Mindfulness and your PhD

Today I will live in the moment

unless the moment becomes unpleasant, in which case
I'll take a nap
Do any of things seem familiar to you???
Do you want to be.....
Why not try mindfulness!
What is mindfulness?

The ABC of mindfulness:

A is for awareness

B is for “just being” with your experience

C is for seeing things and responding more wisely
Common Misconceptions about Mindfulness

• Mindfulness only focuses on meditation and breathing
  o Mindfulness incorporates all five senses: hearing, seeing, smelling, tasting, and touching.

• Mindfulness is a relaxation technique
  o The idea of mindfulness is not to relax but to make you more aware of the internal and the external world.

• Mindfulness is only about living in the present moment
  o Mindfulness would not restrict you from learning from the past and planning the future, but it makes you more aware of the present.

• Only certain people can develop mindfulness
  o The brain is malleable and is capable of changing its own structure. We all have our own level of mindfulness... its just about sharpening this.
British workers are amongst the most stressed in the world

1 in 4 people will experience mental health problems

It is estimated this cost £70 billion a year

Approximately 1/3 of issues reported to a GP are related to stress, anxiety and/or depression

Useful clinical tool for anxiety, depression and pain

More recent research suggests mindfulness practice can improve attention and concentration

1026% growth in mindfulness in the last ten years
Would mindfulness be good for me?

- It is recognised that students, and especially those studying at higher levels of educations, are especially prone to stress and psychological distress (Cavanagh et al., 2013; Warnecke et al., 2011).

- Many MBI programs have been investigated using student samples and have found many positive effects including:
  - Reduced anxiety
  - Reduced self-perceived stress
  - Reduced depressive symptoms
  - Increased self-compassion
Our top 5 ways to be mindful during your PhD

1. Do one thing at a time
2. Do it slowly and deliberately
3. Do less
4. Put space between things
5. Spend at least 5 minutes each day doing nothing
Where can I learn more about mindfulness?

- In Brighton the Brighton Buddhist center and Evolution offer formal mindfulness courses.
- These typically consist of at least 8 weeks worth of sessions.
- Each session typically lasts 2-2.5 hours.
But can you learn mindfulness on your own?

• We need you to find out!
• We are looking for participants to take part in an open-trial
• Everyone gets 14 days of a self-help mindfulness intervention that can be accessed through StudyDirect
Email:
sussex.mindfulness@gmail.com

He knows not where he's going
For the ocean will decide -
It's not the DESTINATION...
...It's the glory of THE RIDE.
Have a Relaxing Weekend! AND MINDFUL