

## An Experience of Mindfulness



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## Mindfulness



Paying attention to present moment experiences with openness, curiosity and a willingness to be with what is.

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### Potential Benefits for You

- Reduce stress
- Improve attention
- Help cultivate self-awareness and self-regulation
- Help in client or patient relations
- Helpful self-care tool

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### Mindfulness and Health Research

Diagram illustrating the connection between Inflammation and various health conditions:

- CANCER
- CARDIOVASCULAR
- ALZHEIMER'S DISEASE
- PULMONARY DISEASES
- ARTHRITIS
- AUTOIMMUNE DISEASES
- NEUROLOGICAL DISEASES
- DIABETES

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### Mindfulness and Healing

- Psoriasis Study
- U Mass, Kabat-Zinn, 1998
- Published in *Psychosomatic Medicine Journal*

Image showing a woman interacting with a computer monitor, likely related to the Psoriasis Study mentioned in the text.

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### Mindfulness and Mental Health



A circular diagram with a central image of a person holding their head in distress. Six red arrows form a clockwise cycle around the person, each pointing to a text label: 'MORE DEPRESSION' (top), 'ANXIETY' (top-right), 'PANIC' (right), 'DEPRESSION' (bottom-right), 'MORE ANXIETY' (bottom), and 'MORE PANIC' (left). The labels are in a bold, sans-serif font.

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### Mindfulness and Psychotherapy

- **Mindfulness has been incorporated into a variety of clinical treatments:**
  - Mindfulness based Cognitive Therapy
  - Acceptance and Commitment Therapy
  - Dialectical Behavioral Therapy

Helpful for anxiety and depression

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### Happiness and Mind Wandering

- Increase happiness
  - Mental Well Being Study Killingsworth, 2011

*"A human mind is a wandering mind and a wandering mind is an unhappy mind."*  
Science Journal



A blue, semi-transparent globe is positioned to the left of a black smartphone. The smartphone screen displays a grid of colorful app icons, including a clock, calendar, and social media icons.

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### Mindfulness and Attention

- Recent study on mindfulness and test taking
- 48 UCSB students
- 16 percentile point boost on GREs
- Mrazek, et al., *Psychological Science*, 2013



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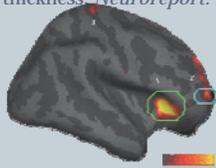
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### Impact on Brain Structure

Lazar et al. (2005). Meditation experience is associated with increased cortical thickness. *Neuroreport*. 16 (17): 1893-7



1-right anterior insula (awareness of internal states); 2-right Brodman area 9/10 (integration of emotion and cognition) 3- central somatosensory cortex and 4- left auditory cortex (regions assoc. with sensory awareness (1,3,4) = improvements in how stress is handled. Plus- no typical age related decrease of grey matter in Brodman

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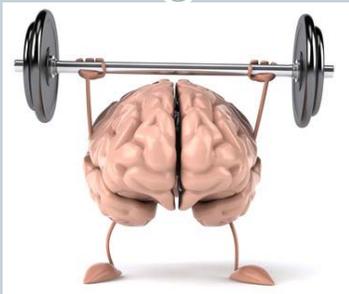
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### Neuroplasticity



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**Mindfulness Definition**

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Paying attention to present moment experiences with openness, curiosity and a willingness to be with what is.

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**How Mindfulness Works**

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- Keeps our mind from being lost in past or future

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How Mindfulness Works

- oCounteracts automaticity

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How Mindfulness Works

Something we already know and experience

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Mindfulness Meditation

Let's do it.

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Mindfulness is a Meditation Practice

Two side-by-side photographs of a person in a grey t-shirt and black pants. The left photo shows the person sitting on a red chair in a meditative posture. The right photo shows the person sitting on a dark mat on the floor in a meditative posture.

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Mindfulness is a Quality of Attention



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STOP



STOP  
TAKE A BREATH  
Observe  
Proceed

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Mindful Speaking and Listening

- **Mindful Listening**
  - Give whole-hearted attention
  - Notice your body from time to time
  - If your mind wanders off, bring it back
- **Mindful Speaking**
  - Speak authentically
  - Notice your body from time to time
  - Slow down
  - Verbalize what you're mindful of

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“Mindfulness TV”

Channel 33 on the  
UCLA Westwood and Santa  
Monica  
Hospital’s television

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Free Mindfulness Drop Ins

- Mondays, 12:30 RR Hospital Chapel
- Tuesdays, 12:30 in SM Hospital Auditorium
- Thursday, 12:30 Hammer Museum Auditorium, Westwood

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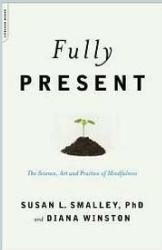
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Further Resources

Susan Smalley and  
Diana Winston

*Fully Present: the  
Science, Art, and  
Practice of  
Mindfulness* (2010)



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Further Resources



For free online guided mindfulness meditations and information about our classes and events

[www.marc.ucla.edu](http://www.marc.ucla.edu)

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