

Mindfulness & COVID-19

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shorturl.at/uKU34



Logistics

- Use headphones
- Leave your camera on (we want to see you!)
- Mute yourself (unless you want to talk)
- Questions: raise your “virtual hand” (under participants or *9 on phone)
- **Have a bite of food (e.g., piece of chocolate, a nut, a fruit) close by (for a practice of mindful eating)**

COVID-19

uncertainty

stress, worry, anxiety, fear

difficulties sleeping, mood swings, depression

A word cloud featuring various psychological states and emotions. The words are arranged in a circular pattern, with some words being significantly larger than others. The colors of the words include shades of blue, green, purple, brown, and orange. The words are: Stressed (large, blue), Anxious (large, purple), Tired (large, green), Flustered (large, brown), Paranoid (large, light green), Unsettled (large, green), Unsure (large, light green), Stuck (medium, red), Concerned (medium, red), Confused (medium, orange), Grateful (medium, orange), Reflective (medium, red), Misinformed (medium, red), Frustration (medium, orange), Good (medium, blue), Hopefully (medium, blue), Uneasy (medium, red), Capable (medium, red), Restless (medium, purple), Exhausted (medium, blue), Withdrawn (medium, red), Equanimity (medium, blue), Unstable (medium, green), Introspective (medium, purple), Pessimistic (medium, green), Uncertain (medium, purple), Neutral (medium, orange), Mindful (medium, purple), Solitudinous (medium, purple), Unstructured (medium, purple), Unmotivated (medium, red), Coping (medium, red), Numb (medium, purple), Sad (medium, green), Peace (medium, orange), Gratitude (medium, orange), Conflicted (medium, blue), and Sympathy (medium, red).

Stressed

Anxious

Tired

Flustered

Paranoid

Unsettled

Unsure

Stuck

Concerned

Confused

Grateful

Reflective

Misinformed

Frustration

Good

Hopefully

Uneasy

Capable

Restless

Exhausted

Withdrawn

Equanimity

Unstable

Introspective

Pessimistic

Uncertain

Neutral

Mindful

Solitudinous

Unstructured

Unmotivated

Coping

Numb

Sad

Peace

Gratitude

Conflicted

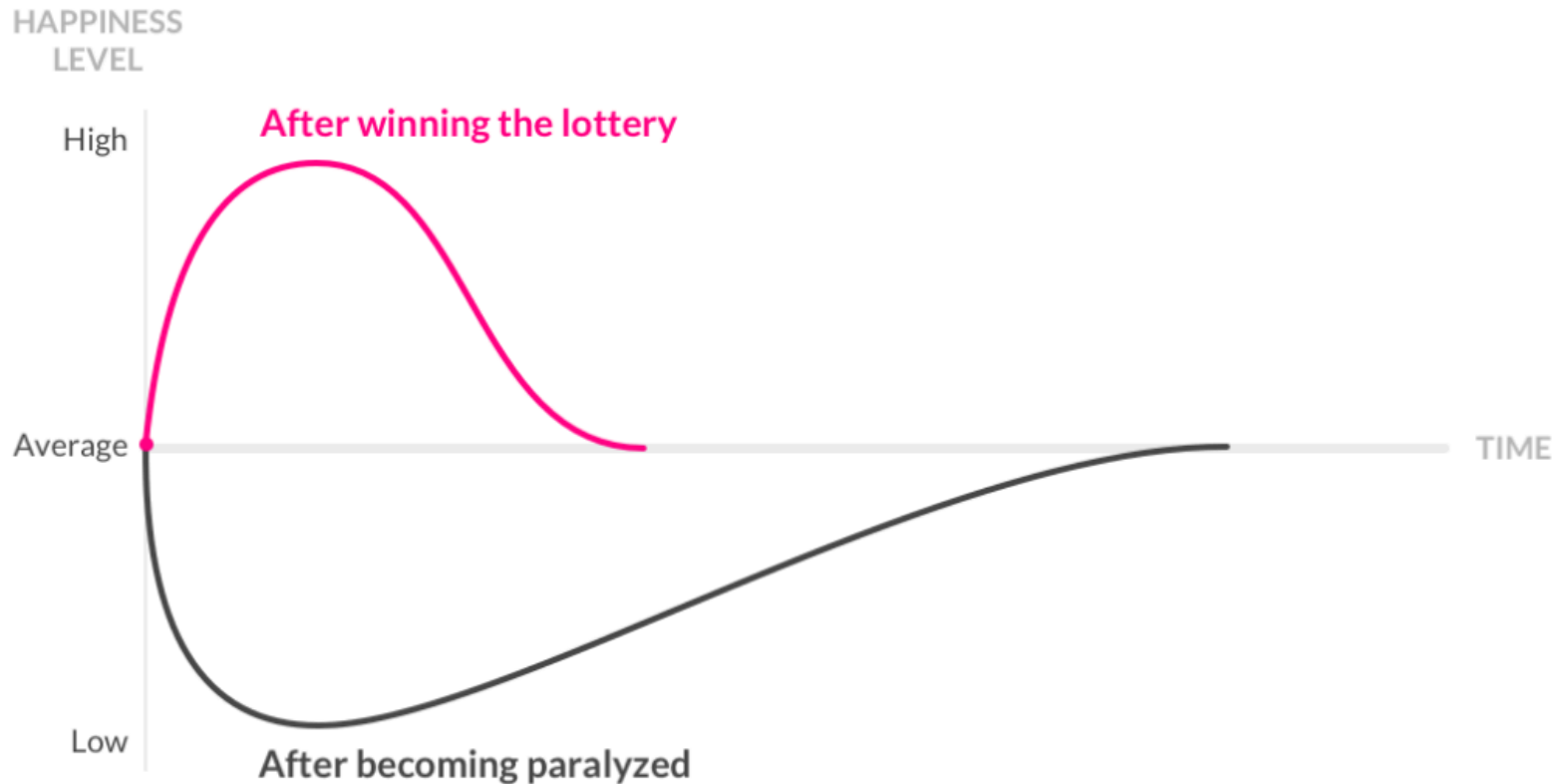
Sympathy

The way out is in.

Thich Nhat Hanh

The Happiness Baseline

External circumstances cannot change your happiness baseline





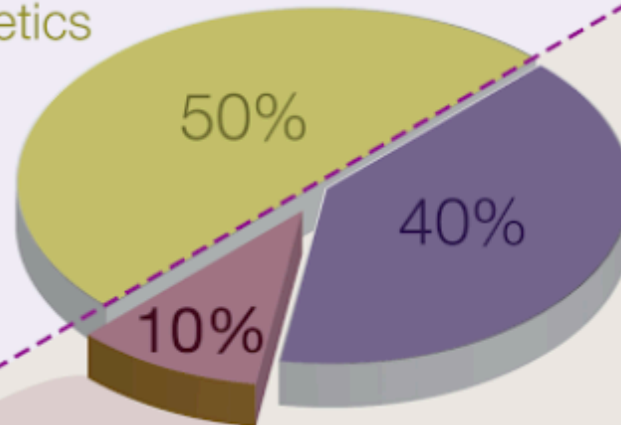
HAPPINESS

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
&
Mindfulness Listening

How are you doing?

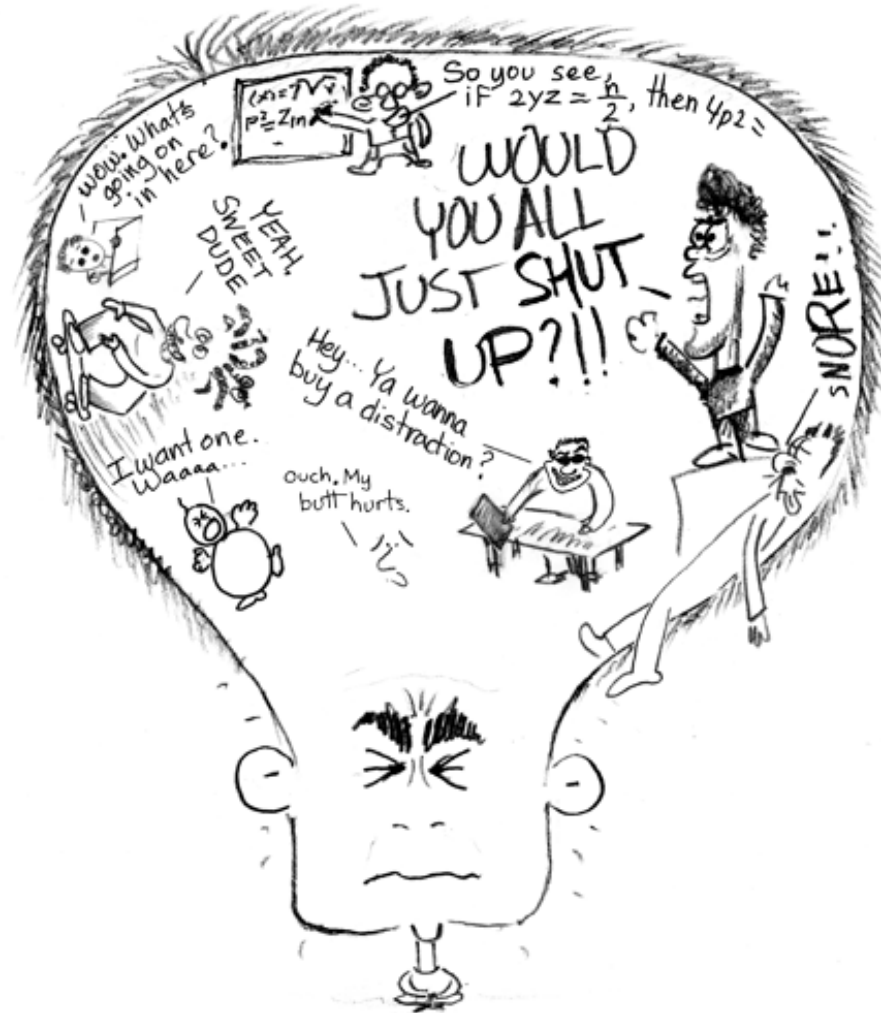
Meditation

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



Curiosity –
the magic trick?

Guided Meditation

Mindful Walking

Mindful Eating

How was this experience for you?

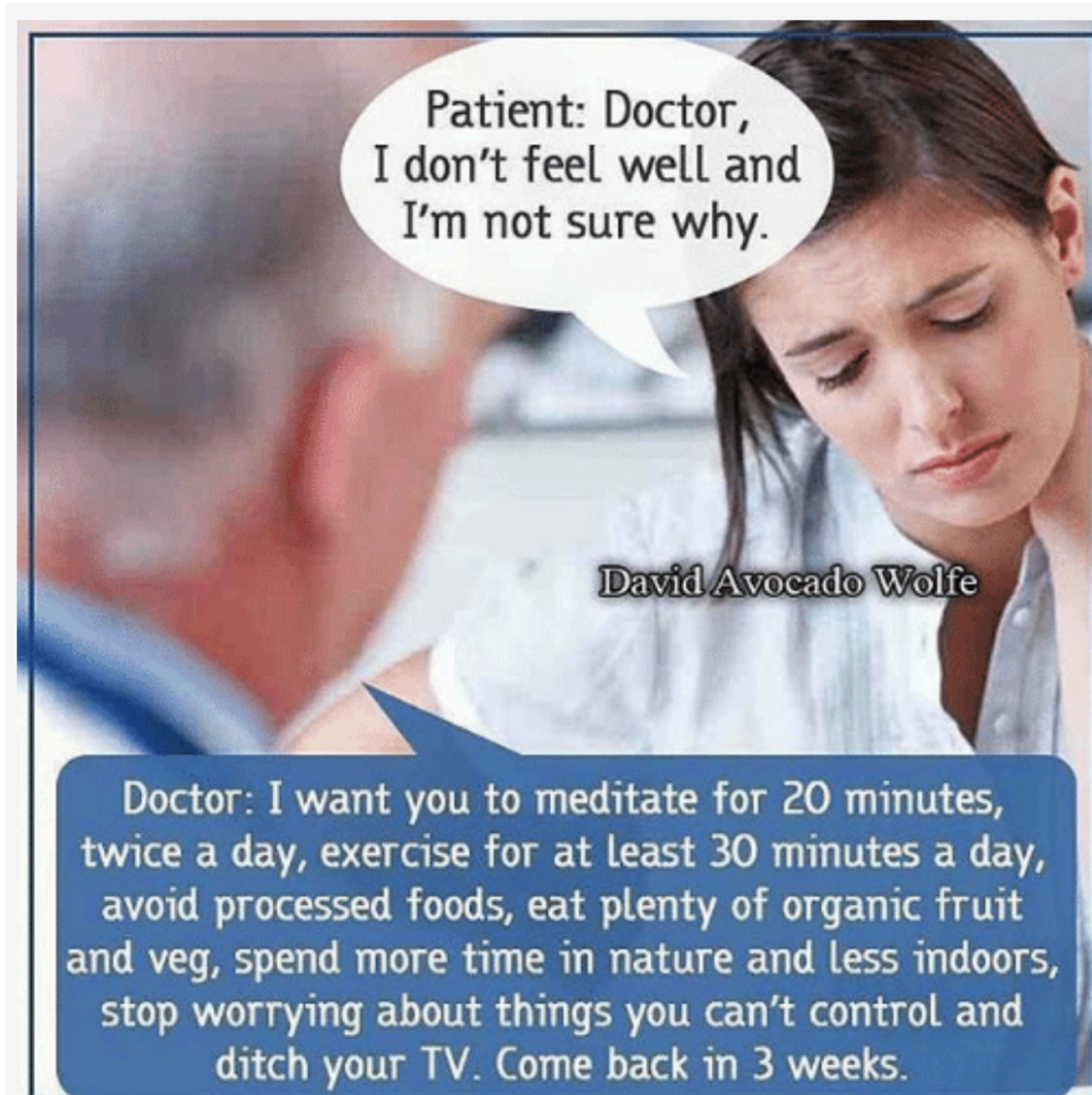
All there ever was,
all there ever will be,
is the present moment.

Everything can become a meditation.

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



What about COVID-19?

- Limit time on news
- 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

Questions/Comments/Feedback?