

# Everyday Mindfulness

or

## Life and the Practice of Mindfulness, Part II

### FCS Agent Update (Feb. 2017)

Donna Krug  
John Krug  
Debra Bolton  
Charlotte Shoup Olsen

Mindfulness is an awareness of  
the present moment.

- ✓ Calms you down
- ✓ Relieves stress
- ✓ **Improves physical health**
- ✓ **Improves mental health**

# What is the State of the Evidence?

Is mindfulness effective?

How does mindfulness work?

How does it impact the brain and body?

University of Minnesota  
*“Taking Charge of Your  
Health and Well-being”*

# Brain imaging studies



50,000  
thoughts daily

***“Our thoughts become  
our reality.”***

*(Morgan, 2014)*

# Mindfulness is based on seven principles:

Non-judging

Patience

Beginner's mind

Trust

Non-striving

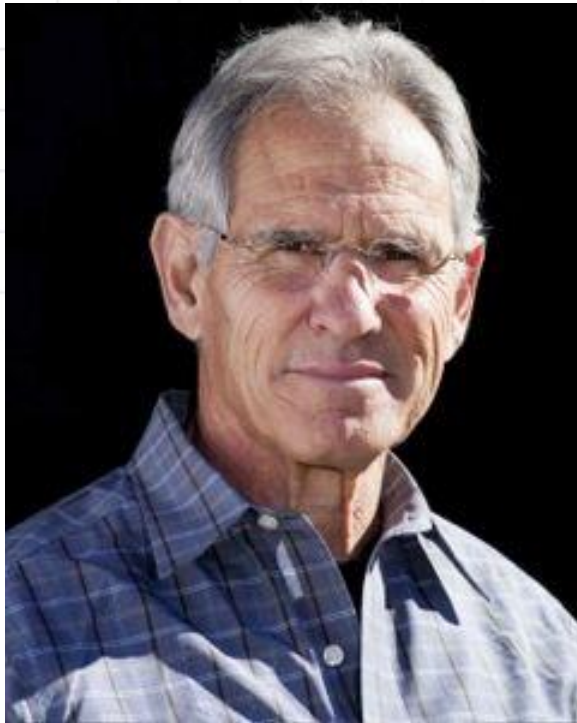
Acceptance

Letting go

# Without Judgment

- Volunteer your time
- Learn from others
- Put a face on those you don't understand or fear
- Be an empiricist
- Remember that difference is just difference
- Observe *mindful* value comparisons

# Mindfulness-Based Stress Reduction (MBSR)



Dr. Jon Kabat-Zinn  
Ph.D. in molecular biology  
Professor of Medicine  
Emeritus  
U. of Massachusetts  
Medical School  
Founder of MBSR Clinic



# Extension Ed **TALKS**

“Mindful Meditation  
With Dō – In”

# Mindfulness in School

<http://www.cnn.com/videos/health/2016/11/04/baltimore-school-replaces-detention-meditation-orig.cnn>

**K·STATE**  
Research and Extension

Extension Ed Talks

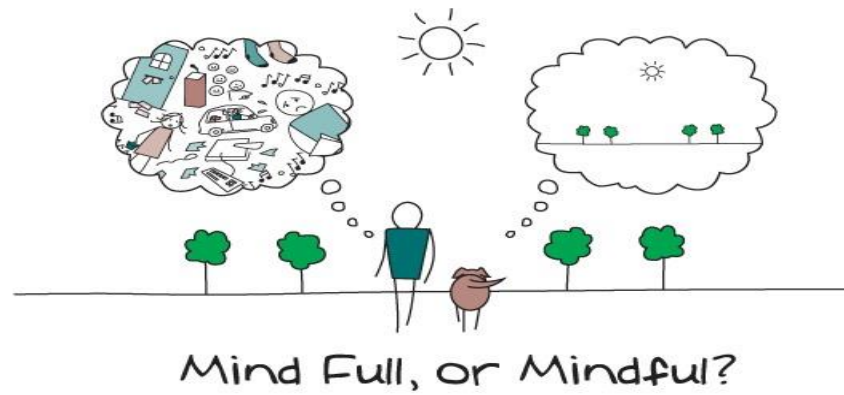


# Disclaimer

- The session “Mindful Meditation with Do-In” provides general information about these topics. Not all exercise is suitable for everyone, so do take care. To reduce the risk of injury consult your doctor before beginning this or any exercise program, especially if you have any chronic or recurring condition.



# An Introduction to Mindfulness



# Dō-In - an introduction to self-shiatsu and meditation

- Part 1 – Guided meditation
- Part 2 – Dō-In exercises including tapping of the meridians



Dō - In



Imagine you are holding a lotus flower



*Thank you!!*

*And thank you for completing  
our survey.*