

UF Mindfulness News

January 2022



Be well, flourish, and realize your goals in 2022.

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:

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: Qigong with Nancy Lassetter
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: Being with Breath with Kim Holton

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

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

360 Session: Why 360 degrees of mindfulness?

Jan. 10 (5:30 - 6:30 pm) with Sabine Grunwald (registration link above).

Mindfulness is not one-dimensional but includes a wide variety of practices that have potential to enhance health, wellbeing, wholeness, and spiritual fulfillment. 360° means to go full circle and embrace inclusivity and diversity of different mindfulness practices. But how do we know which practices are most beneficial to us? We will explore questions related to the selection, harmonization, and integration of mindfulness practices into a larger whole that is meaningful and supports our health, wellbeing and flourishing.



"There is more to life than increasing its speed." --- Mohandas Gandhi

Mindfulness-Based Tools for Resilience

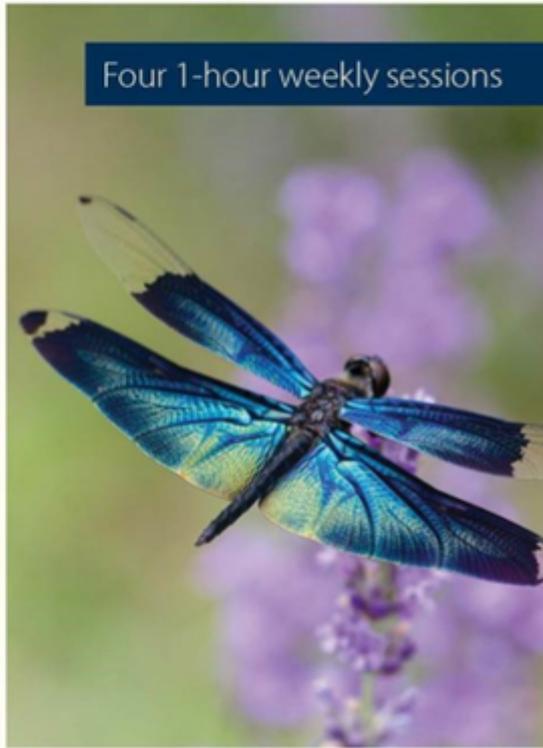
Four 1-hour weekly sessions

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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.
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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.



Tuesdays 4:00 to 5:10 pm
January 18 & 25, February 1 & 15

UFHealth
PSYCHOLOGY - SPRINGHILL

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

Tuesdays: 4:00 - 5:10 pm via Zoom.

January 18 & 25; February 1 & 15.

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.



Poems by Yung Pueblo

Heavy is the ego
that sees itself towering
over its fellow human beings,
swimming in shadowy delusion
believing it is complete and all knowing.
Light is the spirit that walks with a mind of
humility and a heart open to receiving, moving
with skill and earnest desire, understanding
that within all beings and moments
there is a silent lesson
one can acquire.

~

My faith
For a better future
Is in the people
Who are turning the idea
Of unconditional love
Into a way of life

~

Be well.

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 week will be from 3:30-4:45pm. Students who complete the course will receive a completion certificate. Those interested in registering can head here: <https://bit.ly/GWKoru2022>



GatorWell is also offering **stress management/mindfulness consultations for students** who want some brief education/information about stress management strategies or mindfulness practices and

resources. The appointments are 30 minutes, available to current UF students and students can request a Mindfulness Consultation appointment here:

<https://gatorwell.ufsa.ufl.edu/resources/individual-appointment-request/>. *Note: These appointments are NOT mental health counseling. They are meant to be educational and informational in nature.

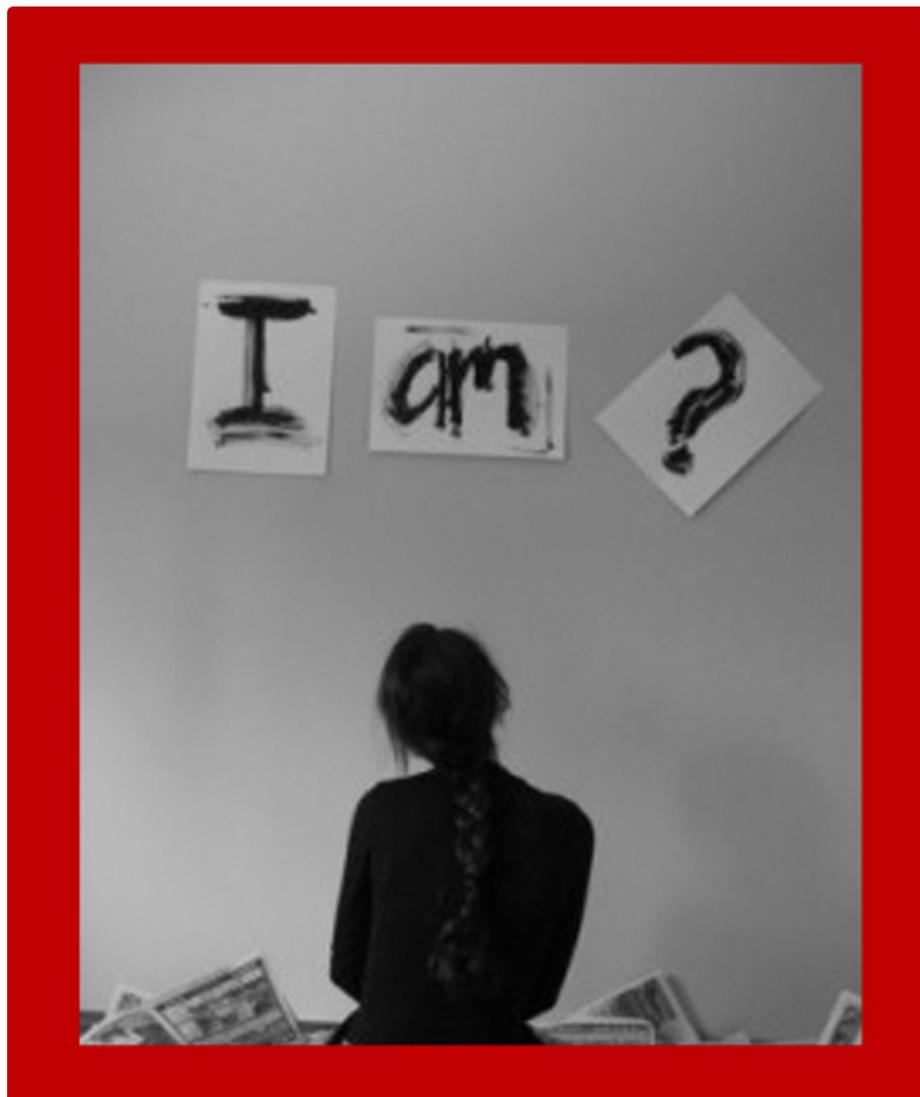
UF Counseling & Wellness Center (CWC) Workshops & Events



Workshops provide the opportunity for students to learn new skills to strengthen personal resilience, develop healthy self-care habits, and grow their mental health awareness. No consultation or 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_RX2IriZ91sR9GuV0I89didk7H5pMeB



A Meditation on "I Am" by Rupert Spira, Nondual Teacher

I am peaceful like the sky
I am open like the sea
I am empty like space
I am luminous like the sun
I shine by Myself.

~

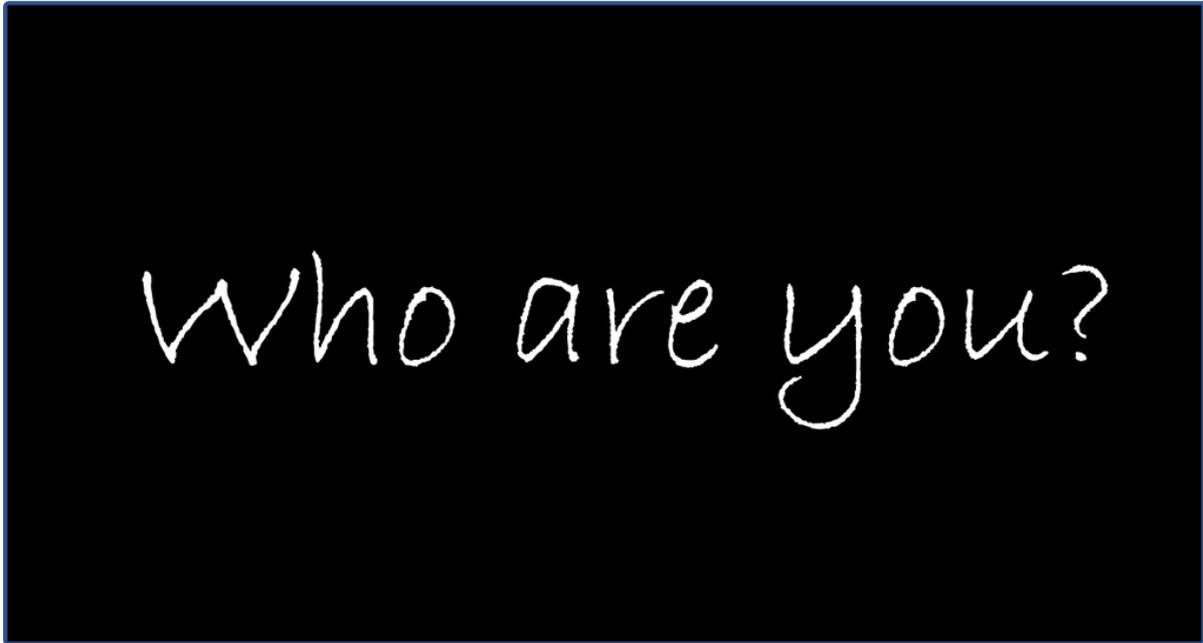
I take the shape of thinking
and seem to become a mind
I assume the activity of sensing
and seem to become a body
I take the form of perceiving
and seem to become a world
But I always remain Myself.

~

I am the self in all selves
I am the being in all that exists
I am intimate but impersonal
I am infinite and eternal.

~

I cannot be approached
but am always present
I cannot be known
but know all things
I cannot be understood
but I am all that is ever known.



Who are you?

"How beautiful it is to do nothing and then to rest afterward." -----
Spanish Proverb



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. Do you feel exhausted, stuck, numb, or lack in purpose? Start anew.

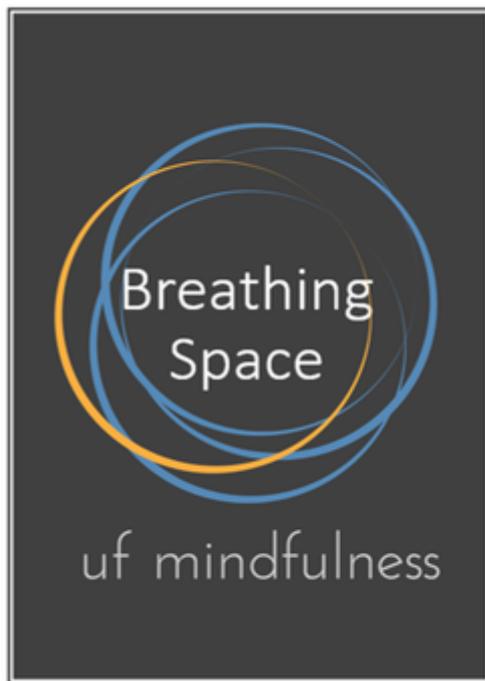
Talk to a Life Coach and get out of the mist that drags you down. Send an inquiry to Sabine Grunwald (Ph.D. Integral and Transpersonal Psychology, Ontological Coach, sgrunwald66@gmail.com) for low-cost (on a sliding scale) coaching sessions. An 1-hr. discovery coaching session is offered at no cost.

Tune into the Mindful Relaxation Minutes

Rejuvenate with the [Mindfulness Relaxation Playlist](#) on YouTube featured by the UF Department of Psychiatry. Big thanks to the wonderful instructors:

- Beatriz Elena de Bruna, Serenity Mindfulness Center
- Genevieve Camp, LMHC,ATR-BC, CEDS
- Carol Lewis, PhD, MPH, CPH
- Trish Magyari, MS, CGC, LCPC, NCC, RYT-200
- Lisa Merlo, PhD, MPE
- Barbara Yeziarski, BS, LPN

The live sessions of 'Mindfulness Relaxation Minutes' will be discontinued.



Read the Latest Breathing Space Blog

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

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



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