

UF Mindfulness

August 2023 Edition



Mindfulness in fall semester 2023.



Congratulations to the Winners of the Best Paper Awards in Mindfulness

Awardees in the Research Category

1st Place: Koerner, R., & Rechenberg, K. (2022). Mindfulness in adolescents and young adults with diabetes: An integrative review. *Complementary Therapies in Clinical Practice*, 49(Article 101659), 1–8. <https://doi.org/10.1016/j.ctcp.2022.101659>

2nd Place: Taylor, G., Bylund, C. L., Kastrinos, A., Alpert, J. M., Puig, A., Krajewski, J. M. T., Sharma, B., & Fisher, C. L. (2022). Practicing mindfulness through mHealth applications: Emerging adults' health-

enhancing and inhibiting experiences. *International Journal of Environmental Research and Public Health*, 19(5), Article 5. <https://doi.org/10.3390/ijerph19052619>

3rd Place. Hülshager, U. R., Yang, T., Bono, J. E., Goh, Z., & Ilies, R. (2022). Stop the spin: The role of mindfulness practices in reducing affect spin. *Journal of Occupational Health Psychology*, 27(6), 529–543. <https://doi.org/10.1037/ocp0000332>

Awardees in the Conceptual Mindfulness Category:

1st Place. Washington, E. Y., da Costa Leite, M. C., & Puig, A. (2022). Civic mindfulness: Teaching about racism with courage and compassion. In N. Keefer & T. Flint (Eds.), *Mindful Social Studies: Frameworks for Social Emotional Learning and Critically Engaged Citizens* (pp. 51–66). Rowman and Littlefield Publishing Group.

2nd Place. Grunwald, S., & LaMontagne, L. (2021). The state of mindfulness as top US public universities: A brief review and lessons learned. In S. K. Dhiman (Ed.), *The Routledge companion to mindfulness at work* (pp. 331–353). Routledge.

3rd Place. Poceski, M. (2020). Mindfulness, cultural appropriation, and the global diffusion of Buddhist contemplative practices. *International Journal for the Study of Chan Buddhism and Human Civilization*, 7(1), 1–15.

The awarded papers with strong involvement from UF faculty, scholars, and researchers have been invited to present their papers to the UF community over the coming months (webinar or panel discussion). Research and scholarly work in mindfulness advances our knowledge and understanding of the practice of mindfulness and its effects.

We thank six independent reviewers who served on the evaluation panel for reviewing the pool of submitted papers and selecting awardees.

"Keeping you on your path to love and human flourishing"



360° UF Mindfulness Practice Fall Semester 2023

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. The practice group is open to all (no UF affiliation is required).



Go to <https://www.ufmindfulness.org/workshops> and register to receive the Zoom link that is valid for whole fall semester.

The sessions are in Zoom every Monday from 5:30 to 6:30 pm U.S. Eastern time.

Sep 11: Sabine Grunwald, The Simplicity of Living Life and Finding Our North Star.

Sep 18: Carol Lewis, Radical Acceptance.

Sep 25: Shana Smith, Introduction to Zen: Practice & Principle.

Oct 2: Shana Smith, Introduction to Zen: What are Koans?

Oct 9: Kim Holton, Mindful Movement & Yoga Nidra.

Oct 16: Trish Magyari, Mindful Self-Compassion Break.

Oct 23: Yao-Chin Wang, Static Mindfulness Practices from Donghua Awareness-Illumination Chan (DAIC).

Oct 30: Ana Puig, Taming the Anxious Mind.

Nov 6: Maria Leite, Creativity & Mindfulness.

Nov 13: Paul Linn, A Recipe for Freedom.

Nov 20: Ricky Kendall, Singing the Unsung Mind.

Nov 27: Nina Stoyan-Rosenzweig, Healing with Nature.

Dec 4: Emi Lenes & Peggy Rios, Mindfulness at Work.

Dec. 11: Angie Brown, The Sound of Silence.



Join us for mindfulness meditation practice session in fall 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.



- No charge.
- Open to the general public in the Gainesville community and UF students, staff, and faculty members,

Register for the in-person sessions that take place in the wonderful meditative space at the Harn Museum:

1. Sabine Grunwald, *Finding Delight in the Present Moment*, Saturday, August 26, 10 – 11am.
<https://www.eventbrite.com/e/678118770497>
2. Kim Holton, *Sound Meditation*, Saturday, September 16, 10 – 11am.
<https://www.eventbrite.com/e/678072361687>
3. Carol Lewis, *Settling into the Moment with Kindness*, Saturday, October 28, 2023 10-11 am.
<https://www.eventbrite.com/e/700241169187>
4. Jan Snyder, *Appreciating Beauty*, Saturday, November 11, 2023 10-11am.
<https://www.eventbrite.com/e/700242834167>
5. Trish Magyari, *Seeing, Sensing, Savoring*, Saturday, December 9, 2023 10-11 am.
<https://www.eventbrite.com/e/701032947417>

Faculty and Staff Yoga

Free, **lunchtime yoga classes** appropriate for all levels of experience will start on Sep. 5. No registration is necessary. Please bring your own mat if you have one. The class meets weekly on Tuesdays 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 mholton@ufl.edu.

"You are the sky. Everything else, it's just the weather." ---- Pema Chödrön


**SPIRITUALITY & CREATIVITY
IN HEALTHCARE**

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

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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

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

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

 mindfulness@ad.ufl.edu



 ufmindfulness.org/