



# Lunch & Learn: Mindfulness & Application

By E.J. Kim

# Resources

- ▶ **Headspace Meditation App**
  - ▶ <https://www.headspace.com/>
- ▶ **The Mindfulness App (meditation)**
  - ▶ <https://itunes.apple.com/ca/app/the-mindfulness-app/id417071430?mt=8>
  - ▶ <https://play.google.com/store/apps/details?id=se.lichtenstein.mind.en&hl=en>
- ▶ **Universal Breathing – Pranayama Yoga App**
  - ▶ <http://saagara.com/apps/breathing/universal-breathing-pranayama>
- ▶ **Simply Yoga App**
  - ▶ <https://itunes.apple.com/ca/app/simply-yoga-fitness-trainer/id413817051?mt=8>
  - ▶ [https://play.google.com/store/apps/details?id=com.tinymission.dailyyogafree&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.tinymission.dailyyogafree&hl=en_CA)
- ▶ **The Mindfulness Institute**
  - ▶ <http://www.mindfulnessinstitute.ca/>
- ▶ **Rachael Crowder**
  - ▶ <https://www.presentmoment.ca/>



# MINDFULNESS

Purpose & Goal

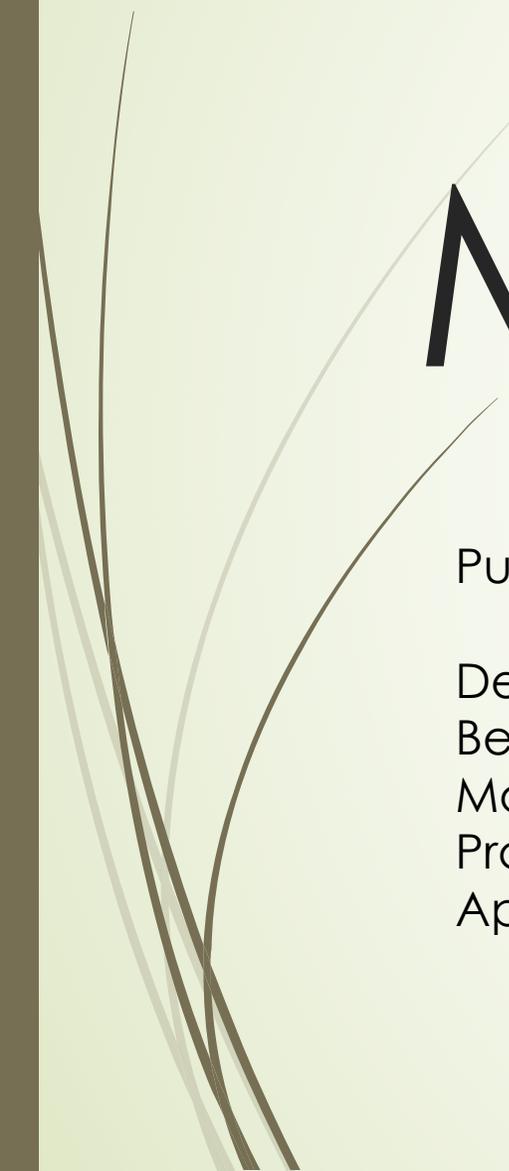
Definition

Benefits

Motivation

Practice

Application





# Definition

- ▶ Hard to define
  - ▶ Pre-Symbolic (Gunaratana, 1992)
  - ▶ Discrepancy between Eastern (wisdom) & Western (science/knowledge) Perspective

“Paying attention in a particular way:  
on purpose, in the present moment, and  
nonjudgmentally.”

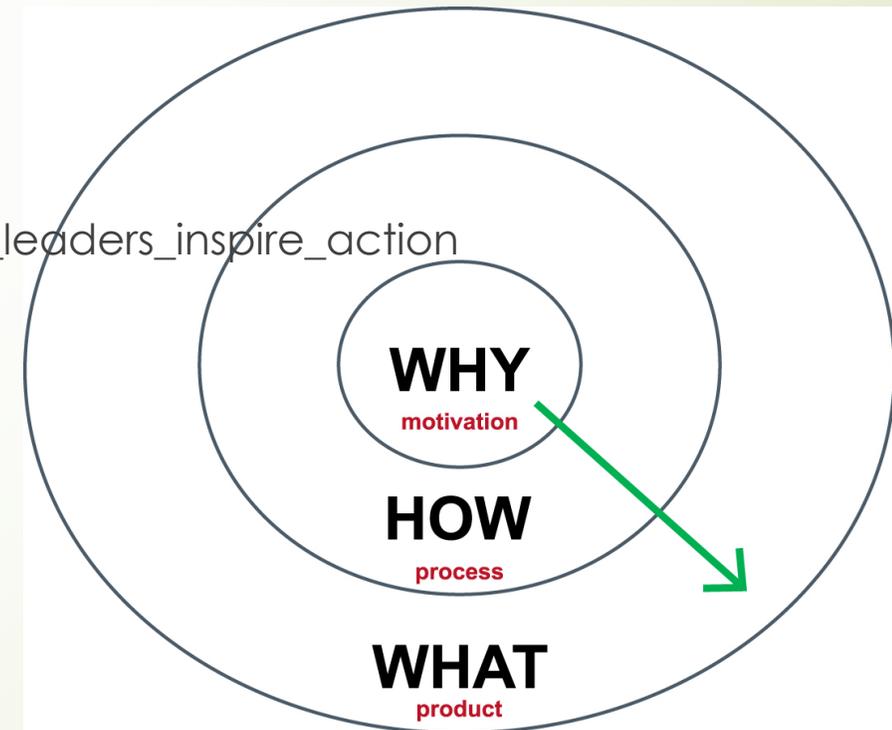
– Jon Kabat Zinn (1994)

# Benefits- Physical, Psychological, Emotional, Social

- ▶ **Brain function** (Carlson, Speca, Faris, & Patel, 2007)
- ▶ **Neuroplasticity, working memory** (Bishop et al., 2004; Davidson et al., 2003)
- ▶ **Bodily regulation** (Siegel, 2009)
- ▶ **Immune system** (Siegel 2007)
- ▶ **Quality of sleep** (Rock & Page, 2009)
- ▶ **Reduce cognitive decline** (Siegel, 2009),
- ▶ **Chronic pain** (Brown & Ryan 2003),
- ▶ **Respiratory rates and blood pressure** (Grossman, Niemann, Schmidt, & Walach, 2004).
- ▶ **Happiness, emotional intelligence and insight, intuition**, life satisfaction, mood repair, emotional relaxation, vitality, well-being, sense of autonomy, and optimism (Brown & Ryan, 2003; Dhiman, 2009; Gärtner, 2013; Grossman et al., 2004)
- ▶ **Reduction of fear, anxiety, and depression** (Barbezat & Bush, 2013; Gardner & Moore, 2007; Han & Zhang, 2011)
- ▶ Easing levels of **serotonin** (Carson & Langer, 2006)
- ▶ **Metacognition** (Teasdale & Chaskalson, 2011; Wells, 1995)
- ▶ **Emotion Regulation** & Self-reflection (Cunningham et al., 2002; Eby et al., 2000; Gärtner, 2013)
- ▶ **Readiness** (Sweeny & Cavanaugh, 2012)
- ▶ **Empathy** toward others (Boyatzis & McKee, 2005 ;Dhiman, 2009; Siegel, 2009)
- ▶ **Relationship satisfaction** (Brown & Ryan, 2003)
- ▶ Internal and interpersonal **sense of belonging** (Siegel, 2009; Brown & Ryan, 2003)

# Motivation

- ▶ Danger of Pursuing Benefits?
  - ▶ Just like Happiness...
  - ▶ Mindfulness is about the “present”
    - ▶ Thinking about benefit --> Future
    - ▶ Practice for the sake of practice
- ▶ “The Golden Circle”
  - ▶ [https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action)





# Action-Reaction Practice

► Pair up

1. When the leader says go, the follower counts 1 to 10 as soon as, and as fast as possible.
2. When the leader says go, the follower waits 5 seconds before counting 1 to 10 in a relaxed pace
3. When the leader says go, feel free to answer however you want to answer  
e.g., counting backward (10 to 1), a list of animal (tiger, lion, dog...) or food (cake, pasta, potato...) or no answer at all

Discussion



# Slow Race (Walking Meditation)

- ▶ Walk from point A to point B as slow as possible
  - ▶ For better balance, lower your centre of gravity (e.g., bending your knee)
- ▶ Rather than focusing on your breath or thought processes, focus on the **physical sensation**
  - ▶ Look closely into how your body feels
- ▶ Discussion



# Application

Ex)

- ▶ Walking to the bathroom in the morning (focus on how the floor feels against your feet, the air on your skin, etc.)
- ▶ Opening a door (grabbing and turning the doorknob, pushing the door, moving to another space, etc.)
- ▶ Taking big breaths before answering text or email (taking a break from reactive lifestyle)
- ▶ Reaching out to your coffee mug (focus on how the mug/bottle feels, how your muscle reacts, etc.)
- ▶ ...
- ▶ **Eventually, meditation or yoga**
  - ▶ **More structured exercises to facilitate skills of “paying attention”**



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