

UF Mindfulness News

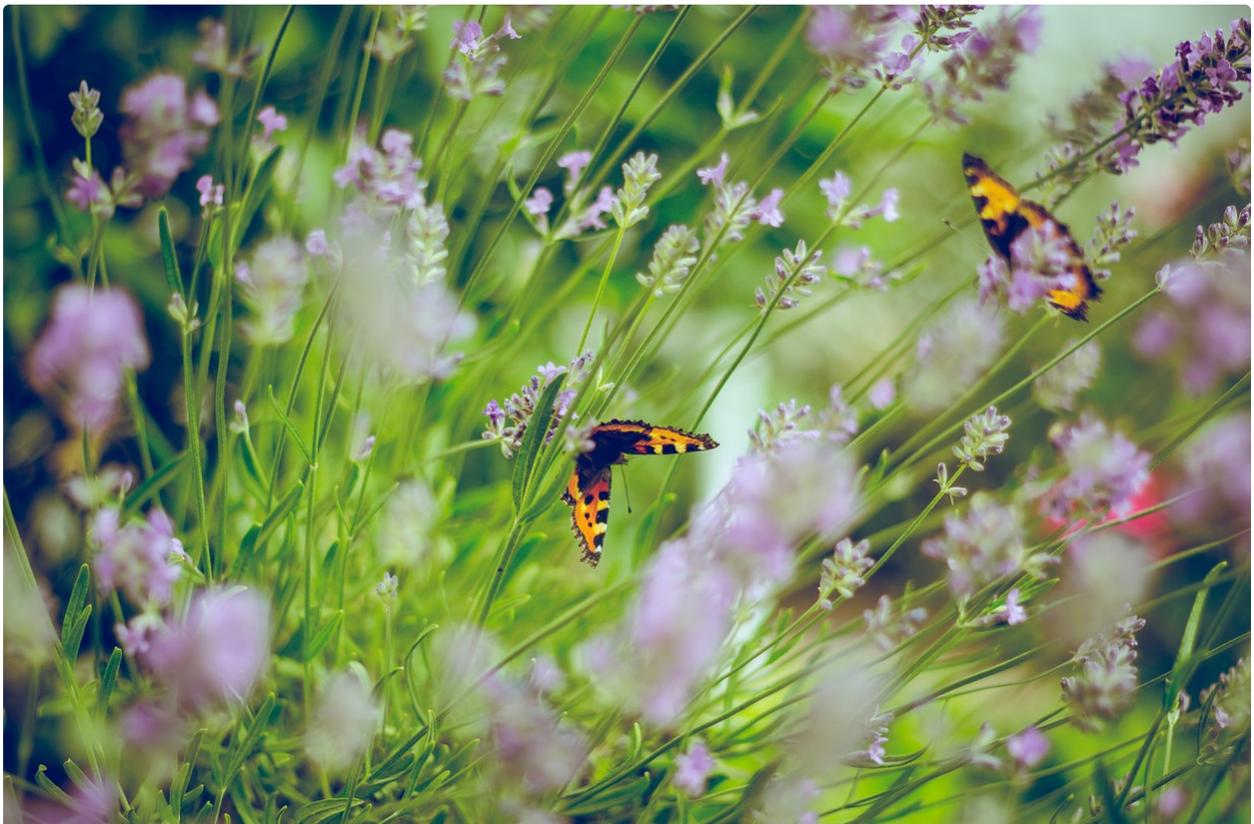
March 2022



uf mindfulness

Wishing you a bright, warm, and beautiful Spring!

Kind regards, 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:

Mar 14: iRest Yoga Nidra with Carol Lewis

Mar 21: Qigong with Nancy Lasseter

Mar 28: Filling the Jade Pond with Chuck Pickeral

April 4: Radical Belonging with Sabine Grunwald

Apr 11: Being with Breath with Kim Holton

Apr 18: Sowing the Seeds of Mindfulness and Awareness with Jan Snyder

Apr 25: Art & Mindfulness with Maria Leite

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

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



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.



Monday, March 21 9-10 am – Promenade: Trish Magyari, "Seeing and Savoring"
Monday, March 28 3:30-4:30 pm – Promenade: Carol Lewis, "Opening the Heart"
Monday, May 16 3:30-4:30 pm – Rotunda: Chuck Pickeral, "Mindful Art Walk"
Monday, May 23 9-10 am – Rotunda: Sabine Grunwald, "Uplift"

Details at: <https://www.ufmindfulness.org/workshops>

Eventbrite links for March sessions:

Trish Magyari: Seeing and Savoring March 21st

<https://www.eventbrite.com/e/art-and-mindfulness-seeing-and-savoring-tickets-275207933337>

Carol Lewis: Opening the Heart March 28th

<https://www.eventbrite.com/e/art-and-mindfulness-opening-the-heart-tickets-275230530927>

Lunchtime Yoga for Faculty and Staff

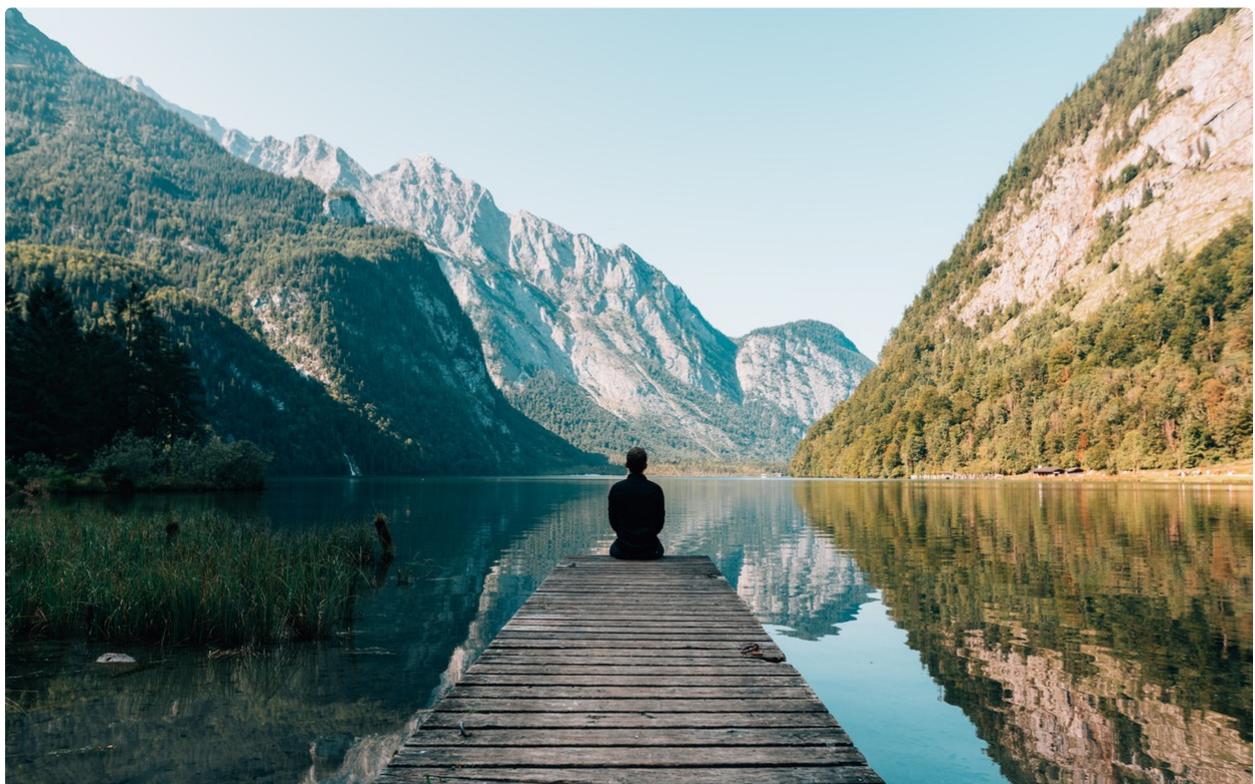
Faculty and staff can now join free, lunchtime yoga classes appropriate for all levels of experience on campus. No registration is necessary. Please bring your own mat if you have one. Classes meet weekly as follows:



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

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

"Open the window of your mind. Allow the fresh air, new lights and new truths to enter." – Amit Ray



Breath of Life by Danna Faulds

I breathe in All That Is-
Awareness expanding
to take everything in,
as if my heart beats
the world into being.

~

From the unnamed vastness beneath the mind,
I breathe my way into wholeness and healing.
Inhalation. Exhalation.

~

Each Breath a "yes,"
and a letting go, a journey, and a coming home.

Wilmot Botanical Gardens, UF-CALS & the Counseling & Wellness Center

Therapeutic Horticulture

for students struggling with stress & anxiety



Several weekly groups open this semester!

**For more
information:**

CWC at (352) 392-1575
Wilmot Botanical Gardens at (352) 294-5003
or email leahdiehl@ufl.edu



Therapeutic Horticulture

Are you a UF student struggling with anxiety, stress, and/or depression? Discover how therapeutic horticulture in UF's Wilmot Botanical Garden can uplift your mind.

Study ID: IRB202101724 Date Approved: 1/14/2022



Can't Sleep? Feeling Stressed?
If you are an undergraduate student, this study might be for you!

Stress and Sleep Study

We're 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

Location

- McKnight Brain Institute in Gainesville, FL

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

If you are unsure if you meet the requirements, email a member of the study team:

- Sarah Bottari, M.S.: sbottari@ufl.edu
- Liva LaMontagne, Dr. Psych: liva.lamontagne@ufl.edu




Interested in Participating?
Scan the QR Code or visit the URL:
https://bit.ly/stress_sleep

UF UNIVERSITY of FLORIDA College of Medicine, College of Public Health and Health Professions, and College of Agricultural and Life Sciences

Sleep and Stress Study

Interested in Participating?

Contact:

Sarah Bottari, M.S.: sbottari@ufl.edu

Liva LaMontagne, Dr. Psych: liva.lamontagne@ufl.edu

We're 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).

Spring 2022 GatorWell Mindfulness

A **Koru Mindfulness Basic course** will be open to all UF students starting March 24. Koru is an introductory mindfulness course designed for college students with input from college students. Participants will learn about and practice a wide variety of mindfulness practices including belly breathing and walking meditation. The course will meet once a week and go through April 14th and will take place in the GatorWell Conference Room. Class each



Yao-Chin Wang Recognized Among Global 25 Most Influential Educators in Hospitality

Yao-Chin Wang, Ph.D., Assistant Professor, Department of Tourism, Hospitality and Event Management, College of Health and Human Performance has been recognized by International Hospitality Institute as the Global 25 Most Influential Educators in Hospitality for 2021. Dr. Wang's research is in mindfulness at tourism, hospitality and event settings.



Yao-Chin is member of the [Research Committee of UF Mindfulness](#)



Lie Down by Nancy Paddock

Lie down with your belly to the ground,
like an old dog in the sun. Smell
the greenness of the cloverleaf, feel the damp
earth through your clothes, let an ant
wander the uncharted territory
of your skin. Lie down
with your belly to the ground. Melt into
the earth's contours like a harmless snake.
All else is mere bravado.
Let your mind resolve itself

Lie down with your belly
to the ground, flat out, on ground level.
Prostrate yourself before the soil
you will someday enter.
Stop doing.
Stop judging, fearing, trying.
This is not dying, but the way to live
in a world of change and gravity.
Let go. Let your burdens drop.
Let your grief-charge bleed off
into the ground.
Lie down with your belly to the ground
and then rise up
with the earth still in you.

Gong Bath with Kim Holton

Location: Searchlight Yoga

When: Sunday, March 20, 7:00-7:30 pm



A Gong sound bath is considered one of the most restorative and healing meditations because of the profound state of relaxation that can be attained in response to the sound vibrations. The word bath is used to denote the waves of the sound that 'wash' over and through you and therefore an 'inner' cleansing takes place. In a busy world of mental overload, the sound vibrations of the gong help the mind to slow down. It lowers the frequency of the brainwaves from alpha, then theta and sometimes to delta (sleep). The gong sounds work on all levels – physical, mental, emotional and spiritual. The total experience can be viewed as a total re-tuning of your whole self.

This is a free class, although donations are accepted through Venmo or cash in-studio. Space is limited. Register for this free class: <https://clients.mindbodyonline.com/classic/mainclass>



Finding Mindful Moments

Do you wish to practice mindfulness but don't know where to begin? Or do you sometimes find it difficult to squeeze in a 20-30 minute meditation in your busy schedule? Don't worry, you can practice mindfulness anytime and anywhere by building micro-practices throughout the day to focus your attention.

Here are 10 ways to cultivate mindfulness in your daily life.

Practice gratitude

Check in with your body

Pay attention to your heart

Fire up your senses and bring your attention to the present moment

Center yourself in body and mind

Bring your attention to the moment by focusing on your breath

Observe your thoughts

Practice mindful eating

Practice active listening

Observe your surroundings



Healing Art Quotes
Mary Rockwood Lane

What do you know to be true?

Is it your Love?
Is it your Life?
Is it your voice?

What do you know?

The truth is coming home.
To Self-acceptance,
Self-knowledge,
And Self-Love.

Mary Rockwood Lane

www.healingwiththearts.com

Healing Art Quotes

The Healing Art Quotes are provided by Mary Rockwood Lane who is a faculty member in the UF Nursing School; she has contributed to UF Mindfulness teachings in the past.

In Memory of Thich Nhat Hanh

Vietnam Thiền Buddhist monk, peace activist, prolific author, poet, teacher, founder of the Plum Village Tradition, and the "father of mindfulness".



"With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment" – Thich Nhat Hanh

Mindfulness-Based Tools for Resilience

Mindfulness-Based Tools for Resilience, or MBTR, is designed to improve mood regulation and anxiety management skills. Learning and practicing mindfulness skills helps cultivate resilience and improves well-being in body and mind.

Facilitator:
Carol Lewis, PhD, MPH
Contact Dr. Lewis for dates and times of the next series of sessions or for more information.
352.265.4357
carollewis@ufl.edu

Location:
Group will be held via Zoom.
A link will be provided.

Sessions will be billed to insurance.

Four 1-hour weekly sessions



Next series:
Tuesdays 4:00 to 5:10 pm
March 1, 15, 22, & 29

UFHealth
PSYCHOLOGY - SPRINGHILL

POWERED BY: [unreadable]

Short Course: Mindfulness-Based Tools for Resilience (UF Health)

March 1, 15, 22 and 29.

Facilitator: Carol Lewis, Ph.D., MPH.

Contact: carollewis@ufl.edu or 352-265-4357.

Mindfulness-Based Tools for Resilience (MBTR) is designed to improve mood regulation and anxiety management skills. Learning and practicing mindfulness skills helps cultivate resilience and improves well-being in body and mind.

Mindfulness Research Corner

In their paper, Laukkonen and Slagter (2021) provide an excellent overview of different meditation styles including focused attention, open monitoring, and nondual from the neuroscience perspective. They present a unifying framework called “the many-to-(n)one model” which



brings ancient Eastern and modern scientific ideas closer together. The underlying idea is to deconstruct the mind's tendency to project the past onto the present, how certain insights may arise, the nature of hierarchical self-processing, and use the plasticity of the human mind. They conclude

that in the final state of meditation all conceptual processing falls away which unveils a state of pure awareness (Laukkonen & Slagter, 2021)

Laukkonen, R. E., & Slagter, H. A. (2021). From many to (n)one: Meditation and the plasticity of the predictive mind. *Neuroscience & Biobehavioral Reviews*, 128, 199–217.

<https://doi.org/10.1016/j.neubiorev.2021.06.021>

Or listen to the [podcast](#) “Deconstructing Yourself” by Michael W. Taft.

[69. Meditation, Insight, and Predictive Processing with Ruben Laukkonen](#)



Uplift Yourself with Life Coaching

Talk to a life coach and explore in a trustful setting things that drag you down or make you feel stuck - family situation, academic work, work relations, work-life balance is off, stress and overwhelm, anxiety, worries, lost confidence in oneself, too much to do, or other. Reframe "old stories" you tell yourself into something positive that uplifts you.

++++++ PRO-bono sessions offered in March and April. First-come, first served basis ++++++
Also affordable coaching sessions available on a sliding scale. Students, staff, and faculty members welcome.

Send an inquiry to Sabine Grunwald (Ph.D. Integral and Transpersonal Psychology, Ontological Coach, sgrunwald66@gmail.com)



Read the Latest Breathing Space Blog

Guest Blog Mind #15: 5 Ways to Help Improve Your Mental Health

<https://www.ufmindfulness.org/post/guest-blog-mind-15-5-ways-to-help-improve-your-mental-health>

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>

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/