

# M&M Hour

## Meditation and Mindfulness Groups

For all students who seek rest, renewal, and relaxation

### MINDFULNESS MEDITATION

Adapted from Davis, Eshelman, & McKay (2000) and Hayes (2005)

#### Description

This practice of mindfulness meditation can help you to become more aware of your experience moment to moment in a detached and accepting way. This form of meditation offers both deep relaxation and insight, and helps you to develop a harmonious relationship with yourself in the present moment, whether you are having upsetting thoughts, uncomfortable feelings, or just feeling the stress of daily life. This meditation on the “here and now” allows your body and mind to enter into a state of relaxation.

#### Background

Much of our stress comes from thinking about the past or worrying about the future. When you live in the present moment and your attention is focused on what you are experiencing and doing right now, there is less room for anything else to enter – including worries, desires, or anything else that can be stressful. Mindfulness meditation is a way of observing your experience that has been practiced throughout the world for centuries. Recent medical and psychological research has shown that practicing mindfulness can have significant physical and psychological benefits.

In this mindfulness meditation, your attention is focused on your physical sensations, thoughts, and feelings in the present moment. It is important for you to know that it is normal to become distracted and for your mind to wander during meditation. When you notice thoughts of the past or future, worries or concerns, desires or aversions, or anything else, all you need to do is notice it without getting caught up in the content, and return your awareness gently back to the present moment. Allow yourself to have a gentle, non-judgmental, and embracing response to yourself and whatever you experience or encounter during the meditation. This is not a test that you can pass or fail. It’s just living.

#### Practice

1. Sit comfortably in a quiet place free from distractions, loosen your clothing, and close your eyes softly.
2. Practice mindful breathing for several minutes. Inhale slowly and deeply through your nose into your abdomen. Exhale slowly through your mouth. Take long, slow, deep breaths. Focus on the sound and feeling of the breathing as you become more and more relaxed.
3. Listen to the script being read by the facilitator, and allow yourself to become mindful of your physical sensation, thoughts, and feelings. Remember, distractions during meditation are normal. Be gentle and loving towards yourself when your mind wanders, and return your attention to the present moment.

#### Application

You can get the most benefit from this mindfulness meditation if you practice it on a daily basis. This can be practiced anywhere and anyplace, and can help you to calm your body as it responds to stress during the day.

The best time of the day for me to practice this exercise is: \_\_\_\_\_