

# Be Mindful!

## Assess Your SUPERPOWERS



... a fun, friendly competition promoting physical activity and personal wellness

I admire the fact that the central core of Buddhist teaching involves mindfulness and loving kindness and compassion. - Ronald Regan

Health Update Week 1

### **What is Mindfulness?**

The scientific interest in mindfulness has been largely credited to the work of Dr. Jon Kabat-Zinn, an MIT-trained molecular biologist and founder of the University of Massachusetts Medical School Stress Reduction Clinic. It is best thought of as a way of being rather than an activity in and of itself. Therefore, almost any activity can be carried out with mindful awareness. Mindful awareness has three key features:

1. **Purpose**– Mindfulness involves intentionally and purposefully directing your attention rather than letting it wander.
2. **Presence** – Mindfulness involves being fully engaged with and attentive to the present moment. Thoughts about the past and future that arise are recognized simply as thoughts occurring in the present.
3. **Acceptance** – Mindfulness involves being nonjudgmental toward whatever arises in the moment. This means that sensations, thoughts, and emotions are not judged as good or bad, pleasant or unpleasant; they are simply noticed as “happening,” and observed until they eventually let it pass.

<https://edis.ifas.ufl.edu/fy1381>

Research into mindfulness and its application has increased exponentially over the past twenty years both empirically and scientifically. It is also understood that mindfulness requires no religious, ethical, spiritual, or ideological commitments to practice. More than 200 major medical centers across the United States– including Tallahassee Memorial Hospital now implement many adaptations of mindfulness-based therapies.

### **So how can mindfulness help you?**

According to the American Psychological Association, some empirically supported benefits of mindfulness include the following (Davis & Hayes, 2011):

- Psychological Benefits
- Physiological Benefits
- Spiritual Benefits

### **How Can You Start Practicing Mindfulness?**

“Mindfulness is a habit, it’s something the more one does, the more likely one is to be in that mode with less and less effort ... it’s a skill that can be learned. It’s accessing something we already have. Mindfulness isn’t difficult. What’s difficult is to remember to be Mindful.”  
- John Teasdale, psychologist and co-founder of mindfulness-based cognitive therapy

Mindfulness applications can be applied to every dimension of the wellbeing spectrum.



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