Everyday Mindfulness
or
Life and the Practice of Mindfulness,
Part II
FCS Agent Update (Feb. 2017)

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K-State
Research and Extension
Mindfulness is an awareness of the present moment.

✓ Calms you down
✓ Relieves stress
✓ Improves physical health
✓ Improves mental health
What is the State of the Evidence?

Is mindfulness effective?
How does mindfulness work?
How does it impact the brain and body?

University of Minnesota
“Taking Charge of Your Health and Well-being”
Brain imaging studies
50,000 thoughts daily

“Our thoughts become our reality.”

(Morgan, 2014)
Mindfulness is based on seven principles:

Non-judging
Patience
Beginner’s mind
Trust
Non-striving
Acceptance
Letting go

Kabat-Zinn, 1990;
ELEVATE Extension Curriculum
Without Judgment

• Volunteer your time
• Learn from others
• Put a face on those you don’t understand or fear
• Be an empiricist
• Remember that difference is just difference
• Observe *mindful* value comparisons
Mindfulness-Based Stress Reduction (MBSR)

Dr. Jon Kabat-Zinn
Ph.D. in molecular biology
Professor of Medicine
Emeritus
U. of Massachusetts
Medical School
Founder of MBSR Clinic
Extension Ed TALKS

“Mindful Meditation With Dō – In”
Mindfulness in School

Disclaimer

• The session “Mindful Meditation with Do-In” provides general information about these topics. Not all exercise is suitable for everyone, so do take care. To reduce the risk of injury consult your doctor before beginning this or any exercise program, especially if you have any chronic or recurring condition.
An Introduction to Mindfulness

Mind Full, or Mindful?
Dō-In - an introduction to self-shiatsu and meditation

- Part 1 – Guided meditation
- Part 2 – Dō-In exercises including tapping of the meridians
Dŏ - In
Imagine you are holding a lotus flower

Thank you!!
And thank you for completing our survey.