



MINDFULNESS Meditation information and resources

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Mindfulness meditation info

This short slide show will **work best in slide show mode** due to an imbedded GIF in slide 7.

Slides 3-5 research re: impact of mindfulness practice

Slides 6-8 cartoon, GIF and 4 simple steps to mindfulness

Slides 9-11 resources including links to free guided mindfulness meditations.



"Can I call you back, Ed? I'm in the moment here."

MINDFULNESS CHANGES STRUCTURE OF THE BRAIN

- **The brain is remarkably responsive to experience**
- Ask your brain to worry and it will get better at worrying...Ask your brain to pause and it will get better at pausing.
- Brain actually remodels itself based on what you ask it do
- **You can train your brain**



Harvard:
Sarah Lazar

Participants in mindfulness courses consistently report

REDUCTION of SYMPTOMS

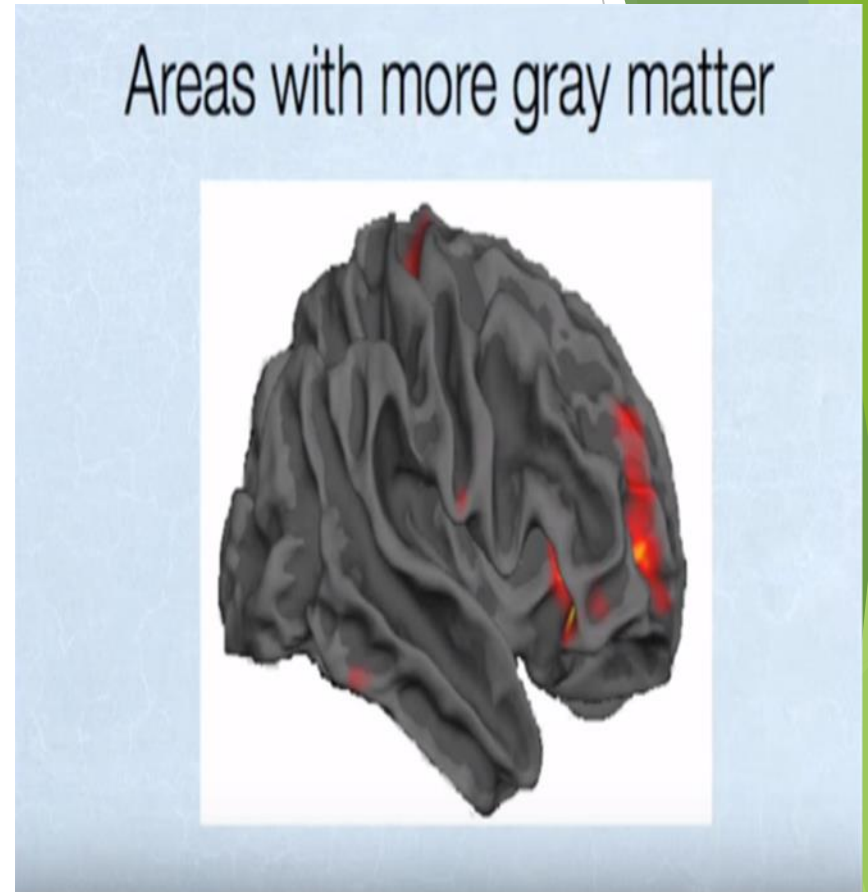
- Depression
- Anxiety disorders
- Pain
- insomnia

AREAS OF IMPROVEMENT

- Enhanced focus
- Enhanced concentration
- Improved memory
- Overall improvement in quality of life

Areas of brain With More Gray Matter After 8 Week Mindfulness Course

- **Posterior cingulate:** positively impacts mind wandering and self relevance
- **Left hippocampus:** assists in learning, cognition, memory and emotional regulation
- **Temporo Parietal junction:** Associated with perspective taking, empathy and compassion
- **PONS:** where regulatory neurotransmitters are produced
- **50 year old meditators had the same amount of grey matter as 25 year olds.**



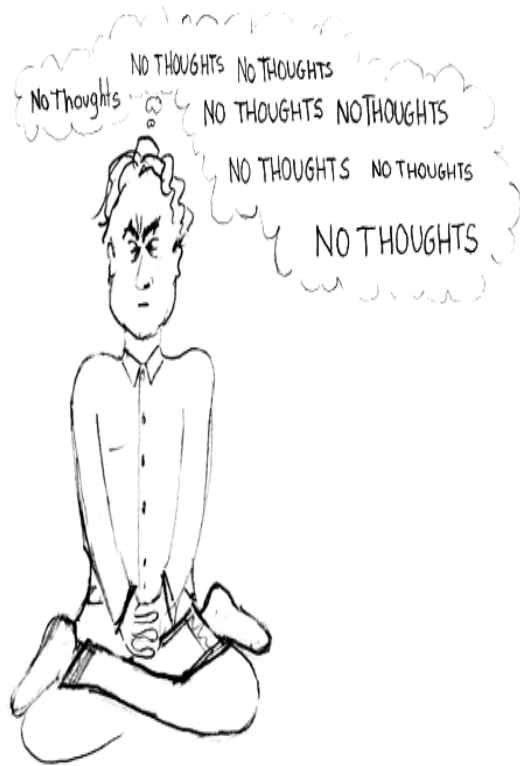
Sarah Lazar, Harvard

Meditation - true or false?

*If I am meditating
correctly, my mind
will be blank.*

FALSE!

WHAT Mindfulness is and isn't



HOW NOT TO MEDITATE

www.sunship.com

It's more about returning your focus each time you notice you drifted off



PAV 16
LAG 16
www.galvaobertazzi.tumblr.com

4 steps to awareness

1. Choose INTENTION of your ATTENTION
2. MONITOR how you are doing
3. When you NOTICE you've drifted off, gently return

Notice and return as often as you need to with gentle persistence.

4. Use a KIND, encouraging TONE

When you are feeding a baby who gets distracted by a sound and turns Head away, you don't yell at her, or beat her with a spoon. You speak Invitingly and encouragingly to draw her attention back to the spoonful Of food. Use this same tone when you speak to yourself to return your Focus.



Resources

UVA RESOURCES:

<https://www.medicalcenter.virginia.edu/feap/counseling-services/mindfulness/guided-meditation> UVA FEAP

<https://cci.nursing.virginia.edu/resources/everyday-exercises/mindfulness/> UVA Compassionate Care Initiative resources

<https://cci.nursing.virginia.edu/events/> UVA Compassionate Care Initiative drop inn Activates

<https://med.virginia.edu/mindfulness-center/> UVA Mindfulness Center programs/resources

<http://www.uvacontemplation.org/> UVA Contemplative Sciences Center

COMMUNITY RESOURCES:

<http://www.commongroundcville.org/meditation/> Common Grounds healing arts

<http://www.imeditation.org/> Insight Meditation Community of Charlottesville

<https://charlottesville.shambhala.org/> Charlottesville Shambhala community

ONLINE RESOURCES:

- ▶ http://scholar.harvard.edu/sara_lazar/home Sarah Lazar Lab, Neuroscience of Yoga and Meditation
- ▶ <http://self-compassion.org/> self-compassion website with research, guided meditations and exercises designed to cultivate and develop self-compassion
- ▶ <http://www.fragrantheart.com/cms/free-audio-meditations#chakra> Fragrant heart, heart centered meditations
- ▶ <http://marc.ucla.edu/body.cfm?id=22> UCLA Mindful Awareness Research center
- ▶ <http://www.chopra.com/ccl/guided-meditations> Chopra Centered Lifestyle
- ▶ <http://www.tarabrach.com/guided-meditations/> Tara Brach
- ▶ <http://www.dharma.org/resources/audio#guided> Insight meditation Society
- ▶ <http://www.contemplativemind.org/practices/recordings> Contemplative Mind in society
- ▶ <http://life.gaiam.com/gaiam-life-meditation-rooms> Gaiam Life Meditation rooms (has sounds for background while meditating (i.e. ocean sounds etc.).

IPHONE APPS

- ▶ <https://insighttimer.com/> Insight timer, this has many different guided meditations from many different sources all in one place. You can either listen to a guided meditation or sit in silence. It comes with a timer you can set for whatever length of time you like. It also keeps track of how many minutes you sit per day/week/month. It is possible to form a group with this app and sit together remotely, or at least share your progress.
- ▶ <http://stopbreathethink.org/> stop breathe and think (has short practices for work as well as longer ones for home)

Books on meditation

