



Diana Winston: Introduction to mindfulness 1.1

Director of mindfulness education at UCLA's Mindful Awareness Research Center. Discover what is mindfulness and how it works.

TOP EMBODIMENT TIP: Breathing in I calm the breath, breathing out I smile. Living in the present moment, it's a wonderful moment (following Thich Nhat Hanh). Enjoy the moment.

What is Mindfulness: Coming back to the body in the present moment

- Mindfulness is paying attention to present moment experiences with openness, curiosity and a willingness to be with that experience.
- A practice to navigate these challenging times.

Scientific Evidence: Health research

- Inflammation: mindfulness beneficially impacts genetic markers of inflammation.
- Psoriasis: skin cleared twice as fast in mindfulness patients during treatment.
- Anxiety and depression: being in the present moment increases our well-being.
- ADHD: 8-week mindfulness protocol was linked to improvement of ADD symptoms and conflict resolution.
- Neuroplasticity: in advanced meditators the brain is thicker in the insula and prefrontal cortex and in 8 weeks of practice there were changes in the thickness of the gray matter in the hippocampus, the temporal/parietal junction, the posterior cingulum and the amygdala. We can create new neural pathways at any time

How does Mindfulness Work: Counteracts automaticity

- It is something we already know and experience when fully appreciating the present moment in our life.
- The Q&A discusses how to deal with meditating while being with/feeling: disturbed, anger, fatigue, falling asleep, wishing the present moment to be different etc..

Resources

- ❖ **Website:** <https://dianawinston.com>
- ❖ **Website:** <https://www.uclahealth.org/marc/>



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