

UF Mindfulness

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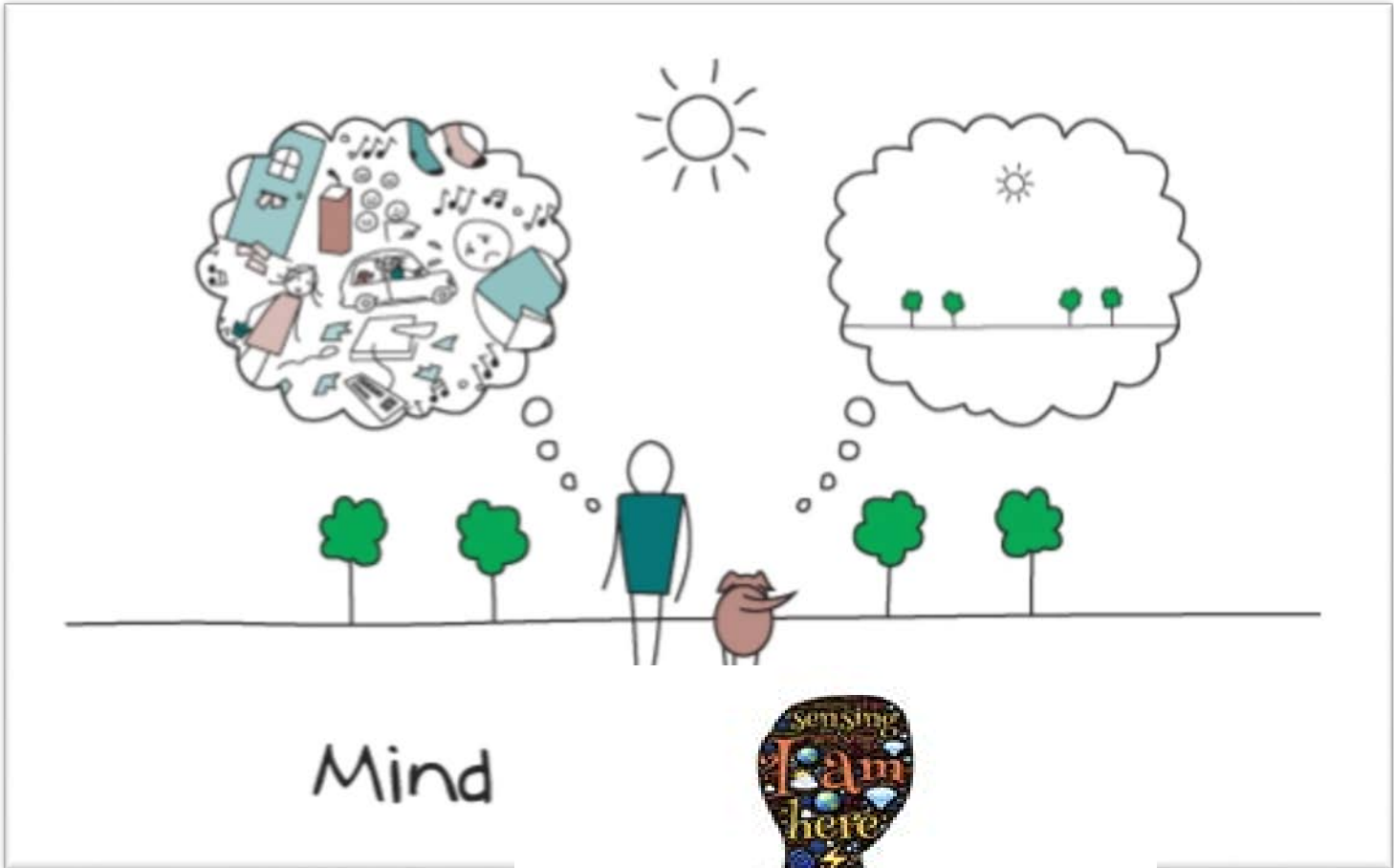
Jan Snyder

Tina Tannen

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uf mindfulness
mindfulness.ufl.edu



What is Mindfulness?



“Mindfulness is deliberately paying full attention to what is happening around you and within you (in your body, heart and mind) in the present moment. Mindfulness is awareness without criticism or judgement (Chozen Bays, 2011).

“Paying attention in a particular way, on purpose, in the present moment and non-judgmentally” (Siegel, 2010; Kabat-Zinn, 1994; 2015).

<https://www.youtube.com/watch?v=wPNEmxWSNxg>

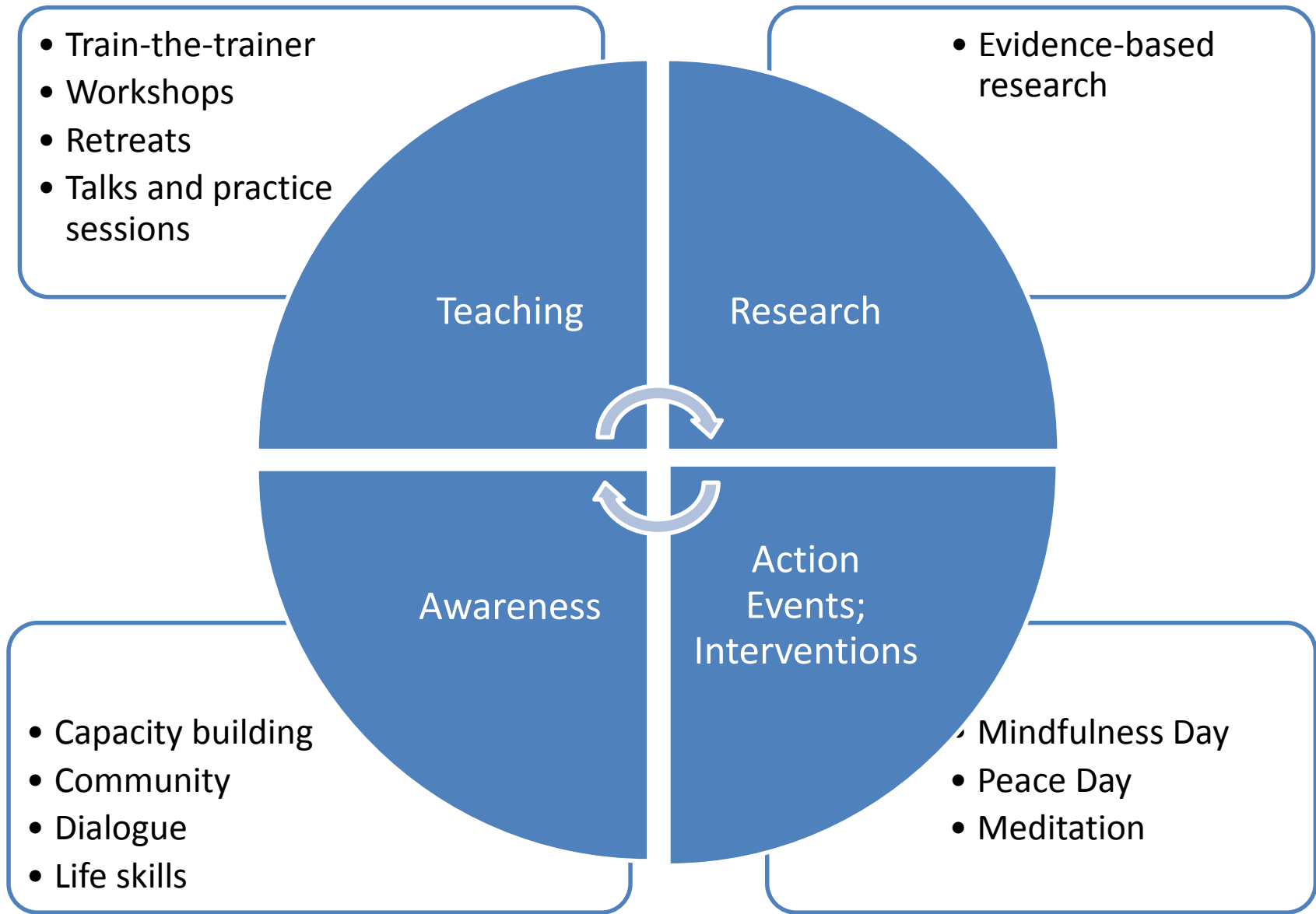
Vision – UF Mindfulness

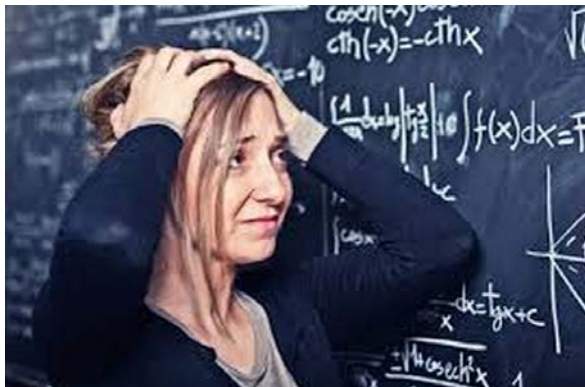
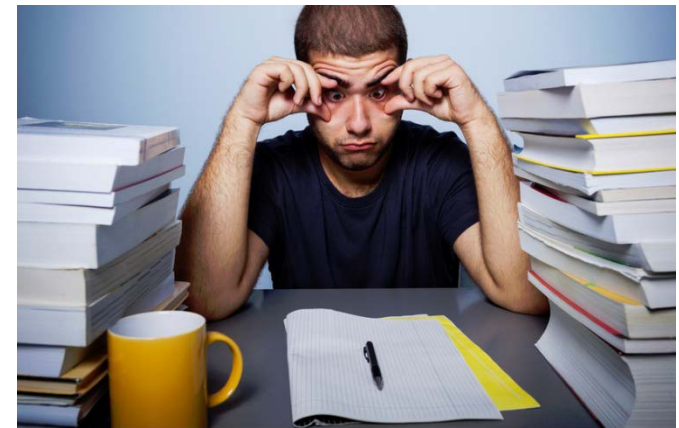
Create a more mindful UF campus culture.

Aims:

- (i) Infuse mindfulness practices in existing courses and curricula
- (ii) Offer cross-disciplinary set of short courses / trainings / workshops
- (iii) Serve as a catalyst sparking mindful moments to create a healthy campus culture.

Our interdisciplinary team aims to integrate silos of mindfulness and co-create mindful spaces that facilitate mindful communication and listening.





Evidence-based research:

Mindfulness has shown cognitive, neurological, emotional, somatic, and relational benefits.

Davidson and Kazniak (2015); Hempel et al. (2014); Greeson (2009); Rechtschaffen (2014)



Peace Day 2016



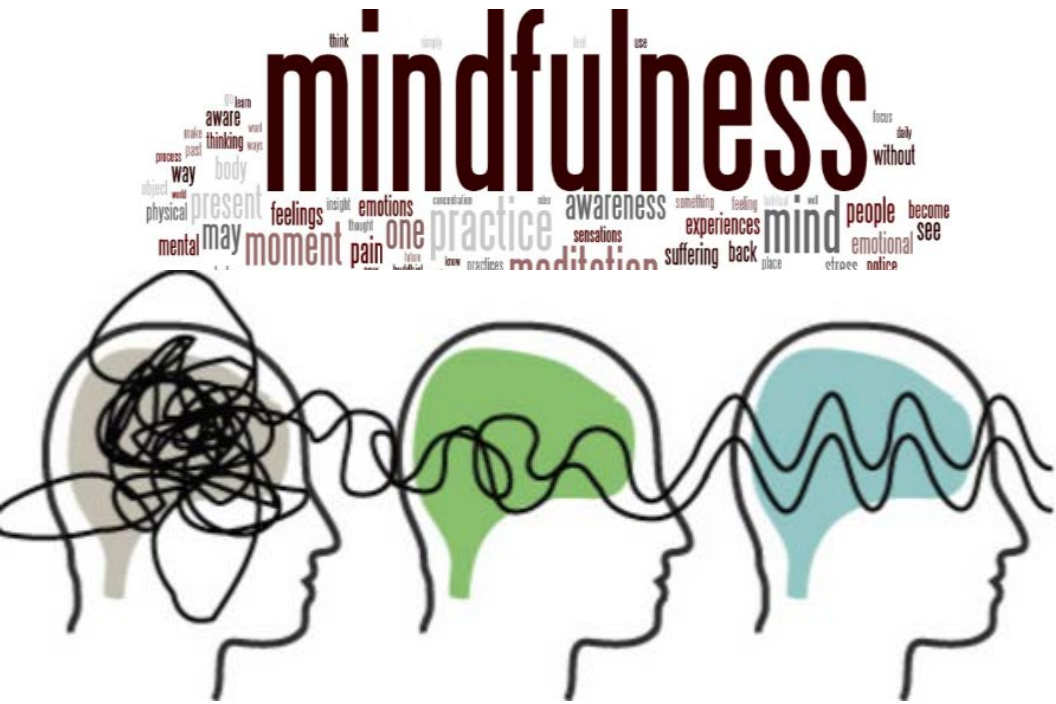
Mindfulness Day 2015



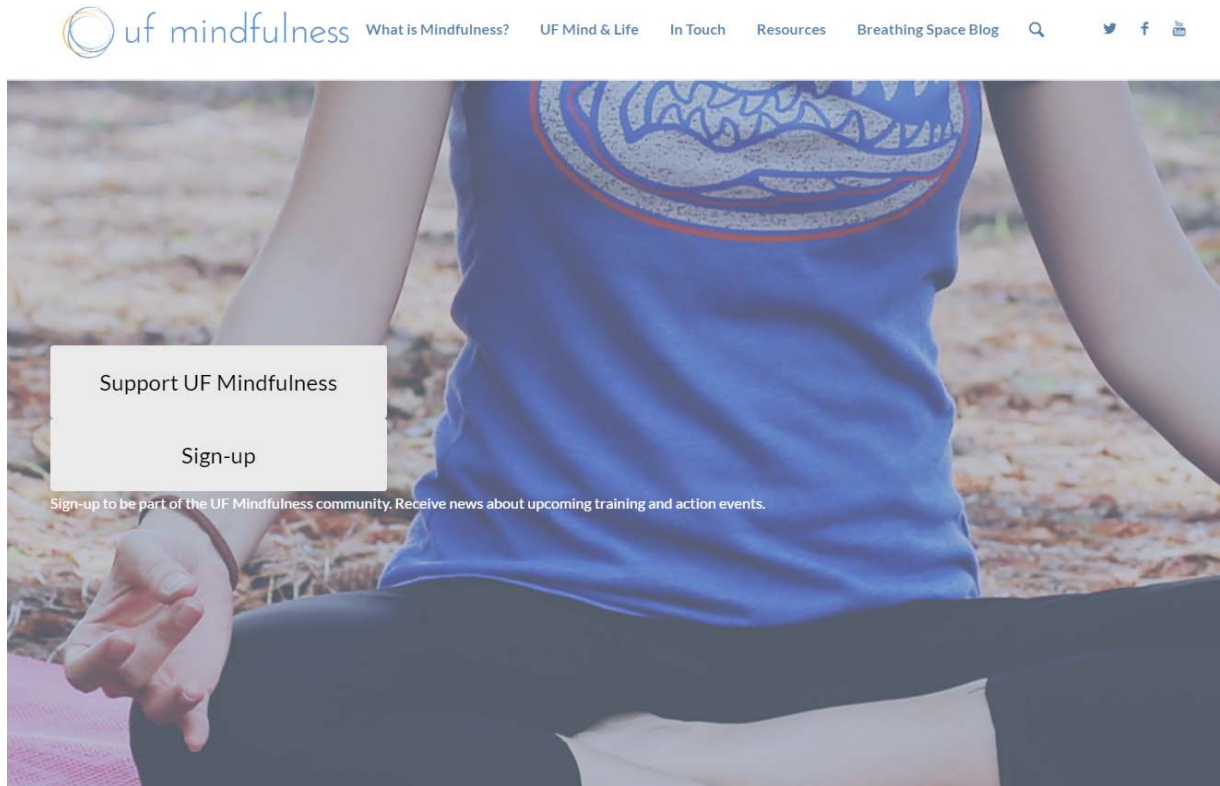
Mindfulness Wave Teachings

Mindfulness Day 2016





<https://mindfulness.ufl.edu/>



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