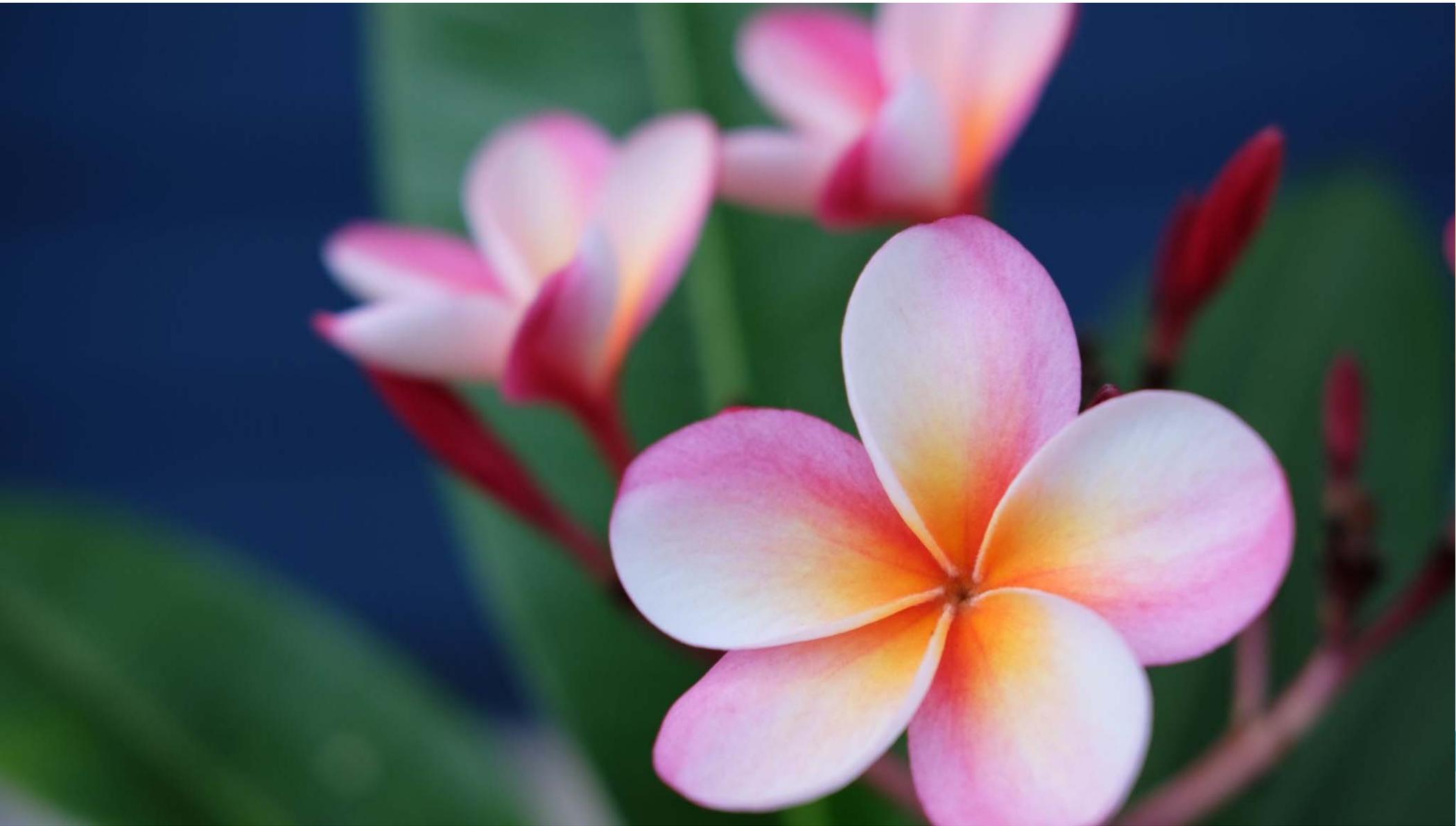


# Mindfulness Moment



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The UC San Diego **Centers for Integrative Health** is home to five Centers that have transformed medicine at UC San Diego and have global impact.

## Self-Compassion Training for Healthcare Communities (SCHC)

Registration Fee: \$250 Special Fall Pricing!

UCSD Employee & Student Fee: \$200

Date	Day & Time	Register	Teacher(S)	Location
October 14 - November 18, 2022	<b>Fridays</b> 12 pm -1:15 pm PT	Register Online	Deborah Rana & Marta Patterson	Online

<https://cih.ucsd.edu/mindfulness/free-sessions>

## Introduction To Mindfulness

Registration Fee: \$175 Special Fall Pricing!

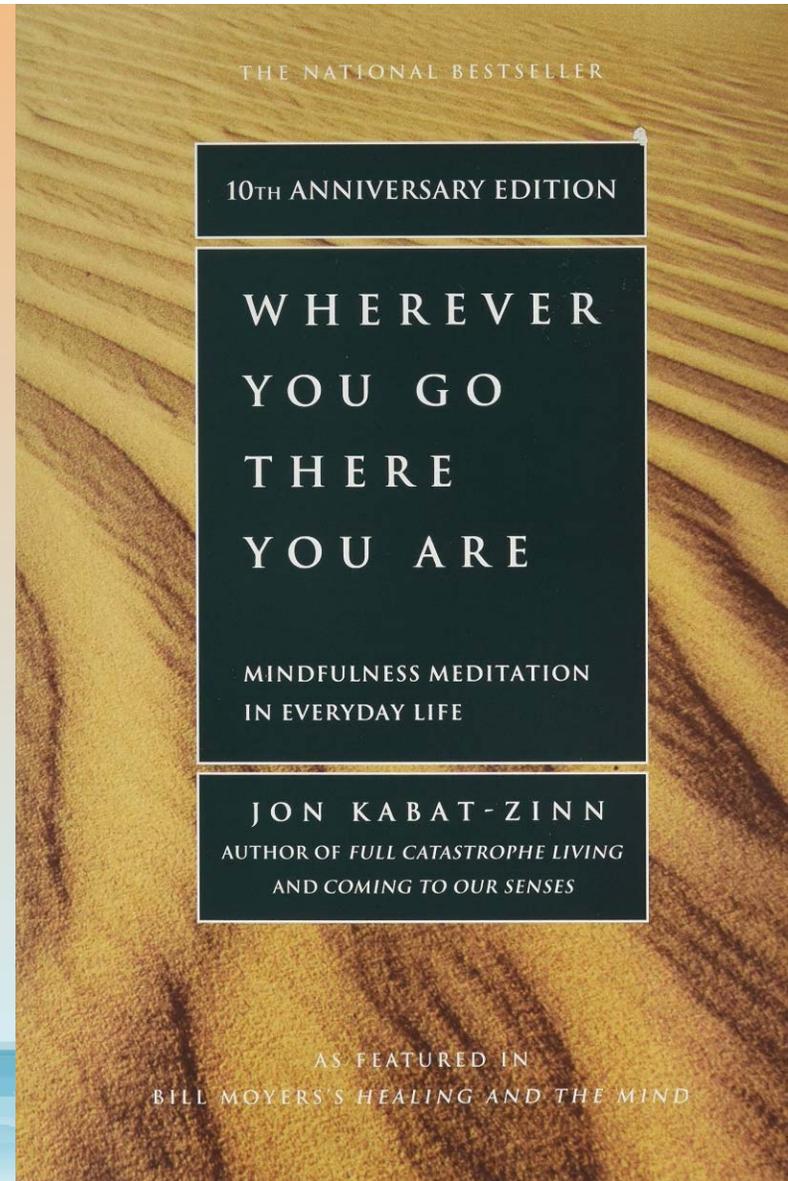
Date	Day & Time	Register	Teacher(S)	Location
October 27 - December 8, 2022-- NO CLASS on November 24, 2022	<b>Thursdays</b> 1 pm - 2:30 pm PT	Register Online	Renee Lewis	Online

# What is Mindfulness?

Paying attention, on purpose, in a particular way

Moment to moment, nonjudgmental awareness of your experience

Meeting things as they are, with kindness and curiosity



## Psychological

- Less depression, anxiety, stress
- Greater resilience, better relationships
- Less rumination, better emotion regulation

## Physical

- Improved immunity, reduced inflammation, lower blood pressure, less pain, improved sleep
- Shift in default mode network, increases density and thickness of cortex
- May affect telomerase and telomeres

## At Work

- Less emotional exhaustion, more job satisfaction, reduced distractions/mind-wandering
- Improved visual-spatial processing, working memory, executive functioning, cognitive flexibility
- Reduced implicit bias

**"WHAT YOU  
RESIST,  
PERSISTS."**



UCSD  
Center for  
Mindfulness

# Experiential Avoidance



## Why Radical Acceptance Matters

Suffering = Pain + non-acceptance of the pain



Present-moment focus

Awareness of thoughts, feelings,  
and body sensations/breathing

Nonjudging, nonevaluative

Accepting, allowing

Non-striving, effortless

Gentle, kind, compassionate







<https://cih.ucsd.edu/mindfulness>

