

UF Mindfulness News

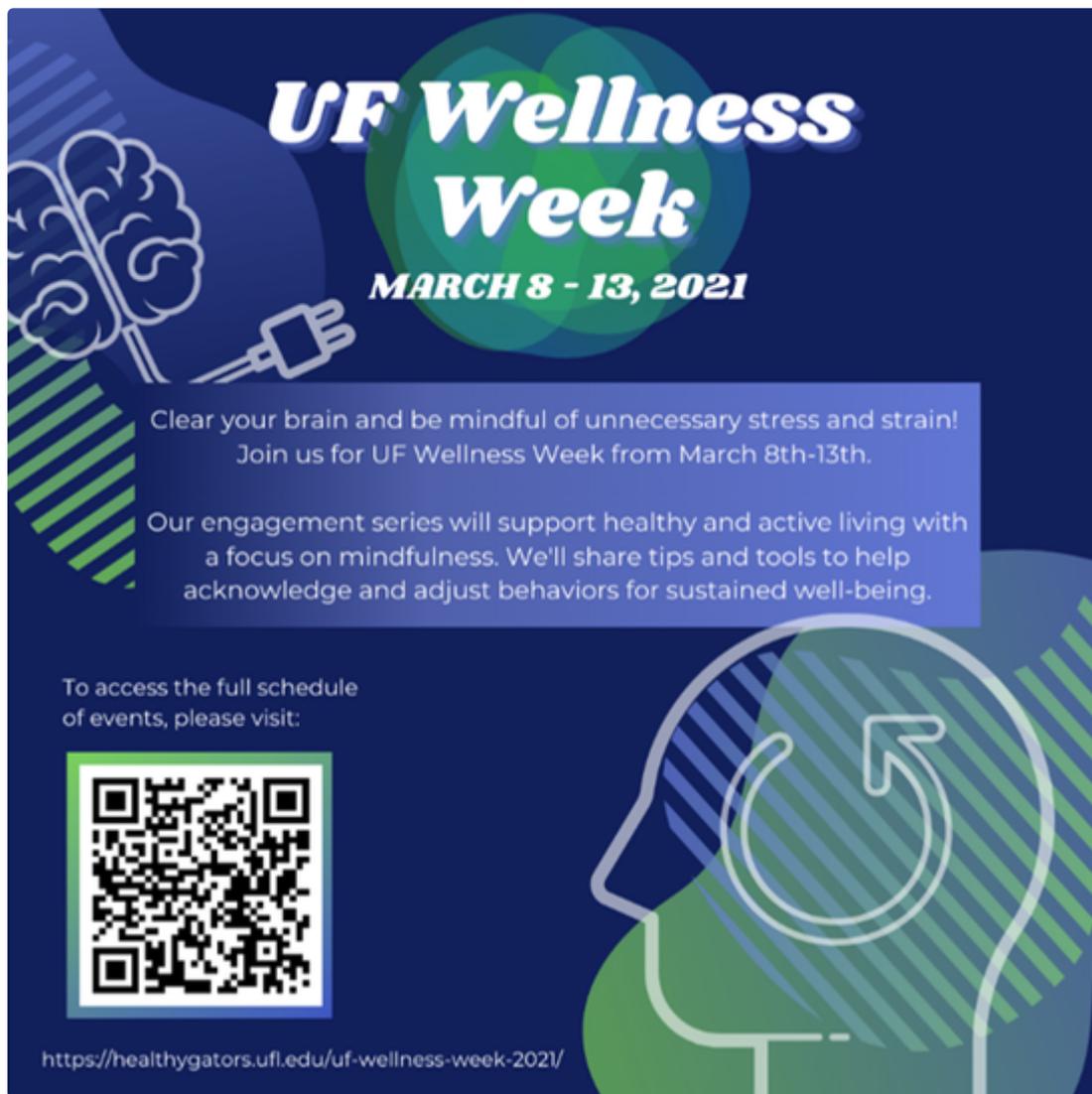
March 2021



Mindfulness may be viewed as a wellness and health practice for relaxation, helpful to reduce stress or serve as a path to inner healing. Mindfulness can boost attention and performance. Some people say that they are "not religious but spiritual" and view meditation as their own personal practice, while others practice mindfulness meditation as part of a specific spirituality or religion (e.g., Buddhism or Hinduism; contemplative prayer and meditation in Christianity). Whatever mindfulness means to you explore the variety of mindfulness offerings at UF. --- Warmly, the UF Mindfulness Team

UF Wellness Week

<https://healthygators.ufl.edu/events/uf-wellness-week-2021/>



UF Wellness Week Event: Taking a Springs Break: Mindfulness Matters

Thursday March 11, 5-7PM, Springs Residential Hall (outdoors), Facilitator: GatorWell & UF Mindfulness.

Come learn about and practice some mindfulness as you take a “Springs break”. Participants will have an opportunity to try some mindfulness strategies, share some gratitude and learn how to savor their lives. GatorWell and UF Mindfulness are co-sponsoring this event hosted in the Springs Complex Courtyard.

You do not have to be there the entire time but can cycle through what is being offered with the mindfulness practice being from 5-5:30 and 6-6:30pm followed by the savoring and gratitude practices from 5:30-6 and 6:30-7pm.

360° Mindfulness Practice Sessions - Spring Semester

Join us each Monday from 5:30-6:30pm via Zoom to connect, learn and practice as a campus community. All UF students, faculty and staff (novice and experienced mindfulness practitioners) are welcome.

Registration with a valid UF email is required. You only need to register once for the spring semester to gain access to all 14 sessions.

Registration link:

<https://www.eventbrite.com/e/134425312729>.



Sessions in March and April:

Mar 1: Reflexology for the Respiratory System

Mar 8: Breathwork for Self-Regulation

Mar 15: Trataka (Candle Gazing)

Mar 22: Social Meditation

Mar 29: Everything is Connected: Exploration of Body through Movement

Apr 5: Mindful communication

Apr. 12: At home in the here and now

Apr 19: Q&A Panel on Meditation

Apr 26: Social Meditation

This series offers a variety of mindfulness meditation and mind-body practice sessions taught by different teachers and facilitators. Learn about different styles to meditate, destress, calm down, explore your inner way of being and more. You will find the full schedule of topics when you follow the registration link. Dr. Kim Holton is series program coordinator. You can reach her at mkholton@ufl.edu with questions or suggestions.

[UF Mindfulness Resources: 360 Degrees Mindfulness](#)

Healing and Transforming Racial Trauma in the Counseling Field

UF-Counseling and Wellness Center (CWC) Speaker Series 2021 for mental health professionals and trainees. Weekly in March and April (alternating Tuesday at 5:30 pm & Mondays at 12 noon). Some of the presenters of this Speaker Series will be addressing how mindfulness can help us to dismantle the biases that we have been conditioned in this society. Speaker in this series include Dr. Ana Puig, Sandra Kim, and Dr. Reuben Faloughi, among others. Register for the series at

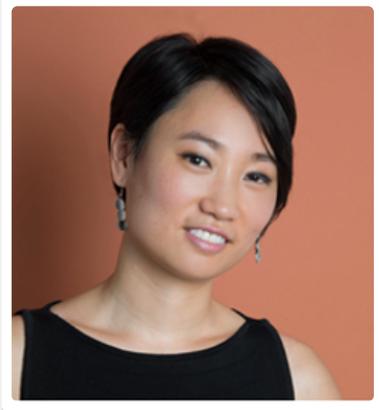
<https://counseling.ufl.edu/healing-rt/>



Dr. Ana Puig



Dr. Reuben Faloughi



Sandra Kim

We want
to hear
from you

Take our survey



What are your needs and ideas to co-create mindful
UF culture?

Your voice is important to us.

The vision of the UF Mindfulness program is to create a more mindful UF campus culture. Provide your input how we can best support your mindfulness practice and infuse UF with mindfulness. This survey will take approximately 10 minutes to complete and is completely voluntary. **Survey link:**

<https://bit.ly/UFMindSurvey>



Koru Mindfulness Course

For all UF students interested in mindfulness. Learn about how mindfulness can benefit you to reduce stress, anxiety, and relax. Successful completion of the course will earn you a certificate. Space is limited, sign-up now.

The next Koru course starts March 24 (4 sessions: from 3:30 - 4:45 pm) in Zoom virtual meetings. The course will be taught by Jennifer Kennymore. You will learn how to practice mindfulness in this short course. The ability to clam the chatter in our minds is a crucial skill for the modern college student. Koru is an evidence-based mindfulness meditation and stress-management program designed specifically for students and young adults.

Registration link: https://bit.ly/UFKoru2021_2

"Our mind is like the sky, vast, open, and spacious; thoughts are like clouds floating by." --- Diana Winston.



"The boundary to what we can accept is the boundary to our freedom." -
--- Tara Brach.

Faces of UF Mindfulness - Student Perspective



Katharina Lippert

Katharina is currently an undergraduate psychology major at UF. She is a reiki master and avid practitioner of mindfulness meditation. Currently she is assisting with the UF Mindfulness program as an intern. To the question *What does mindfulness mean to you personally?* she answered "*Mindfulness is about maintaining awareness of my mind, body, and spirit. When I practice mindfulness, I am able to strengthen the connection with myself and the environment around me. It allows me to live my life with more purpose and stay well-balanced.*"

Pro-bono (Free) Coaching Session - Life Coaching or Meditation Coaching

First come, first served basis for up to three people (up to three 1 hr. individual sessions for each coachee).



Why coaching?

Discover your personal and professional potentials and explore questions/issues that nag you. Do you experience a breakdown(s) that holds you back to live up to your highest potential? Coaching helps to unlock "old ways of knowing" - "ways of living life that do not serve you well anymore". Learn, grow, discover, and transform yourself. Find new meaning in a world experienced as strange, overwhelming, surreal, gray, or meaningless. Touch awe and embody a life that feels full, meaningful, and authentic to you. The coach will facilitate your exploration into deeper ways of knowing. Note, coaching is not mentoring (giving advise) nor is it psychotherapy (focused on mental health issues and disorders).

An ontological coaching approach will be adopted, which offers a different way to thinking and perceiving. Ontological coaching is embodied coaching that involves the whole person (talking, thinking, emotions, and soma/body).

Bring any question about meditation to the sessions. Are you stuck in your meditation practice? Or have doubts about your meditation practice? Mindfulness meditation may serve as a starting point to explore yourself at a deeper level and spiritual matters.

Coach (undergoing certification in ontological coaching): Sabine Grunwald, Ph.D., expert in Integral and Transpersonal Psychology; Director of UF Mindfulness; and Professor in Pedometrics, Landscape Analysis, and GIS, IFAS, UF. Contact her to schedule a session: sabgru@ufl.edu.

Mindfulness and Relaxation Video UF-CWC

Recordings from the UF Counseling and Wellness Center (UF-CWC)

Open or Closed Eyes While Meditating?

Both - meditation with eyes open and closed - are practiced. Closed eyes allow you to blend out visuals that may distract you from meditation and focus your awareness inward. If you are too sleepy and tired meditating with closed eyes may make you feel asleep. Closed eye mindfulness meditation is widely practiced and involves attention and awareness.

Meditation with eyes open while keeping your gaze soft and slightly downward is another option to practice mindfulness. Here the eyes are relaxed in a meditative way and rest gently in the visual field without fixation on a specific object. This kind of gazing is effortless and opens to a field of awareness that may be experienced as spaciousness. Open eye meditation may help to integrate meditation into daily life. Another meditation approach is to gaze at an object (e.g., candle or glass of water). This type of meditation is one-pointed, attention focused and sharpens your concentration.



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, interns, organize mindfulness events and teachings - consider a donation. Giving is a compassion practice.



UF Mindfulness Program

 Facebook  @Sacred_swamp

Web site: <https://mindfulness.ufl.edu/>

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

 mindfulness@ad.ufl.edu

 mindfulness.ufl.edu/