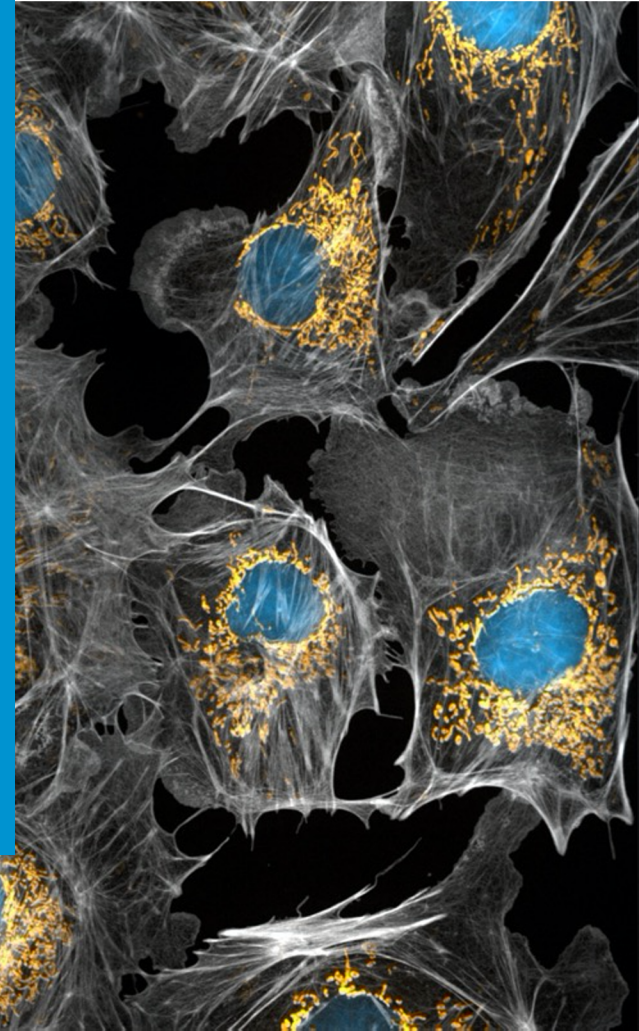


UC WellPro:

Practicing Mindfulness & Breathing

Dec. 16, 2020

Julie Reed, PhD, MSSW & Sara Strome, P2



Agenda

I. Breathing

- ❖ *4-7-8 Practice*

I. Neuroscience

III. Mindfulness

- Present Moment
- Awareness
- Acceptance

- ❖ *Self-Compassion Practice*



GRATITUDE MEDITATION



Dr. Andrew Weil

4-7-8 Breathing





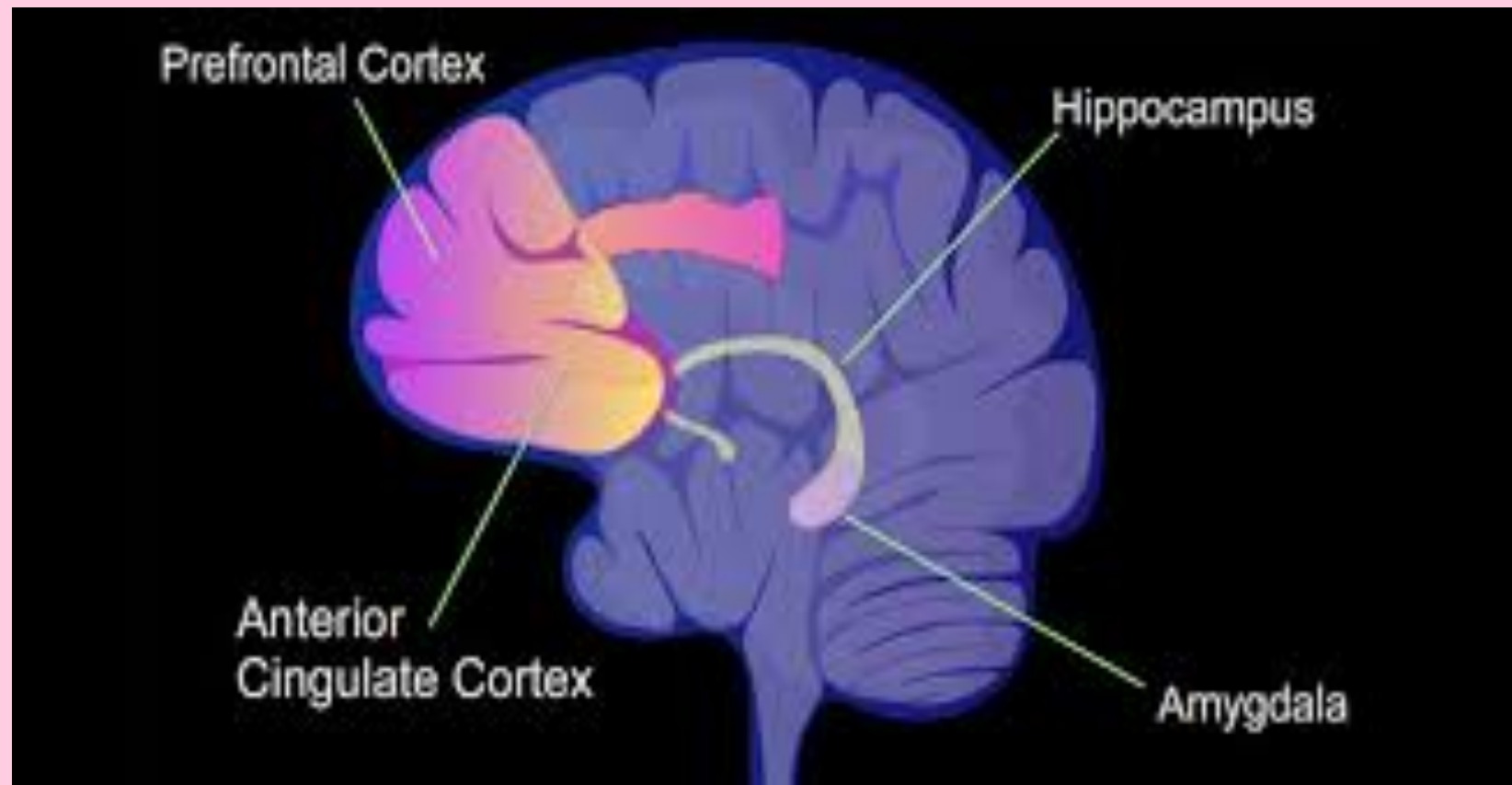
BREATHING IN
RELAXATION

BREATHING OUT
TENSION





Positive Health Benefits
Mindfulness Meditation Offers

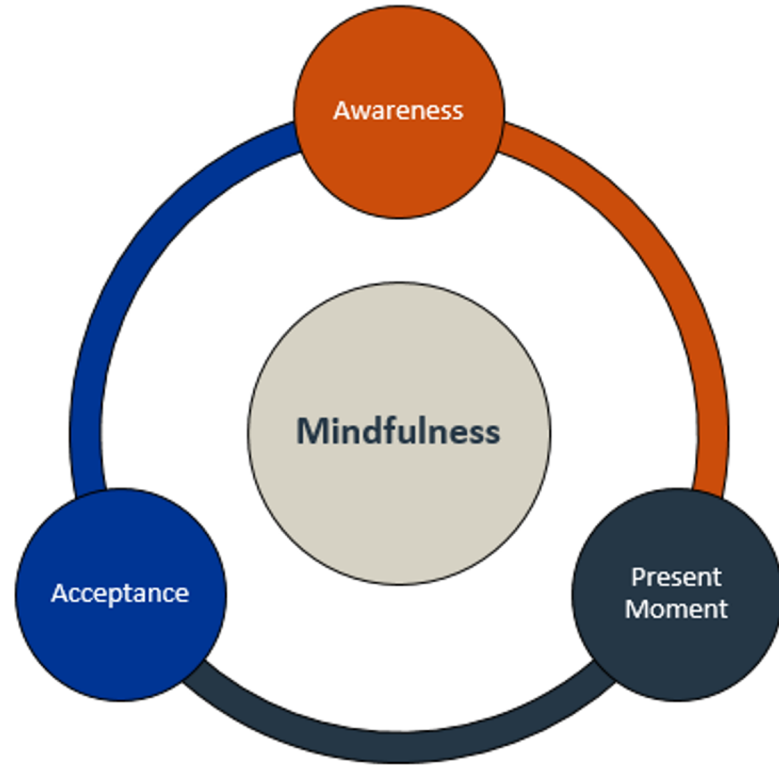


Evidence-Based Health Effects



- ❑ Chronic Pain
- ❑ Addiction
- ❑ Disease Markers
- ❑ Immunity
- ❑ Longevity
- ❑ Attention
- ❑ Stress Response
- ❑ Negativity Bias
- ❑ Emotional Regulation
- ❑ Depression, Anxiety, etc

WHAT IS MINDFULNESS?

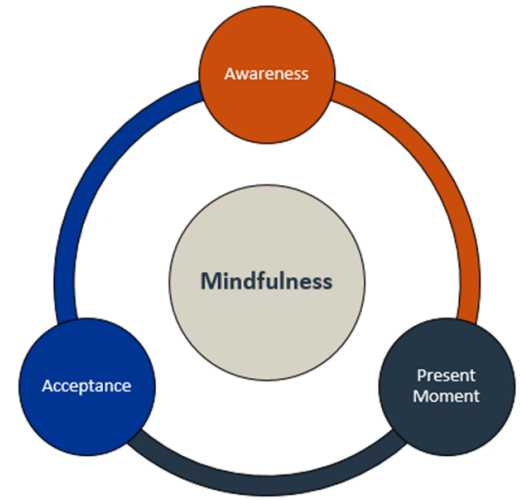


MINDFULNESS PRACTICE



UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE

PRESENT MOMENT





AWARENESS

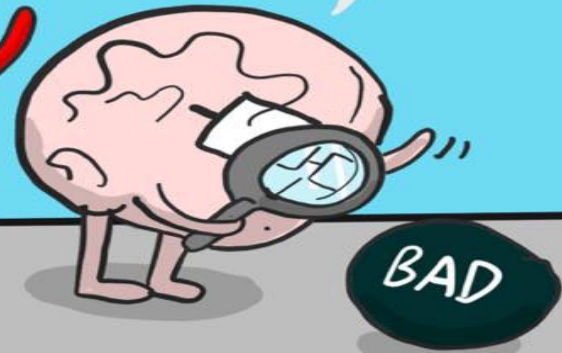




Gemma CORRELL '17

Brain,
LOOK!

Not NOW!
Can't you see
I'm BUSY?!

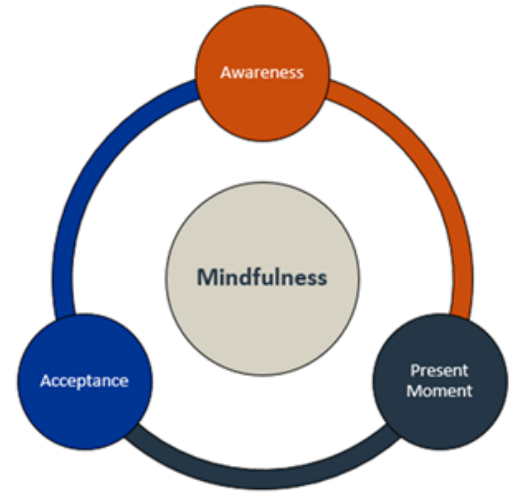


© theAwkwardYeti



*"Can you vaccinate me against negativity?
Everybody I work with seems to have the disease,
and I'm afraid I'll catch it."*

ACCEPTANCE



Dr. Kristen Neff: 3 Elements of Self-Compassion

Self-Kindness:

Understanding,
not punishment

Sense of Common Humanity:

Everybody
goes through
this

Mindfulness:

Neither
ignoring nor
exaggerating
feelings of
failure

Is self-compassion...



- Self-pity
- Weakness
- Laziness
- Narcissistic
- Selfish

...NO!

BREAKOUTS:

your
experiences
of these
concepts
and practices



POST-WORK



Change Your Breath, Change Your Life **Lucas Rockwood (12 min)**

[https://www.youtube.com/watch?v= QTJOAI0UoU](https://www.youtube.com/watch?v=QTJOAI0UoU)

Try at least one breathing practice,
specifically for the circumstances described.



be.
here.
now.

Supplemental Resources



The Neuroscience of Mindfulness
(YouTube, 9 min)

The Power of Mindfulness: What You Practice Grows Stronger (TedX, 13:45)

Kristin Neff's Self-Compassion website