



Integrating Mindfulness into Your Personal and Professional Practice

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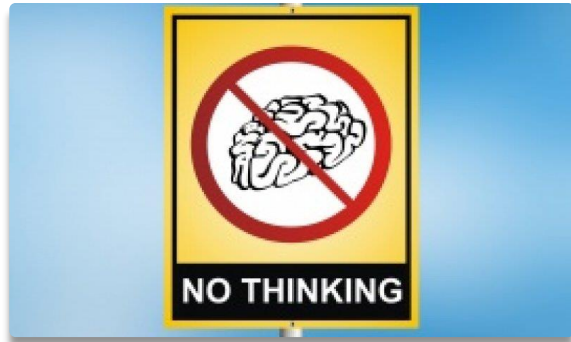
Celebrations

Professional Celebrations

Personal Celebrations

Partner Celebrations

What Mindfulness is Not



Thinking about nothing



Complicated poses



Sunshine, lollipops & rainbows



Living only in the now



Zoning out



Religious

What is Mindfulness?

PAYING ATTENTION

Observing life as it is happening and being aware of your senses, thoughts and emotions

ON PURPOSE

Zoning in with intention so that you can respond rather than react

WITHOUT JUDGMENT

Accepting where you are and being okay with not settling for it

The Difference



Mind Full, or Mindful?



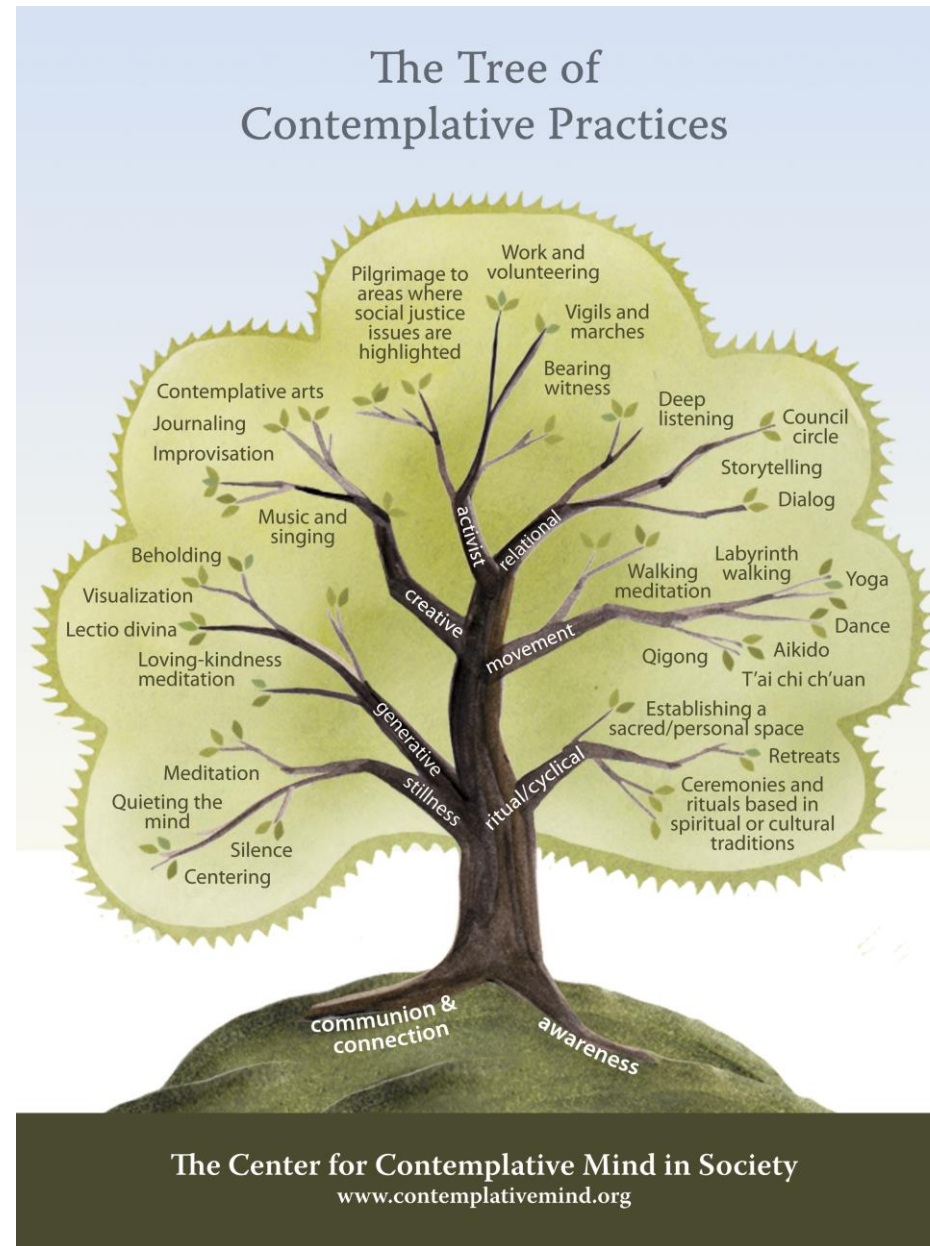
Guided Meditation

Take the next few minutes and participate fully in the guided meditation.

Why Mindfulness?

Mindfulness initiatives have gained popularity on college campuses and focus on **holistic education** and **developing resiliency**.

Integrating contemplative practices (mindfulness tools) is beneficial for students, families, and you because it **decreases stress, anxiety and depression** while **strengthening the immune system and increasing concentration, awareness, academic performance, creativity, and the ability to relate to others**.



Using Mindfulness in Personal Practice

- ▶ Download a [meditation app](#)
- ▶ Practice gratitude
- ▶ Journal
- ▶ Check out mindfulness resources on your campus (Mindful Mondays, Thoughtful Thursdays)
- ▶ Explore local mindfulness resources (yoga classes, art classes, places to walk, etc.)
- ▶ Exercise/yoga/labyrinth walk
- ▶ Create something – dance, music, art, writing
- ▶ Cultivate Witness
- ▶ Visualize

BE AWARE

Berila (2016, p. 142) offers a model for helping people move through anything mindfully. This can be used to help guide difficult conversations and be practiced regularly. The acronym “BE AWARE” can make it a bit easier to remember the steps.

- ▶ **Be:** breathe and just be
- ▶ **Embody:** feel what is happening inside
- ▶ **Aware:** notice what you feel
- ▶ **Witness:** go beyond feelings and observe
- ▶ **Accept:** do not judge what you feel
- ▶ **Reflect:** consider possible responses
- ▶ **Engage:** decide how to respond and act

“ That pause between reacting and responding allows us to make more intentional choices about which responses we want to feed, remembering that **whatever we feed gets stronger.** ”

BERILA, 2016, P. 109

THE POWER OF PAUSE

Incorporating Mindfulness into Parent and Family Programs and Services

- ▶ **Offer a breakout session during Orientation.**
Provide coloring pages. Lead a guided meditation. Educate about wellness and mindfulness resources available on campus. Offer after stressful activity.
- ▶ **Encourage families to journal.**
Consider adding a journaling question to your newsletter. Encourage families to “journal” via comments on social media.
- ▶ **Add mindfulness activities to Family Weekend.**
Add a painting/pottery class that requires families to be in the moment. Offer guided meditation and yoga classes.
- ▶ **Use mindfulness to triage family crises**
Consider utilizing the BE AWARE model with families who call your Helpline in crisis. Teach them the importance of responding versus reacting.

Using Mindfulness in Professional Practice

- ▶ Think before you hit send
- ▶ Start with celebrations
- ▶ Mindful listening – stop trying to control things and respond – sit and be uncomfortable before interpreting, judging, or acting
- ▶ Assume someone has dealt with trauma and be aware of triggers
- ▶ Prepare participants for the experience

Can you teach mindfulness if you are unfamiliar with it?

No. It is something people must practice to gain familiarity with. However, you do not have to be an expert in mindfulness to use it. You just have to practice it. Being new to it and vulnerable is okay and helps others understand the importance of the process.

Journal

- ▶ What is one way I will begin using mindfulness personally?
- ▶ What is one way I begin using mindfulness professionally?
- ▶ What benefits do I hope to gain from using mindfulness in my personal or professional life?

References

Berila, B. (2016). *Integrating mindfulness into anti-oppression pedagogy: Social justice in higher education*. New York: Routledge.