

A Taste of Mindfulness for the CCOE

Mindful Observation

Equanimity



What is mindfulness?

- Paying attention in a particular way:
 - On purpose,
 - In the present moment, and
 - Non-judgmentally

- Jon Kabat-Zinn



Another Definition

- A flexible state of mind, in which we are
 - Actively engaged in the present,
 - Noticing new things, and
 - Sensitive to context



(Langer, 2000)

How much did you enjoy the task?

Turn uninteresting or unpalatable activities into interesting ones:

Ask people to find **new** things about it.

Are horses herbivores?

Are horses herbivores?



Meat

The thought of horses eating meat can seem unappetizing at first, but when you consider that horses consume bugs and even small rodents when grazing outside, it is not hard to imagine a horse chowing down on a burger. Ralston says, **"Hot dog- and meat-eating horses are not uncommon.** If the meat is safe for human consumption, it probably would not hurt a horse."

<http://www.thehorse.com/articles/14710/my-horse-will-eat-drink>

Lesson Learned:

Beware what gets presented as “facts” -
Often, they are a matter of CONTEXT

America was
discovered in
1492!



Um...yeah...
so, about
that...



“Premature cognitive commitment”

= Mindless Thought

- Meaning is **frozen**:
 - Individual commits to using info in a **predetermined way**
 - No alternate **perspectives**
 - No alternate **uses**

What could it be?

- Presenting “facts” as “probabilities” leads to more divergent, creative thinking:



This could be a dog's chew toy.

The art of “conditional language”

... it *could* be the difference between mindless and mindful learning!



What are some outcomes we see?

- Better creative thought
- Improved self-acceptance
- Decreased burnout
- Reduced stress
- Increased well-being

Think about it:

Brainstorm:

- In your [future] profession, how might you personally use some of what you learned today?
- How might you use some of what you learned today *with those you serve* (students, clients, athletes, employees)? Or would you?

Sources

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