



Mindfulness—a primer

As we deal with increased levels of stress associated with the pandemic, mindfulness is a popular coping technique that can be relied on to deal with the change, uncertainty, and difficulty of today's world. Throughout the past year, faculty members have had to shift to remote learning and change their teaching routine without the support of face-to-face interaction. In the midst of these challenges, one can rely on the technique of mindful breathing to bring them back to the present moment. Through specific meditations on loving kindness and conscious breathing, it is possible to give ourselves the peace and generosity we seek. Below are some resources to help faculty members embrace this way of being.

Definition of Mindfulness:

1. the quality or state of being conscious or aware of something
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. –Source: Oxford Dictionary

“Mindfulness is the act of bringing one’s attention back to the present moment-- continuously and without judgement. The mind’s habit is to shuttle us from reflecting on the past, to worrying about the future, causing us to spend very little time focused on the present. This disconnection with our present reality has become even more severe with the advent of smartphones, the high levels of stress in our modern day lives, and trauma in our communities.” –Niroga.org

[Center for Mindfulness Studies-Canada](#)

[Mindfulness Based Stress Reduction Training](#)

[Using Mindfulness to Transform School Culture](#)

[Scientific study linking mental health with mindfulness practice](#)

[UCSD Mindfulness Resource Link](#)

Resources:

The Miracle of Mindfulness by Thich Nhat Hanh

Wherever You Go, There You Are by Job Kabat Zinn

Full Catastrophe Living by Job Kabat Zinn

Real Happiness by Sharon Salzberg

tao te ching by Lao Tzu

Being Peace by Thich Nhat Hanh

**This information was written by Heather Wood and provided by the UNM-Valencia Be Kind Committee