



Mindfulness can be defined as paying attention in a particular way; on purpose, in the present moment, nonjudgmentally- Jon Kabat-Zinn

## INTRODUCTION

This online, self-directed program is designed for those interested in cultivating mindfulness in their daily lives. It is important to understand that this is not a form of therapy, but an educational resource.

Mindfulness has been shown to have multiple positive benefits when practiced regularly. Researched benefits include:

- x Reduced Stress
- x Improved memory and concentration
- x Increased emotional regulation
- x Reduction in rumination (the tendency to dwell on certain thoughts/events)
- x Greater relationship satisfaction

Practices and links to guided meditations will be introduced throughout the sessions; the goal is to cultivate mindfulness daily. For those interested, the text *Mindfulness: An eight week plan to finding peace in a frantic world* by Mark Williams and Danny Penman was used in creating this program, and is highly recommended.

Reflective worksheets are provided for tracking practice and gaining insights.

Please be aware:

Mindfulness is not a quick fix to daily problems and can create more stress in the process, as you are learning to hold your attention on aspects in your life that may be difficult. Things you may wish to distance yourself from through distraction or avoidance.

Mindfulness teaches us to lean towards the difficulty in our lives, to view negative thoughts as mental events in an accepting, non-judgmental and non-critical manner. Please ensure that you listen to your body, and if the practice becomes difficult, feel free to take breaks and look after yourself.

Mindfulness is not recommended for some individuals who have had recent trauma, or are in the process of grieving.

If upsetting thoughts or memories arise during your practice, and you require immediate assistance, contact the Distress Centre (403.266.4357) if you are a student from the University of Calgary, or you can connect with the SU Wellness Centre (403.210.9355) for further support.