

UF Mindfulness News

September 2021



uf mindfulness

Wishing all to stay safe, healthy, and well. Warmly, the UF Mindfulness Team.



360° Mindfulness Practice Sessions - Fall Semester 2021

Our 360° mindfulness practice series resumes in fall semester, with the first session starting on Sept. 13. Sessions are Mondays from 5:30-6:30pm and will be in Zoom.

Please register for the 360° workshop series at:

<https://www.eventbrite.com/e/uf-mindfulness-360-practice-group-fall-2021-tickets-167176368017>.

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.

360° Program:

September 13, 2021: Welcome & Nurturing the Positive with Sabine Grunwald

September 20, 2021: Yoga Nidra with Carol Lewis

September 27, 2021: Honoring Your Authentic Self with Mary Rockwood Lane

October 4, 2021: Mindfulness in Motion: Qigong with Nancy Lasseter

October 11, 2021: Resilience and Thriving with Latoya Haynes-Thoby

October 18, 2021: The Five Skandhas and Release from Fixed Identity with Paul Linn

October 25, 2021: Mindfulness Meditation with Nancy Lasseter

November 1, 2021: Yoga Nidra with Carol Lewis

November 8, 2021: Creative Mindfulness with Ana Puig

November 15, 2021: Mindfulness and Self-Care with Ana Puig

November 22, 2021: Giving Thanks with Jan Snyder

November 29, 2021: Interconnectedness with Angie Brown

December 6, 2021: Nature Reminds Us with Emi Lenés
December 13, 2021: Mindful Holidays with Jan Snyder

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



Building mindful community at UF is at the center of UF Mindfulness. Come together and be together in mindful presence with like-minded folks cherishing the simple presence of fleeting moments.

Calming Anxiety with Nature

CWC GROUPS 2021

TIME IN NATURE, AS WELL AS MINDFULNESS MEDITATIONS, HAVE BEEN SHOWN TO INCREASE WELL-BEING AND HELP WITH NAVIGATING LONELINESS, ANXIETY AND STRESS.

Call **352-392-1575** (8am-5pm) to arrange a brief consultation

UF | CWC
Counseling & Wellness Center

TUESDAYS, 3:00-4:30PM

Calming Anxiety with Nature

CWC GROUPS 2021

counseling.ufl.edu/groups

Workshop: Nature Reminds Us - Calming Anxiety with Nature

On October 29 (3:00 - 4:30 pm) Dr. Emi Lenes will be teaching the "[Nature Reminds Us](#)" workshop at Lake Alice as COVID and weather permits. Call 352-392-1575 to arrange a brief consultation.

Pausing. Feeling the breeze and ground beneath us is so powerful. There is so many therapeutic metaphors in what we see, hear, feel, smell, and taste in nature! Together, we can practice breathing in presence with ourselves and fellow students.



Mindfulness Meditation at the Harn Museum.

The current calendar of Art Exhibitions: <https://harn.ufl.edu/>.

[Tempus Fugit :: 光陰矢の如し :: Time Flies.](#)



Image credit: Ishiyama Taihaku (Japanese, 1893–1961) Landscape (detail)

Handscroll, sumi ink with mica ornamentation on silk Overall: 19 3/16 in. × 51 ft. 7 3/4 in.

Collection Samuel P. Harn Museum of Art, museum purchase, funds provided by the Robert H. and Kathleen M. Axline Acquisition Endowment, 2019.7.

The Mind Landscape

In East Asian Art, there is a tradition of the mind landscape. Sometimes, it would involve copying of a classical painter's work – following in the footsteps, say. Other mind landscapes were personal

reflections, the strokes describing the mountain or the gentle stream were expressions of the innermost landscape of the artist's heart and mind.

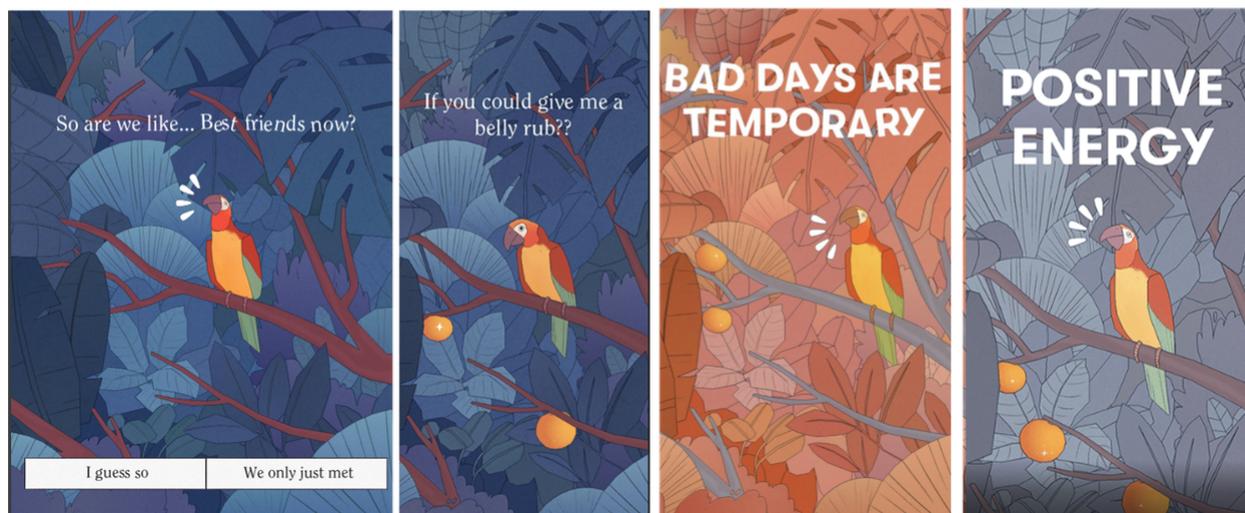
Many of us think of meditation as the stillness practice, perched cross-legged, observing the mind and following the breath. Consider meditation through observation. By paying close attention, with slow looking, you can also use a work of art to pace your mind. Choose an artwork that speaks to you, and then stay with it. Keep looking at every detail. Maybe stay longer than you're comfortable. Then come back to it. Notice everything. Let the image be the focus of all of your concentration. Get in the zone.

Visual analysis isn't limited to art on the walls. Walking across campus is another great opportunity to observe and slow the mind. While connecting to rhythm of your feet on the ground, observe the landscapes around you. Be an alchemist. You might even incorporate your own mind landscape into your surroundings.

A good way to practice this technique is by tracing the path of an artist. Measuring over 50 feet long, this handscroll by Ishiyama Taihaku (1863–1961) depicts a spiritual and physical journey beginning in the mountains, winding along solitary paths through deep valleys to the open sea (detail seen here). This is on view in the exhibition *Tempus Fugit :: 光陰矢の如し :: Time Flies* at the Harn Museum.

Take your time.

By Allysa B. Peyton, Assistant Curator of Asian Art,
Samuel P. Harn Museum of Art



A Virtual Pet who Loves to Meditate and Contemplate

Bird Alone is a different kind of app (iOS). It's a pet companion experience where you name, play and interact with a colorful parrot in a lush jungle. Go with a best friend on a journey of growth and loss. Talk about life, make music, draw pictures and write poetry. Is there wisdom in this game? Yeah! The

pace of the conversation gives ample time to explore the deeper questions of life and take a rest at the waterfall and meditate. A real friendship and connection with bird develops that you will find growing as you play. Cute, enticing, and meaningful if you allow to explore what's inside you.



The Peace of Wild Things by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For the time
I rest in the grace of the world, and am free.



Enjoy short meditations in Florida's beautiful landscape provided by UF's Institute of Food and Agricultural Sciences (IFAS): <https://www.ufmindfulness.org/florida-moments>.



Mindful Creativity to Embody Anti-Racism: A Lifelong Journey by Dr. Ana Puig

Nuanced, deep, and impactful.

Ana Puig, Core Member of UF Mindfulness, explores the connection between mindful creativity and anti-racism? Discover from a grounded place of mindfulness your own core beliefs in regard to racism and anti-racism.

Recording: <https://www.ufmindfulness.org/talks-recordings> or <https://www.youtube.com/watch?v=Pj40xg6mlkU&t=6s>.

Find more information at [UF Anti-Racism](#).

UF CWC: Free Opportunities for UF Students

The UF Counseling and Wellness Center (CWC) has multiple offerings in fall semester:



- Weekly Groups - Call (352)392-1575 to learn how to join! Visit <https://counseling.ufl.edu/services/groups/>
 - "Calming Anxiety with Nature" - Tuesdays from 3:00 - 4:30 pm
 - "Understanding Self and Others Through Creativity" - Thursdays 3:00 - 4:30 pm
 - Workshop "Body-centered Practices for Reducing Stress / Anxiety:: <https://counseling.ufl.edu/outreach/workshops/ws-reducingstress>
 - Therapeutic Horticulture: <https://counseling.ufl.edu/outreach/workshops/therapeutic-horticulture/>
 - Tapping on Acupressure Points for Reducing Anxiety / Stress: https://ufl.zoom.us/meeting/register/tJYrdOCqDkiHdDp4LydL_1OtW9prpNcZ3fz
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GatorWell: Mindfulness Sessions for UF Students

Learn about mindfulness and sign up for mindfulness practice sessions: <https://gatorwell.ufsa.ufl.edu/services/mindfulness/>.



A Micropractice Offering: Mindful Eating

Mindful eating brings attention and awareness to *what* you eat, *how much* you eat, and *when* you eat. Mindful eating is an embodied experience that enhances your joy of healthy food, it allows to discern what we need to eat (junk food? food full of vitamins? jummy food?) rather than what we crave and (over)indulge to eat, and recognize when we are full and satisfied with what we ate.



To practice mindful eating sit down to eat and take few deep breaths. Recognize and appreciate what is on your plate. Send grateful thoughts to the farmer, gardener, trucker (who transported the food you are going to eat), and others who helped to sell or prepare the delicious food you are going to mindfully eat. Then bring attention to the process of eating. Slowly pick up the spoon, fork and/or knife (or chopsticks) and lift the food slowly to your mouth. Taste and smell the food (you may close your eyes to amplify the experience of taste and smell) and gently chew your food. Important is to stay present to the process of eating. Mindful presence is the key to mindful eating. Sense and perceive the nuances of sensations of eating the food, which also includes how your belly feels, your emotions (e.g., Hmmm, joy, I love this fresh delicious salad). Observe how you perceive sweet, salty, sweet, bitter, and other tastes. If distracting thoughts arise while eating just return your attention and awareness back to the eating process that unfolds moment-to-moment.

Yummy food! Enjoy.

"Mindful eating is a way to become reacquainted with the guidance of our internal nutritionist." --- Jan Chozen Bays

UF Mindfulness Resources (Canvas): 360 Mindfulness

Give a gift with an open heart

UF Mindfulness is a self-funded program with no financial support from UF. To maintain the program - media portfolio, coordination, coordinate mindfulness sessions and teachings - consider a donation. Practice compassion through giving.

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://www.ufmindfulness.org/>

<https://www.instagram.com/mindfulnessUF/>

 mindfulness@ad.ufl.edu

 [ufmindfulness.org/](https://www.ufmindfulness.org/)

