

Introduction to Mindfulness

2018 UC 4-H Mindfulness Retreat



University of California

Agriculture and Natural Resources

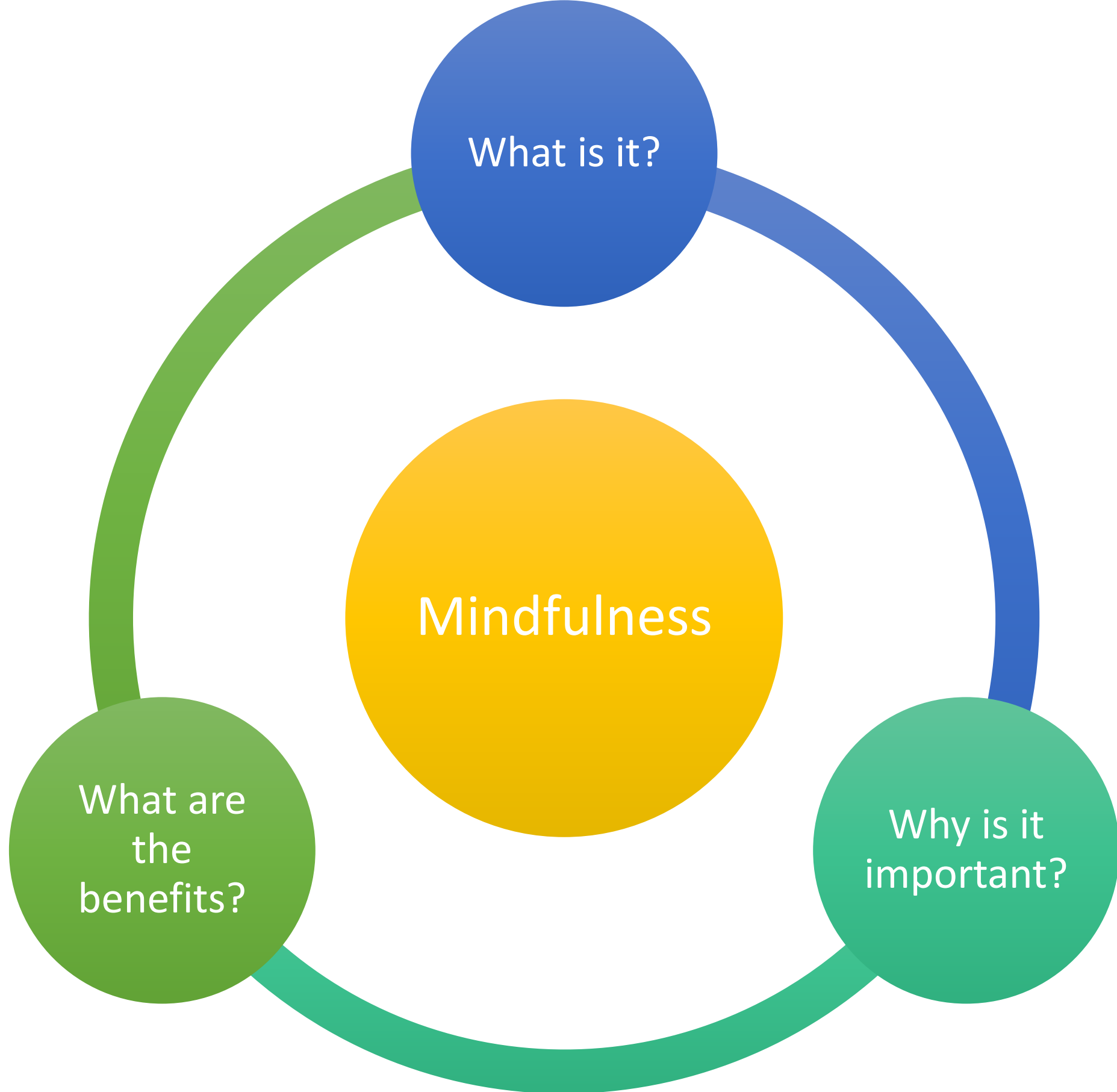
4-H Youth Development Program



Defining

MINDFULNESS

BE IN THE PRESENT MOMENT.



DEFINING MINDFULNESS

MINDFULNESS IS:

01 Noticing/Awareness

02 Openness/Curiosity

03 Non-judgment

04 Acceptance

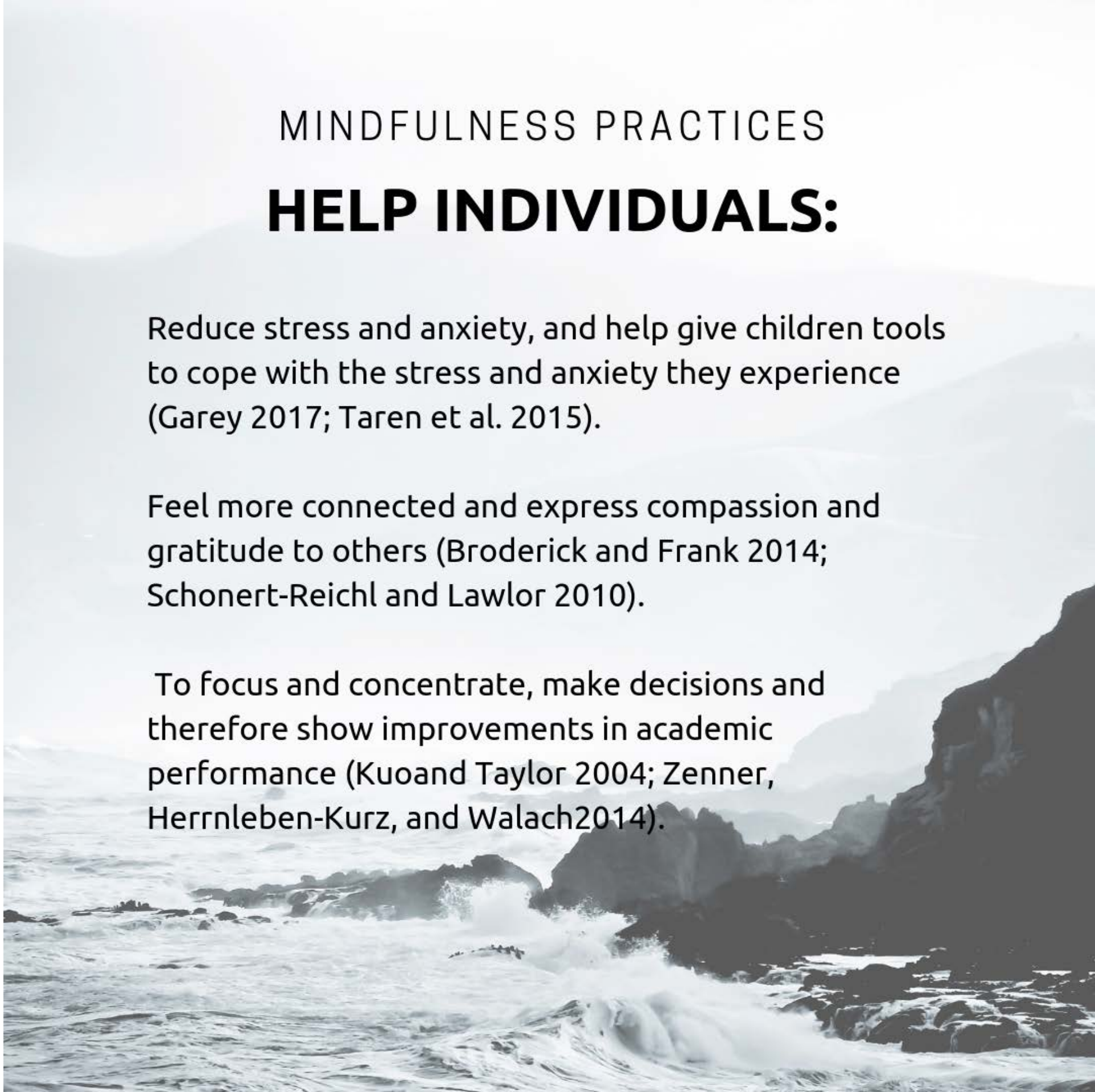
MINDFULNESS PRACTICES

HELP INDIVIDUALS:

Reduce stress and anxiety, and help give children tools to cope with the stress and anxiety they experience (Garey 2017; Taren et al. 2015).

Feel more connected and express compassion and gratitude to others (Broderick and Frank 2014; Schonert-Reichl and Lawlor 2010).

To focus and concentrate, make decisions and therefore show improvements in academic performance (Kuo and Taylor 2004; Zenner, Herrnleben-Kurz, and Walach 2014).





NEUROSCIENCE AND MINDFULNESS

Prefrontal Cortex

Mindfulness can improve an individual's ability to make decisions, regulate emotions, problem solve, and control impulses.



NEUROSCIENCE AND MINDFULNESS

Hippocampus

Mindful practices increase cortical thickness and can improve memory, learning, and one's response to stress.



NEUROSCIENCE AND MINDFULNESS

Amygdala

Mindfulness actually reduces the size of the amygdala which results in less reactivity to stress.



IF IT'S SO GOOD, WHY IS IT HARD?

#DISTRACTIONS

Teens say social media distracts from homework (57%), people (54%), sleep (29%), and time spent in-person (42%).



**MINDFULNESS IS BRINGING
AWARENESS TO EVERYTHING
YOU DO IN YOUR LIFE.**

- Gina M. Biedel

A photograph showing the silhouettes of three people standing outdoors at sunset. The sun is low on the horizon, creating a bright glow and lens flare. The people are raising their hands; the person on the left and right are making peace signs, and the person in the middle is holding their hands together to frame the sun. The background consists of dark trees and a building silhouette.

11/2/2018

TAKE ACTION

Write down all the thoughts that come to
your mind (one line per thought).