

UF Mindfulness

Special Announcements



Last chance to submit your paper for the Best Paper Awards in Mindfulness. Submission deadline: March 31

Let Us Celebrate the Study & Research of Mindfulness at UF

Best Paper Awards in Mindfulness

Sponsored by UF Mindfulness

Submission Deadline: March 31, 2023

We invite submissions of publications for 'Best Paper Awards in Mindfulness' in two categories:

(1) Mindfulness Research: qualitative and quantitative evidence-based mindfulness research; mixed-methods studies; meta-analysis, and comprehensive review of mindfulness research studies.

(2) Conceptual & Experiential Mindfulness: theoretical studies about mindfulness, critical theory applied to mindfulness, mind-body practice applications, discussion of mindfulness meditation types/traditions, critical discussion of secular and non-secular mindfulness, phenomenological meditation case studies, mindfulness in education, teaching and practice of mindfulness, and mindfulness applications in counseling, coaching, or psychotherapy.

The submitted publications may include other topics besides mindfulness (e.g., mental health, wellness, wellbeing, human flourishing, spirituality, Buddhism, or other). However, papers competitive for the 'Best Paper in Mindfulness Awards' are required to focus on the goal to advance our understanding of mindfulness through study or discussion.

Specific requirements for best paper submissions:

- The publication was peer-reviewed and published. Publications that qualify are journal articles with a DOI, book chapters, and books.
- The publication must be submitted in digital format (saving trees and reducing greenhouse gas emissions)
- The official publication date needs to fall within the time frame 1/1/2020 to 12/31/2022 (journals that publish pre-publication articles online within this time frame before they are published as hardcopy publication are acceptable)
- Multi-author teams or single UF authored publications are invited. For multi-authored papers at least one of the authors needs to be affiliated with UF. Authors may be faculty member, student, Post-Doc, scholar, scientist, or other representing diverse voices.
- Author-teams are encouraged to submit only their “best” and most significant publications. A specific UF author identified by unique ORCID number is limited to be part of up to three publications to be submitted for the Best Paper Awards in Mindfulness. Additional submissions (i.e., meaning that the same UF author is listed on 4+ submitted papers) will be automatically disqualified from the competition.

Details about the awards: <https://www.ufmindfulness.org/bestpaper>

Awardees are invited to present their studies/papers April 28 at the
Mindfulness@UF Special Event

Best Paper Awards in Mindfulness Research Category

The awardees for **Best Papers ranked 1st, 2nd and 3rd place** will be invited to present their work to the UF community in form of a webinar, in-person seminar, or mini symposium sponsored by UF Mindfulness. Awardees will receive:



Best Paper Awards in Conceptual & Experiential Mindfulness Category

The awardees for **Best Papers ranked 1st, 2nd and 3rd place** will be invited to present their work to the UF community in form of a webinar, in-person seminar, or mini symposium sponsored by UF Mindfulness. Awardees will receive:

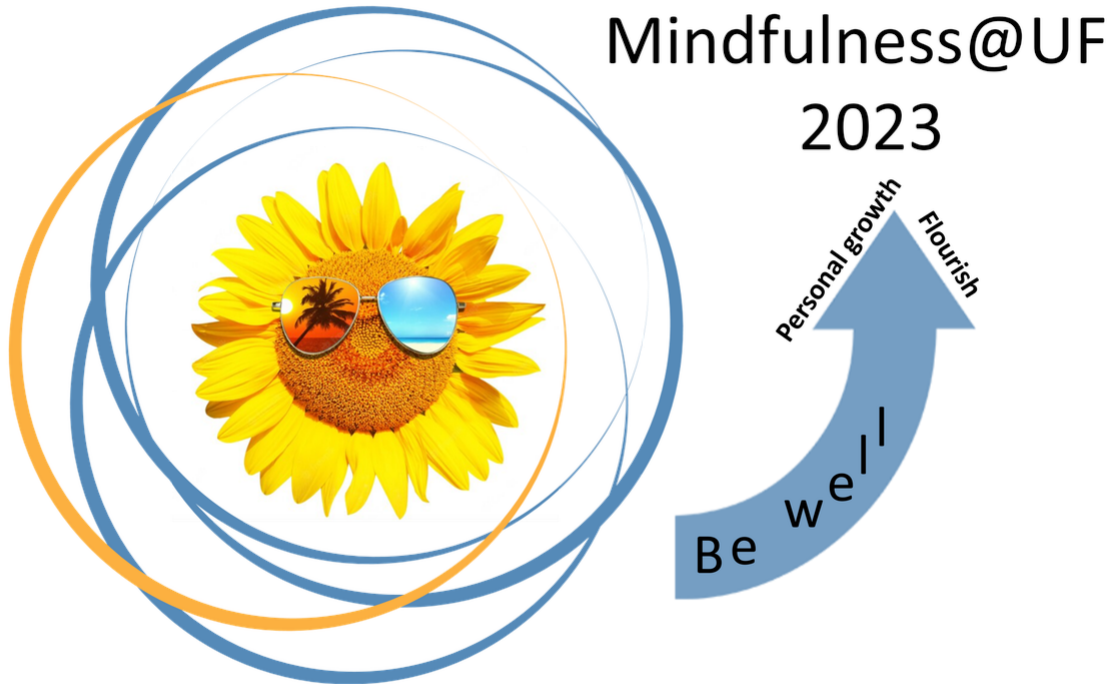


Evaluation Criteria Best Papers in Mindfulness

- Advance understanding of mindfulness
- Originality, creativity, novelty and uniqueness of the study/paper
- Significance and impact of the publication

Submit your mindfulness paper here (before March 31, 2023)

<https://www.ufmindfulness.org/bestpaper>



Mindfulness@UF Special Event

Be well, flourish, and reach your highest potential.

Date: April 28, 2023

Time: 9:00 am to 1:00 pm

Where: Room 100, Smathers Library, University of Florida campus

The Mindfulness@UF event is open to the UF community (students, faculty, and staff) and the general public. Free of charge. Donations welcome.

Sessions will feature presenters/authors from the Best Paper Awards in Mindfulness, mindfulness practice sessions, Q&A, experiential sessions focused on well-being, resilience and human flourishing.

Stay tuned for the detailed program.



Participants Needed!

Web platform for immersive mindfulness with nature interactions

IRB Study #**IRB202200973**

Participate in our study on mindfulness with nature interactions and help us understand its impact on your well-being!

Time Commitment: 20-30 minutes
Mode: Online Survey
Compensation: \$10 gift card
Task: Watch 3 online videos and answer questions.
Eligibility: Must be a UF student (*Limited seats available)



To Participate, email with your **Name** and **UFID** at **kumar.j@ufl.edu**
OR Sign-Up using the QR Code

For more information contact Jayavidhi Kumar (MS) Study Coordinator **kumar.je@ufl.edu**, 321-946-7883



College of Health and Human Performance | UF Mindfulness | Herbert Wertheim College of Engineering

360° UF Mindfulness Practice Spring Semester 2023

Recurring online mindfulness practice group at UF open to faculty, staff and students and the community (<https://www.ufmindfulness.org/workshops>)



Meet like-minded mindfulness practitioners, learn about mindfulness meditation and mind-body practices in 360° fashion, and calm and relax your mind. Come with a beginner's mind - novice and senior mindfulness practitioners are welcome.

The sessions are in Zoom every Monday from 5:30 to 6:30 pm U.S. Eastern time in spring semester from January 23 to May 1, 2023.

[Register](#) for the whole spring semester 360° Mindfulness Workshop and receive the Zoom link. You may attend only one of the Monday sessions or all of them. Bring a friend or colleague to mindfulness practice.

Program schedule:

Apr 3: Yoga Nidra with Kim Holton

Apr 10: Secret Teachings

Apr 17: Secret Teachings

Apr 24: Mindful Living Practices for Non-Meditators with Ana Puig

May 1: (in-person session) Dynamic Yoga & Group Meditation with Yao-Chin Wang and Kim Holton (Florida Gym Room 235)

UF Mindfulness Education and Research Fund



Art and Mindfulness Spring 2023

Join us for mindfulness meditation practice at the [Harn Museum of Art](#). The in-person practices are facilitated by members of the [UF Mindfulness team](#). Each session focuses on the practice of mindfulness touching a deeper way of knowing yourself, others, and the world. The sessions also invite participants to marinate in the present moment and enjoy select art pieces of the museum.



Register for the sessions:

Saturday, April 29, 2023 10-11 am, Kim Holton, Sound and Silence

<https://www.eventbrite.com/e/506455260317>

Saturday, May 13, 2023 10-11 am, Trish Magyari, Coming to Your Senses

<https://www.eventbrite.com/e/513268930187>

Yoga for Faculty and Staff

Faculty and staff free, **lunchtime yoga classes** appropriate for all levels of experience in spring semester. No registration is necessary. Please bring your own mat if you have one.



Classes meet weekly starting September 6th as follows:

- Monday from 12:15 – 1:00 pm in Smathers Library, Room 100
- Tuesday from 12:15 – 1:00 pm in Ustler Hall's Atrium (second floor)

If you would like to be added to the UFHR yoga listserv, please email mkholton@ufl.edu.

Mindfulness Meditation and Wellness Practices at UF

- UF Mindfulness Program: <https://www.ufmindfulness.org/>
 - UF GatorWell: <https://gatorwell.ufsa.ufl.edu/services/mindfulness/>
 - UF Counseling and Wellness Center (CWC) – Workshops & Events: <https://counseling.ufl.edu/outreach/workshops/>
 - UF HR: <https://wellness.hr.ufl.edu/resources/toolkits/emotional-wellness-toolkit/uf-resources/>
 - Arts in Medicine – UF Health: <https://artsinmedicine.ufhealth.org/>
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UF Mindfulness Program

 Facebook  @Sacred_swamp

Web site: <https://ufmindfulness.org/> or <https://mindfulness.ufl.edu>

 mindfulness@ad.ufl.edu

 ufmindfulness.org/

