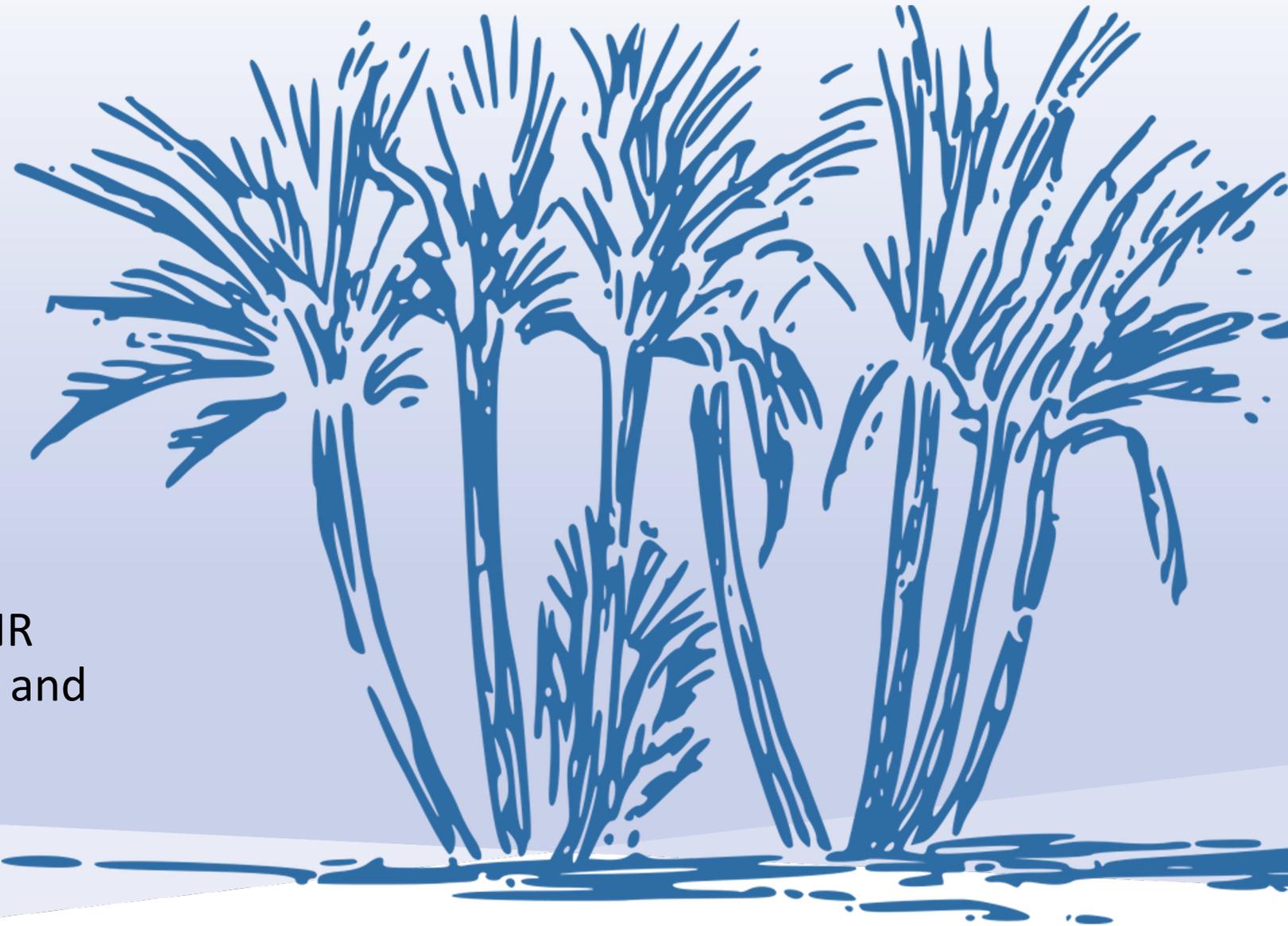


Creating an Oasis for Yourself and Others

A Wellness Webinar for UCANR
Statewide Program Personnel and
Volunteers

May 13th 2020, 10-11 AM





Marisa Coyne

Academic Coordinator for
Volunteer Engagement,
UC Master Gardener
Program



Gemma Miner

Academic Coordinator
for Volunteer
Engagement, 4-H Youth
Development Program



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Agenda

- 10:00 AM – 10:10 AM - Welcome
- 10:10 AM – 10: 25 AM - Anne Iaccopucci on Mindfulness
- 10:25 AM – 10:40 AM - Marcel Horowitz on Planning for Happiness
- 10:40 AM – 10:55 AM - Missy Gable on Therapeutic Horticulture
- 10:55 AM – 11:00 AM - Closing
- 11:00 AM – 11:15 AM – Post-Meeting Q+A



UC Agriculture and Natural Resources (UCANR)



- UC ANR office in Davis, CA
- **58 UC Cooperative Extension offices**
- 9 Research and Extension Centers
- 6 Statewide Institutes
- **6 Statewide Programs**



UC ANR Statewide Programs



The UC Master Gardener Program, UC 4-H Youth Development Program, and UC Master Food Preserver Program engage over **26,000 volunteers** annually.



An Oasis is ...

- A fertile spot in the desert where water is found
- A wet, green habitat for plants and animals



Source: dictionary.com, San Diego Natural History Museum



An Oasis is ...

- A fertile spot in the desert where water is found
- A wet, green habitat for plants and animals
- A place of abundance
- A place that offers quiet and solitude
- A place that provides for one's basic needs



Source: dictionary.com, San Diego Natural History Museum



**“We need an oasis in the midst of crisis,
and a destination afterward.”**

Source: Kristin Grimm, NAAEE, Spitfire Strategies



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Anne Iaccopucci

Academic Coordinator, 4-H Healthy Living on
MINDFULNESS



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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.

A grayscale photograph of a person's hands holding a smartphone. The image is framed by a white border with yellow dots at the corners. Two horizontal yellow bars cross the image, one above and one below the main text.

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

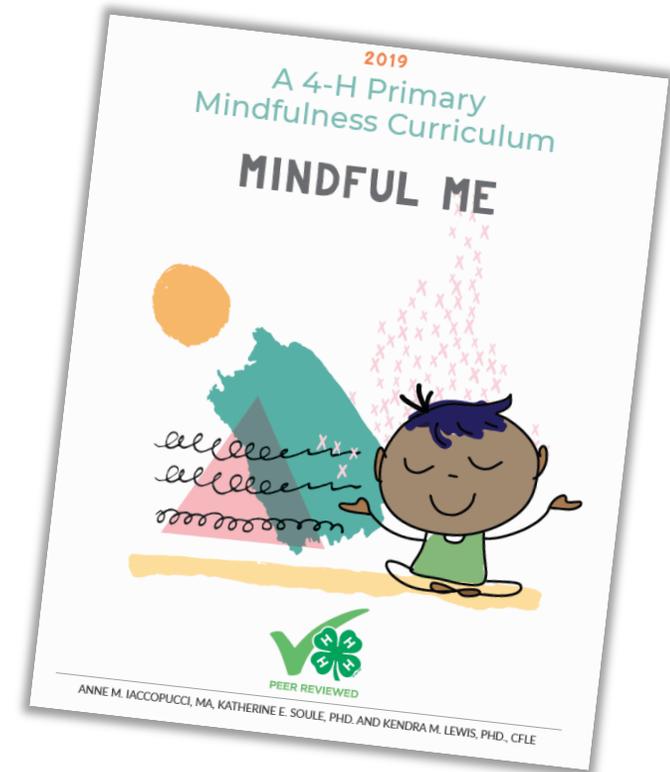
Practicing Mindfulness

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



Promoting Healthy People and Communities

- Mindful eating
- Affirmations
- Identification and management of emotions
- Being present in the current moment
- Yoga



Meeting Community Needs

- Delivery of programming that specifically builds competencies in social-emotional health and wellbeing.
- Provided a virtual platform for the youth and families to engage in our programming.



Meeting Community Needs

University of California
Agriculture and Natural Resources

ANR Publication 8588 | July 2017
<http://anrcatalog.ucanr.edu> UC
PEER
REVIEWED



4-H Mindfulness Project Annotated Bibliography

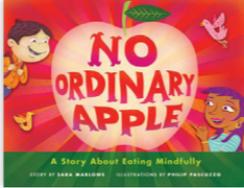
The 4-H Healthy Living Initiative is focused on providing learning opportunities that address physical, social, and emotional health. Mindful practices combine these domains. The 4-H Mindfulness Project focuses on increasing youths' ability to lead a healthy lifestyle and develop the skills needed to be a health advocate in their communities. The project aims to foster mindful practices that lead to improvements in physical health through mindful eating, social health through building positive relationships, and emotional health through emotional regulation and stress management.

The following annotated bibliography of English children's literature was developed by University of California Agriculture and Natural Resources as a resource for 4-H project leaders and families. These books can support primary members' understanding and practice of mindfulness.

PHYSICAL DOMAIN

Marlowe, S. 2013.
No Ordinary Apple: A story about eating mindfully.
Somerville, MA: Wisdom Publications.
Age group: 4–8 years

This book is a fun guide for children to think about the food they eat and encourage them to give food they don't like another chance. Its easy-to-follow storyline has colorful illustrations that include ethnic diversity. The story aligns well with 4-H Healthy Living goals by encouraging children to try foods healthier than common processed snack foods and also encourages children to take the time to enjoy their food.



ANNE M. IACCOPUCCI, California
State 4-H Healthy Living
Academic Coordinator;
KENDRA M. LEWIS, State 4-H
Evaluation Academic Coordinator;
KATHERINE E. SOULE, Youth,
Families, & Communities
Advisor, University of California
Cooperative Extension
San Luis Obispo and
Santa Barbara Counties;
ROBERT WITHROW-CLARK,
Learning Resources Specialist,
Butte College

<https://ucanr.edu/sites/UC4-H/files/267083.pdf>



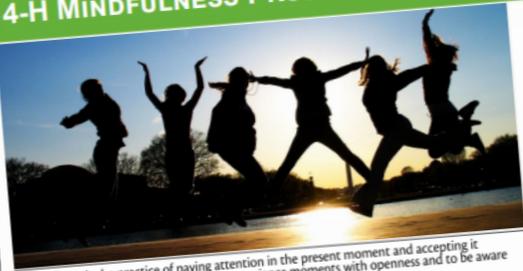
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Meeting Community Needs

University of California Agriculture and Natural Resources
 CALIFORNIA 4-H PROJECT SHEET SERIES
 Publication 0616 | April 2018

UC PEER REVIEWED

4-H MINDFULNESS PROJECT



4-H THRIVE
 Help youth:

Light Their Spark
 A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain
 The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals
 Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.
 Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.
 Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect
 Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Mindfulness is the practice of paying attention in the present moment and accepting it without judgement. Being mindful is to experience moments with openness and to be aware of the present.

There are many benefits to mindfulness, such as:

- Reduced stress.
- Better concentration.
- Less depression and anxiety.
- Better immune system.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Attend the Mindfulness Retreat. • Read suggested books on mindfulness. • Identify safe locations to engage in mindful meditation. • Learn basic yoga poses. • Practice with a guided meditation. 	<ul style="list-style-type: none"> • Develop a plan for stress management practices. • Practice yoga. • Keep a journal of goals and intentions. • Learn how to go on listening walks. • Practice mindful eating by paying attention to the features of your food. • Practice breathe exercises. 	<ul style="list-style-type: none"> • Serve as a Healthy Living Officer in your club. • Be a junior or teen Leader for a mindfulness project. • Teach other youth and adults in the community about the benefits of mindfulness and mindfulness practices. • Help someone else develop a personal plan for mindfulness.

The activities above are ideas to inspire further project development. This is not a complete list.

Light Your Spark Flex Your Brain Reach Your Goals Dig It Your Mind



Try it yourself!

- Visit <https://campus.extension.org/>
- Search for Virtual Mindful Me in the course catalog
- Enter the enrollment key:
California
- Explore the menu of video lessons
- Enjoy!

- 
- Lesson 1 - Mindful Eating: Is This Apple Red?
 - Lesson 2 - Affirmations: You Are Great
 - Lesson 3 - The Gift of Presence: Giving Presence
 - Lesson 4 - Describing Feelings: Welcome Feelings
 - Lesson 5 - Mood Management: Smile Tag
 - Lesson 6 - Mood Management: Practice Focus
 - Lesson 7 - Quiet Listening: Finding the Quiet
 - Lesson 8 - Quiet Listening: Creating the Quiet
 - Lesson 9 - Quiet Listening: Being The Quiet
 - Lesson 10 - Yoga: Balance, Flexibility, and Strength





Marcel Horowitz

Advisor, Youth, Families and Communities on

PLANNING FOR HAPPINESS IN

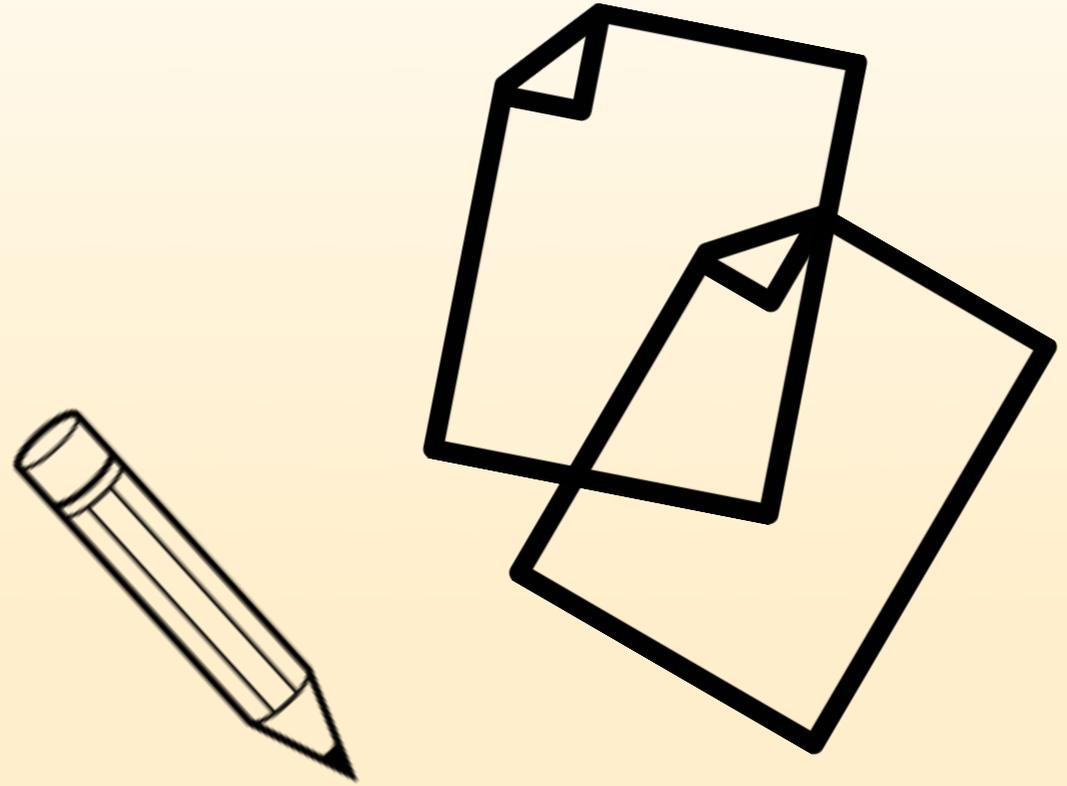
STRESSFUL TIMES



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Planning to Plan

You will need a piece of paper and writing utensil(s) for this activity



P redetermined

POLL: What percent of your level of happiness/depression is predetermined? 90% / 75% / 50% / 30% / 10%

~10% is predetermined

~90% can be altered



P lan

Fold a sheet of paper into four quarters



Pride

What makes you feel successful or good about yourself?



Purpose

What gives you a sense of meaning?



How can you leverage your body to produce more “feel good hormones”?

Physiology



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What do you enjoy doing, seeing or hearing?
What creates a sense of “flow”?

P
leasure



Pride

Purpose

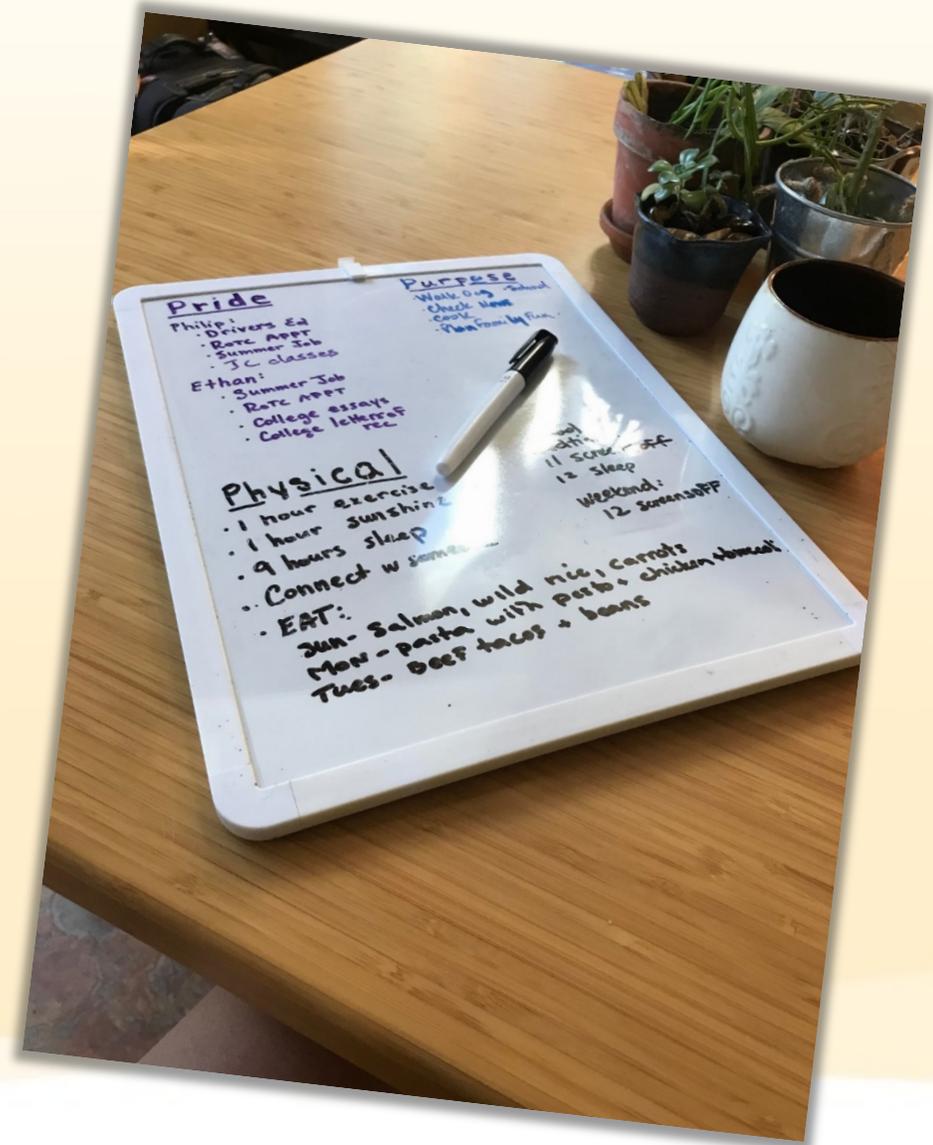
Write at least one thing you
will do in each area tomorrow.

Physiology

Pleasure

Try it yourself!

- Use the 4-Ps framework to identify goals or focus areas for the coming week
- Invite other members of your household to join you in this process
- Be gentle with yourself if meeting all goals is not possible





Missy Gable

Director, UC Master Gardener Program on
THERAPEUTIC HORTICULTURE



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Think to yourself:

Did these pictures elicit any emotions for you?

What were they?



Gardening has Health Benefits

There is a connection between people and plants that has to do with our historical reliance on plants for food, water and shelter.

Plants = Survival

The vestige of our close historical connection with plants is the many physical and mental health benefits of gardening, being outdoors, and or simply appreciating a view of nature. Today, we employ gardening as a healing modality.



Physical Health

Improves:

- Joint health
- Flexibility
- Fine-motor skills
- Physical activity

Reduces:

- Blood pressure
- Heart rate
- Muscle tension



Mental Health

- Increase in serotonin, decrease in noradrenaline
 - Example: prison gardening
- Improved emotional well-being (*similar effect as biking, walking or dining out*)
- Feelings of purpose, expectations for the future, productivity, happiness, and others



Community Health

Ideas for taking action:

- Start or continue to garden, whether you have a patio or multiple acres, it all counts!
- Share with your neighbors
- Encourage others



Try it Yourself!

- For Current UC Master Gardener Volunteers:
 - Continue to build your gardening knowledge through Continuing Education
 - Include research-based information about health and wellness in your public education events
- For All:
 - Commit to spending time each week in nature
 - Reach out to your local UC Master Gardener Program for resources and information
 - Read about the great work being done across our state and across programs on our blogs and social media



Thank You!



Anne Iaccopucci
Academic Coordinator, 4-
H Healthy Living



Marcel Horowitz
Advisor, Youth Families and
Communities



Missy Gable
Director, UC Master Gardener
Program



Creating an Oasis for Yourself and Others

Thank you for joining us!

A recording of this event will be available on the UC Master Gardener Program and UC 4-H Youth Development YouTube Channels.

