

mindfulness

The art of being

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*What is mindfulness?

“**Mindfulness** is a state of active, open attention on the present. When you're **mindful**, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, **mindfulness** means living in the moment and awakening to experience.”

The act of observing or witnessing what is.

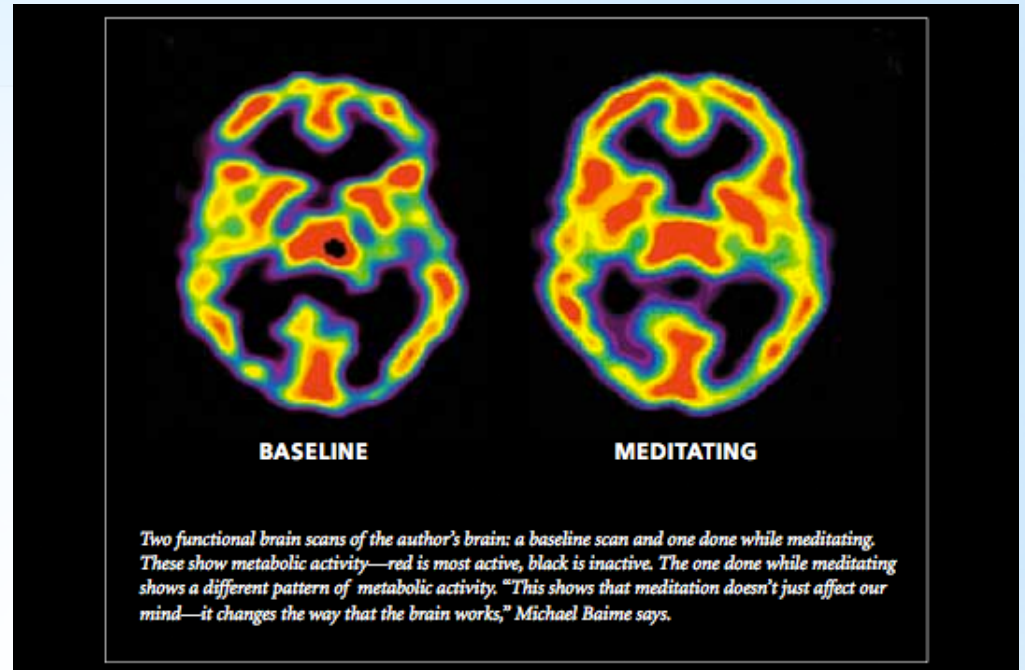


Quiet your mind. Be in the moment.

Negative thoughts cause negative chemical reactions or changes in the brain

Mindful meditation causes positive changes to the prefrontal cortex—the area critical to thoughts/ feelings and regulation of stress

Moderate meditation for 3 months at the novice level has been shown to significantly reduce cortisol levels—a stress hormone



* **Why does mindfulness matter?**



* Mindfulness and learning

- * Stress can cause neuronal damage
- * Stress activates the amygdala, the part of your brain that hijacks your attention, thinking, and decision making
- * Stress can interfere with your ability to recall learned information
- * Mindfulness regulates stress, emotion and attention
- * Mindfulness improves executive function, cognitive flexibility, short and long term memory



- * Stress management
- * Attention/
Concentration
- * Memorization
- * Recall
- * Happiness
- * Health

* **Mindfulness as a law student**

Mindful breath



Mindful spine



Mindful movement



Mindful listening



Mindful eating



* Mindfulness exercises



- * Start small
- * Build your practice
- * Mindful moments
- * Meditation
- * Yoga
- * Tai-chi
- * Qi gong

* How to use mindfulness in your daily life

UCLA Mindfulness Awareness Research Center

Free guided meditations:

<http://marc.ucla.edu/body.cfm?id=22>

Andy Puddicombe: All it Takes is 10 Mindful Minutes

http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en

UMASS Medical School, Center for Mindfulness:

<http://www.umassmed.edu/cfm/>

NY Times:

http://www.nytimes.com/2012/12/16/opinion/sunday/the-power-of-concentration.html?pagewanted=all&_r=0

UC Berkeley School of Law :

<http://www.law.berkeley.edu/mindfulness.htm>

University of Miami School of Law:

<http://www.miamimindfulness.org/index.html>

<https://itunes.apple.com/us/podcast/mindful-law-student-podcast/id333642406?mt=2>

<http://themandfullawstudent.com/>

Bar and Court Resources:

<http://www.supremecourt.ohio.gov/Boards/OJFN/resources/meditation.asp>

<http://mindfulnessinlawcommittee.com/>

Local Resource:

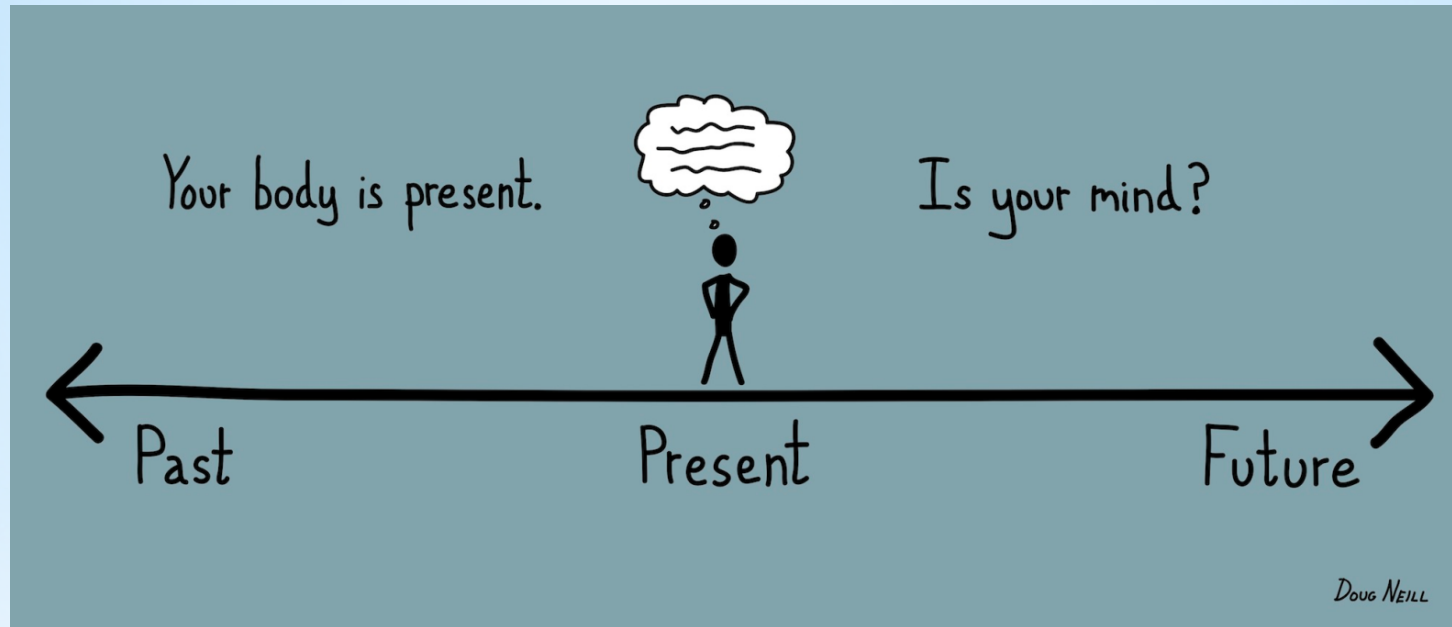
<http://floridamindfulness.org/practice/sangha/stpetersburg>

PBS

<http://www.pbs.org/thisemotionallife/blogs/practicing-mindfulness>



From your friends in Academic Success
and Bar Preparation:



* Take time to have a mindful moment today