

Helpful Resources

Free Mindfulness-Based Stress Reduction (MBSR) Course

<https://palousemindfulness.com/index.html>

Mindfulness-Based Stress Reduction (MBSR) is a blend of meditation, body awareness, and mindful movement: learning through practice and studying how your body handles (and can resolve) stress neurologically.

Headspace- YouTube Channel

<https://www.youtube.com/@headspace>

The Headspace YouTube channel provides viewers with a variety of videos, including mindfulness, support in challenging times, and sleep assistance (music, meditations). Videos are offered in a variety of languages.

Stanford Health Library

<https://healthlibrary.stanford.edu/books-resources/mindfulness-meditation.html>

Stanford Health Library offers mindfulness and meditation resources for a variety of topics including stress relief, easing grief, caregiver stress, and help to stop smoking.

Mindful Website

<https://www.mindful.org/meditation/mindfulness-getting-started/>

The mindful website provides a beginner's guide to mindfulness and includes audio clips for guided meditation at various lengths of time.

UCLA- Mindful Awareness Research Center (MARC)

<https://www.uclahealth.org/programs/marc>

The MARC website includes introductions to mindfulness, a zoom link to a free monthly mindfulness practice group, and free guided meditations in a wide variety of languages.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>

For Help, Call Today.

A counselor is on call and available to you 24 hours a day, seven days a week. CAP is a free service provided to you by the university. The CAP counseling services are short term.

However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is Confidential.



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Campus Assistance Program



Mindfulness

*Prepared by The LSUHSC Campus Assistance Program.
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What is Mindfulness?

Mindfulness is:

- the state of being fully connected to the present moment.
- an approach to wellbeing based on research, practice, and experience.
- a way to step back from autopilot to gain clarity and focus.

Mindfulness is NOT:

- complicated or difficult
- time consuming
- a religious practice/ritual

Specific research has found several benefits of mindfulness, including:

- Reducing stress, anxiety, and depression.
- Improving mental well-being: Mindfulness can enhance cognitive function, memory, and attention.
- Physical health benefits from mindfulness include reducing inflammation, improving immune function, and lowering blood pressure.
- Managing specific problems: Including depression, pain, smoking, and addiction.

Mindfulness can involve a structured routine or simply taking brief moments to pay attention. There's no need to set aside hours of time to practice mindfulness. Just a few minutes a day can make a difference.

How to Practice Mindfulness

Simple ways to practice mindfulness:

- **Pay attention:** Take the time to experience your environment with your senses – touch, sound, sight, smell, and taste.
- **Live in the moment:** Intentionally pay attention to everything you do. Find joy in the simple pleasures.
- **Accept yourself:** Treat yourself the way you would treat a good friend.
- **Focus on your breathing:** When you have negative thoughts, sit down, take a deep breath, and close your eyes. Focus on your breath as it moves in and out of your body.
- **Journaling:** Journaling can help you become more mindful of your thoughts and feelings.
- **Wash your hands:** Every time you wash your hands, use it as a reminder to come back to the present.
- **4-7-8 breathing:** Breathe through your nose for 4 seconds, hold for 7 seconds, then breathe out for 8 seconds.
- **Gratitude:** Carve out one minute of your day for a moment of gratitude.
- **Cloud watching:** Pick a cloud, or anything in your environment, and watch it for one minute.
- **Mindful hug:** Ask a partner or friend for a hug. Take three deep breaths, this releases oxytocin.
- **Yawn and stretch:** Benefits include refocusing your brain and centering your attention.

You can also try more structured mindfulness exercises, such as:

- **Body scan meditation:** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions, or thoughts associated with each part of your body.

- **Sitting meditation:** Sit comfortably with your back straight, feet flat on the floor, and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

- **Walking meditation:** Find a quiet place 10 to 20 feet in length and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing, and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

