


Just Breathe...

Mindfulness Strategies


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MINDFULNESS

A high-speed photograph of a single water droplet hitting a surface, creating a series of concentric ripples. The background is a solid teal color. The droplet is captured at the moment of impact, with a small crown-like shape forming at the point of contact.

Strive to Focus on the present



THE MINDFUL REVOLUTION

The science of finding focus in a
stressed-out, multitasking culture

BY KATE PICKERT

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THE MINDFUL REVOLUTION

Mindfulness: What is it?

- “The awareness that emerges through **paying attention** on purpose, in the **present moment**, and **non-judgmentally** to the unfolding of experience moment to moment”
 - Jon Kabat-Zinn, UMass Medical School’s Center for Mindfulness



Effects of Meditation on Brain - 1

Increased gray matter in the:

- Insula - interoception; self-awareness; empathy for emotions (Holzel et al., 2008; Lazar et al., 2005)
- Hippocampus - visual-spatial memory; establishing context; inhibiting amygdala and cortisol (Holzel et al., 2008; Luders et al., 2009)
- Prefrontal cortex (PFC) - executive functions; attention control (Lazar et al., 2005; Luders et al., 2009)

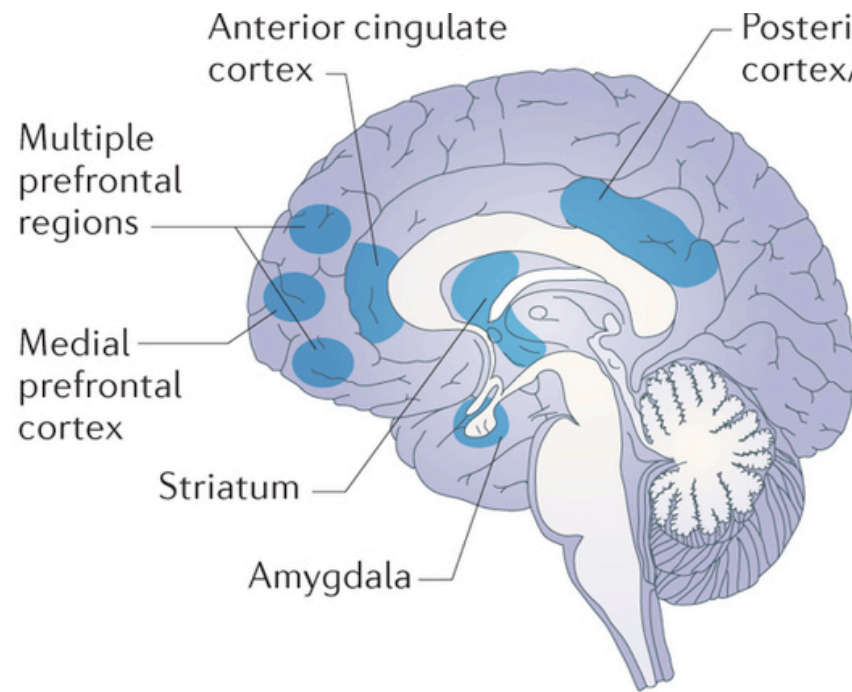
Reduced cortical thinning with aging in insula and PFC (Lazar et al., 2005)

Effects of Meditation on Brain - 2

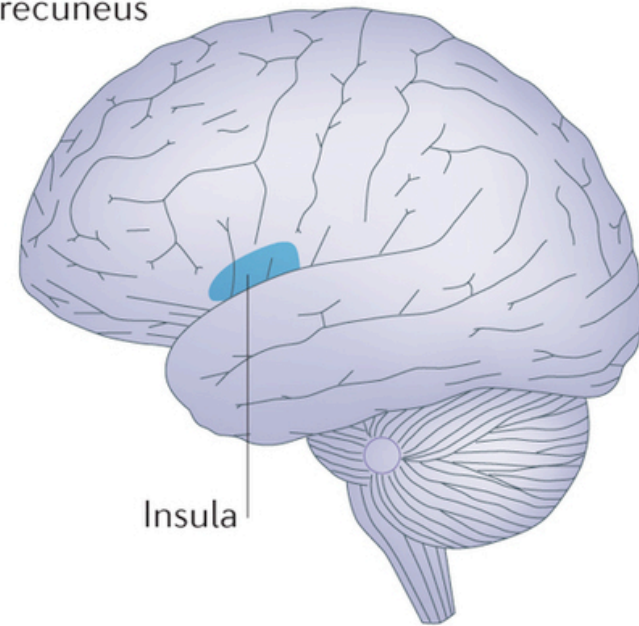
- Increased activation of left frontal regions (Davidson et al., 2003), which lifts mood (Davidson, 2004)
- Increased power and reach of gamma-range brainwaves (Cahn et al., 2010; Lutz et al., 2004) - may be associated with integration, “coming to singleness,” “unitary awareness”
- Preserved telomere length (Epel et al., 2009; Jacobs et al., 2011)

...mindful meditation

- ❑ decreases stress-related cortisol
- ❑ strengthens the immune system
- ❑ helps a variety of medical conditions, including cardiovascular disease, asthma, type II diabetes, PMS, and chronic pain



Medial view



Lateral view

Attitudes of Mindfulness Practice

- Non-judging
- Patience
- Beginner's Mind

...attitudes of mindfulness

- Trust
- Non-striving
- Acceptance
- Letting Go

Mindful Responding

- Stop
- Take a slow deep breath
- Observe
- Proceed

Contact info.

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- link to guided audio meditations:
 - <http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>