



# An Introduction to Mindfulness

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# Mindfulness is...

- ❖ Being attentive to the present moment - body, feelings, thoughts
- ❖ Being gently curious
- ❖ Being with acceptance, noticing without judgment

# Building a mindfulness practice:

- ❖ Make it a formal, regular practice
- ❖ Start small, 3-5 minutes or less
- ❖ Sit comfortably but alert
- ❖ Begin with noticing the breath, then notice body sensations and feelings...
- ❖ Be forgiving of yourself, no pressure to perform
- ❖ End meditation with a few moments of appreciation



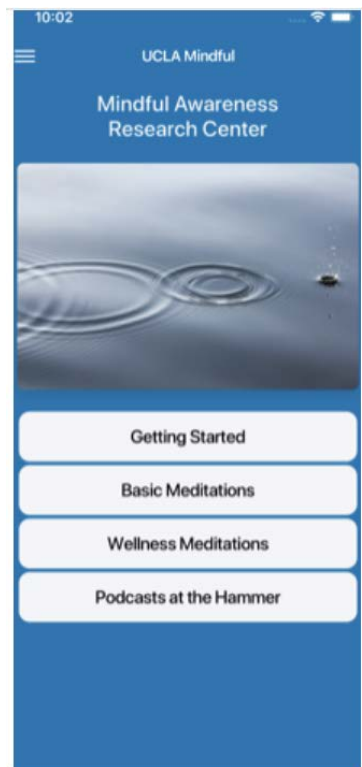
# Some Mindfulness Resources:

- Free **Mid-Day Mindfulness** led by UCSF Spiritual Care Services  
12-12:15 pm, Monday through Friday (except UCSF Health holidays):  
[www.zoom.us](http://www.zoom.us) Webinar ID: 92659911873 Password: 081257
- Free guided Mindfulness meditations from UCLA mindfulness research center <http://marc.ucla.edu/body.cfm?id=22>
- [www.selfcompassion.org](http://www.selfcompassion.org)
- <http://greatergood.berkeley.edu>
- <http://www.mindful.org/>
- <https://osher.ucsf.edu/public-classes/mindfulness-based-stress-reduction-mbsr>



# Mindfulness Apps:

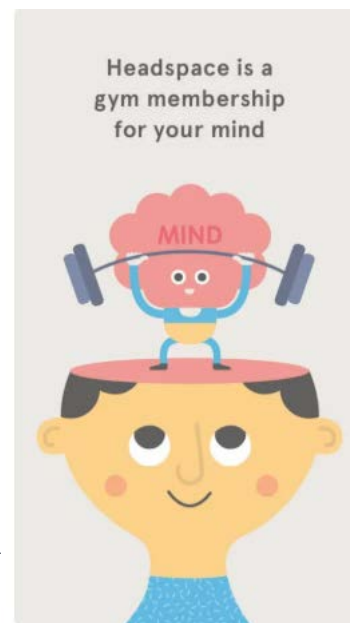
## Insight Timer



## UCLA Mindful

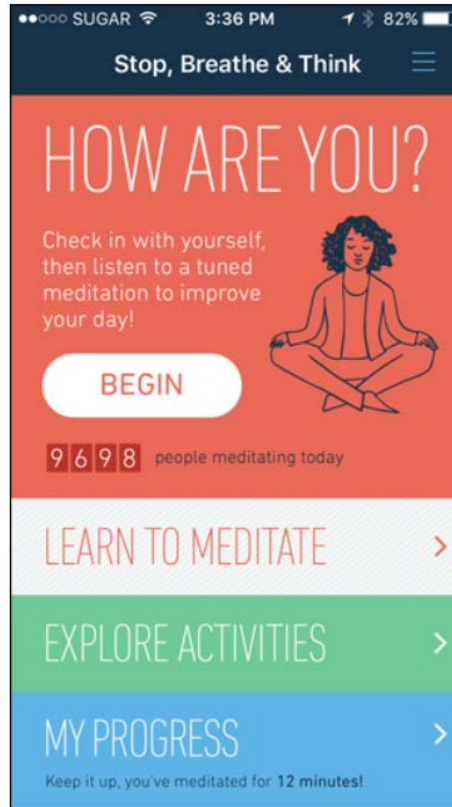
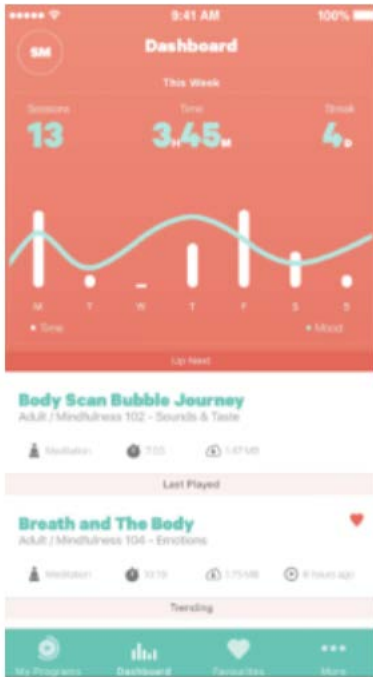


## Headspace



# Mindfulness Apps:

## Smiling Mind



## Stop, Breathe & Think

## 10% Happier

