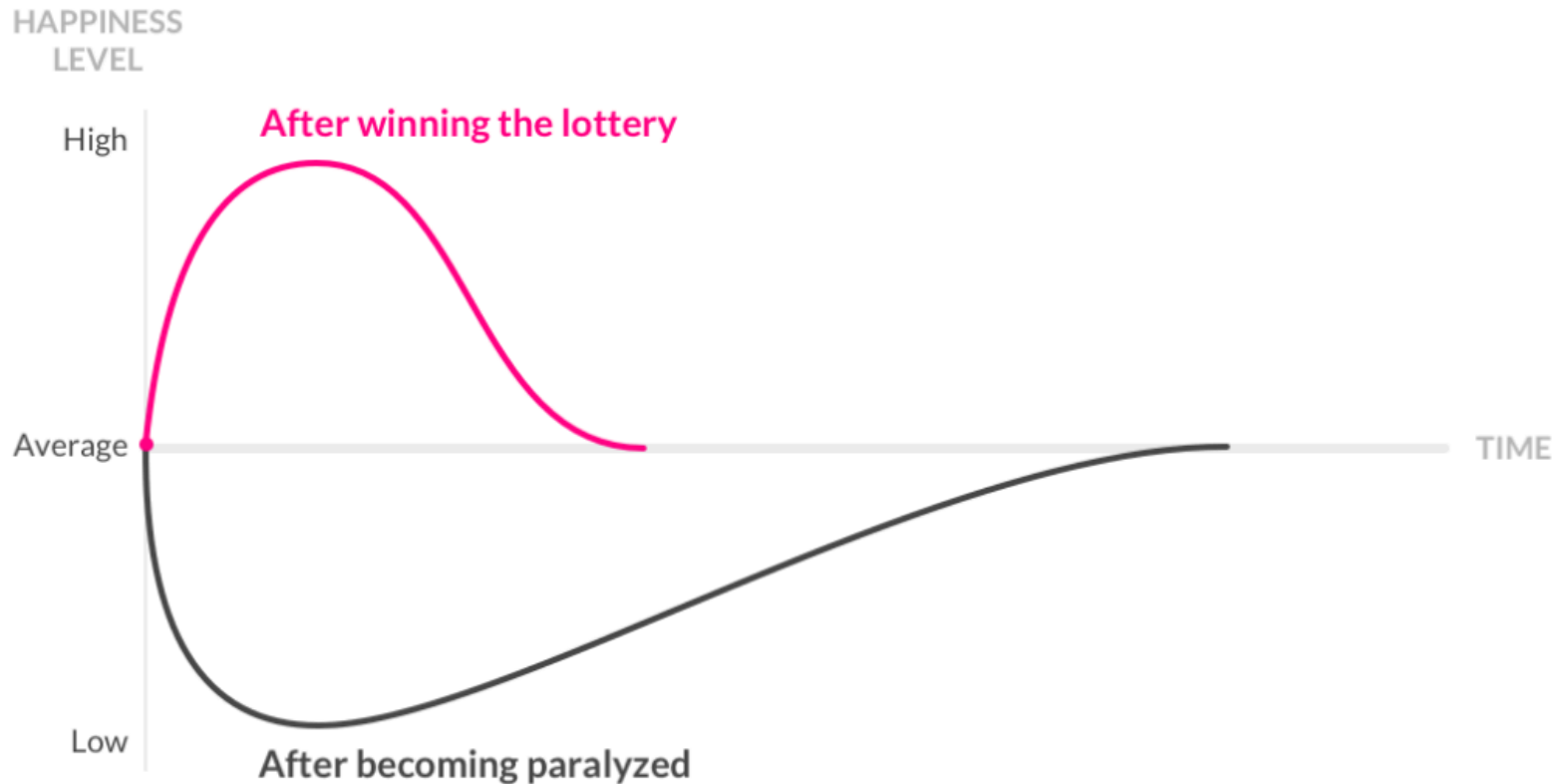
difficulties sleeping, mood swings, depression

The way out is in.

*Thich Nhat Hanh*

# The Happiness Baseline

External circumstances cannot change your happiness baseline







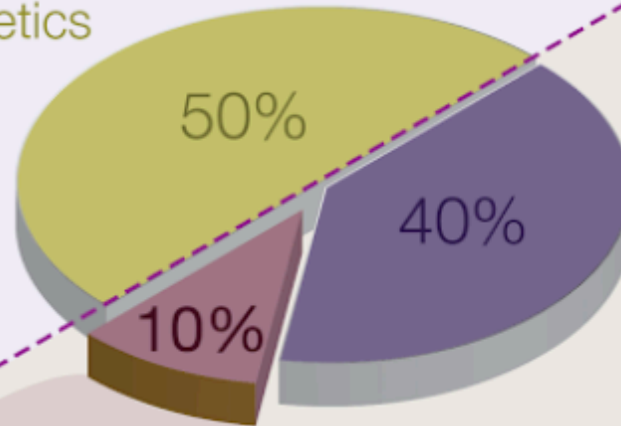
# HAPPINESS

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
- 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



Mindfulness Talking  
&  
Mindfulness Listening

How are you doing?

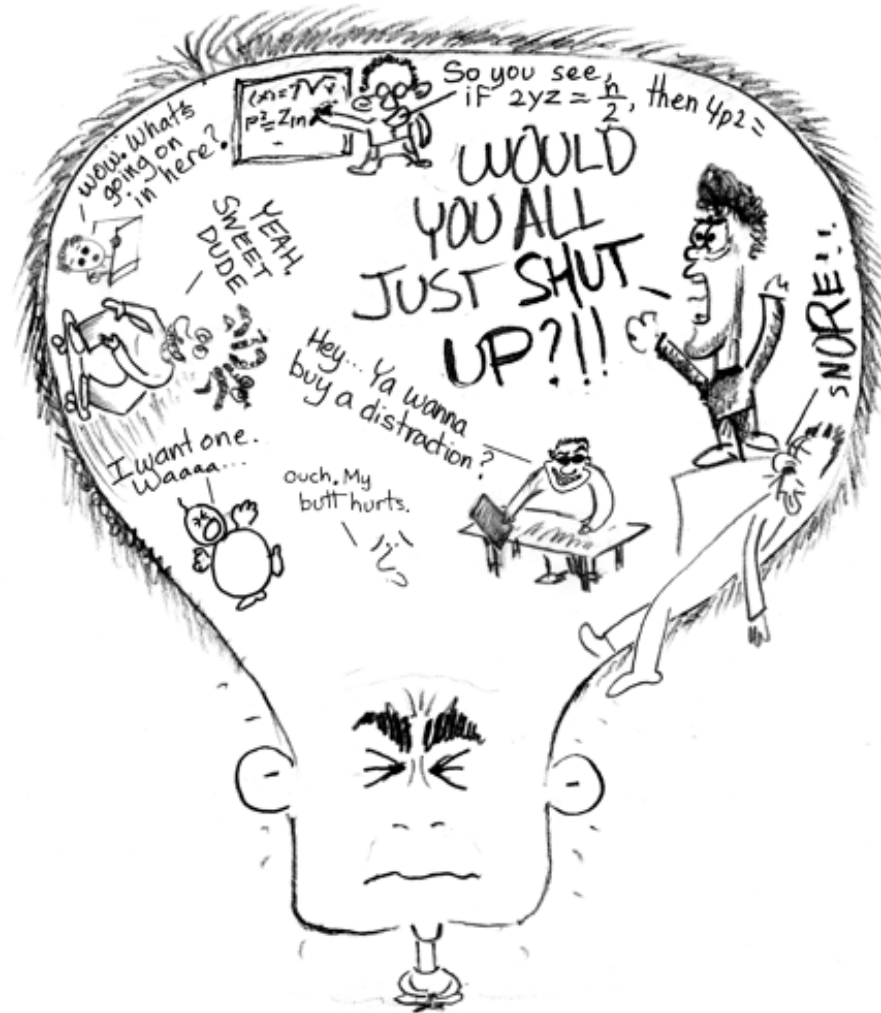
# Meditation

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



# 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.

Everything can become a practice in mindfulness.



# Research shows: Mindfulness works

- **Improves immune system & energy level**
- **Helps sleep better**
- **Lessens worry, anxiety & impulsivity**
- **Lessens stress, fear, loneliness & depression**
- **Improves resilience against pain & adversity**
- **Increases optimism & relaxation**
- Enhances self-esteem & self-acceptance
- Helps prevent emotional eating & smoking
- Better cognitive skills & creative thinking
- Better decision making & problem solving
- ...

# Mindfulness – one aspect of a bigger picture

Patient: Doctor, I don't feel well and I'm not sure why.



Doctor: I want you to meditate for 20 minutes, twice a day, exercise for at least 30 minutes a day, avoid processed foods, eat plenty of organic fruit and veg, spend more time in nature and less indoors, stop worrying about things you can't control and ditch your T.V. Come back in 3 weeks.

# What about COVID-19?

- Limit time on news/online
- Listen to experts and reliable resources
- Connect with friends and family (e.g., phone, Zoom)
- Have a regular daily schedule, but also take time to do nothing
- Come back to the present moment as often as you remember
- Think/talk about what you are grateful for, what brings you joy

This, too, shall pass.

Tell me, what brings you joy?

# (Some) Resources

<https://vbennert.github.io/>

Cal Poly Counseling Services:

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

Student Mindfulness Club: [calpolymindfulness@gmail.com](mailto:calpolymindfulness@gmail.com)

Meditation space: Mondays 12-1pm (Dr. Matthew Moore;  
contact Student Mindfulness Club for more information)

# How did you like this workshop?

- A. It was helpful and I felt more peaceful and grounded after the practices.
- B. It was helpful, but the practices did not do much for me.
- C. I did not find it particularly helpful.
- D. Some other response

# Questions/Comments/Feedback?