

MindfulWellness

Curriculum description: Mindful Wellness consists of five, one-hour lessons. Each lesson covers different aspects of living mindfully and includes activities and resources on mindfulness. There is also an end-of-series evaluation included in the curriculum.

1. Introduction to Mindfulness
2. Mindful Foundations
3. Mindful Breathing
4. Mindful Eating
5. Mindful Living

Overall goal: The Mindful Wellness curriculum is 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.

Objectives:

- Provide basic information regarding mindfulness activities and the value to mind-body health
- Provide time to practice mindfulness activities in the classroom
- Provide opportunities to learn from one another
- Share current resources which address mindfulness and mind-body health

Outcomes: After participating in a 3 week series, participants reported positive increases in:

- Attention regulation skills
- Awareness of current surroundings and environment
- Amount of time spent practicing mindfulness

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Web: <http://go.osu.edu/OSUMindful>



Resources on Mindfulness

The American Psychological Association has indicated that stress is a major health problem for Americans and, the Department of Health and Human Services assesses that the average American can only expect to live in good health for part of their lifespan. Not only do we need to care for physical health and wellness when there is illness, we also need to offer preventative care and preventative education. The Centers for Disease Control and Prevention advocate for a holistic approach to mental and physical health includes disease prevention and health promotion. "Prevention education is central to Extension education in food and nutrition, safety, pesticide management, and other programs. Extension can leverage the emphasis on prevention into programming opportunities to capture attention and interest in existing or new programming" (Braun, B. (2012) Responding to health care reform: Mobilizing Extension. Journal of Extension [On-line] 50(5) Article 5COM1. Retrieved from <https://www.joe.org/joe/2012october/comm1.php>)

How do I get started in practicing mindfulness?

While the research on the first mindfulness trainings in the US were face-to-face instruction with many hours committed to learning and practicing mindfulness for maximum benefits, "you don't necessarily have to go through formal training to begin your own mindfulness practice" (Mindfulness: Learning to live in the moment, 2013, p.7). "A number of recent studies have begun to explore whether the benefits of such interventions can be generalized to less intensive methods" (Cavanagh et.al, 2014, p.118). Some of these methods include individual study or self-help through resources such as books and workbooks, on-line training, apps and audio-visual materials (Cavanagh et. al, 2014; Kemper & Khirallah, 2015).

Resources from Ohio State University Extension

- Live Smart Ohio Mind and Body Blog <http://livesmartohio.osu.edu/category/mind-and-body/>
- OSU Extension Fact Sheets related to mindfulness:
 - Introduction to Mindfulness <http://ohioline.osu.edu/factsheet/hyg-5243-0>
 - Stress Coping Methods <http://ohioline.osu.edu/factsheet/hyg-5242>
 - Eating Healthy During Stressful Times <http://ohioline.osu.edu/factsheet/hyg-5244>
 - Helping Children Through Stressful Times <http://ohioline.osu.edu/factsheet/flm-fs-8-99-r07>

Online resources from universities

- OSU Wexner Medical Center Mindfulness – free practices <https://wexnermedical.osu.edu/integrative-complementary-medicine/mindfulness-practices>
- University of Virginia School of Medicine – free audio <https://med.virginia.edu/mindfulness-center/continue-your-practice/audio-recordings/>
- UCLA Mindful Awareness Research Center, free guided meditations <http://marc.ucla.edu/mindful-meditations> (in English and Spanish audio and transcripts in English)
- Dr. Benzo's Mindful Breathing Lab at Mayo Clinic <http://www.mayo.edu/research/labs/mindful-breathing/audio-files>
- Mind-Body Skills Training for Resilience, Effectiveness, and Mindfulness (STREAM) through the OSU College of Medicine <https://mind-bodyhealth.osu.edu> – online course, fee per module

Good Read

- 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>