



Mindfulness for Faculty at WSU

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Our Agenda

- What is MBSR and why is OIR offering it?
- Mindfulness is not necessarily meditation
- Our Quiet Time program
- Let's practice together

What is MBSR?

- Mindfulness Based Stress Reduction
- Program started by John Kabat-Zinn in 1979 at the University of Massachusetts Medical School
- Kabat-Zin was informed by Zen Buddhism but MBSR is fully secular
- MBSR is also widely studied and the subject of ongoing research





Why is OIR doing this and not CAPS?

- CAPS offers mindfulness sessions too, but their primary focus is on the student experience
- We have worked in consultation with CAPS so our programming complements theirs and creates an opportunity for faculty and staff specifically
- We see the service of the full person as part of our mission

Is mindfulness the same as meditation?

- Mindfulness is distinct from meditation, but many meditation practices include mindfulness
- Mindfulness, in the context of MBSR focuses on awareness of the present moment. Mindfulness is intentional and non-judgmental





Introducing Quiet Time

- Our MBSR program, Quiet Time, will be rolled out over the first part of 2024
- I will personally offer live meditations and mindfulness practices in-person and online: Tuesdays at 2:00 starting January 23
- We will also have a podcast
- Bi-monthly newsletter



How to participate

- Follow our website: wichita.edu/QuietTime or wichita.edu/MBSR (both go to the same place)
- Subscribe to our podcast, also called Quiet Time, on any podcast service
- Subscribe to our [Quiet Time newsletter](#)



Free samples

- We are going to try out a few MBSR techniques
- While the first 2 are not technically "meditations," you could certainly treat them that way
- As with all things, these are fully optional! If you would prefer not to do this now, feel free to leave or just listen
- Feel free to turn your camera off



Our mindfulness activities

- **S.T.O.P.**
 - Stop
 - Take a breath
 - Observe your thoughts and feelings
 - Proceed with your life
- **10 balloons**
 - Find a comfortable position
 - Breathe deeply and blow out any negative thoughts/feelings like you are blowing up a balloon
 - "push" the balloon away
 - Repeat for 10 balloons



Ending with a meditation

- We will end with a short, 5-7 minute focus meditation
- Fully optional!
- If you prefer to go or just listen, that's fine
- This meditation is designed to help identify a useful focus point