2015 CALS Teaching Enhancement Symposium

Session: Unlocking Creativity through Mindfulness – The New Campus-wide UF Mindfulness Program to Enhance Teaching

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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).

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Project web site & blog: http://mindfulness.ufl.edu
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Further Reading: Mindful Teacher, Mindful Education and Mindful Learning


Schoeberlein David, D. Mindful teaching and teaching mindfulness. Wisdom Publ., Boston, MA.


Resources

- Journal of Mindfulness (available via UF elibrary)
- American Mindfulness Research Association: https://goamra.org/ (info@goamra.org).
  Mindfulness research monthly: https://goamra.org/publications/
- www.Mindful.org
- Center for Mindfulness, University of Massachusetts Medical School, Jon Kabat-Zinn: http://www.umassmed.edu/cfm/about-us/people/2-meet-our-faculty/kabat-zinn-profile/.
- Mindfulness – An introduction with Jon Kabat-Zinn: https://www.youtube.com/watch?v=xECxhXDkzpw