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.
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

Mindfulness and Health Research

Psoriasis Study
- U Mass, Kabat-Zinn, 1998
- Published in *Psychosomatic Medicine Journal*
Mindfulness and Mental Health

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

Mindfulness and Psychotherapy

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
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

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 Brodmann area 9/10 (integration of emotion and cognition); 3-central somatosensory cortex and 4-left auditory cortex (regions assoc. w/ sensory awareness (1,3,4))-> improvements in how stress is handled. Plus- no typical age related decrease of gray matter in Brodmann

Neuroplasticity
Mindfulness Definition

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

How Mindfulness Works

- Keeps our mind from being lost in past or future
How Mindfulness Works

- Counteracts automaticity

Something we already know and experience
Mindfulness Meditation

Let’s do it.

Mindfulness is a Meditation Practice
Mindfulness is a Quality of Attention

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

STOP
- STOP
- TAKE A BREATH
- Observe
- Proceed
“Mindfulness TV”

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

Free Mindfulness Drop Ins

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

Further Resources

Susan Smalley and Diana Winston

Further Resources

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

www.marc.ucla.edu