Mindful Eating - Raisin exercise

• Beginner’s Mind: open to the experience in each moment, as if meeting it for the first time

• What is not Beginner’s Mind: when observing, the brain believes it knows what is happening or tries to control what’s happening
Mindfulness Debrief

• What did you notice while doing this activity?
• In what ways was this experience different from usual eating?
• Was anything surprising or challenging?
Mindfulness & Meditation

“Mindfulness means deliberately paying attention, being fully aware of what is happening both inside yourself— in your body, heart, and mind— and outside yourself in your environment. Mindfulness is awareness without judgment or criticism. The last element is key. When we are mindful, we are not comparing or judging. We are simply witnessing the many sensations, thought, and emotions that come up as we engage in the ordinary activities of daily life. This is done in a straightforward, no-nonsense way, but it is warmed with kindness and spiced with curiosity.” – Jan Chozen Bays, physician and Zen teacher

“Meditation is a particularly focused form of mindfulness”, usually involving sitting quietly without moving. –Norman Fischer, Zen priest
Religious Roots, Secular Focus

Roots in Spiritual Traditions:
- Christianity
- Judaism
- Islam
- Buddhism

Secular Focus:
- Jon Kabat-Zinn, creator of the Mindfulness-Based Stress Reduction program in the late 1970s
Applications for Personal Practice

• What types of mindfulness activities are you aware of? What mindfulness activities do you practice?

• Personal Practice activities
Benefits of Personal Practice

Increases in:

- Memory
- Attention
- Productivity
- Mental health
- Physical health measures, including immune functioning
- Self-Esteem
- Positive Affect
- Relationship Satisfaction
- Learning

-As cited by Ellen Langer, Harvard Psychologist
Applications for Educational Settings

**Bringing Mindfulness into the Classroom:**
- **Mindfulness:** Sitting, the body scan, eating
- **Reading & Writing:** Contemplative reading, contemplative writing, journaling, mindful writing, freewriting
- **Contemplative Senses:** Deep listening, meditation on sound, beholding
- **Contemplative Movement:** Walking meditation, Tai Chi, Yoga, labyrinth walking
- **Compassion & Loving Kindness:** Compassion practice (Tonglen), Loving Kindness (Metta)
Benefits for Students

- Supports ‘readiness to learn’
- Promotes academic performance
- Strengthens concentration & attention
- Reduces anxiety before testing
- Promotes self-reflection & self-calming
- Provides tools to reduce stress
- Enhances social & emotional learning
- Supports holistic well-being
- Fosters pro-social behaviors & healthy relationships

-According to Deborah Schoeberlein David & Suki Seth, authors of Mindful Teaching & Teaching Mindfulness
Meditation Practice

Adapted from Kelli Murphy, faculty at Seattle Central’s Mitchell Activity Center
Meditation Debrief

• What did you notice during the silent portion of the practice?
• How was this practice different from the raisin exercise?
• What surprises or challenges did you encounter?
More Information:
libguides.seattlecentral.edu/mindfulness
Quick Feedback for Convocation Planners

The Convocation Committee explored Continuing Education Units for these sessions. They have two questions:

• How many of you earn CEUs?

• If you do, would CEUs for convocation break out sessions be of use to you?