

University of Massachusetts Amherst

From the Selected Works of Madeleine K. Charney

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Introduction to Mindfulness: Nourishing Ourselves in These Times

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Available at: https://works.bepress.com/charney_madeleine/110/

INTRODUCTION TO MINDFULNESS

Nourishing Ourselves in These Times

October 26, 2020

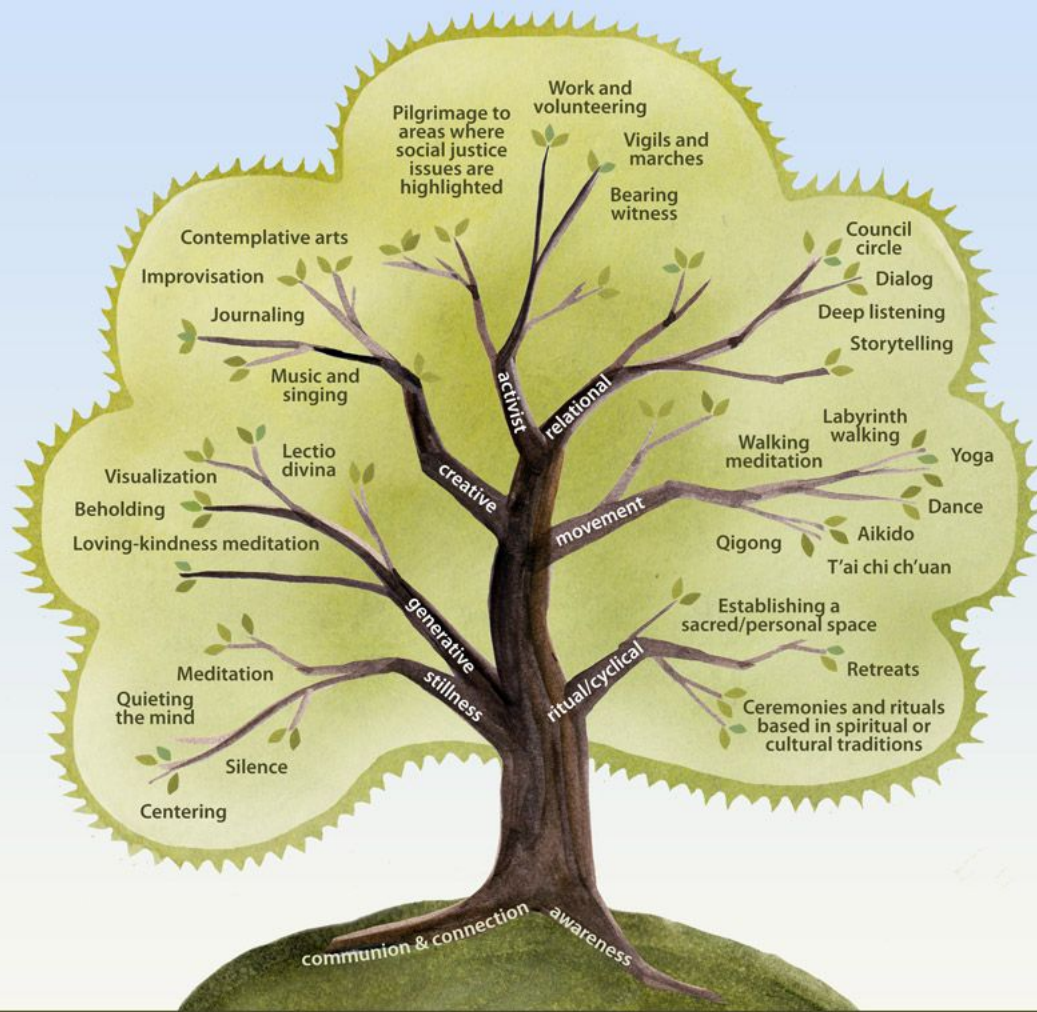
Madeleine Charney, UMass Amherst Libraries
mcharney@library.umass.edu

WHAT IS MINDFULNESS?

Paying attention, purposefully and non-judgmentally, to your experience in the present moment.



Image: www.thegoodtrade.com



The Tree of Contemplative Practices

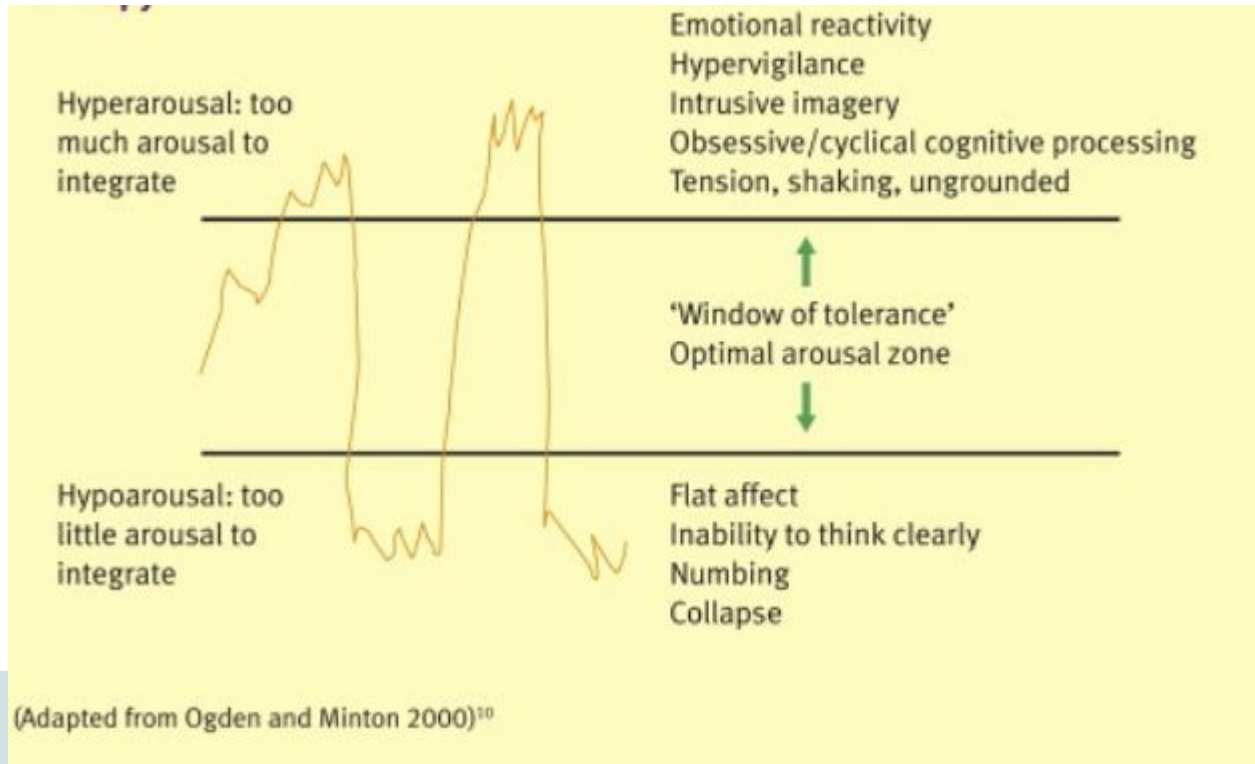
www.contemplativemind.org



Image: <https://whimsysoul.com/>

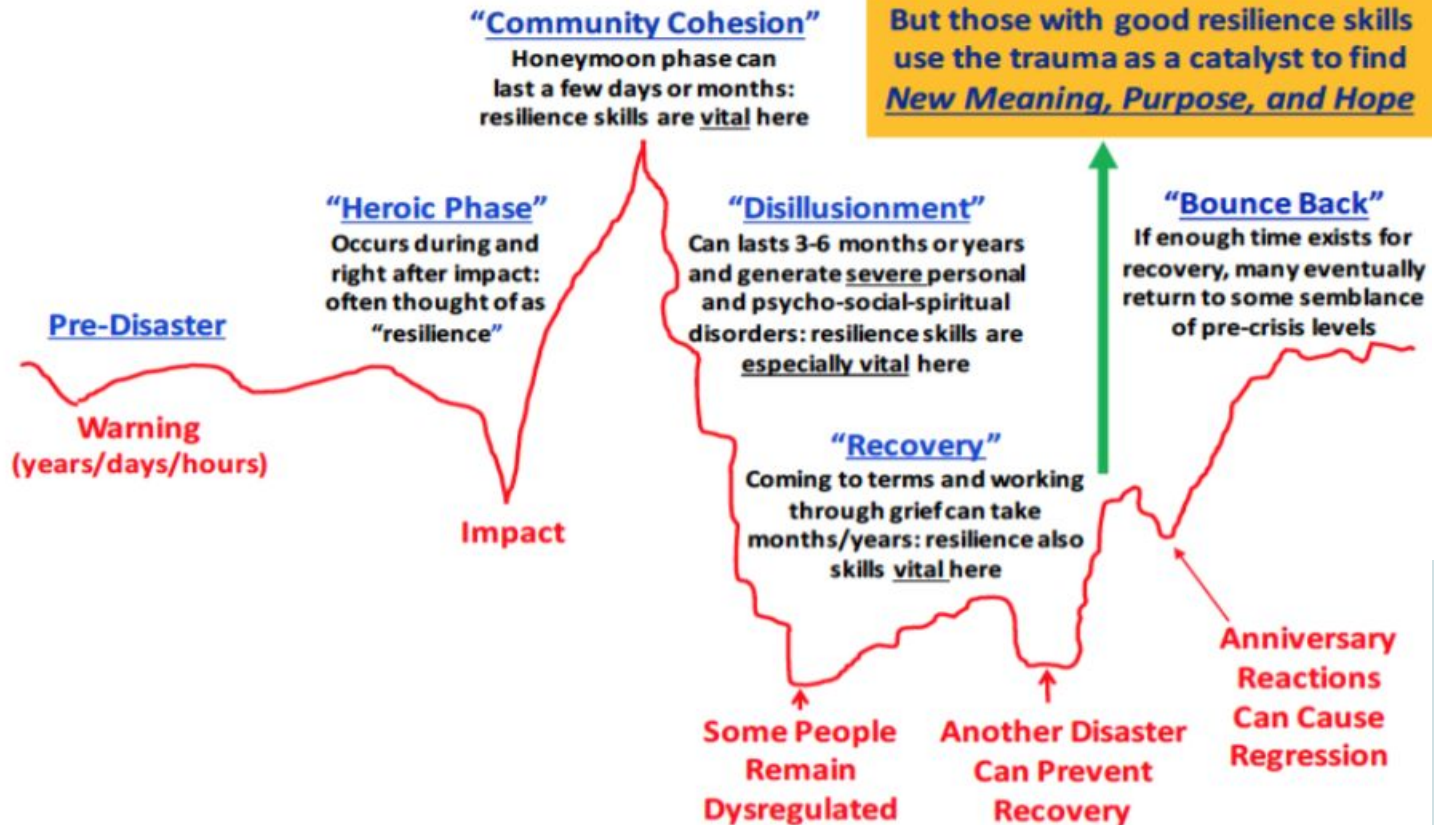
WHAT ARE YOUR CURRENT PRACTICES FOR SELF-REGULATION?

Type a brief response in the chat box, if you wish.



Window of Tolerance

Phases Commonly Seen in Disasters and Emergencies





Grace Lee Boggs

*“Transform yourself
to transform the
world.”*



Octavia Butler

*“All that you touch
You Change.
All that you
Change
Changes you.
The only lasting
truth
Is Change.”*



adrienne maree brown

Author of *Emergent
Strategy: Shaping
Change, Changing
Worlds*

“Change is definitely going to happen, no matter what we plan or expect or hope for or set in place. We will adapt to that change, or we will become irrelevant.”

—adrienne maree brown

Think of a time when you felt empowered by a change in your life.

Type a brief response in the chat box, if you wish.



RESPONSIBILITY (RESPONSE + ABILITY)

One's philosophy is not best expressed in words;
it is expressed in the choices one makes...
and the choices we make are ultimately our
responsibility.

- Eleanor Roosevelt

Read more in [Response Ability](#), article in Huff Post by Tara Brach

CURIOSITY

A tool to inquire into your experiences, the joyful and painful alike.

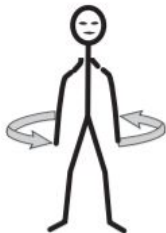


Read more in [Let's Get Curious](#), article in Mindful Magazine.

A FEW BASIC PRACTICES

- Straw breath - inner calm
- Gentle stretch - invigorate
- Guided labyrinth meditation - discovery
- Silent meditation - open awareness
- Gratitude - connect to the outer world

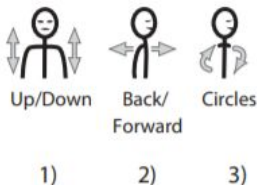


**Vertical Trunk Twist:**

(12X each side) Arms by side, stable stance. Begin twist from hips, let shoulders follow, and lift opposite heel from side you are twisting to.

Quick exhale as you twist ("puff of air"). Inhale as you transition through the center without stopping.

- Relieves tension in the back, abdomen, shoulders, and hips.
- Enhances awareness of the mind and body connection.
- Quicker exhale can increase vitality and alertness.

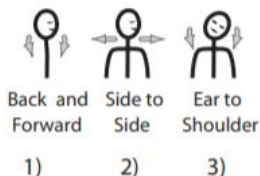
**Shoulder Movements:**

(3-5X in each direction)

- 1) shoulders up and down
- 2) shoulders forward and back
- 3) circles with arms by sides; reverse direction of circles

- 1) Inhale shoulders up. Exhale shoulders down.
- 2) Inhale opening chest. Exhale stretching out upper back/collapsing chest.
- 3) Inhale when shoulders are back/up. Exhale when shoulders are forward/down.

- Relieves tension in shoulders, chest, and upper back.
- Enhances posture and ability to breathe deeply.
- Relaxes emotional guarding around the chest and torso.

**Neck Movements:**

(3-5X times in each direction)

- 1) bend neck back and forward
- 2) rotate chin side to side
- 3) drop ear towards shoulder

- 1) Inhale lifting head up and back. Exhale drop chin to chest.
- 2) Inhale center. Exhale look to side.
- 3) Inhale center. Exhale drop ear to shoulder.

- Relieves tension in neck.
- Increases ease of movement throughout the day
- Enhances awareness of how we hold stress in our bodies







Q'S TO NOURISH OUR "COLLECTIVE IMMUNE SYSTEM"

- Who do I want to be/become in these emerging times?
- Each day, can I explicitly call in gratitude for 3+ things/people/places/experiences?
- What practices do I choose to explore in these transformative times?

COVID INSIGHTS

Carolyn Baker - A World Upended: Who Are We Going To Be?

<https://carolynbaker.net/2020/03/19/a-world-upended-who-are-we-going-to-be-by-carolyn-baker/>

Tara Brach - Our Calm is Contagious: How to Use Mindfulness in a Pandemic.

<https://www.vox.com/future-perfect/2020/3/18/21181644/coronavirus-covid-19-mindfulness-meditation-anxiety>

Bob Doppelt - Resilient Growth Model of Transformational Resilience

<http://www.theresourceinnovationgroup.org/transformational-resilience/>

Thomas Hubl - The Corona Crisis: Remaining Related and Resilient

<https://thomashuebl.com/video-corona-crisis-remaining-related-and-resilient/>

SHORT MINDFULNESS VIDEOS

What is Mindfulness (2:20)

<https://youtu.be/xoLQ3qkh0w0>

John Cabbot Zinn

Meditation 101 (2:00)

<https://youtu.be/rqoxYKtEWEc>

Dan Harris

Exercise for Connecting (5:35)

<https://www.youtube.com/watch?v=PgLc1ZlLkl8>

angel kyodo williams

Social Change and Meditation (6:58)

<https://youtu.be/dtWHPeAgSg8>

Dr. Deepak Chopra

MINDFULNESS ACTIVITIES

6 Questions to Ask Yourself in Quarantine

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

Contemplative Studies LibGuide (including list of free online meditation groups!)

<http://guides.library.umass.edu/contemplative>

Building Blocks for Individual/ Community Well Being

<https://greatergood.berkeley.edu/key>

Simple physical exercises -- some relax, some energize

https://www.niroga.org/education/curriculum/pdf/15_min-tls_protocol_english.pdf