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
Mindfulness Moment: A Happy Memory
Find a happy memory. The scent or taste of your selected candy may help.
Why focus on happy memories (or positive emotions)?

“The neurons that fire together, wire together.”
What are some outcomes we see?
Positive emotions lead to ...

- Creativity
- Receptive and flexible thought
- Better interpersonal relationships
- Broadened “thought-action repertoires” (as opposed to narrowed ones induced by negative emotions)
- Physiological recovery from effects of negative emotions/decreased stress
- Resilience
- Life satisfaction, positive affect

Cohn et al. (2009); Fredrickson (2000); Speer & Delagado (2017)
Group Instructions (7 minutes):

• Consider your experiences of the “happy memories” exercise

Brainstorm:

• In your [future] profession, how might you personally use some of what you learned today about mindfulness of happy memories?

• How might you use some of what you learned today with those you serve (students, clients, athletes, employees)? Or would you?
Sources


