

Take Ten – Spring 2019



Tuesday Guided Meditation & Quiet Space– 3-4 PM, JG 502

Beginning Tuesday, January 29, a brief guided meditation will take place every Tuesday at 3:00 pm in JG 502. JG 502 will also be reserved as a designated Quiet Space for the remainder of the hour each Tuesday.

First-Thursdays Special Student Services Meditation

On the first Thursday of every month, a special guided meditation will take place in the Student Services Lounge at 2:30 pm, following coffee & cookies.

Power of the Pause: Benefits of Practicing Mindfulness

- *Improved attention and concentration*
- *Increased learning and memory*
- *Reduced stress and anxiety*
- *Enhanced sleep, energy, and productivity*
- *Increased creativity and cognitive flexibility*
- *Reduced emotional reactivity*
- *Improved personal relationships*
- *Heightened self-awareness*
- *Improved health and immune functioning*
- *Enhanced overall emotional well-being*

BONUS – Each time you participate in a “Take Ten” Guided Meditation you’ll receive a stamp on your “Take Ten” Tracker. Upon earning 8 stamps, you’ll be awarded a great PRIZE that will enhance your mindfulness practice!

Mindfulness Resources

A Basic Mindfulness Meditation:

Follow these four simple steps to guide yourself through a basic mindfulness meditation:

1. Find a quiet place where you won’t be interrupted or distracted.
2. Sit on a straight-backed chair or cross-legged on the floor.
3. Find a point of focus, such as your breathing—the sensation of air flowing into your nostrils and out of your mouth or your belly rising and falling—or an external focus, such as a candle flame or a meaningful word that you repeat throughout the meditation.
4. Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them, just gently turn your attention back to your point of focus.

Relaxation Techniques, © Helpguide.org

Online Guided Meditations

If you prefer more guidance, the following sites offer free meditations for streaming or download:

- <https://www.tarabrach.com/guided-meditations/> (variety)
- <https://www.uclahealth.org/marc/mindful-meditations> (variety in English and Spanish)
- <http://www.positivityresonance.com/meditations.html> (loving kindness)
- <https://chrisgermer.com/meditations/> (mindful self-compassion)

Mindfulness Apps

For additional content, check out the following mindfulness apps:

- [Insight Timer](#) (free)
- [Smiling Mind](#) (free)
- [Mindfulness Daily](#) (free)
- [Calm](#) (free; optional subscription for additional content)
- [Headspace](#) (free trial)