

---

# Welcome to today's webinar!



**Matthew Fritts, MPH, PMP**  
*Wellness Specialist*



**Mary Sherman, LCSW, CEAP**  
*Employee Assistance  
Consultant*



Human Resources  
IMPACT Community of Expertise

# Tips to enhance your webinar experience

- How to join and participate in a Zoom webinar: <https://tinyurl.com/FEAPwebinar>
- How to install the Zoom Desktop Client or Mobile App: <https://tinyurl.com/ZoomApps>
  - You won't be able to see the video if you join by smartphone without the Zoom app
- **Maximize the Zoom window or app** on your screen in order to:
  - See all the available attendee controls and Zoom features
  - Move around and change the size of the windows for the slides, speaker, chat and Q&A



- Use the **in-webinar Chat** for administrative questions, technical problems, or questions that you do not want other participants to see
- Use the **Q&A window** for questions related to the **content** of the presentation
  - Panelists will either reply to you via text, or the presenter will respond live at designated times; responses to similar questions may be grouped together
  - Your question will not be visible by other attendees until it is answered
  - If we did not answer your question, please email us at [EmotionalWellbeing@virginia.edu](mailto:EmotionalWellbeing@virginia.edu)
- To minimize distraction, the "Raise Hand" feature is disabled

IMPACT

# MINDFULNESS: What is it and why should I care?



UVA FEAP in Collaboration with HOO's WELL  
Anna DeLong, LCSW, CEAP, Mindfulness Teacher

Thank you!

# AGENDA

- **What is Mindfulness**
- **Benefits of Mindfulness**
- **Practicing Mindfulness**
- **Meaning and MRP's**
- **Resources to support your practice**

MY MIND IS LIKE MY  
INTERNET BROWSER.

I HAVE 19 TABS OPEN,

3 ARE FROZEN,

AND I HAVE NO IDEA  
WHERE THE MUSIC IS

COMING FROM



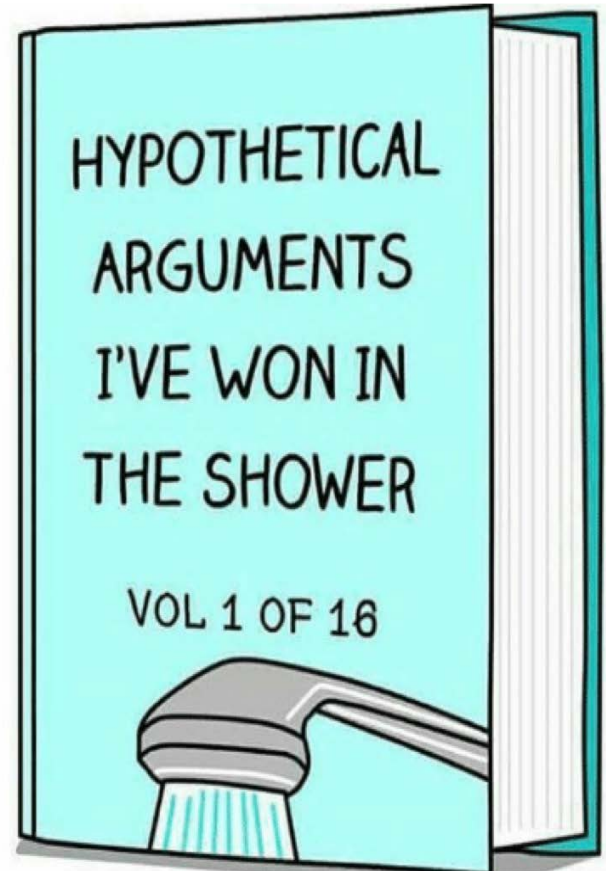
link to guided  
“reboot” exercise  
In resource slide  
at end of PPT



# What is Mindfulness?

**“Paying attention, on purpose to the moment you are in without judgement.”  
(Kabat-Zinn, PhD)**

**“Mindfulness is a way of training your attention so you can bring it where you want and keep it where you want.”  
(Dan Goleman, PhD)**





# HARVARD STUDY



- 47% of the time the average adult American is not paying attention to what they are doing.
- A wandering mind is not a happy mind.

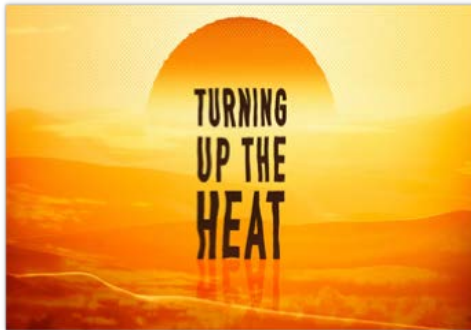
# Why meditate?

It's not for the experience we have while meditating but for the impact meditation has on our everyday life.

With Practice,

*A STATE*  
*becomes*  
*A TRAIT*

# Resilient brain



Bell alerted ten seconds to pain

## **Non-Meditators:**

Alarm system activation from first sound of bell with prolonged activation even after end of pain stimulus.

## **With Brain Training – Meditators:**

No alarm response with bell  
Heightened response with pain  
Rapid recovery after end of stimulus

# Benefits of Mindfulness- well documented by science:

## Some things go

- Less anxiety, dysphoria and depression
- Insomnia
- Impulsivity
- Distractibility

## Some things go up

- Improved mood
- Improved self control
- Enhanced ability to focus
- Greater ability to manage emotional impulses
- Greater resilience and rapid recovery from stress

Danial Goleman, PhD and Richard Davidson, PhD



What happens with beginning meditators?

**FOCUS improves**

- 10-minutes of meditation before beginning a task mitigates loss of concentration
- Three 10-minute meditations throughout the day has even better results

Best unobtrusive measure....

*getting reports  
you are calmer,  
kinder and more present*

# Neuroplasticity

- The way we use our attention sculpts our brain in very different ways, and it is not always positive.
- Whenever we attend to something, focus on something, OR do something, the neurons required for this action fire up.
- Whatever network we are using GROWS similar to the way muscles are sculpted based on how we use them.

Joe Loizzo, MD, PhD





# If you ask your brain to practice...

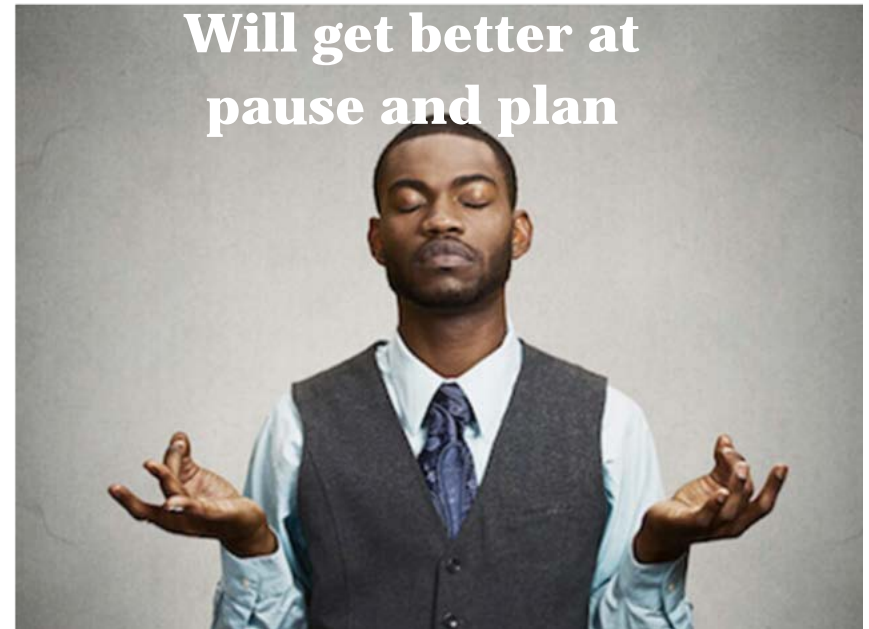


## RUMINATING

Will get better at ruminating

Consider what happens when you are on autopilot

## PAUSE AND PLAN



# Negativity Bias of UNTRAINED Brain

**The way you speak to yourself matters!**

- Self critical narrative associated with depression, anxiety, low self esteem, etc.
- When critical of self tends to impact interactions with others negatively
- Circuits important for this self-critical narrative are highly interconnected with many other circuits in the brain

**You can train your brain to weaken these circuits**

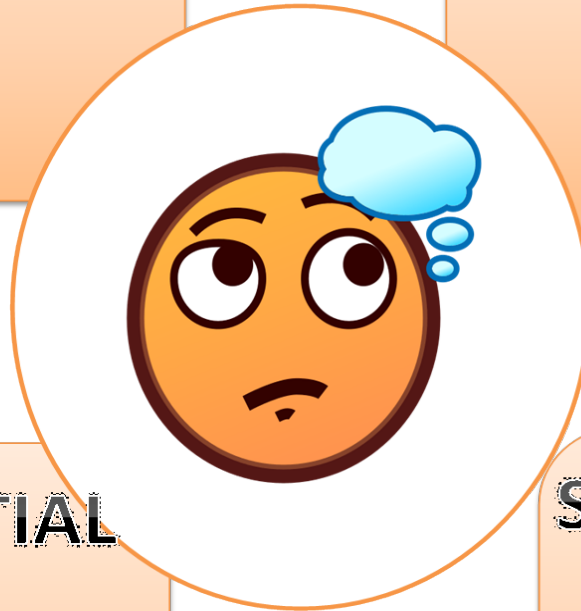


# DEFAULT MODE of the BRAIN- NARRATIVE

Anna DeLong, LCSW

**COMMENTARY**

**TIME TRAVEL**



**SELF REFERENTIAL**

**WHO I AM**

**& WHO I'M NOT**

**SOCIAL COGNITION**

**WHO OTHERS ARE**

**& ARE NOT**

From "Neuroscience of Change" Kelly McGonigal

# Energized Brain vs Depleted Brain

| <b>ENERGIZED</b>        | <b>DEPLETED</b>  |
|-------------------------|--|
| Focuses your attention  | Distracts your attention   |
| Regulates your emotions | Reacts impulsively   |
| Notices connections     | Loses the thread of connections                                  |
| Predicts outcomes       | Fails to see downstream implications                             |
| Makes smart decisions   | Makes unwise decisions   |
|                         | <p>* NOT a 'bad person' just a person with a depleted brain.</p> |
|                         |  |

From MIND OF A LEADER

# AWARENESS

Your body is ALWAYS PRESENT,  
It is your thoughts that take you away

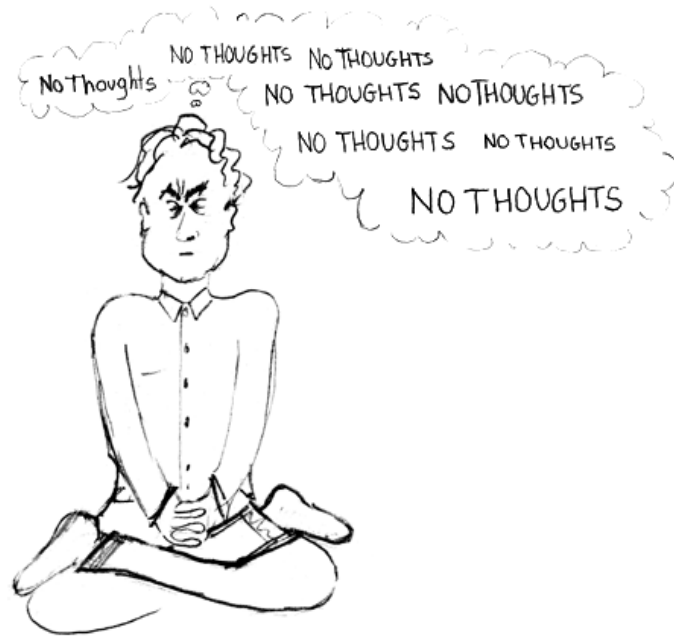


# Poll question

**How many people are secretly concerned their mind wanders too much or is too active to meditate?**

**Master Meditators Minds don't wander less than novices. Master Meditators are just better at catching their wandering mind sooner and returning focus more quickly.**

# Is my mind supposed to be blank?



HOW NOT TO MEDITATE

[www.sunship.com](http://www.sunship.com)



0 AV  
LA 6 16

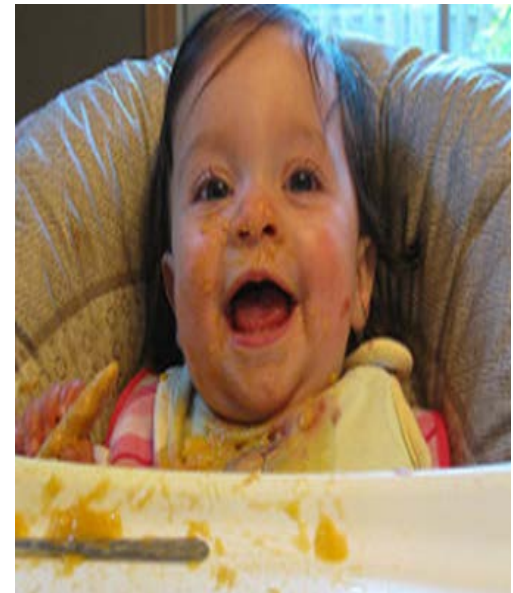
[www.galvaobertazzi.tumblr.com](http://www.galvaobertazzi.tumblr.com)



# 4 steps to Mindfulness

1. Choose INTENTION of your ATTENTION
2. MONITOR how you are doing
3. When you NOTICE you've drifted off, gently return
4. Use a KIND, encouraging TONE

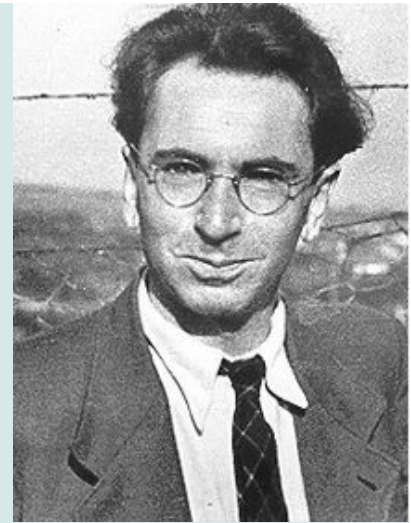
See attached handout/link  
“four steps to awareness”  
In resource slide





**Mindfulness  
connects us with our  
intentions and keeps  
our most important  
intention at the  
forefront.**

**VICTOR FRANKL**  
Between stimulus  
and response there  
is a space.



In that space is our power to  
choose our response.

In our response lies our growth  
and freedom.

$D = S - M$

# Three breath practice - MRP

To ground and connect with your intention

**Micro Reflective Practice**  
(Joan Halifax, PhD)

See link to  
MRP in  
resource  
slide

# How to begin

- Best kind of meditation is the one you are willing to try
- Short frequent practice is great
- Set yourself up for success with small manageable goals
- If you think you can meditate for five minutes, stop at 3
- If you think you can meditate for 10 breath cycles, stop at 5

Real Life  
Mindfulness  
Practice Sheet

See link  
in resource slide

## **UVA Resources:**

- FEAP website, SoundCloud
- Aetna Mindfulness program
- Be Wise
- CCI
- Contemplative Science Center
- HOO's WELL, BE WELL
- Mindfulness Center

## **Brain Reboot guided exercise:**

<https://soundcloud.com/user-572265411/brain-reboot-guided-meditation>

## **Syncing Breath with Ticking Clock:**

<https://soundcloud.com/user-572265411/breath-and-ticking-title>

**3 min meditation** <https://soundcloud.com/user-572265411/3-min-meditation-with-3-minute-silence>

**5 min body scan** <https://soundcloud.com/user-572265411/5-min-body-scan-guided-meditation-followed-by-3-min-silence>

**Additional guided exercises:** <https://soundcloud.com/user-572265411>

**“Four Steps to Awareness”: more detailed audio descriptions:** <https://soundcloud.com/user-572265411/four-steps-to-mindfulness-3>

## **Micro Reflective Practice, (MRP):**

<https://soundcloud.com/user-572265411/guided-meditation-takes-3-breaths-mrp-micro-reflective-practice-in-style-of-joan-halifax>

**Real Life Mindfulness: Ways to practice Mindfulness during regular day to day activities:** <https://uvafeap.com/wp-content/uploads/sites/12/2019/02/real-life-mindfulness-practice-.pdf>



Any  
Questions



---

# **New, online mindfulness resources for the UVA community**

*Matthew Fritts, MPH, Wellness Specialist*



Human Resources  
IMPACT Community of Expertise

# Mindfulness Challenge

- Open to **all** UVA employees and spouses
- UVA Health Plan participants can earn \$25 in rewards\* for completing all 4 weeks
- Challenge is underway; registration ends **Feb. 28**
- Last day to report completion in the Hoos Well Portal and earn reward: **April 10**
- Each weeks of the Challenge, you'll receive a new set of resources (including videos, work tips, articles, and guided mindfulness practices) that will introduce you to mindfulness and explore its connections to wellbeing.
- Online format can fit into your busy schedule and provide you resources that are applicable and useful, whether you're a mindfulness novice or a seasoned pro



**Week 1**  
**Foundation**  
Get started



**Week2**  
**Physical**  
Tune in to your body



**Week 3**  
**Emotional**  
Build resilience



**Week 4**  
**Social**  
Connect with others

**Learn more and register at [hr.virginia.edu/mindfulness](https://hr.virginia.edu/mindfulness)**

**IMPACT**

# Online mindfulness support for the UVA community

- UVA is providing **all** employees and spouses with free access to eM Life, an online mindfulness platform that can support your continued mindfulness practice, hone your stress management skills, and promote health & happiness
- The eM Life platform includes:
  - Daily guided meditations
  - Online and mobile interactive sessions
  - On-demand content
  - An expert-led community that provides connections to gain support and purpose
  - Easy accessibility through iOS and Android apps
- Courses are delivered by expert teachers who bring perspective, accountability, and personalized practices you can integrate into everyday life.
- eMindful, a leading company in the mindfulness field, has built the eM Life platform on a solid foundation of 10+ years of data insights



Access begins Feb. 24.

Learn more and sign up at [hr.virginia.edu/mindfulness](https://hr.virginia.edu/mindfulness)

IMPACT

# In-person mindfulness resources from UVA partners

The new, online mindfulness resources provided by Hoos Well complement the high-quality, in-person classes and programs offered by our UVA partners:

## UVA Mindfulness Center

- Offers Mindfulness-Based Stress Reduction (MBSR) classes, retreats, and audiovisual resources
- MBSR course for Spring 2020 begins Feb. 17!

## UVA Faculty and Employee Assistance Program

- 1-3 sessions of private or small group mindfulness coaching
- guided mindfulness programs by phone or Zoom
- onsite team guidance, and a Mindfulness Toolkit

## UVA Contemplative Sciences Center

- Experienced CSC instructors offer free sessions every week
- In Clemons Library, Room 220
- Just drop in; no registration needed!

## UVA Compassionate Care Initiative (School of Nursing)

- Offers free, weekly, drop-in mindfulness sessions
- No registration or previous experience required!

Learn more at [hr.virginia.edu/mindfulness](https://hr.virginia.edu/mindfulness)

IMPACT

# Thanks for participating in this webinar!

- A short **evaluation survey** will pop up immediately after the webinar ends. Your **anonymous** responses will help us improve our programs and future seminars.
- You'll receive a **follow-up email** tomorrow, with links to this survey and the presenter's slides
- UVA Health Plan participants: **Earn \$25** in rewards each time you attend an emotional wellbeing seminar.
  - Monthly participation options include an in-person seminar, live webinar, and watching the webinar recording on-demand.
  - Visit the Hoos Well portal to report your attendance and receive your reward.
- We hope you'll join the **March seminar**: "Flourishing in Your Life" with Mary Sherman
- Browse, select and register for upcoming seminars at [uvafeap.com/events](https://uvafeap.com/events)



**Participate in emotional wellbeing seminars presented by UVA FEAP.**

Learn how to manage stress, cope with life challenges, and thrive.

**Earn \$25 in gift card rewards by participating in an emotional wellbeing seminar.**

[REGISTER NOW](#)

[REPORT IT](#)

IMPACT