Student Perspective:
“How Mindfulness Can Enhance Student Life”

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I Begin With Gratitude

Sabine Grunwald, UF Mindfulness Founder
Jan Snyder, Gainesville Shambhala Sangha Group Coordinator
Members, Gainesville Shambhala Sangha
Mom and Dad, Founder of Me!
& All of You!

“Angel Heart”
-Jacqueline Stigman
Welcome, Students!

- Students of Academia, Mindfulness, Life...
- Class is Here, Now, & In Session
Mindfulness

the discipline of presence
Invitation to Breathe

- Take 3 deep breaths
- Be Still
- Be Here
- Be Just Exactly Who You Are
- “This is the Anchor”
Who Am I?

- Student of...
  - Occupational Therapy
  - Spirituality/ Divinity
  - Diversity
  - Compassion
  - Service
Students at The Swamp

Common UF Student Profile:

- We are all high achievers
- We all have passionate, driven work ethics
- We hunger for A’s... or at least to pass
- We experience anxiety, depression, doubt, sense of insufficiency
- Don’t like the Seminoles
Potential Solution

- Release self judgment of your thoughts
Potential Solution

- Be Still
- Love Yourself Unconditionally/Be Your Own Buddy
- So Easy... It’s Difficult!
Potential Solution

- Breathe
- Follow the breath
- Follow the rhythm
How Do We Accomplish This at UF?

Practice Mindfulness Each Day

Where?
- Not just a cushion
- On the bus
- Walking to class
- Eating lunch
- Sipping on Starbucks

Ponder...
- Why are you here?
- For whom are you here?
- Who will you serve?
- Is your heart in the field?
How Do We Accomplish This at UF?

“BREATHE the BREATH”

Be Still.
Remember,
Everyone
At
Times Thinks,
Holy crap...
Enough!

Be Gentle
Release
Experience
Acknowledge
Trust
Heal
Straight from Harvard... *Mindfulness Practice Leads to Increase in Regional Brain Gray Matter Density* (Hölzel BK, Carmody J, Vangel M, et al., 2011)

- Specific Components Affected: Learning, Cognition, Memory, Emotion Regulation, Anxiety, Fear, Stress, Self-Awareness, and Perspective Taking

*Mindfulness meditation and the immune system: a systematic review of randomized control trials* (Black DS & Slavich GM., 2016)

- Suggest possible effects on specific markers of inflammation, cell immunity, and biological aging

American Mindfulness Research Association

Support is growing exponentially!
Questions/Comments?
Namaste

-The Light in me sees and honors the Light in You-


3. Images taken from Google Images