

The background of the slide features a large, light gray watermark of the University of North Carolina seal. The seal is circular and contains the text "UNIVERSITY OF NORTH CAROLINA" around the perimeter. In the center, there is a shield with a book and a torch, with the motto "Gladly we learn and teach" below it. The seal is partially obscured by the text on the slide.

STATE of Your Health

The Art and Science of Mindfulness

Jim Almeda, M.S., CHES

Health Promotion and Wellness Coordinator

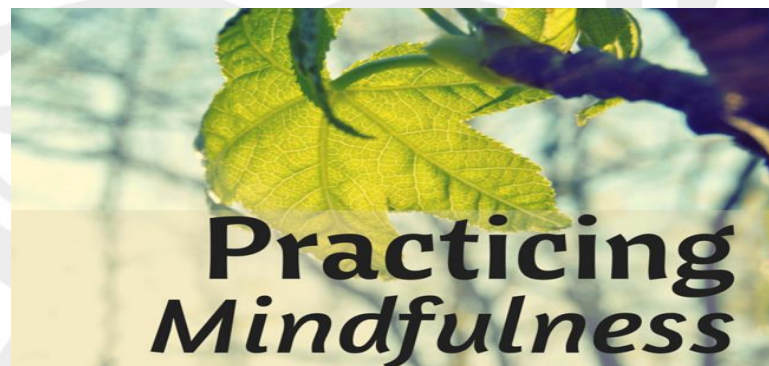
Certified Koru Mindfulness Teacher

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Goals for the Presentation

Participants will be able to:

1. Describe what mindfulness is.
2. Identify at least three benefits of mindfulness.
3. Practice mindfulness and meditation on their own.
4. Locate resources that support mindfulness practice.



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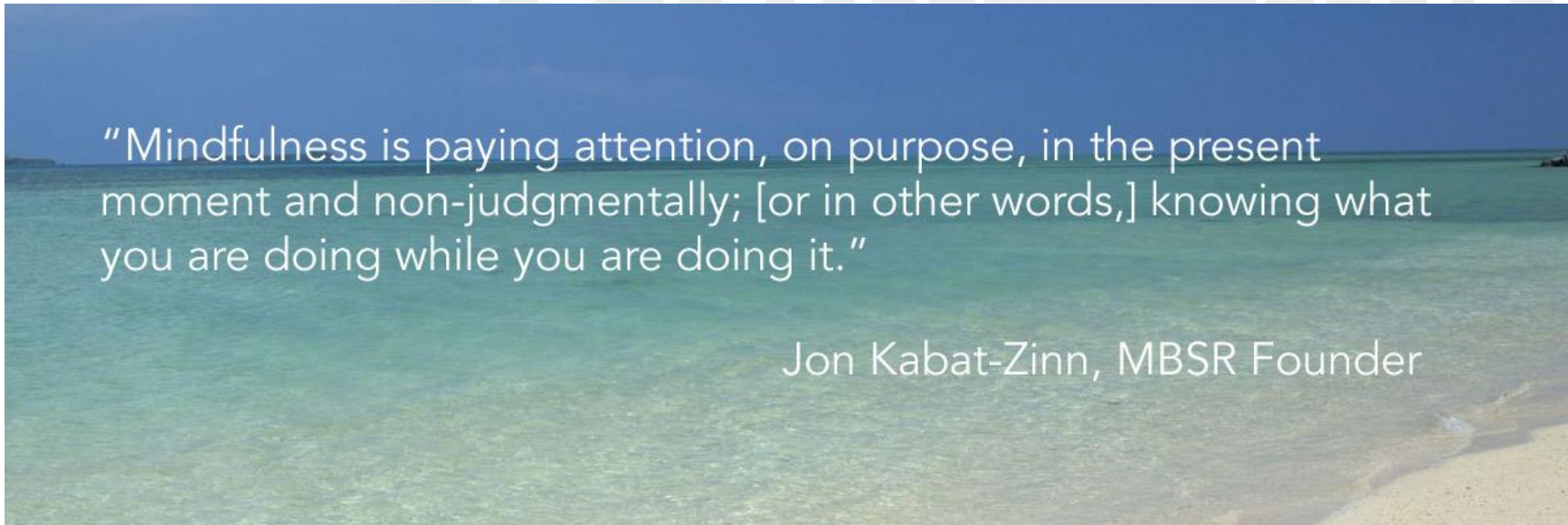
Why do we need mindfulness?

- Stress
 - Anxiety
 - Sleep problems
 - Feel overwhelmed
 - Loneliness
- School
 - Work
 - Relationships
 - Finances
 - Technology/Social Media



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What is Mindfulness?



"Mindfulness is paying attention, on purpose, in the present moment and non-judgmentally; [or in other words,] knowing what you are doing while you are doing it."

Jon Kabat-Zinn, MBSR Founder

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So, what is mediation then?



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Koru Mindfulness

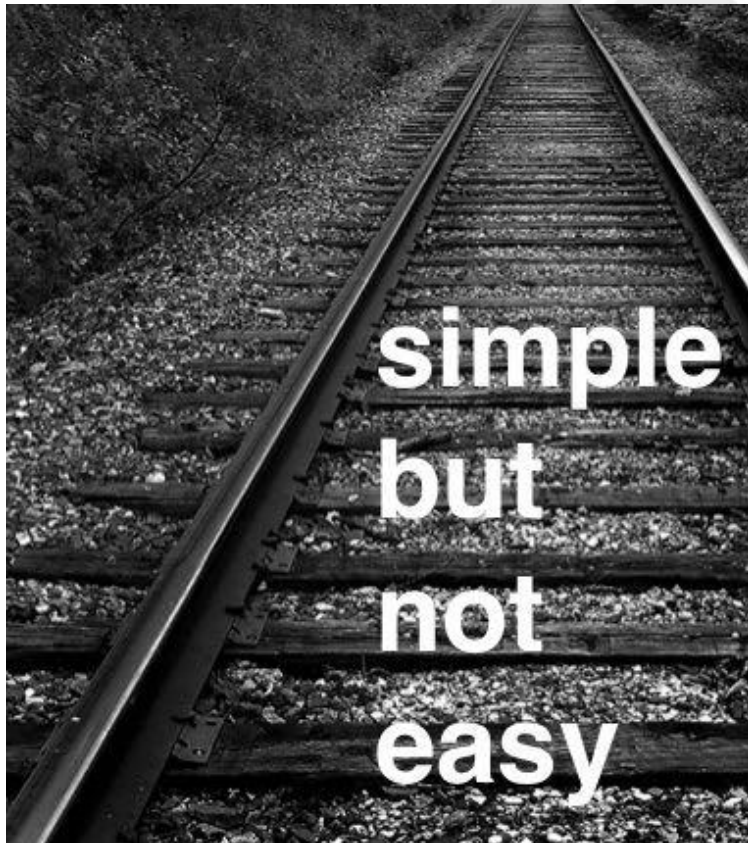
1. Meet once a week (4 weeks)
 - a. Meditation (5 – 10 minutes/day)
 - b. Mindfulness practice
 - c. Gratitude's (daily)
 - d. Logs and check-in
- Improves sleep, eating behaviors, focus and academic (*and athletic*) performance, reduces stress and anxiety, and contributes to a greater sense of well-being and happiness.

I WAKE UP everyday
with a smile
because I know I have
something to be
thankful for.

-Daily Affirmations-
First Edition 2013

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Mindfulness



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Are you skeptical?

- Does this really work?
- Where is the science behind this?
- Let's take a look:
 - Mindfulness meditation and the brain:

<https://www.youtube.com/watch?v=5AqgMo1P05E>



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Mindfulness at Work

- Apple
 - Google
 - McKinsey & Company
 - Deutsche Bank
 - Proctor & Gamble
 - Goldman Sachs
- Astra Zeneca
 - General Mills
 - Aetna
 - Nike
 - Intel
 - *Many others*

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Six Ways Embracing Mindfulness Helps You Thrive at Work

1. Keeps you mentally, emotionally and physically happy
2. Helps reduce stress
3. Develops emotional intelligence
4. Increases focus, concentration, creativity and productivity (*work flow*)
5. Helps deal with criticism
6. Builds leadership

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Let's Practice . . . Belly Breathing

The Power of the Breath



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<https://www.youtube.com/watch?v=6Gy1aktIDq0>

Gatha

- I know I am breathing in
- I know I am breathing out
- Breathing in, I calm myself
- Breathing out, I smile
- I dwell in the present moment
- I know this is a precious moment



- IN
- OUT
- CALMING
- SMILING
- PRESENT MOMENT
- PRECIOUS MOMENT



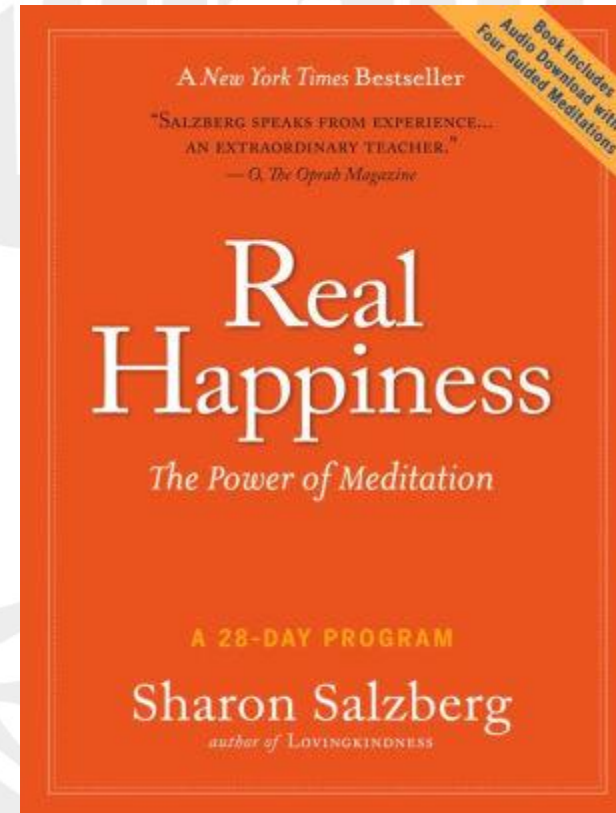
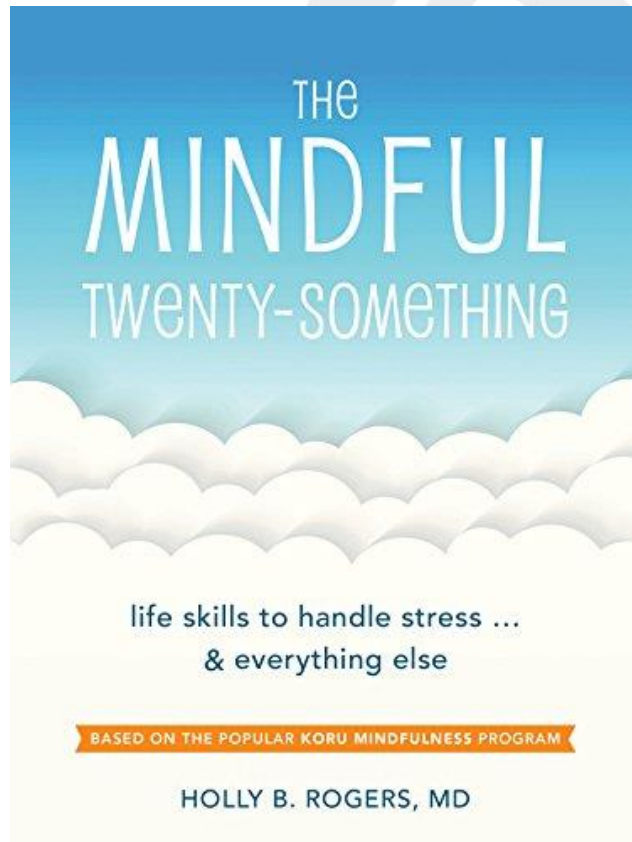
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Dynamic Breathing



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Books on Mindfulness



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Online Resources



THE CENTER FOR
KORU
mindfulness

<http://korumindfulness.org/>



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Additional Resources

www.wellness.illinoisState.edu

- Koru Basic and 2.0 classes: Summer, Fall and Spring
- PAWSitively Stress-free: May 6 (Mon.) & 7 (Tue.) from 2-4pm
Milner Library 3rd floor



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Jon Kabat-Zinn

*“You can’t stop the waves,
But you can learn to surf.”*

Wherever You Go, There You Are:
Mindfulness Meditation in Everyday Life



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