

UF Mindfulness News

December 2021



Mindful holidays and a Happy New Year 2022.

Warm wishes, UF Mindfulness Team.



360° Mindfulness Practice Sessions - Spring Semester 2022

Our 360° mindfulness practice series resumes in spring semester, with the first session starting on Jan. 10. Sessions are Mondays from 5:30-6:30pm and will be via Zoom. Please join us as we support each other to cultivate our inner wisdom, feel into our hearts, and relax into presence. Mindfulness is not one, but many.

Please register for the 360° workshop series at:

<https://www.eventbrite.com/e/uf-mindfulness-360-practice-group-spring-2022-tickets-228574591757>. Note that you only need to register once for the whole semester. The workshop is

open for UF students, staff, post-docs, faculty members and administrators. All levels of experience are welcome.

360° Program Sessions:

Jan 10: Why 360 Degrees of Mindfulness with Sabine Grunwald
Jan 24: To See with Eyes Afresh: The Clarification of Perception with Paul Linn
Jan 31: Mindfulness for Self-Care with Angie Brown
Feb 7: Giving and Receiving Compassion with Carol Lewis
Feb 14: Developing Our Love Potential with Jan Snyder
Feb 21: Nature Reminds Us with Emi Lenes and Nic Williams
Feb 28: Self-Compassion with Trish Magyari
Mar 14: iRest Yoga Nidra with Carol Lewis
Mar 21: Being with Breath with Kim Holton
Mar 28: TBA with Ana Puig
April 4: Radical Belonging with Sabine Grunwald
Apr 11: Art & Mindfulness with Maria Leite
Apr 18: Sowing the Seeds of Mindfulness and Awareness with Jan Snyder
Apr 25: TBA

Please contact Kim Holton (mkholton@ufl.edu) for any questions about the 360° workshop series.

UF Mindfulness Program Workshops: <https://www.ufmindfulness.org/workshops>



Open Your Heart for a Christmas Gift

UF Mindfulness is inviting you to make a gift to the **Mindfulness Education and Research Fund** at https://www.uff.ufl.edu/give-now/?fund_id=020531. Contributions will be designated to fund a student fellowship to engage in evidence-based mindfulness or mind-body research.



Poem by Becky Hemsley

She sat at the back and they said she was shy.

She led from the front and they hated her pride.
They asked her advice and then questioned her guidance.
They branded her loud, then were shocked by her silence.
When she shared no ambition they said it was sad.
So she told them her dreams and they said she was mad.
They told her they'd listen, then covered their ears,
And gave her a hug while they laughed at her fears,
And she listened to all of it thinking she should,
Be the girl they told her to be best as she could.
But one day she asked what was best for herself,
Instead of trying to please everyone else,
So she walked to the forest and stood with the trees,
She heard the wind whisper and dance with the leaves.
She spoke to the willow, the elm and the pine,
And she told them what she'd been told time after time.

She told them she felt she was never enough,
She was either too little or far far too much,
Too loud or too quiet, too fierce or too weak,
Too wise or too foolish, too bold or too meek,
Then she found a small clearing surrounded by firs,
And she stopped...and she heard what the trees said to her.
And she sat there for hours not wanting to leave.
For the forest said nothing, it just let her breathe."



Discover Mindfulness

What is mindfulness? and what it is not. Do you want to learn more about evidence-based mindfulness then tune into: <https://www.ufmindfulness.org/discover-mindfulness>



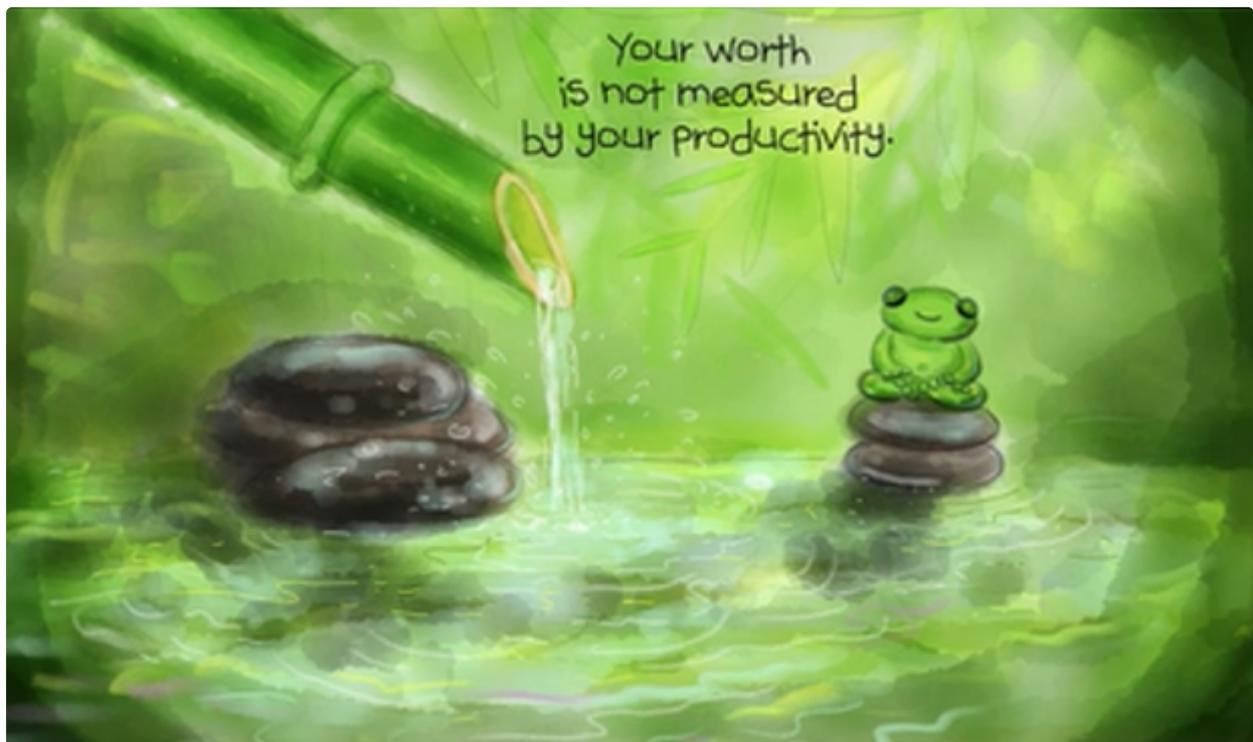
Reflection Questions that Inspire Mindfulness Meditation Practice

Our mindfulness practice may be disrupted by the holiday activities with family and socializing. Or we may sense the shift from a busy work a/o study schedule in fall semester toward break-time. Whatever you experience, honest self-reflection of your mindfulness practice is important. You may use one of the following reflective questions:

- The real reasons that I want to practice mindfulness are?
- I am hoping that mindfulness will give me?
- When I practice mindfulness, it makes me feel?
- What did you notice about your emotions when you practiced?
- Feeling felt in my body I sensed?
- Where did you sense most relaxation (or tension) in your body?
- Who am I?
- What desires do I recognize?

- Where do I sense impulses or control in me
- What arises when I completely let go

"Be still. Stillness reveals the secrets of eternity." --- Lao Tsu



Sketches in Stillness

Hello everyone! I am Yao-Chin Wang, Assistant Professor from the Department of Tourism, Hospitality and Event Management. Last month, I found Sketches in Stillness from its Facebook post shared by one of my friends, and now I would like to share it with you the cute art works on mindfulness. With the purpose of creating "Little cartoons celebrating the art of living in the present moment," **Sketches in Stillness** is developed by artist and author, **Francois Lange**, with a website (<https://www.sketchesinstillness.com/>) and social media platforms on Facebook (<https://www.facebook.com/sketchesinstillness/>), Instagram (https://www.instagram.com/sketches_in_stillness/), Twitter (<https://twitter.com/francoislange>), Pinterest (<https://no.pinterest.com/yogitoo/created/>), Tumblr (<https://sketchesinstillness.tumblr.com/>), and YouTube (<https://www.youtube.com/user/sketchesinstillness/featured>).

Francois was born in Paris and raised in Africa, graduated from the Ringling School of Art and Design in Florida and trained by Disney Animation, and is now living between Florida and Europe. Francois started meditation when he was a child, and is now incorporating the concept of mindfulness into his work of little cartoons which has been translated into French Spanish Italian German and Chinese

My favorite posts on **Sketches in Stillness** includes the little cartoon which notes "*Let go... Don't stress over things you can't control or change...*" (<https://www.facebook.com/photo/?fbid=462289371919977&set=pb.100044167549261.-2207520000>) and the video titled "*Bamboo Water Fountain Soothing Sound*" (<https://youtu.be/tWbOaD6ojUM>).



Start making sense™

Dear friends and supporters of UF Mindfulness,

My name is Alexia and I'm currently seeking a faculty advisor, community allies, and anyone with interest in being involved for a new organization that we will be starting on campus. The name of the organization is **Students for Sensible Drug Policies (SSDP)**. The nonprofit empowers students at over 300 chapters worldwide and is found across almost every college campus in Florida. I want to be clear that the organization does not condone or denounce drug use, but rather respects the individual's right to take care of their own health and well-being. I put my faith into SSDP because of the honest and meaningful work that they provide to the world. I intend on building a community and platform on campus with open-minded individuals who want to have honest conversations about their mental, physical, and spiritual health. As we exit the covid-19 pandemic, a pandemic still remains - one of mental health. Except this pandemic kills in silence and it is a very lonely battle for many individuals.

1. **Create a Community:** Based on the list of clubs promoted by the UF Mindfulness website, only 2 are functioning while the rest are dispersed or don't have consistent leadership post-covid. I would love to work with UF's Sky Club and UF Actualize to host events since we all work in a similar realm of spirituality. Through shared efforts, there will be a safe space for students to share ideas on their journey to self-awareness and spirituality.
2. **Reduce Self-Harm Through Education:** As a student immersed in UF's greek life, I see many drug-related issues first-hand. Binge drinking and excessive drug use are prominent in social groups in a very dangerous way. Students are not aware of the resources they have on campus to get help

or even help someone else. Students aren't aware of UF's medical amnesty policies, and many would be scared to call 911 in case of an emergency due to the fear of getting in trouble. Students may use Adderall for studying and are not taking care of their bodies; or worse, they are not aware of the possibility of fentanyl in many street-bought amphetamines. The "Just Say Know" outreach that UF's SSDP chapter will focus on will save lives.

- 3. Promote Wellness and Positive Mental Health Practice:** As a future psychologist, I'm extremely passionate about students getting access to mental health care. In a September 2020 study by Son & colleagues at Texas A&M, 71% of students surveyed indicated an increase in stress and anxiety due to the covid-19 outbreak. Further, a March 2021 study at UNC by Fruehwirth, Biswas, and Perreira saw the prevalence of moderate-severe depression increased 10.2% (reaching 31.7%) in students after the pandemic. Until our healthcare system includes mental health care, many are forced to take their mental health into their own hands. However, UF's CWC is known to be a short-term fix and therapy is very costly.

SSDP once had a presence on campus but was disbanded due to leadership graduating. Not discussing much-needed conversations on campus due to discomfort and societal taboo is not acceptable. Any and all feedback is much appreciated - email me at alexiaobrochta@ufl.edu. The club registration deadline closes January 14th, 2022.



Do you like to be coached to get out of the mist of exhaustion, stuckness, or meaninglessness

Change is possible for all of us - make a new start in 2022.

We all have been through a lot over the past two years with COVID, physical and mental stresses, social disruptions, family stresses, worries about health, cultural polarization, remote and hybrid work environments, zoom fatigue, and you name it. Even meditation may feel exhausting. The urge for some kind of normalcy is in the air, yet our present and future personal and professional lives have become quite uncertain. Ambiguities what feels right deep down, and yearnings for new meaning and

purpose may deprive our sleep. Are you one of people tapping in the mist of exhaustion, stuckness, or meaninglessness who like to start anew?

Talk to a Life Coach to get out of the mist that drags you down. Send an inquiry to Sabine Grunwald (Ph.D. Integral and Transpersonal Psychology, Ontological Coach, sgrunwald66@gmail.com) for low-cost (on a sliding scale) coaching sessions. An 1-hr. discovery coaching session is offered at no cost.



Spring 2022 Course: SDS 6938 The Mindful Trauma Therapist

Instructor: Keri Johnson, PhD, LMHC, NCC, CDWF, E-RYT

When: Wednesdays, 9:35 am - 12:35 pm (Periods 3-5)

This class explores the interface between Western psychology and the world's contemplative practices. In particular, we will examine how engaging in mindfulness meditation can enhance one's personal and professional life. We will explore how these practices, when applied to a therapeutic setting can enhance well-being, as well as foster wholehearted authentic presence - the quality of being that research has repeatedly found to be *one of the most important therapeutic agents of change*. A foundational component of this course will be to address the importance of being "trauma-informed," "trauma-sensitive," and "trauma-responsive" when inviting mindfulness into the clinical setting. The prevalence of trauma, impact of trauma on the body, as well as trauma theory and somatic psychology will be explored. Lastly, this course will introduce Dr. Brené Brown's research on authenticity, vulnerability, and wholeheartedness including the qualities that get in the way - such as shame, blame, guilt, and humiliation.

The course objectives are to:

- experience how to meditate and work with one's mind;
- learn how to apply these ancient wisdom principles to the practice of psychotherapy;
- examine the components of becoming "trauma-informed" providers; and
- explore how to integrate Dr. Brené Brown's principles from her research-based curriculum, in one's personal and professional life.

**This course will be highly experiential, combining the practice of sitting meditation, mindfulness meditation, and other somatic (mind-body) practices that foster radical integrity, compassionate curiosity, and nervous system regulation.*



Spring 2022 Course: MHS 3930 Mindful Living

Instructor: Kerry Alyson Parks (k2810@ufl.edu)

When: Thursdays 9:00 am - 12:00 pm

"Mindfulness means paying attention in a particular way; on purpose, in the present moment, nonjudgmentally" ~ Jon Kabat-Zinn

Mindful Living is geared to teach students about various approaches of how to live a more "mindful" life. The holistic approach focuses on the various mental, emotional, physical, and spiritual conditions that arise when confronted with stressful or traumatic situations throughout one's lifespan. In this course, we will explore mindfulness in everyday life. Rather than seeking extraordinary, or "peak", experiences, we will consider what it means to be mindful of the sacredness in "ordinary" life events. This class has been designed to allow you to reflect upon your journey in life and the role that mindfulness can play in your optimal holistic wellbeing.

Course is part of the [UF Certificate in Spirituality and Health Certificate](#).

appointment needed, just RSVP and join us at your convenience. Workshop & event schedule 2022:
<https://counseling.ufl.edu/outreach/workshops/>.

Recorded CWC workshops from previous ones: https://www.youtube.com/playlist?list=PLg_RX2IriZ91sR9GuV0l89didk7H5pMeB

Spring 2022 GatorWell Mindfulness

Mark your calendars: Koru Mindfulness Basic course – March 24 – April 14 – open to all current UF students. Registration info in next newsletter.



Keep an eye out: focus groups discussing student mindfulness coming in Spring 2022! We will be looking for student input about mindfulness programming.



Curfews by Hafiz

Noise
Is a cruel ruler
Who is always imposing
Curfews,
While
Stillness and quiet
Break open vintage
Bottles,
Awake the real
Band.



Read the Latest Breathing Space Blog

UF Mindfulness Guest Blog #13: Using mindfulness to become a better parent by Dr. Tasnova Malek at <https://www.ufmindfulness.org/post/guest-blog-13-using-mindfulness-to-become-a-better-parent>



Zen Power of Mindfulness Meditation Practice by Tara Greenwood

“Food is very important” was Zen teacher Shunryu Suzuki Roshi’s response and then he quietly walked away when asked the question “wouldn’t you agree that brown rice is the perfect Zen food” by one of his American Zen students. The student was obsessed with the idea that brown rice is better than white rice and wanted his teacher and mentor to state what he believed was true for him. But brown rice was rarely eaten in Japan at the time when Suzuki was teaching Zen in America in the 1970s. Richmond (2021) described this student-teacher story in which Suzuki’s response was a classic demonstration of a Zen approach to disagreement. The student puzzled and suddenly awake to the reality that white rice and brown rice co-exist and the possibility that both are important – Eureka! We

science perspective, we may believe that to persuade somebody is by facts and data. But those can be weaponized to win the argument from an “expert point-of-view”, and hence, amplify confrontation of “right” (data and facts) versus “wrong” (the others’ view) failing to persuade irrespective of a compelling factual argument.

What’s really behind this gentle Zen-kind approach. According to Richmond (2021), first finding common ground, that is stating something simple that both can agree on. Second, respect and treating the other person as equal, as a partner not top-down that devalues the other. Third, changing level to something that is profound and connects people, for example, enjoying food. I like to add a fourth aspect, which is being mindful and completely present to a conversation or confrontation that allows to slow down and provide thoughtful responses that are less reactive. Mindfulness meditation practice builds up these “Zen” resources over time. When we may say “I appreciate you”, “I see you”, “I just want to say you warm my heart” or just listening and bearing witness to the present moment contentment and being okay arise. Recognizing that there are many shades of color of rice is something profound and simple.

Reference:

Richmond, L. (2021). Food is very important: A Buddhist approach to disagreement. Winter Issue, p. 56–57.

UF Mindfulness Guest Blog #14: <https://www.ufmindfulness.org/post/guest-blog-14-zen-power-of-mindfulness-meditation-practice>

Are you a blogger? A writer with creative juices? A journalism student? A meditator?

Are you passionate about writing about mindfulness, happiness, health, well-being, obstacles to stay present, students and stress reduction, mindful nature experiences, mental health, human flourishing, counseling, therapy, spirituality, neuroscience and our perceived realities, and so much more. Share what you know.

Write a **blog post for UF Mindfulness** to share with the UF community and a global audience of mindfulness practitioners. The [Breathing Space blog](#) features many interesting posts.

Submit your post and an image to <mailto:mindfulness@ad.ufl.edu>

Scholarships for Meditation Retreats

Attention all meditators! The deadline for applying for a meditation retreat scholarship with the Open Dharma Foundation is fast approaching. All applications must be submitted prior to January 15, 2021 to be considered for a scholarship.



For information on how to apply, please visit <http://www.opendharmafoundation.org>.

Contribute to the Next UF Mindfulness Newsletter

If you like to include an announcement, a meditation recording, or writing piece focused on mindfulness in the next UF Mindfulness newsletter please submit it along with an image or photo to mindfulness@ad.ufl.edu.



UF Mindfulness Program

 Facebook  @Sacred_swamp

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

<https://www.instagram.com/mindfulnessUF/>

 mindfulness@ad.ufl.edu



 ufmindfulness.org/