UC WellPro:
Practicing Mindfulness & Breathing

Dec. 16, 2020

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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?
TODAY I WILL LIVE IN THE MOMENT
UNLESS THE MOMENT IS UNPLEASANT, IN WHICH CASE I WILL EAT A COOKIE
PRESENT MOMENT
AWARENESS
Brain, LOOK!

Not NOW! Can't you see I'm BUSY?!
“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

Try at least one breathing practice, specifically for the circumstances described.
be.
here.
own.
Supplemental Resources

The Neuroscience of Mindfulness (YouTube, 9 min)


Kristin Neff's Self-Compassion website