

A Taste of Mindfulness for the CCOE

How can mindfulness positively
impact you?

What is mindfulness?

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

- Jon Kabat-Zinn



How can mindfulness be practiced?

With focus on:

- Breath
- Whole body/body scan
- Body movement
- **Feelings**
- Senses
- **Thoughts**
- Intentions
- Observations

**Mindfulness Moment: A
Happy Memory**





Find a happy memory. The scent or taste of your selected candy may help.



Why focus on happy memories (or positive emotions)?

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Bad Is Stronger Than Good

Roy F. Baumeister and Ellen Bratslavsky
Case Western Reserve University

Catrin Finkenauer
Free University of Amsterdam

Kathleen D. Vohs
Case Western Reserve University

The greater power of bad events over good ones is found in everyday events, major life events (e.g., trauma), close relationship outcomes, social network patterns, interpersonal interactions, and learning processes. Bad emotions, bad parents, and bad feedback have more impact than good ones, and bad information is processed more thoroughly than good. The self is more motivated to avoid bad self-definitions than to pursue good ones. Bad impressions and bad stereotypes are quicker to form and more resistant to disconfirmation than good ones. Various explanations such as diagnosticity and salience help explain some findings, but the greater power of bad events is still found when such variables are controlled. Hardly any exceptions (indicating greater power of good) can be found. Taken together, these findings suggest that bad is stronger than good, as a general principle across a broad range of psychological phenomena.

“The neurons that fire together, wire together.”

What are some outcomes we see?

Positive emotions lead to ...

- Creativity
- Receptive and flexible thought
- Better interpersonal relationships
- Broadened “thought-action repertoires” (as opposed to narrowed ones induced by negative emotions)
- Physiological recovery from effects of negative emotions/decreased stress
- Resilience
- Life satisfaction, positive affect

Group Instructions (7 minutes):

- Consider your experiences of the “happy memories” exercise

Brainstorm:

- In your [future] profession, how might you personally use some of what you learned today **about mindfulness of happy memories?**
- 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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