

UF Mindfulness News

August 2022



uf mindfulness

Hope you all had a wonderful summer. The UF Mindfulness team invites to practice mindfulness with us in fall semester. Explore the different program offerings.



360° Mindfulness Practice Sessions Fall Semester 2022

Recurring online mindfulness practice group at UF open to faculty, staff and students

The UF Mindfulness 360° Practice Group is offered online through Zoom this semester at no cost to the UF community. The sessions are offered by volunteers with kind hearts of the UF Mindfulness faculty team and guest mindfulness teachers. With this group we aim to build a community of students, faculty, and staff members who share an interest to practice and learn about mindfulness. [Donations](#) are greatly appreciated to keep our efforts moving forward.



The more sessions you attend the more benefits you will reap. Participants are awarded upon request an **attendance certificate for attending 10+ sessions**.

You only need to register once to gain access to all 14 sessions: <https://www.eventbrite.com/e/uf-mindfulness-360-practice-group-fall-2022-tickets-400947563957>

Details about the 360 workshop series can be found at:
<https://www.ufmindfulness.org/workshops>.

There will be one 1 hour long session every Monday from 5:30 to 6:30 pm via Zoom on the following dates:

September 12: Secular and Non-Secular Mindfulness with Sabine Grunwald
September 19: The Groundless Ground with Paul Linn
September 26: Qigong with Nancy Lasseter
October 3: Static Mindfulness Practices from Donghua Awareness-Illumination Chan (DAIC) with Yao-Chin Wang
October 10: Giving and Receiving Compassion with Carol Lewis
October 17: Sensing and Savoring with Trish Magyari
October 24: TBD
October 31: Ancestor Meditation with Chuck Pickeral
November 7: The Three Centers with Kim Holton
November 14: Self-Compassion at Work with Remy Jennings
November 21: Ordinary Gifts: Finding Beauty in the Mundane with Angie Brown
November 28: Practicing Thankfulness with Jan Snyder
December 5: Understanding the Nature of Suffering with Emi Lenes and Peggy Rios
December 12: Art and Mindfulness with Maria Leite



Art and Mindfulness

The [Harn Museum of Art](#) and the [UF Mindfulness](#) team have created a new program, to be held in person at the museum. This series of guided meditations is inspired by art in the Harn collections. Take a break from your regular schedule to slow down, experience stillness, and re-charge. Forty minutes of guided meditation is followed by an art spotlight tour. Check in at the front desk at the museum. Water bottles are allowed in the meditation area, but cannot be taken to the galleries.



The Harn is located on Hull Road, near SW 34th Street, and across the street from the Southwest Recreation Center. For a map of the location of the Harn at UF, click [here](#).

Registration is required for each session using the following links:

- [Saturday, September 10, 10 am – Kim Holton, Sound and Silence.](#)
- [Friday, September 23, 3 pm – Sabine Grunwald, Seeing with Clarity.](#)

Fridays October 11, 18, 25 – Ian Snyder, The Law of Dharma Present

- Saturday, October 22, 10 am – Trish Magyari, The Art of Savoring.
 - Friday, November 4, 9 am – Carol Lewis, Resting in Awareness.
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Lunchtime Yoga for Faculty and Staff

Faculty and staff will soon be able to join free, lunchtime yoga classes appropriate for all levels of experience on campus. 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.

Core beliefs



Identifying Core Beliefs

Core limiting beliefs are always simple and often form during childhood. A core belief may be something like "I am not good enough" or "something is wrong with me." These beliefs may not serve you well while studying, performing well in courses, or conducting research and publishing. Some negative beliefs may even pull you down and feel debilitating.

The first step in questioning core beliefs is to be able to recognize them. In a mindfulness practice session:

1. Ask yourself about core beliefs.
2. Sense your body and uncover somatic and emotional reactions.
3. Observe your judgements of others (recognize projections).

Understanding and deep reflection open the door to reframe old core beliefs into new ones.

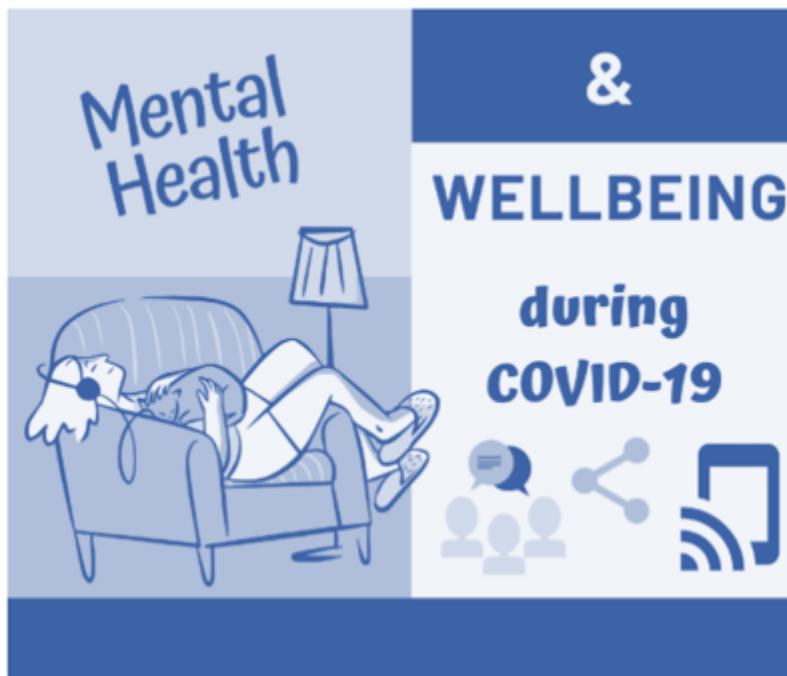
[from: Prendergast J.J. 2015. *In touch: How to tune in to the inner guidance of your body and trust yourself*. Sounds True]



Mindsets

Our perceptions are always filtered through our **mindsets** – and these mindsets shape our lives in subtle and profound ways. Mindsets speak through our inner voice and chatter mind that may be strong and negative at times pulling us down. Once switched on it's hard to switch the inner voice off. We ruminate, have difficulties to stay present to a task, and may experience some sleepless nights that keep one from work, study and performing well. Mindsets differ from mindfulness practice and placebo effects (one's beliefs in a treatment). Listen to what psychologists have discovered about **mindsets** and how you can apply mindsets in your own life. Reshape "old" outdated mindsets that no longer serve your well-being.

Explore talks on "mindsets" in the **Hidden Brain podcast series**: <https://hiddenbrain.org/>. The Hidden Brain podcast host Shankar Vedantam speaks internationally how the "hidden brain" shapes our world.



Research: Human Flourishing During the COVID-19 Pandemic & Age and Well-being

The [Human Flourishing Program](#) at Harvard has been advocating for systematic [measurements of well-being](#). National data on human flourishing have revealed what is going well and what isn't, how things are changing over time, and who needs help, and in what ways. The [flourishing assessment](#) covers numerous aspects of wellbeing, including happiness, health, meaning, character, social relationships, and financial stability.

National well-being measures before and during the COVID-19 pandemic showed a decline in well-being according to [VanderWeele et al. \(2021\)](#). In this study, the well-being items included six flourishing domains (happiness, health, meaning, character, relationships, financial). Overall, well-being declined in the USA during the COVID-19 pandemic but not all aspects were affected equally. The health, happiness, and financial stability declined by about one-third of a standard deviation. The modest declines in social connectedness scores, but more substantial declines in happiness and mental health corroborate evidence of only modest increases in loneliness but larger increases in psychological distress between 2018 and 2020. The modest changes in meaning and character items suggest that the human capacity to find growth in difficult times can mobilize resources. Importantly, financial stability scores showed the largest decline due to increased unemployment and employment insecurity which may have subsequent health consequences.

Latest research results published in *JAMA Psychiatry* by [Chen et al. \(2022\)](#) showed human flourishing data for different age groups in the United States. One particularly striking feature of this most recent data is that young adults (especially age 18-25) are not doing especially well, and they are not doing well across multiple aspects of well-being.

References

- Chen, Y., Cowden, R. G., Fulks, J., Plake, J. F., & VanderWeele, T. J. (2022). National data on age gradients in well-being among US adults. *JAMA Psychiatry*, August 24, 2022.
<https://doi.org/10.1001/jamapsychiatry.2022.2473>

VanderWeele, T. J., Fulks, J., Plake, J. F., & Lee, M. T. (2021). National well-being measures before and during the COVID-19 pandemic in online samples. *Journal of General Internal Medicine*, 36(1), 218–

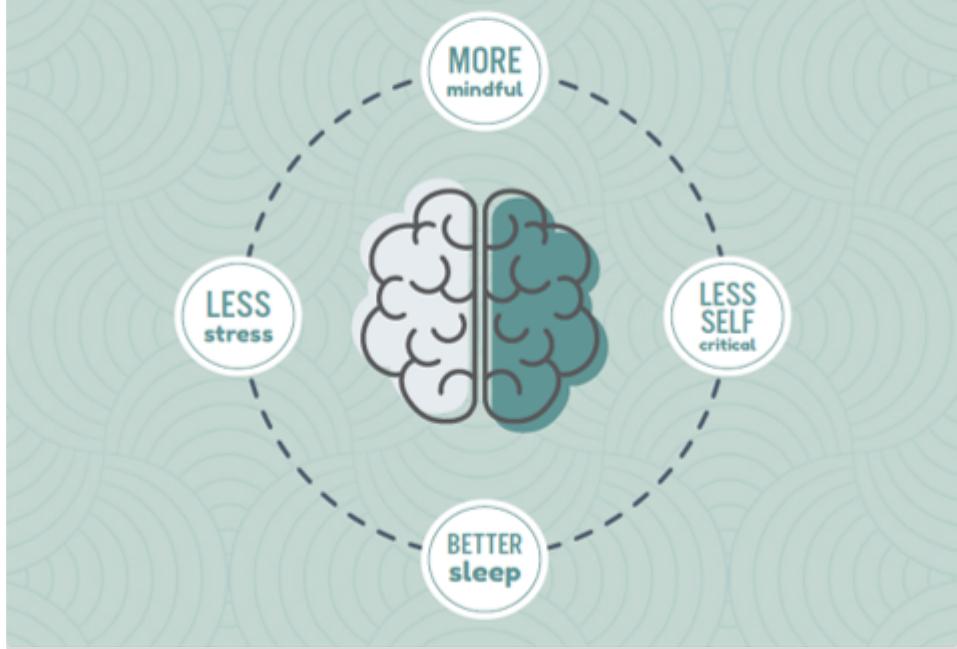
"Meditation is a vital way to purify and quiet the mind, thus rejuvenating the body." --- Deepak Chopra



Increase Your Well-being with Mindfulness Practice

Learn to live in the moment.

Open your mind. Manage your stress.



Koru Mindfulness: Learn to Live in the Moment

UF Students: Come reduce your stress, increase your focus, and get better sleep with Koru Mindfulness! A Basic Koru Mindfulness Course will run on **Thursdays from 5:00-6:15pm from Sept. 8-29** for current UF students. The course will meet in person in the GatorWell conference room.



Students can register here: <https://bit.ly/KoruFall22> This is a **FREE** four week class that meets one time a week for 75 minutes for 4 weeks. In the class we review a variety of mindfulness practices including belly breathing and walking meditation. Students who participate in the course gain access to the Koru app for **FREE** and those who complete the course receive a Certificate of Completion as well as health behavior tools to support their mindfulness journey. Students can learn more about the course and Koru Mindfulness here: <https://korumindfulness.org/>



Koru Fall 2022.pdf

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360.3 KB



UF Stress & Sleep Research Study

Can't Sleep? Feeling Stressed? If you are an undergraduate student, this study might be for you! The UF Stress & Sleep Study is looking for undergraduate students to participate in a study examining the effectiveness of two at-home interventions to improve stress and sleep: a mobile mindfulness intervention and transcutaneous vagus nerve stimulation (tVNS).

Participants will be asked to complete:

- 1 in-person intake/training visit
- 4 weeks of at-home tVNS and/or mindfulness
- Weekly online surveys regarding mood and sleep

Participants will receive:

- Up to \$125 for filling in surveys

Are you eligible?

- Undergraduate student (18-30 years old)
- Not currently taking sleep or mood medications
- Not currently in ongoing psychotherapy
- No major medical/psychiatric conditions



IRB202101724-tvns_mindfulness_flyer_2022.pdf

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934.3 KB

"The act of meditation is being spacious." --- Sogyal Rinpoche



Be the Compassionate Voice of UF Mindfulness: Students or staff with social media skills

The UF Mindfulness Team is looking for a social media and communication outreach expert who is passionate about mindful communication (start: ASAP). Earn valuable work experience to be the compassionate voice of UF Mindfulness outreach. Modest compensation (OPS) for services is optional.

Send your brief CV and social media portfolio to: mindfulness@ad.ufl.edu.

UF Courses

Spirituality & Creativity in Healthcare Course

Instructors: Mary Rockwood Lane, PhD, RN, FAAN and Taylor Vasquez, GA, Doctoral Student.

Graduate course: NGR 6930 Undergraduate course NUR 4930.

When: Fall 2022 semester. Thursdays 5:10 - 8:10.



8.13.22 Mary Fall Creativity and Spirituality and Health Flyer.pdf

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232.7 KB

Mindful Living Course (cancelled)

Instructor: Kelly Alyson Parks.

Course: MHS 3930.

When: Fall 2022 semester. Mondays 3:00 - 6:00 pm.

Course description at: <https://www.ufmindfulness.org/uf-grad-undergrad-courses>.



Mindful Living Flyer.pdf

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325.7 KB

(Un) Common Read Course: Philosophy for Life and Other Dangerous Situations

Instructor: Monika Ardel.

Course IDH 2930. Section 2015 Class Number 27455.

When: Fall 2022 semester. Thursdays 4:04 - 4:55 pm (9th period).

Where: 119 Little Hall.

Course description at: <https://www.ufmindfulness.org/uf-grad-undergrad-courses>

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

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

mindfulness@ad.ufl.edu



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