

Introduction to Mindfulness



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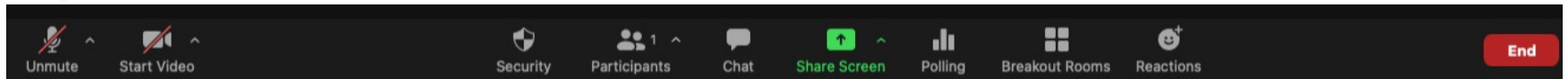


Have a bite of food (e.g., raisin, piece of chocolate, a nut, a fruit) close by (for a practice of mindful eating).

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...

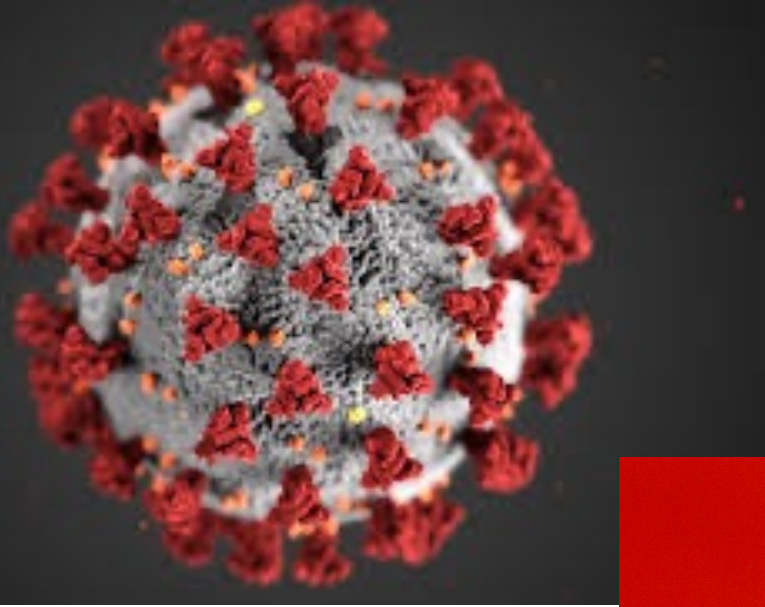
- A. Cal Poly student with a Physics major
- B. Cal Poly student with another major
- C. Faculty/staff in the Physics department
- D. Faculty/staff in another department
- E. Something else

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...

COVID-19, Climate Crisis, Social Injustice & Systemic Racism



**BLACK
LIVES
MATTER**



uncertainty

stress, worry, anxiety, fear

difficulties sleeping, mood swings, depression

The way out is in.

Thich Nhat Hanh

Practicing mindfulness and meditation is a privilege.

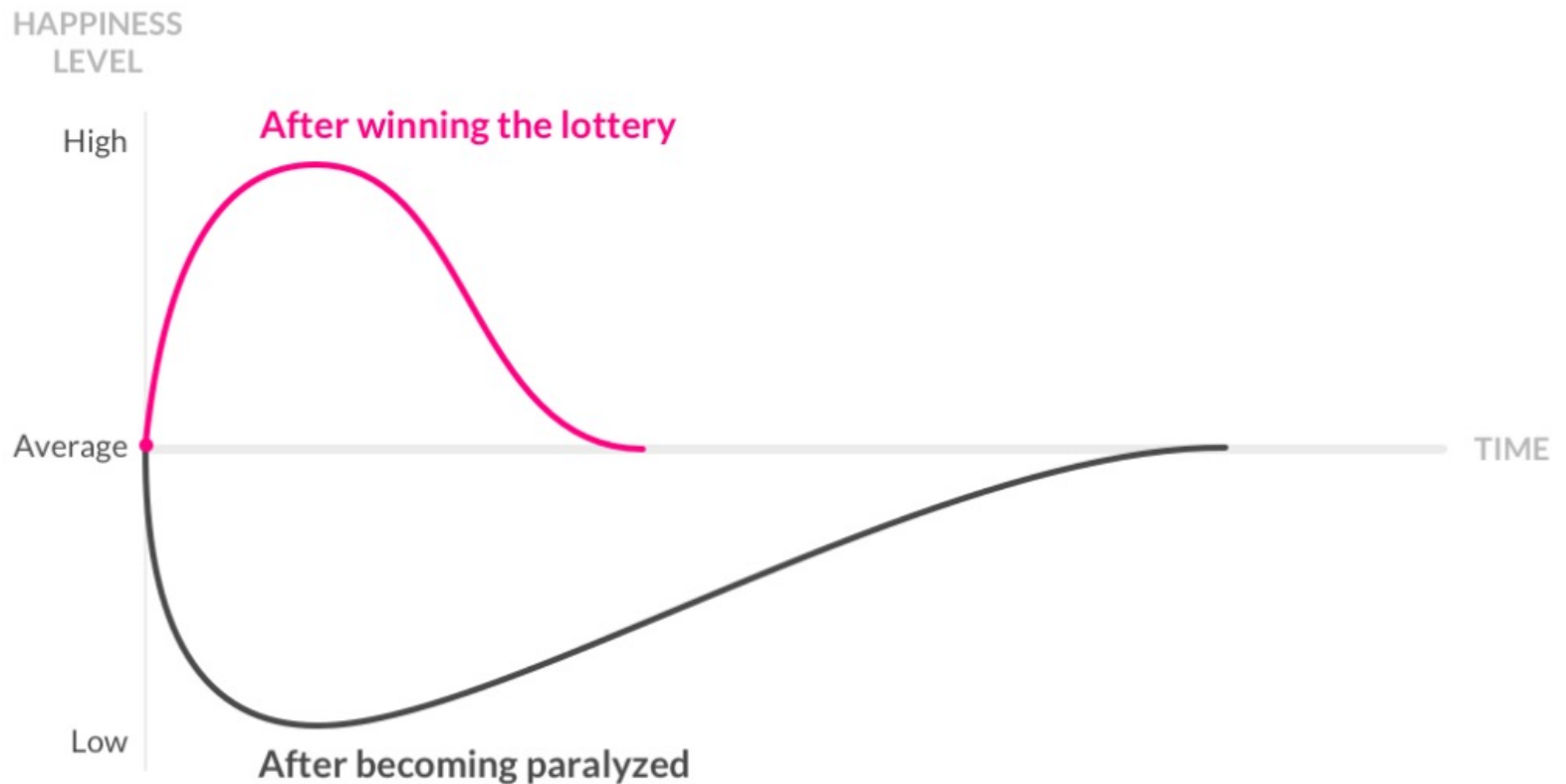
Basic needs have to be met first
(such as food, shelter, water, clothing, safety, security)

<https://basicneeds.calpoly.edu/>

The Happiness Baseline

If your basic needs are met...

External circumstances cannot change your happiness baseline





HAPPINESS

by Anna Vital

depends on your



genetics

50%

10%

40%

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?

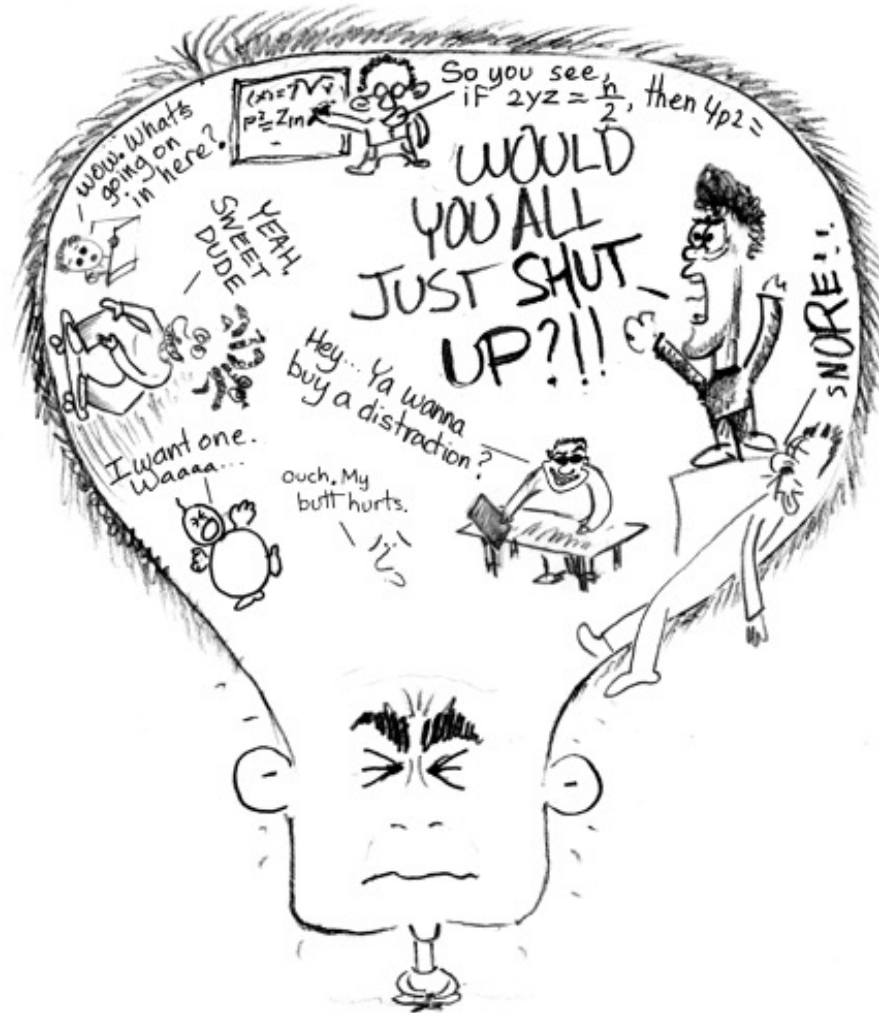
Meditation

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

Consider mind & body as a whole
(sleep, nutrition, exercise, social, nature...)

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>

Cal Poly Basic Needs Initiative:

<https://basicneeds.calpoly.edu/>

Student Mindfulness Club: 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?