

Mindfulness

for Resiliency & Stress Reduction

Linda F Brown, PhD, HSPP
Clinical Psychologist
Instructor, Healthy IU



LIVE YOUR BEST YOU.



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Illustration by Sydney Smith from [Sidewalk Flowers](#) by JonArno Lawson

“My experience is what I agree to attend to.” William James



“And the faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. ... An education which should improve this faculty would be the education par excellence.” **WILLIAM JAMES**



HARVARD MAGAZINE

Your *independence*
CURRENT IS

NEWS **RESEARCH** STUDENTS ALUMNI ARTS SPORTS HARVARDIANA OPINION

Plus > November-December 2013 Back Issues Harvard Finances Undergraduate Fellows

DISPATCHES

A Classroom in the Now



Photograph by Rose Lincoln/Harvard Public Affairs and Communications

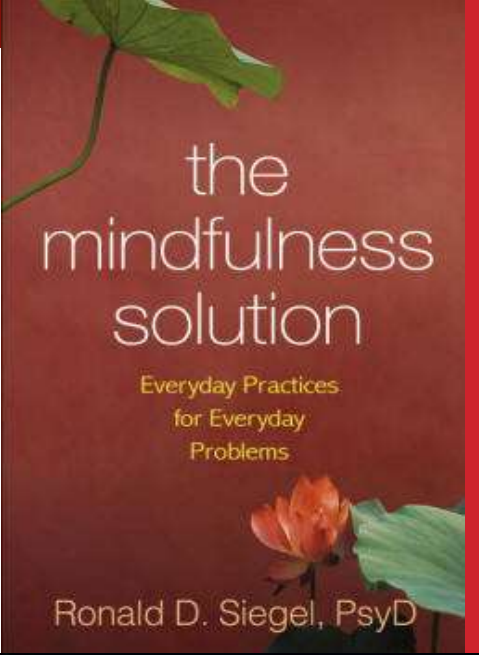
Jon Kabat-Zinn

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the
mindfulness
solution

Everyday Practices
for Everyday
Problems



Ronald D. Siegel, PsyD

Fleeing Syria Photographed by James Hachbury / Peyton Power / Steve McQueen

TIME



THE
MINDFUL
REVOLUTION

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

The Beauty Myth Why We Love Being Thin? How Meditation Helps Firefighters Brave the Flames 4 Steps to Create a Better Morning

mindful

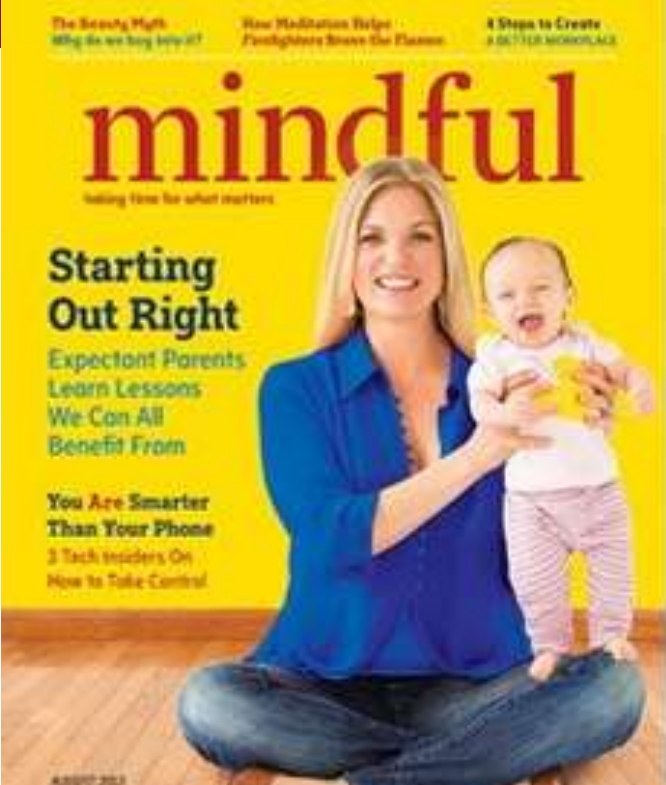
taking time for what matters

Starting
Out Right

Expectant Parents
Learn Lessons
We Can All
Benefit From

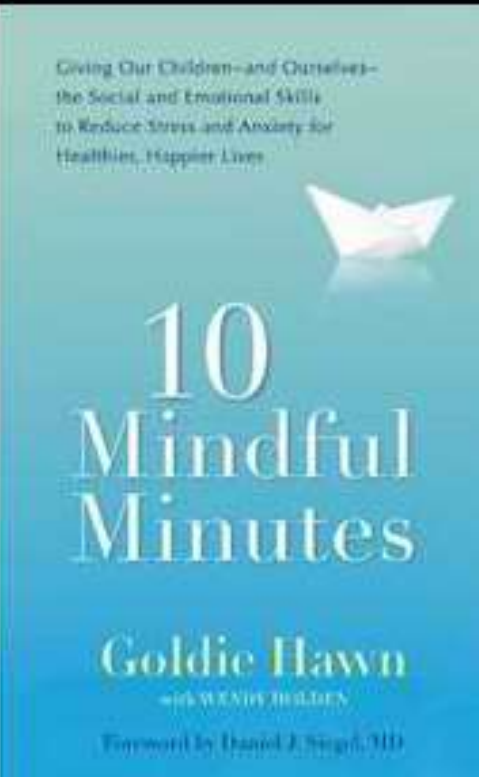
You Are Smarter
Than Your Phone

3 Tech Incidents On
How to Take Control



8.0007-2013
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Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives



10
Mindful
Minutes

Goldie Hawn
with WENNY BOLDEN

Foreword by Daniel J. Siegel, MD

YOUR CREATIVE BRAIN WHAT MAKES IT TICK Target: Sexy, Sassy & Not What You Think So You're in the Present What Next?

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taking time for what matters

Why
Jon Kabat-Zinn
Thinks Mindfulness
Has a Big Future

Finding the
Space to Lead
Strategies from
Leadership Expert
Janice Morhison

Teens Learn
Compassion
Hospice Class
for High School
Seniors



Jon Kabat-Zinn
Executive Director
Mindfulness Center
UMass Medical School

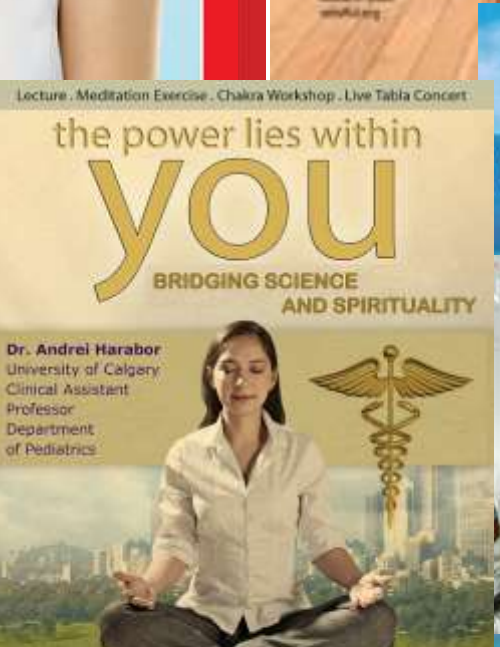
FEBRUARY 2014
mindful.org

Lecture . Meditation Exercise . Chakra Workshop . Live Tabla Concert

the power lies within
you

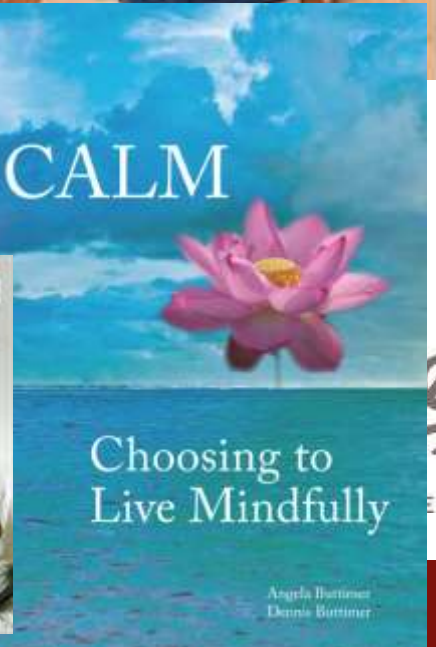
BRIDGING SCIENCE
AND SPIRITUALITY

Dr. Andrei Harabor
University of Calgary
Clinical Assistant
Professor
Department
of Pediatrics



Joe Fogel-Zinn
Executive Director
Mindfulness Center
UMass Medical School

CALM



Choosing to
Live Mindfully

Angela Buttimer
Dennis Buttimer

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Mindfulness Meditation: Beginners

(From brain imaging research)

- Less amygdala reactivity to stress
- Compassion meditation → increased connectivity in the brain circuitry for empathy
- After two weeks—better focus, less mind-wandering, improved working memory
- After 30 hours of practice— markers for inflammation decrease

Source: Goleman & Davidson, *Altered Traits*, 2017

Ongoing practice is required to maintain these gains



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Mindfulness Meditation: Long-Term

After 1,000 hours of practice

- Same benefits as beginners but more robust...plus...
- Strengthening of prefrontal circuits for managing distress
- Lower levels of the stress hormone cortisol (i.e., less stress reactivity)

Source: Goleman & Davidson, *Altered Traits*, 2017

Ongoing practice is required to maintain these gains



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Mindfulness Meditation: Changes in **Attention**

- Stronger selective attention
- Decreased attentional blink (startle reflex)
- Easier to sustain attention
- Less mind-wandering
- Readiness to respond to whatever may come

Source: Goleman & Davidson, *Altered Traits*, 2017



A background illustration of a bamboo forest. Several vertical bamboo stalks of varying shades of green are visible, with some showing distinct nodes. Delicate bamboo branches with small, pointed leaves are scattered throughout the scene. The overall color palette is a range of greens, from light lime to dark forest green, set against a soft, hazy background.

“Mindfulness
can only be understood from
the inside out.”

Jon Kabat-Zinn



Healthy IU

Mindfulness-Based Programs

Since 2013

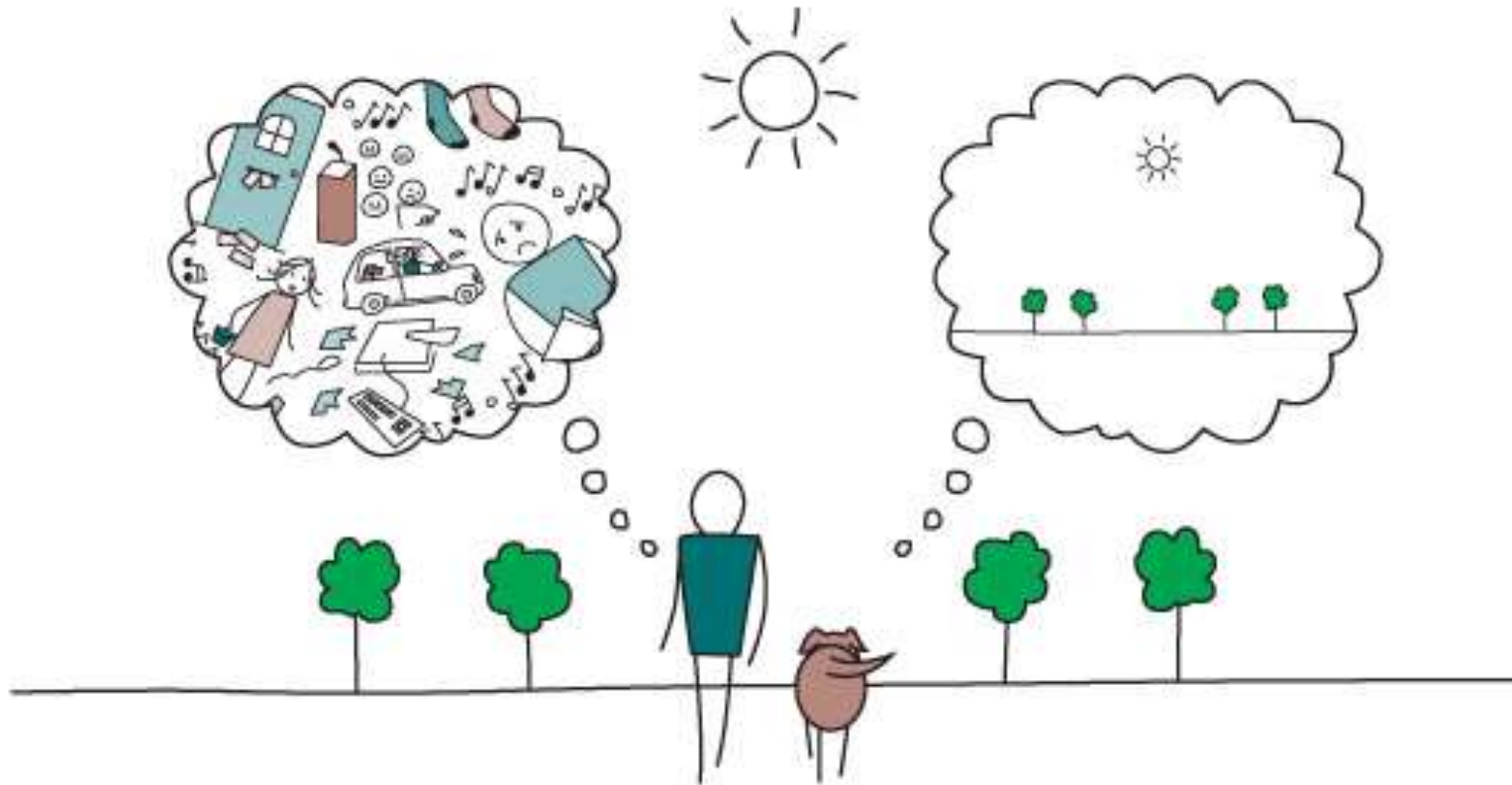
- Mindful Way to Stress Reduction
- Personal Resiliency Training
- Mindful Parenting (online course)
- Online resources—meditations, link to free on-line Mindfulness-Based Stress Reduction course

Open to faculty, staff, and partners with benefits



LIVE YOUR BEST YOU.

A Way of Being



Mind Full, or Mindful?

Henck van Bilsen

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