

UF Mindfulness News

February 2023



Let Us Celebrate the Study &
Research of Mindfulness at UF

Best Paper Awards in Mindfulness

Sponsored by UF Mindfulness

Submission Deadline: March 31, 2023

We invite submissions of publications for 'Best Paper Awards in Mindfulness' in two categories:

(1) **Mindfulness Research**: qualitative and quantitative evidence-based mindfulness research; mixed-methods studies; meta-analysis, and comprehensive review of mindfulness research studies.

(2) **Conceptual & Experiential Mindfulness**: theoretical studies about mindfulness, critical theory applied to mindfulness, mind-body practice applications, discussion of mindfulness meditation types/traditions, critical discussion of secular and non-secular mindfulness, phenomenological

meditation case studies, mindfulness in education, teaching and practice of mindfulness, and mindfulness applications in counseling, coaching, or psychotherapy.

The submitted publications may include other topics besides mindfulness (e.g., mental health, wellness, wellbeing, human flourishing, spirituality, Buddhism, or other). However, papers competitive for the 'Best Paper in Mindfulness Awards' are required to focus on the goal to advance our understanding of mindfulness through study or discussion.

Specific requirements for best paper submissions:

- The publication was peer-reviewed and published. Publications that qualify are journal articles with a DOI, book chapters, and books.
- The publication must be submitted in digital format (saving trees and reducing greenhouse gas emissions)
- The official publication date needs to fall within the time frame 1/1/2020 to 12/31/2022 (journals that publish pre-publication articles online within this time frame before they are published as hardcopy publication are acceptable)
- Multi-author teams or single UF authored publications are invited. For multi-authored papers at least one of the authors needs to be affiliated with UF. Authors may be faculty member, student, Post-Doc, scholar, scientist, or other representing diverse voices.
- Author-teams are encouraged to submit only their “best” and most significant publications. A specific UF author identified by unique ORCID number is limited to be part of up to three publications to be submitted for the Best Paper Awards in Mindfulness. Additional submissions (i.e., meaning that the same UF author is listed on 4+ submitted papers) will be automatically disqualified from the competition.

Details about the awards: <https://www.ufmindfulness.org/bestpaper>

Best Paper Awards in Mindfulness Research Category

The awardees for **Best Papers ranked 1st, 2nd and 3rd place** will be invited to present their work to the UF community in form of a webinar, in-person seminar, or mini symposium sponsored by UF Mindfulness. Awardees will receive:



Best Paper Awards in Conceptual & Experiential Mindfulness Category

The awardees for **Best Papers ranked 1st, 2nd and 3rd place** will be invited to present their work to the UF community in form of a webinar, in-person seminar, or mini symposium sponsored by UF Mindfulness. Awardees will receive:



Evaluation Criteria Best Papers in Mindfulness

- Advance understanding of mindfulness
- Originality, creativity, novelty and uniqueness of the study/paper
- Significance and impact of the publication

Submit your mindfulness paper here (before March 31, 2023 EST)

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



360° UF Mindfulness Practice Spring Semester 2023

Recurring online mindfulness practice group at UF open to faculty, staff and students and the community
(<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.

The sessions are in Zoom every Monday from 5:30 to 6:30 pm U.S. Eastern time in spring semester from January 23 to May 1, 2023.

[Register](#) for the whole spring semester 360° Mindfulness Workshop and receive the Zoom link. You may attend only one of the Monday sessions or all of them. Bring a friend or colleague to mindfulness practice.

Program schedule:

Feb 20: Slow Looking with Art from the Harn with Allysa Peyton

Feb 27: A Deep Dive Meditation with Sabine Grunwald

Mar 6: Interpersonal Mindfulness: Relationship Remedies with Emi Lenés and Dowon Choi

Mar 13: No session, spring break

Mar 20 Qigong with Nancy Lasseter

Mar 27: Befriending Yourself with Trish Magyar

Apr 3: Yoga Nidra with Kim Holton

Apr 10: Introduction to Zen: Practice and Principles with Shana Smith

Apr 17: Introduction to Zen: What are Koans? with Shana Smith

Apr 24: Mindful Living Practices for Non-Meditators with Ana Puig

May 1: (in-person session) Dynamic Yoga & Group Meditation with Yao-Chin Wang and Kim Holton (Florida Gym Room 235)



Walk & Reflect on Healing in Nature

A guided nature walk and writing activity to reflect on healing in nature.

Where: Baughman Center 982 Museum Road Gainesville, FL 32603

When: Wednesday, February 15, 2023 (5:15 PM – 6:00 PM EST).

Register: <https://www.eventbrite.com/e/walk-reflect-on-healing-in-nature-tickets-529447661207>

Experiencing Mindfulness During Sunset

Thursday, 2/23 | 5:30-7:00PM | Lake Alice



Together we will practice connectedness with nature-based mindfulness activities at Lake Alice across from the Bat Houses. UF Mindfulness, in collaboration with the UF CWC, is offering this workshop (weather permitting).

Join us to learn anxiety reduction and peace-bringing practices!

RSVP: bit.ly/EMS-S23

UF | CWC
Counseling & Wellness Center

Experiencing Mindfulness During Sunset

Together we will practice connectedness with nature-based mindfulness activities at Lake Alice across from the bat houses. UF Mindfulness, in collaboration with the UF CWC, is offering this workshop (weather permitting).

Learn anxiety reduction and peace-bringing practices!

When: Thursday February 23 (5:30 to 7:30 pm).

RSVP: bit.ly/EMS-S23

Teachers: Emi Lenés and Dowon Choi.

Resilience / Gators Bounce Back Event by GatorWell

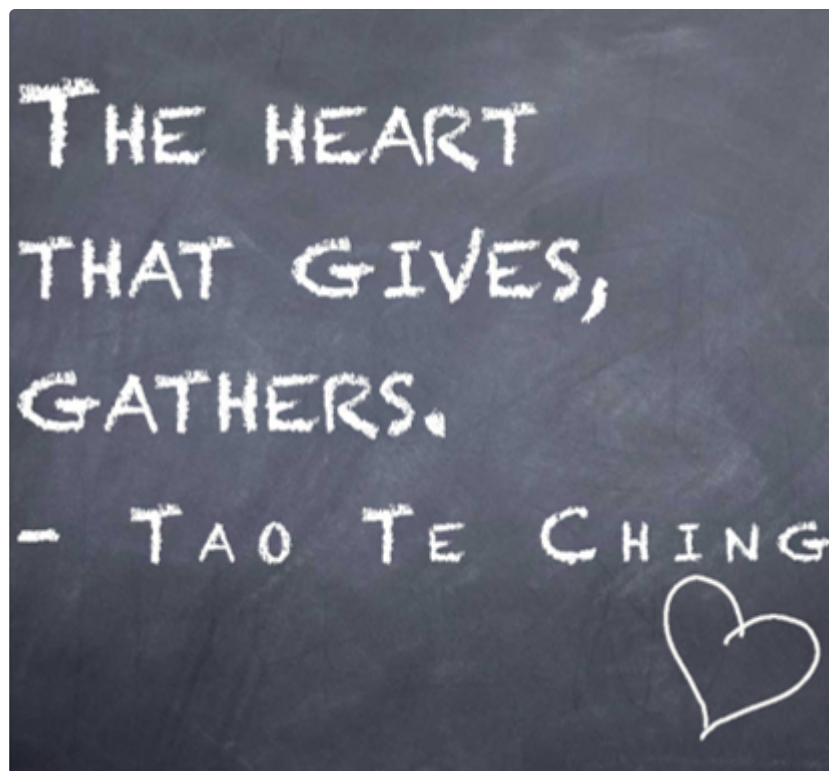
Keep the date: Tuesday March 7 (11 am to 2 pm)

Where: Reitz Union North Lawn.

Stay tuned for more details.



"Reaching a state of inner freedom does not mean being apathetic or insensitive, nor does it mean that existence loses its color in the slightest. It simply means that, instead of always being the plaything of our negative thoughts, moods, and temperaments, we become their masters." ---
Matthieu Ricard



UF Giving Day is February 16

Give wholeheartedly to support building a mindful UF campus community:

<https://www.ufmindfulness.org/support-uf-mindfulness>

Generosity of giving is a practice to open our hearts to what we value. Giving brings joy to the one who gives and the ones in the community who benefit from mindfulness practice, trainings, events, and workshops. Mindfulness matters!

UF Mindfulness Education and Research Fund



Art and Mindfulness Spring 2023

Join us for mindfulness meditation practice 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, February 18, 2023 10-11 am, Carol Lewis, Stilling the Mind, Opening the Senses

<https://www.eventbrite.com/e/504185421167>

Saturday, March 18 2023 10-11 am, Sabine Grunwald, Cosmic Dance of Life and Doing Laundry

<https://www.eventbrite.com/e/506449944417>

Saturday, April 29, 2023 10-11 am, Kim Holton, Sound and Silence

<https://www.eventbrite.com/e/506455260317>

Saturday, May 13, 2023 10-11 am, Trish Magyari, Coming to Your Senses

<https://www.eventbrite.com/e/513268930187>

Research on Meditation Apps

Experiences of Meditation App Users

Are you 18-29 years old? Used apps like Headspace or Calm before? You may be eligible.

You can play an important role in advancing research on mindfulness apps in your community. The purpose of this research is to understand the continuous usage/discontinuance of mindfulness mobile applications. About the study (IRB Study #IRB202202255):

- To understand what motivates students to use the mobile application Headspace and their experiences using it.
- We are looking to speak with adults 18-29 years old who have used or are currently using apps like Headspace or Calm for meditation.
- Participation via Zoom interviews, and you will be compensated (\$15 Amazon gift cards) for your time

Click the link to participate: bit.ly/3ZwQpnd

Details about the research study are in the flyer (pdf).



Recruitment flyer_PMP.pdf

Download

716.1 KB

Soul Essent Meditations

Guided meditations by Laurie Clemans:

<https://open.spotify.com/show/4UaxgguKqocT3CpbW8I2Cg>

"The mind in its natural state can be compared to the sky, covered by layers of cloud which hide its true nature." --- Kalu Rinpoche

Yoga for Faculty and Staff

Faculty and staff free, **lunchtime yoga classes** appropriate for all levels of experience in spring semester. 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.



Faculty and Staff Can Get Help Managing Stress with Calm

Calm is a mindfulness app that features pre-recorded audio content designed to help manage stress, anxiety and insomnia. Features include meditation instruction, sleep aides, music for relaxation, video lessons on mindful movement and gentle stretching, audio programs taught by world-renowned mindfulness experts, and nature scenes and sounds.

Each subscription will also cover up to five dependents. To learn more,

check out [this video](#). If you have already claimed a free Noom account, you are not eligible for Calm at this time. Sign up at <https://worklife.hr.ufl.edu/get-support/noom-and-calm-for-2023/>.



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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Contribute to the Next UF Mindfulness Newsletter

Submit an announcement, event, or writing piece to be published in the next UF Mindfulness newsletter. Send material 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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