



Mindfulness:
**How Mindful Moments Can Increase
Effectiveness and Decrease Stress**

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Questions to answer today

- What is Mindfulness?
- How do I practice Mindfulness Meditation? (Exercise)
- What are the benefits of Mindfulness?
- What other resources are available to help me with Mindfulness practice?

So Mindfulness is:

“Paying attention, on purpose, in the present moment, non-judgmentally.”

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- Viktor Frankl, Neurologist, Psychotherapist
Author: "Man's Search for Meaning"

10 Minute Mindfulness Meditation Exercise (iPhone App: Smiling Mind)

Mindfulness 102 “Breath and Sounds”

Benefits of Mindfulness

- Improves focus.
- Improves concentration.
- Decreases stress.
- Bolsters the immune system.
- Helps alter “habitual response”. Leads to better self-awareness.

Mindfulness Groups

Mindfulness Group A 4 session group starts will be back in April 2016 **5:30** in Room 343.

The charge for all 4 sessions is only **\$10!** Each session is **60 minutes** and parking is behind **Fraser Hall.**

No need to register but if you need more information please call 785-864-4121 or email psyicl@ku.edu

- [Mindfulness Flyer \(PDF\)](#)
- [Mindfulness Group Guidelines \(PDF\)](#)
- [Mindfulness Group Syllabus/Schedule of Topics \(PDF\)](#)
- [Mindfulness Resources \(PDF\)](#)
- [Frequently Asked Questions](#)

Quotes from Past Participants in our Mindfulness Groups

"Focused, many valuable and immediately applicable information and skills. Small group size very comfortable and made the class more effective. And involvement of 2 instructors

About the Area



Lawrence, Kan.



The University

Why KU

[Apply »](#)

26 prestigious Rhodes Scholars — more than all other Kansas colleges combined

KU Today

Pharmacy students will visit independent pharmacies — *All KU News »*

Stop Acronym

- S - Stop what you are doing.
- T - Take a breath.
- O – Observe your thoughts, feelings and emotions.
- P – Proceed with something that will support you in the moment.





**KEEP
CALM
AND
BE HERE
NOW**

Thank you!
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