A Taste of Mindfulness for the CCOE

How can mindfulness positively impact you?
What is mindfulness?

- Paying attention in a particular way:
  - On purpose,
  - In the present moment, and
  - Non-judgmentally

- Jon Kabat-Zinn
How can mindfulness be practiced?

With focus on:
- Breath
- Whole body/body scan
- Body movement
- Feelings
- Senses
- Thoughts
- Intentions
- Observations
Components of Mindfulness Practices

- Attention regulation
- Body awareness
- Emotional regulation
- Change in perspective of the self

Hölzel et al. (2011)
What are some outcomes we see?

- Better attention & focus
- Less anxiety and stress
- Less depression
- Less pain
- Increased well-being
Sources


Goyal, M., et al. (15 authors; 2014), Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. JAMA Internal Medicine, 174(3), 357-368.

Hölzel, B. K., et al. (6 authors; 2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. Perspectives on Psychological Science, 6(6), 537-559.
