

Why Mindfulness

Mindfulness is the ability to gather one's attention and hold it in the present moment. It is about observing the moment before you with all of your senses with a non-judgmental attitude. This present moment awareness allows us to notice what is happening in the here and now rather than being caught up in the worries of the future or reliving past experiences.

Benefits of a Mindfulness Practice:

- Improves focus/attention
- Better sleep
- Increases resilience
- Enhances emotion regulation
- Improves compassion for others (& self!)
- Decreases self-judgment
- Promotes healthy relationships
- Decreases stereotyping
- Improves problem solving & decision making



Build and Grow Your Mindfulness Practice:

- **Mindfulness Classes (Koru Basics & 2.0):** Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, & stress management. These virtual 4-session courses guide participants in 'building their mindfulness muscle' through supported daily practice.
Dates & times vary: To sign up for an upcoming class, [click here](#)
- **Mindful 20:** Virtual guided meditations led by Health Advocate Leaders from Health Promotion. Featuring a special guest facilitator 1x per week. Special guest facilitators will be scheduled in advanced and include a diverse lineup of administrators, faculty, staff, students, alumni and friends.
Monday-Friday 2:00-2:20pm (20 minutes)
On Microsoft Teams: <https://tinyurl.com/y83hj9ma>
- **Mindful Movement:** Virtual guided chair yoga poses. Simple stretches to relieve physical tension and promote relaxation of the mind and body.
Monday-Thursday 3:00-3:15pm (15 minutes)
On Microsoft Teams: <https://tinyurl.com/y3be328f>
- **Beginner Mat Yoga:** Flow yoga for every body type & level.
Mondays & Wednesdays from 12:05-12:50pm
SAC E Gym (in-person)
&/or On Microsoft Teams: <https://cutt.ly/FgDCtyP>
- **Proposed Event: Sky Happiness Spring Break Retreat:** The SKY Happiness Retreat is a comprehensive wellness program taught over 3 days that trains participants in the evidence-based SKY meditation practice, breath-work, yoga, social connection, and mindful leadership. SKY has been shown to significantly benefit six well-being outcomes - depression, stress, mental health, mindfulness, positive affect, and social connectedness compared to state-of-the-art well-being interventions.¹ Helpful Links: [SKY Campus Happiness](#) & [Yale Research Highlights Video](#)
Proposed Dates: During UofL's Spring Break 3/4-3/6

¹ <https://news.yale.edu/2020/07/27/improve-students-mental-health-yale-study-finds-teach-them-breathe>

