

Introduction to Mindful Wellness



OSU Extension FCS Conference, October 26, 2017

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- Learn basic principles of mindfulness
- Recognize how mindfulness practice can be part of a holistic, healthy lifestyle
- Gain a list of resources related to mindfulness for personal and professional use
- Participate in a group practice of short mindfulness exercise
- Determine how mindfulness can be used in your daily life

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What is Mindfulness?



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Mindfulness...

Is

Paying attention
in a particular way
on purpose
in the present
moment
without judgement

Jon Kabat-Zinn

Isn't

- Operating on auto pilot
- Religion
- Wasting time
- Making things “perfect”

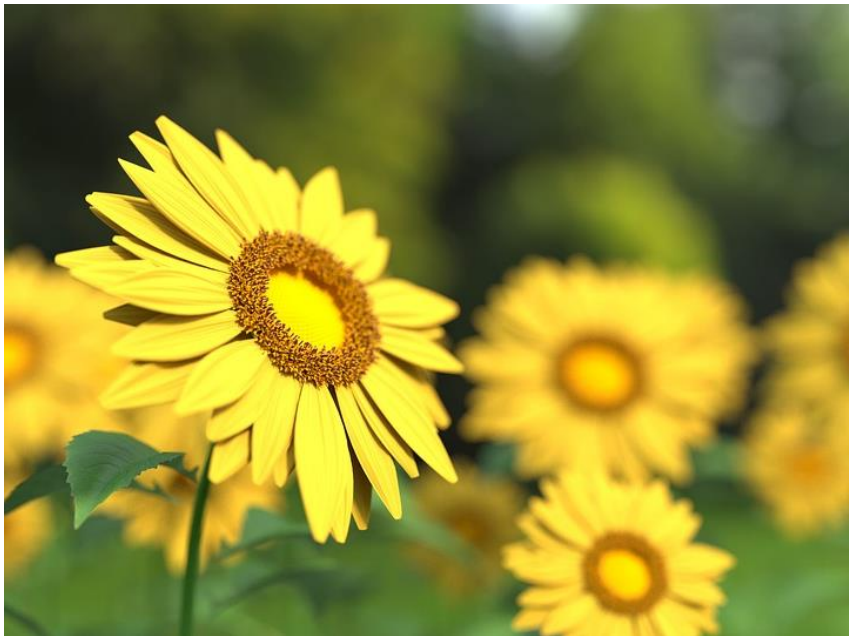


“Mindfulness means paying
attention in a particular way:
on purpose,
in the present moment,
and nonjudgmentally.”

~Jon Kabat-Zinn



Mindfulness Basic Concepts



- Breath
- Body sensation
- Thoughts
- Emotions

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Mind and Body Benefits of Mindfulness

Mindfulness increases and supports:

**Positive emotions
Emotion regulation
Relaxation
Empathy and understanding for others
Self-compassion
Self-esteem
Positive relationships
Positive parenting
Ability to focus and attend
Immune response
Cognitive flexibility
Memory**

Mindfulness decreases:

**Anxiety
Depression
Anger and hostility
Symptoms of post-traumatic stress
Physical and emotional pain
Emotional reactivity
Addictive behaviors
Insomnia
Negative effects of stress
Use of and need for pain medications**

This list can be found at <http://mayoclinichealthsystem.org/hometown-health/speaking-of-health/mindfulness-and-our-mental-health>

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Mindful Wellness Curriculum

Coming Soon



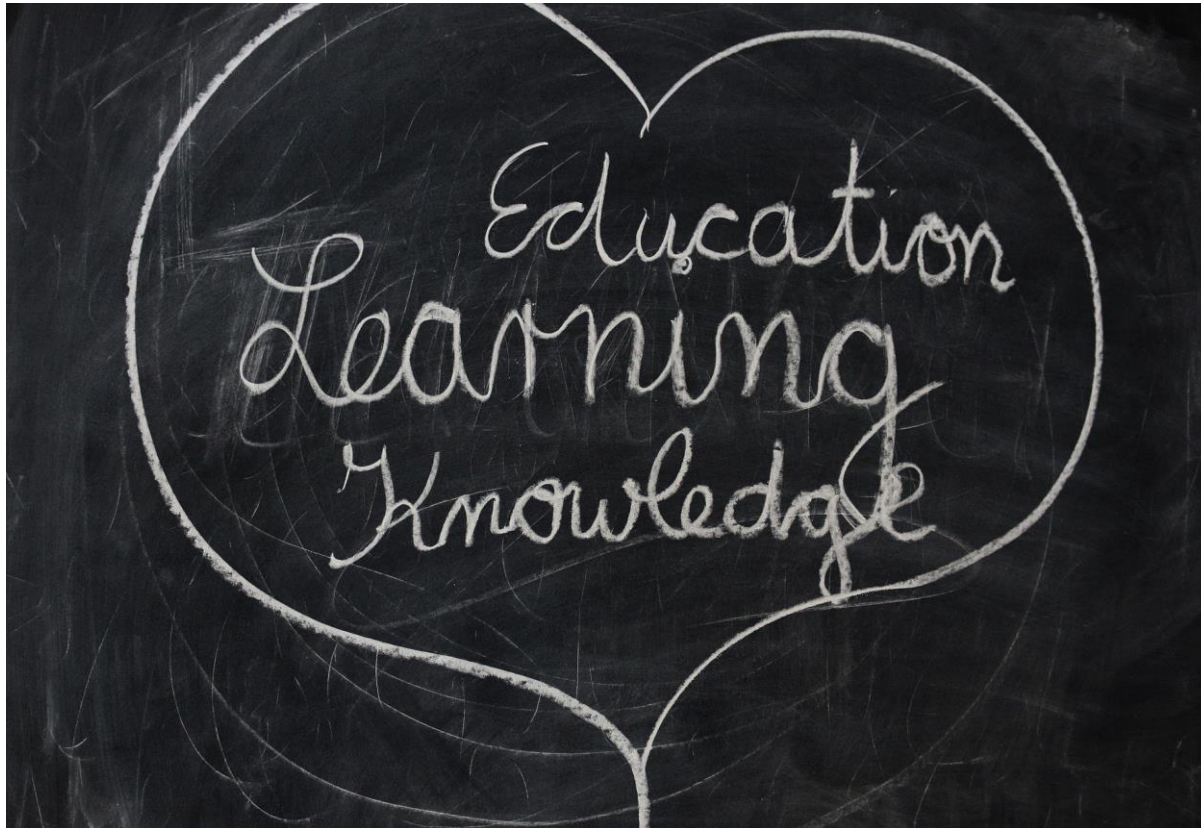
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Mindful Wellness Curriculum

Designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan.

Mindful Wellness Format



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Flexibility of Lessons





Mindful Wellness

Ever feel stress? Along with topics like healthy eating and exercise, mindfulness is gaining recognition as part of a healthy lifestyle in the United States. Look at the science behind mindfulness as well as the health benefits of stress reduction.

Series of 4 classes at Bittersweet Farms

Dates: Mondays, October 16th, 23rd and 30th and Thursday November 8th, 2017.

Time: 3:00 – 4:00pm

Questions?

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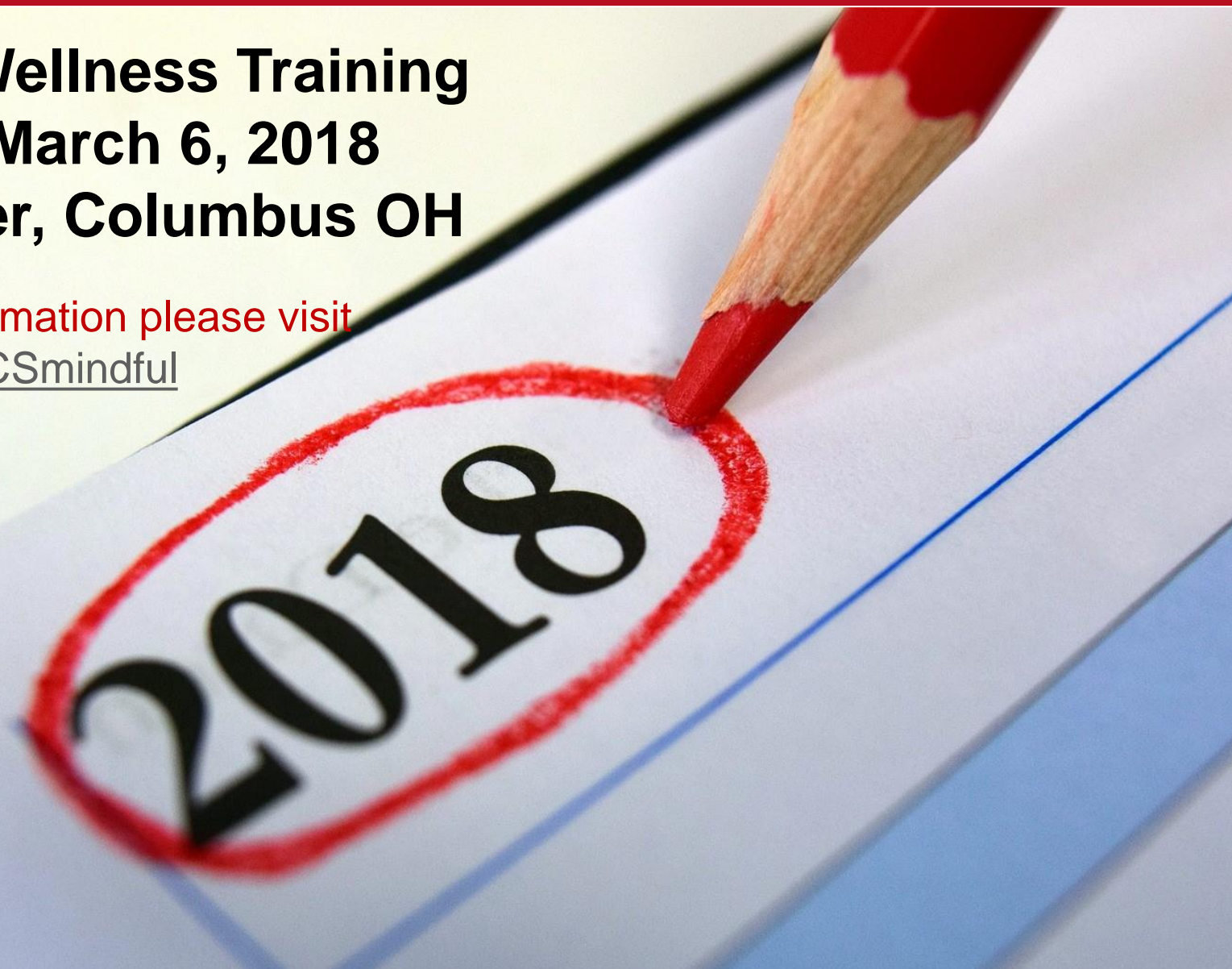
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Mindful Wellness Training

Tuesday March 6, 2018

4-H Center, Columbus OH

For more information please visit
go.osu.edu/FCSmindful





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Mindfulness Practice



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Focused Attention Practice Repetition

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References

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Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 4, 822-848.

Mindfulness: Learning to live in the moment. (2013 October). Special Report, Supplement to Mayo Clinic Health Letter. Retrieved from <http://healthletter.mayoclinic.com/health/pdf/283/201310.PDF>

Wang, Z., & Tchernev, J.M., (2012). The ‘myth’ of media multitasking: Reciprocal dynamics of media multitasking, personal needs, and gratifications. *Journal of Communication*, 62 (3), 493-513. doi: 10.1111/j.1460-2466.2012.01641.x

Wexner Medical Center, “Stress Management: Identifying Stress and Coping Strategies” <https://patienteducation.osumc.edu>