

Introduction to Mindfulness

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

-- Jon Kabat-Zinn

Notes:

My Mindfulness Goal:

SMARTER Goals

- Specific, significant, stretching
- Measureable, meaningful, motivational
- Attainable, action-oriented, achievable
- Realistic, relevant, rewarding
- Time-based, timely, tangible
- Evaluate, excitable



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Resources

Ohio State University Extension

Live Smart Ohio Mind and Body Blog livesmartohio.osu.edu

OSU Extension Fact Sheets related to mindfulness: ohioline.osu.edu

Introduction to Mindfulness

Stress Coping Methods

Eating Healthy During Stressful Times

Helping Children Through Stressful Times

Lucas County Family and Consumer Sciences - lucas.osu.edu/mindfulness

University Online Resources

OSU Wexner Medical Center Mindfulness – wexnermedical.osu.edu/integrative

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>

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Remember, just like learning any new skill like cooking, swimming or riding a bike, mindfulness takes time and practice. Consider listening to a download for a few times before you decide it's not for you. Once you've discovered some of your favorite ways to practice mindfulness, keep it up!