

UCSF Health



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):
 <u>WWW.ZOOM.US</u> Webinar ID: 92659911873 Password: 081257
- Free guided Mindfulness meditations from UCLA mindfulness research center <u>http://marc.ucla.edu/body.cfm?id=22</u>
- www.selfcompassion.org
- <u>http://greatergood.berkeley.edu</u>
- http://www.mindful.org/



 <u>https://osher.ucsf.edu/public-classes/mindfulness-based-stress-</u> reduction-mbsr

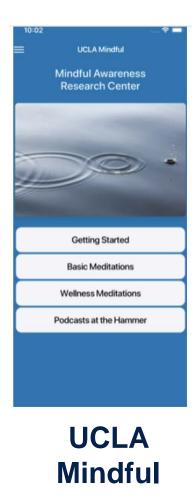
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Mindfulness Apps:

Insight Timer

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Headspace

Headspace is a gym membership for your mind

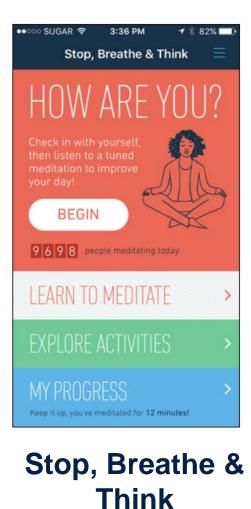




Mindfulness Apps:

Smiling Mind





10% Happier



