

A Visit to the Present

Potential Benefits of Inclusion of Mindfulness in Study Abroad Programs

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January 30 at 4:15PM in **Gorecki 120**

Abstract: In this Thursday Forum, we will explore benefits of inclusion of mindfulness in the study abroad setting. We will describe some of the theory behind contemplative pedagogy, and will offer examples of how mindfulness strategies were employed successfully in two of CSBSJU's recent study abroad programs.

What is Contemplative Pedagogy?

- A holistic approach to education that uses forms of introspection balancing *third-person study* and *critical first-person reflection* (Roth, 2014; Roth, 2006).
- An integrated and experiential approach to learning leading to deeper insight allowing students to see connections and relationships between course content, themselves, and the larger community (Barbezat & Bush, 2014).

Contemplative Pedagogy in Higher Ed

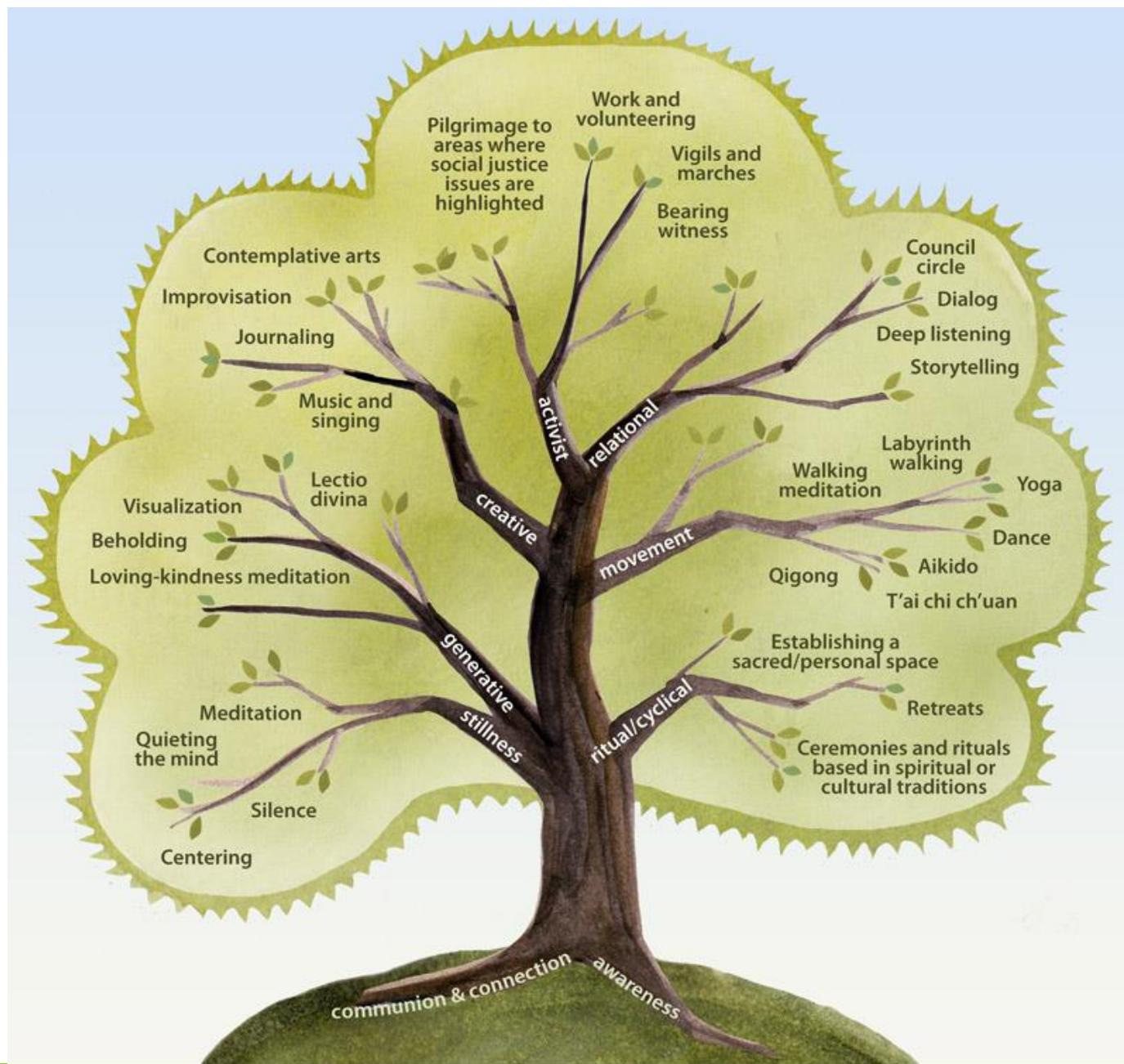
- The Center for Contemplative Mind in Society
- Columbia University Conference & *Teachers College Record*
- Association for Contemplative Mind in Higher Education
- *Journal of Contemplative Inquiry*

“The practical legacy of the modernist tradition is a compartmentalized, fragmented way of learning and teaching, **dualistic** alienation of body from mind, emotion from intellect, humans from nature, and art from science, whereas the basis of **contemplative understanding is wholeness, unity, integration.**”

- Mirabai Bush
(Hill, 2006, p. 1723)

Contemplative Pedagogy & Intercultural Education

- “The ability to use self-reflexive consciousness in such a way as to construct alternative cultures and move into alternative experience is the crux of intercultural adaptation.” (Bennett, 2012, p. 101)
- “Awareness of our own mental processes [metacognition] is perhaps the greatest step in developing mental maturity, and thus transformation.” (Zull, 2012, p. 183)



The Tree of Contemplative Practices

www.contemplativemind.org

A Definition of Mindfulness

- Jon Kabat Zinn defines mindfulness as “**moment-to-moment awareness**” that is sought through a “**systematic approach** to developing new kinds of control and wisdom in our lives, based on inner capacities for relaxation, **paying attention, awareness, and insight**”.
- **More simply**: “Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally”



Mindfulness Research

- Even minimal exposure (as few as five days) to meditation techniques can **increase attention and self-regulation** (Tang et al., 2007).
- Mindfulness practice leads to **increased connection to others**, generosity, and loving kindness; deepened understanding of course material; and increased creativity and insight (Barbezat & Bush, 2014).
- Mindfulness has also been shown to have an **effect on one's worldview** by the reflective practice of enlarging how one identifies and conceives of oneself (Holzel et al., 2011).

Some Thoughts

- Two most impactful practices in undergraduate education:
Study Abroad and Research
- Mindfulness in science class – 2 examples

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Study Abroad Learning Goals

“Where the **tourist** remains essentially unchanged, the **sojourner** has the opportunity to learn and be educated, acquiring the capacity to critique and improve their own and others’ conditions”

--Michael Byram, *Teaching and Assessing Intercultural Communicative Competence*, p. 2

CANNES 2018: *Learning French Contemporary Culture through the Five Senses (and beyond...)*

FOUNDATIONAL PRINCIPLES:

- Lens of mindfulness
- Use of the five senses

CANNES 2018: *Learning French Contemporary Culture through the Five Senses (and beyond...)*

THREE MODULES:

1. Learning of Other through the Five Senses (Experience)
2. Learning of Self through the Other (Reflection)
3. Engagement/Action for the Future (Action)

FOUNDATIONAL PRINCIPLES: Mindfulness and the Senses

Selected Readings

- Jon Kabat-Zinn, *Mindfulness for Beginners and Coming to our Senses*
- Thich Nhat Hahn, *The Miracle of Mindfulness and Peace is Every Step*
- Alain DeBotton, *The Art of Travel*
- Brené Brown, *The Gifts of Imperfection*

Film Screenings

- *The Red Balloon*
- *Babette's Feast*

CANNES 2018: *Learning French Contemporary Culture through the Five Senses (and beyond...)*

- Sight
- Smell
- Hearing
- Taste
- Touch
- Proprioception
- Interoception

FOUNDATIONAL PRINCIPLES: Mindfulness and the Senses

EXPERIENTIAL LEARNING OPPORTUNITIES

- Sight—*visio divina* (Musée Bonnard, Musée Picasso)
- Smell—visit to Grasse and parfumeries
- Hearing— *audio divina* (classical concert with members of the Orchestre de Cannes)
- Taste—blind dinner
- Touch—grape harvest, making bread, horseback riding in the Camargue
- FOLLOW UP: STRUCTURED JOURNAL ENTRIES AND SHORT REFLECTIONS

FOUNDATIONAL PRINCIPLES: Mindfulness and the Senses

EXAMPLES OF SHORT REFLECTIONS

- *First Impressions*
- *A Day of Mindfulness*
- *Traveling at Home*

- *Become an Anthropologist I and II*
- *Cultural Inventory*
- *What is my Host Culture*

- Final paper: short travel memoir/guide (senses and mindfulness)

CONTENT ANALYSIS

- 1. Increased awareness/mindfulness**
- 2. Learning of Other**
- 3. Self-Discovery through Other**
- 4. Engagement/Action for the Future**

CONTENT ANALYSIS: Increased Awareness/Mindfulness

- “[Experiencing] France with curiosity, an open-mind and a generally conscious evaluation of my five senses **transformed me into the more mindful and culturally-aware human being I am today.** [...] how beneficial and eye-opening it is to integrate into another’s culture”
- “[...] when I experience a cultural difference with respect to the French culture that may inconvenience me or be unpleasant, **I am more likely to take a deep breath and evaluate the situation with a mindful and culturally aware eye**”
- “**if things shock or upset you, just relax and think about why it’s upset you and made you think whatever you’re thinking**”
- “while I was going at a leisurely pace and I was taking time to enjoy what was around me, **I accomplished more.** I think this is **because of having intention** in what I am doing in the mindfulness way”

CONTENT ANALYSIS: Increased Awareness/Mindfulness

- “When you explore and observe **you learn new things about previous assumptions and it changes that image within your head**”
- “I have found that when I went through the motions of the morning mindfully, **I felt less anxious**”
- “I discovered the power of my own senses in creating memories. **If I focus on my senses, the moment makes a stronger impression** and I can then keep that treasure for longer”
- “If I don’t judge the way I look in the morning, or the way I walk, or the things I write, then **I’ll be better at not judging the way that other people look, the way they walk, or the things they write**”

CONTENT ANALYSIS: Learning of Other

- “Prior to arriving in France, **I had made a very ethnocentric and wrong assumption** that practically everyone would know and speak English with me when they heard me struggling”
- “I think this practice [saying “Bonjour” and “Merci, au revoir” in stores] shows respect for one another and **I value this norm very much [...] this is something I wish Americans would pick up on and practice more often”**

CONTENT ANALYSIS: Self-Discovery through Other

- **“Overall, I’ve learned a lot about French culture, but more than anything else, I’ve learned about American culture because of the way that my behaviors are suddenly contrasting to those around me”**
- **“Living in a new culture has made me a better person, both by adopting certain views of my host culture, and by analyzing certain views of theirs that I don’t agree with. At the very least, I at last understand the roots of those views better, and thus, I know myself better through this process of cultural reflection”**

CONTENT ANALYSIS: Self-Discovery through Other

- “As a result of my cultural experiences this semester, **I am learning to view things from the “other” perspective more often.** I have always been a firm believer in a positive attitude, so **incorporating this mental technique assists me with that.** Instead of being upset that they do not dress lazily like me, I have begun appreciating how nicely everyone dresses and how much effort they put in to look nice each day”
- “It’s important to explore, be confused, be uncomfortable (within reason), and expose yourself to new things. **Growth is the production of cultural conflict. Cultural conflict is to be worked through and learned from, just like all things that bring us discomfort. That process is essential to living one’s best life”**

CONTENT ANALYSIS: Engagement/Action for the Future

- “[upon returning home] I think it will be important to **readjust my frame of mind** with regard to my own culture and **adopt the same mindful, non-judgmental attitude that I have for my host culture**”
- “I have learned to become patient and realize that **it’s okay to take things at a slow pace** sometimes. Little things such as taking my time to eat and not just shoving food down my face. Appreciating the things around me and the kind of impact they leave on me. [...] I have learned to really **stay in the moment and be present with what I am experience[ing]**”
- “This is something that I believe is crucial to **remember and remind ourselves of often[: t]o be in awe of our creation** and remember how beautiful it is for us to be where we are in this moment”



CONCLUSIONS

- Effective model: Experience, Reflect and Act
- A more fine-tuned perceptive acuity
- Allowed for reflection and discernment of Other and of Self

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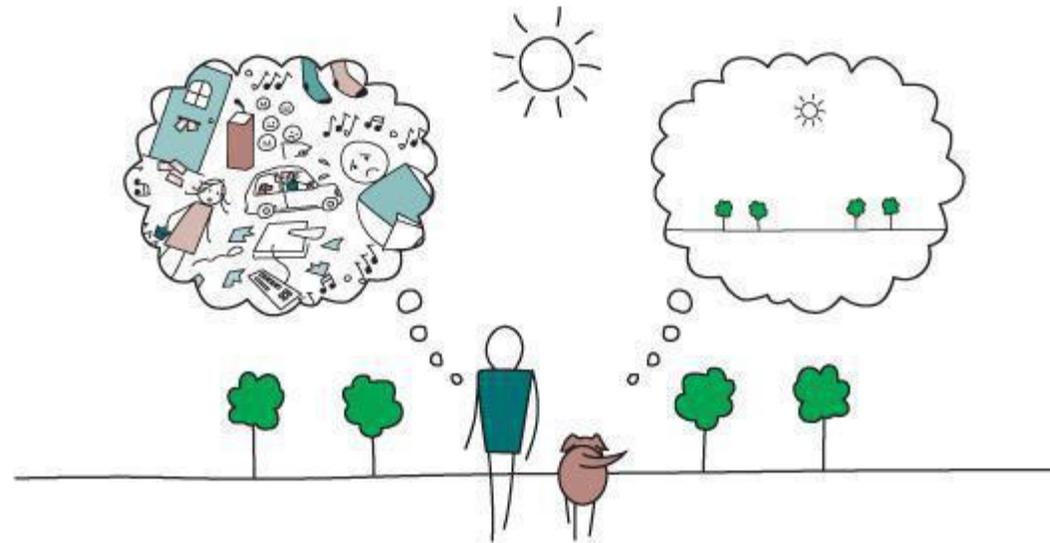
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Mindfulness Matters

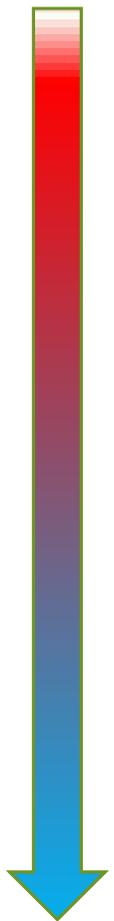


Mind Full, or Mindful?

Dani Ulrich Jakubowski, Ph.D., ABPP, LP

Progression of Practices

Simplest



Complex

Breath Awareness

Body Awareness

Sensory Mindfulness

Movement

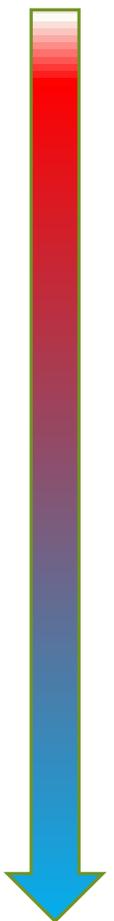
Imagery

Gratitude

Self-Compassion

Two Hands

Settling



Insight

Why Does Mindfulness Matter?

Mindfulness is the capacity to intentionally control your attention. This skill will allow you to:

- Observe both your inner and outer experiences as you are exposed to a new culture.
- Develop the capacity to step back from your experience and to observe yourself and others without judgement.
- Shift from reacting to your new experiences with “autopilot” based on your own culture (familial, regional, national) and habits to a capacity to reflect and thoughtfully respond.

Why Does Mindfulness Matter?

Research has shown that the regular use of mindfulness skills:

- Increases openness to experience
- Decreases stress responses and anxiety which close us off and make us brace up
- Improves Emotional Well-Being and Enhances Calming skills

What is Mindfulness?

Learning to be in the Present moment rather than being:

- On autopilot-
- Lost in the chatter
- Hijacked by automatic “fight or flight” emotions
- bracing up/defending/judging
- At the mercy of constant, old inner tapes, habits
- Constantly distracted



What is Mindfulness?

Intentional Awareness

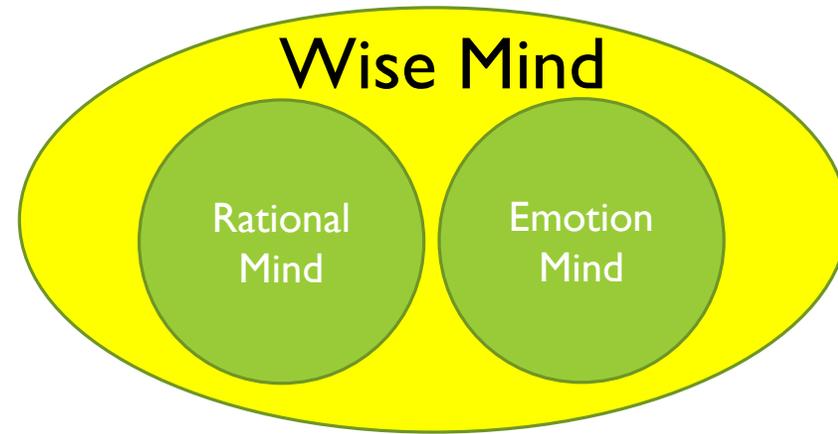
Choosing what we pay attention to

Non-judgmental awareness

Observing both inner and outer experience

- Thoughts
- Feelings
- Body sensations





Nonjudgmental Mindfulness allow us to:

- be aware of our own inner and outer experience and our body's reactions
- respond to situations with choice
- be open to and curious about others and new experiences
- chose new, open, kinder and healthier responses

Mindfulness Assignments

Summer Assignments- (4)

Guided Meditations I & II:

- Write a short reflection (a paragraph) about a guided meditation from June.
- Write a short review of your favorite guided meditation.

Reflection: Part 1 of Peace is Every Step by Thich Nhat Hanh :

Pick 3 below about incorporating mindfulness in our every day life and write a reflection.

- The dandelion has my smile
- Present moment, wonderful moment
- Thinking less (Dr J - I wish could do that!)
- Sitting Anywhere
- The Eucharist
- Eating Mindfully.

Simple Mindfulness Practices



Breath Awareness

- In cool/out warm
- Belly rising and falling

Counted Breath

- Breathing in 1/ breathing out 1
- In for 3 out for 5 through pursed lips

Resources: Insight timer

- 5 Minute Mini Meditation-Suzi von Mensenkampff
- Coming home to Being (21 minutes)-Tara Brach
- Breath Meditation (10 min)-Sharon Salzberg

Simple Mindfulness Practices

Breath awareness with a Phrase

- Belly soft/letting go
- I breath in peace/breathing out I smile
- A comfort phrase: the lord is my shepherd/I shall not want

Five Senses Mindfulness

Mindful Eating

Mindful Drinking



Mindful Body Calming

Mindfulness with Movement

- Yoga breathing
- Balloon breathing

Walking meditation

- Breathing in while counting steps
- Breathing out while counting steps
- Feel your feet “kiss the earth”
- Phrases with steps e.g. Yes, Yes, Yes on the in breath
- Thank you, thank you, thank you on the out breath



Mindful Body Calming

Full Body Breathing, Awareness and Relaxation

- Releasing
- Softening
- Letting Go/ Unbracing

Resources: Insight Timer

- Mindful Body Scan by Catherine Hodge
- Working with Emotions in the Body: Soften, Soothe and Allow by Kristen Neff

Mindful Practices with Imagery

Mindfulness with an Image

- Mountain Meditation
- Resource: Insight timer: Mountain Meditation by Randy Hobson

Safe Place

- Resource: Insight Timer
- Safe Place Mediation by Russell Kolts



Mindfulness of Gratitude

Lizard, Mouse, and Monkey or Safety, Satisfaction and Connection

Noticing the ways that you are

- Safe: Holding that experience in your mind
- Have enough: Holding that you have enough food, shelter, money
- Connected: community, friendship, family

Resource: Insight Timer:

- Peace, Love, and Contentment by Rick Hanson, Ph.D.

Semi-Formal Mindfulness Practices

Begin the day with a moment of breathing and setting your intentions for how you want to be that day

Conscious breathing while traveling to and from class

When you get to class, before beginning, pause and relax body, use breath awareness

Use a walk to the bathroom, standing at a street corner, a phone call as a reminder to focus on your breath and settle your busy mind and relax your body

Semi-Formal Mindfulness Practices

Convert waiting times to moments of mindfulness, such as when waiting in a line,

Turn to conscious breathing

Relax, soften the body on an exhale

Let go of rushing, agitation, frustration by breathing it out

- I breathe out tension, I breathe in peace
- Breathing in I relax my body, breathing out I smile

Semi-Formal Mindfulness Practices

When returning home-check in with your mind, body and emotions

- Use your breath to settle the tension and stress
- Set a conscious intention for how you want to be that evening
- Take time for meditation: Breathing, guided, self-compassion, gratitude

Mindfulness when Stressed

What are your most stressful times in a new situation?

What are situations the situations in daily life that are chronically stressful for you?

What practice can I add to my Life?

Pick one that is simple for you

Commit to practicing one skill for 2-3 weeks before you add another

If you miss some days, that Ok, just go back and start again, with kindness

Resources

Improving Emotional Well-Being and Enhancing Calming Skills

- Cultivating Lasting Happiness: 7 Steps to Mindfulness by Terry Fralich, LCPC
- The Mindfulness Solution: Everyday practices for Everyday problems by Ronald D. Siegal, Ph.D.
- Mindfulness: Finding Peace in a Frantic World by Mark Williams and Danny Penman
- Happiness: Essential Mindfulness Practices by Thich Nhat Hanh

Resources

Stress and Anxiety

- Mindfulness Based Stress Reduction Workbook by Bob Stahl, Ph.D and Elisha Goldstein, Ph.D, Saki Santorelli, Ed.D. and Jon Kabat-Zinn, Ph.D.
- The Mindfulness Breakthrough: The Revolutionary Approach to Dealing with Stress, Anxiety and Depression by Sarah Silverton and Jon Kabat-Zinn, Ph.D.

Compassionate Mindfulness

Mindfulness + Self-Compassion

Research from Harvard, Stanford and Emory Universities is showing that developing mindful self-compassion results in

- Decrease stress and anxiety
- Increased compassion for self and others
- Increased life satisfaction

Compassionate Mindfulness

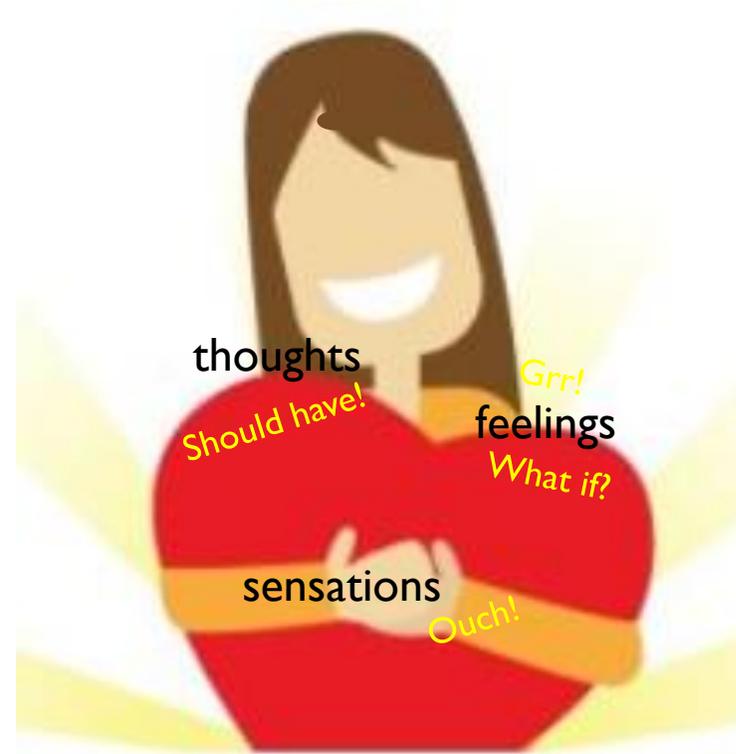
- Learning to bring kind and compassionate awareness to yourself and others
- Allows us to see and open up to our own experience with kindness, compassion and nonjudgement
- Allows us to see others with kindness compassion and nonjudgement

Compassionate Mindfulness

Without Compassion to Self we ...

- defend and brace up
- contract/ hide ourselves from others and feel isolated and unworthy
- are critical of our imperfections
- can't trust ourselves to be on our own side when things get tough
- we can't comfort and soothe ourselves when we are suffering

Wise Mind



thoughts

Should have!

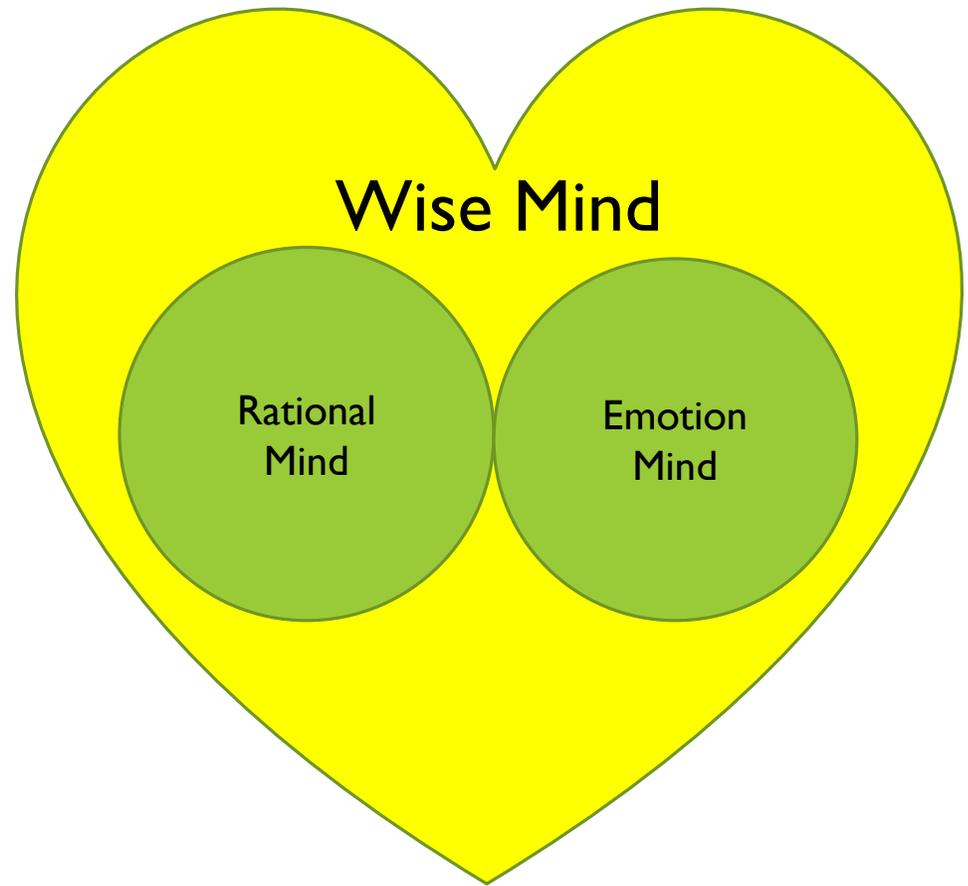
Grr!

feelings

What if?

sensations

Ouch!



Wise Mind

Rational
Mind

Emotion
Mind

Compassionate Mindfulness allows us to...

- see our Own Basic Goodness and Accept our imperfections
- be kind and understanding to ourselves when things are hard
- see the Goodness in others and offer understanding to their difficulties and imperfections
- **practice good self care: aware of what we need and to give it to ourselves**

Mindful Self-Compassion



Discussion

What are the obstacles to giving yourself the care, comfort, kindness and understanding you would give others?

Loving Kindness Meditation

Used for developing mindful self-compassion and compassion for others:

May I/you be Safe

May I/you be Healthy (in mind, body and spirit)

May I/you Love and be Loved

May I/you live with a Peaceful Heart



Compassionate Mindfulness: How?

- Use Imagery if you are able: Start with Safe Place
- Think of someone you love when they were suffering and offer them loving kindness
- Now image yourself at a time of stress/sadness/loneliness (any kind of suffering) with the same loving eyes you saw your loved one.
- Bring in an image of a loving, nurturing being as a resource (real or imagined, spiritual resource, loving figure, loving pet) offering you loving, kindness and compassion

Mindful Self-Compassion

Image yourself offering the same kindness you gave to your loved one to yourself (kind touch, kind words, kind action)

Offer kind words to yourself

- Loving kindness words
- Words you would offer a friend:
 - Tell me what you are feeling
 - I understand, this is a hard time,
 - It's Ok to feel this way,
 - I care for you,
 - **what do you need at this time?**
- Surround with the Light of Love, Color of Peace

Offer kind touch-in imagery, or hands on heart, hug, face

Mindfulness is a Journey

- Not a destination, Not a goal
- A way to be more present, calmer and kinder to yourself and others
- Mindful Self-Compassion offers a safety net of self-care when the journey gets rough
- chose who you want to be on the journey
- how you want to be on the journey and be present for it!

Loving Kindness with Self Compassion Resources

Insight Timer

Loving Kindness with Self Compassion

- by Kristen Neff

Brief Loving Kindness Practice

- by Katie Hirst

Mediation: Seeing the Goodness

- By Tara Brach

Compassion for Self and All

- By Jack Kornfield



Self-Compassion Gratitude

Holding Life's
Experience in
Two Hands

Holding Your Life's Experience in Two Hands

Begin with Breath Awareness

Bring Awareness to Your Body

Bring into Awareness what is difficult and hold it in Compassion

Bring into Awareness All the Ways you Alright and What you are Grateful for in your experience