

UF Mindfulness

May 2023 Edition



A mindful summer: Be present, be well, well-being for all.



May is Mental Health Awareness Month

Mental health is part of the dimensions of well-being. UF recognizes multiple dimensions of well-being: (1) emotional, (2) environmental, (3) financial, (4) intellectual, (5) occupational, (6) physical, (7) social, (8) spiritual, (9) cultural. Ideally, these dimensions are in harmonious work-life balance.

Nurture your mental health through practices. For example, give yourself the gift of mindfulness meditation practice, yoga and relaxation practices, gentle mind-body practices, mental breaks from study and work, longer mental "vacation" time at the beach, spend time outdoors, guided meditations in apps (CALM or Insight Timer Meditation apps), take a happiness course or practice your preferred mindfulness practice.

If you like to invest in self-development and inquiry, grow with perceived life challenges and optimize your well-being you may connect with a life coach. Coaches provide a safe and trusting setting to explore meaning and purpose of life or help to attain personal or professional life goals. Students can contact a wellness coach at UF (<https://gatorwell.ufsa.ufl.edu/services/wellness-coaching/>) or find a life coach in the community (for more info about life coaches contact mindfulness@ad.ufl.edu) or find a life coach online.

If you struggle with a persistent mental health issue reach out to the UF Counseling and Wellness Center and talk to a professional therapist or counselor. Info at: <https://counseling.ufl.edu/>



Dimensions of Well-being



Let Us Celebrate the Study &
Research of Mindfulness at UF

Best Paper Awards in Mindfulness

Sponsored by UF Mindfulness

Coming in Fall Semester: Panel Discussion with Awardees of Best Papers in Mindfulness

Six awardees in the categories 'Mindfulness Research' and 'Conceptual & Experiential Mindfulness' will present their work to the UF community in Fall 2023 semester. The submissions of papers covered a broad spectrum of mindfulness research and scholarly work with striking findings.

In everyday life, awareness of experience obscures the awareness of being; in meditation or prayer, awareness of being outshines the awareness of experience." --- Rupert Spira



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 Fall Semester 2023

The online mindfulness practice group will reconvene in fall semester. Stay tuned for an interesting program on a variety of mindfulness, mind-body, and self-development practice sessions. The group is open to **faculty, staff and students and the general public** (<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.



Dynamic Yoga Practice



Dynamic Yoga Practice

For those who missed the in-person practice session on May 1 offered by Yao-Chin Wang, Assistant Professor, College of Health and Human Performance, UF in the 360 Mindfulness Program here are some resources about these practices:

Dynamic Yoga (Ch. dong gong, 动功) of Donghua Awareness-Illumination Chan (DAIC)

<https://www.youtube.com/watch?v=yIpEWiSbG-g>. Chan Buddhism has been practiced in China.

Many mind-body practices offered at UF, contemporary yoga studios or secular mindfulness centers in the U.S. originated in the East where they have been practiced for thousands of years. Psycho-spiritual gentle movement yoga practices, such as dynamic yoga, have many health benefits for the whole body and invite relaxation of the mind. The appropriation of these practices to its origin bears importance to understand and honor them in their historical, spiritual, religious, and cultural context.

Art and Mindfulness

Join us for the last mindfulness meditation practice session in spring/summer season 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, 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 will continue through the end of May. Yoga will break for the summer and resume in the fall. 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.

"Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns." ---- Tara Brach in her book 'Radical Acceptance'.



Course Mindful Living

A Course on Spirituality for Everyday Life

MHS 3930 Master's and Undergraduate Students Welcome.

When: Fall semester 2023. Thursdays 4:05PM-7:05PM.

Teacher: Corrine Buchanan, Doctoral Student.

Registration: Contact Brittany LeFevers (Academic Assistant, College of Education b.lefevers@coe.ufl.edu) to register and copy Ms. Buchanan at croos@ufl.edu.

**SPIRITUALITY & CREATIVITY
IN HEALTHCARE**

Instructor: Mary Rockwood Lane, PhD, RN, FAAN
Co-Instructor: Taylor S. Vasquez, MA

Honor Your Authentic Self

Integrate spirituality & passion into your professional & academic life through experiential classes that explore your own unique creativity in healing. Enjoy music, art, guided imagery, writing, movement, relaxation, drama, and more during this class.

No Previous Art Experience Necessary!

Discover
the Artist &
Healer
Within

Blissful
Creative
Freedom

Fall 2023
NGR 6930/NUR 4930
Thursdays 5:10-8:10pm
(352) 363-0333 | Maryrockwoodlane@gmail.com

Course Spirituality & Creativity in Healthcare

College of Nursing Course.

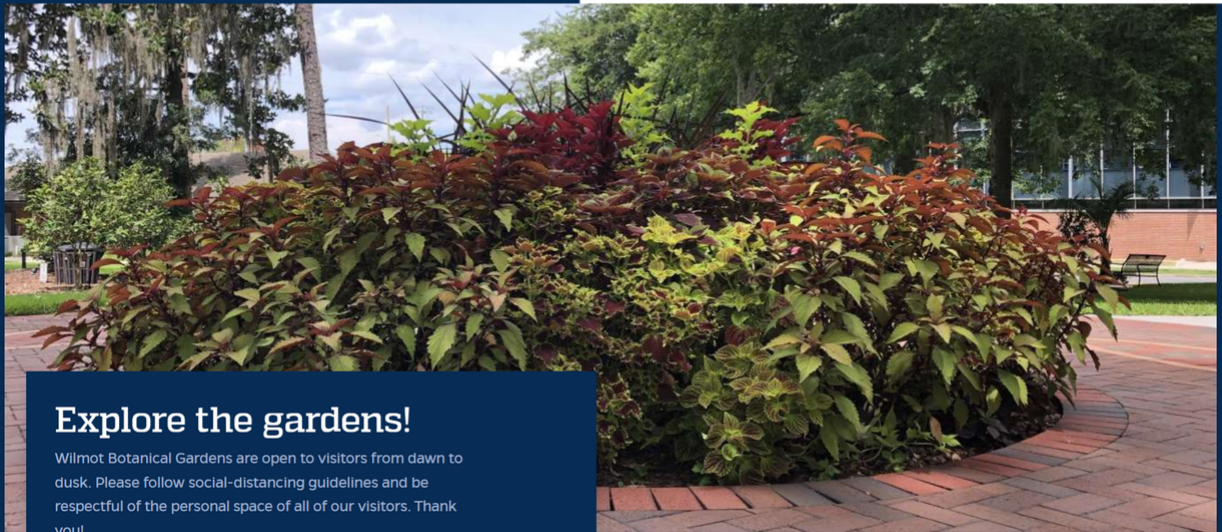
Spirituality & Creativity in Healthcare.

NGR 6930 Graduate Level.

NUR 4930 Undergraduate Level.

When: Fall semester 2023. Thursdays 5:10PM-8:10PM.

Contact Dr. Mary Rockwood Lane at maryrockwoodlane@gmail.com

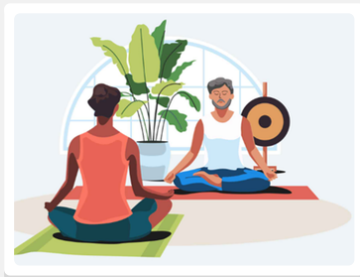


Explore the gardens!

Wilmot Botanical Gardens are open to visitors from dawn to dusk. Please follow social-distancing guidelines and be respectful of the personal space of all of our visitors. Thank you!

Enjoy the Beautiful UF Wilmot Botanical Gardens

The [Wilmot Botanical Gardens](https://wilmotgardens.med.ufl.edu/visit/) is a beautiful place on-campus for a mindful walk. There are therapeutic horticulture programs and other events offered at the Gardens. Visit and enjoy the mind-blowing blossoming flowers and connect with nature (<https://wilmotgardens.med.ufl.edu/visit/>).



What We Practice We Become | Open Your Mind

Open Focus Mindfulness Practice

Can You Imagine the Space Between?

Bring all your awareness to the space between your eyes.

Get a feeling of the space.

Visualize the space.

Hear the silence between the eyes.

Think about the space.

Have a sense of newness between the eyes.

After seeing it, imagine feeling the space.

Put your thumbs together.

Can you imagine the space between the thumbs?

Can you imagine the shape?

Imagine what's around the thumbs.

Imagine what's outside the thumbs.

Feel nothing-absence of thumbs.

Can you feel the space around the thumbs?

Can you feel the sense of presence on your thumbs and index fingers?

Can you feel the sense of presence on your thumbs and index fingers?

Can you feel the space between the fingers and thumbs?

Can you imagine feeling the space between the other fingers as well?

Effortlessly allow your imagination do all the work.

You may try to consciously grip the space which is not grippable.

With this practice, you will focus more on how you are paying attention.

It occurs on an unconscious level.

You will release a lot of tension.

You will loosen and your focus will open.

When you are open you diffuse stress and tension.

When you are not open you accumulate tension.

If an unpleasant feeling occurs it is just a small thing in the totality of your total focus.

This practice builds a kind of refuge that helps you deal with things; and see what's in the space between.

Can you imagine the space inside your head?

Can you imagine the space between the top of your head and the bottom of your feet?

Can you imagine the space between your shoulders and your toes?

Can you imagine the space inside your mouth?

Can you imagine the space between your back and the back of the chair?

Dwell in the space between silence and sound.

(Modified after Burdick D. (2013). Mindfulness Skills Workbook for Clinicians & Clients: 111 Tools, Techniques, Activities & Worksheets, p. 99).

SAVE THE DATE


GLOBAL FLOURISHING CONFERENCE

NOVEMBER 29 & 30, 2023 | VIRTUAL

PRESENTED BY
 TEMPLETON WORLD
CHARITY FOUNDATION

Global Flourishing Conference 2023

Save the date for this free-of-charge virtual conference sponsored by the Templeton Foundation. More information at: <https://www.humanflourishing.org/>



Today I'm Flying Low
by Mary Oliver

Today I'm Flying Low by Mary Oliver | Animated Spoken Word Poetry

An animated poem by Mary Oliver narrated by Sybille Webb. "Today I'm flying low and I'm not saying a word. I'm letting all the voodooes of ambition sleep" https://www.youtube.com/watch?v=47RRd_9JsPI

GatorWell Health Promotion Services is Seeking Student Employees for Two Undergraduate Positions

GatorWell is seeking enthusiastic, outgoing, motivated and health-conscious students to assist with the front desk and outreach duties with the Health Hut and at the GatorWell Main Office. Those applying will need to be comfortable taking initiative to approach students and encourage them to participate in interactive wellness activities. Students of any major are welcome to apply. More information can be found here: <https://explore.jobs.ufl.edu/en-us/job/526519/front-desk-health-hut-wellness-educator>

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 Education and Research Fund




UF Mindfulness Program

 Facebook  @Sacred_swamp

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

 mindfulness@ad.ufl.edu

 ufmindfulness.org/

