

AMATYC, May 2023

# Mindfulness

From the Inside Out

John Mitchell

Clark College (Vancouver, WA)



# Objectives

- “Mindfulness” = ?
- Explore simple practices
- Mindfulness outside
- Going deeper
- Q&A

*YOU ≠ YOUR THOUGHTS*



The state (and practice) of being in the  
“here-and now” for whatever is arising  
(thoughts, feelings, sensations), and  
working skillfully with it.



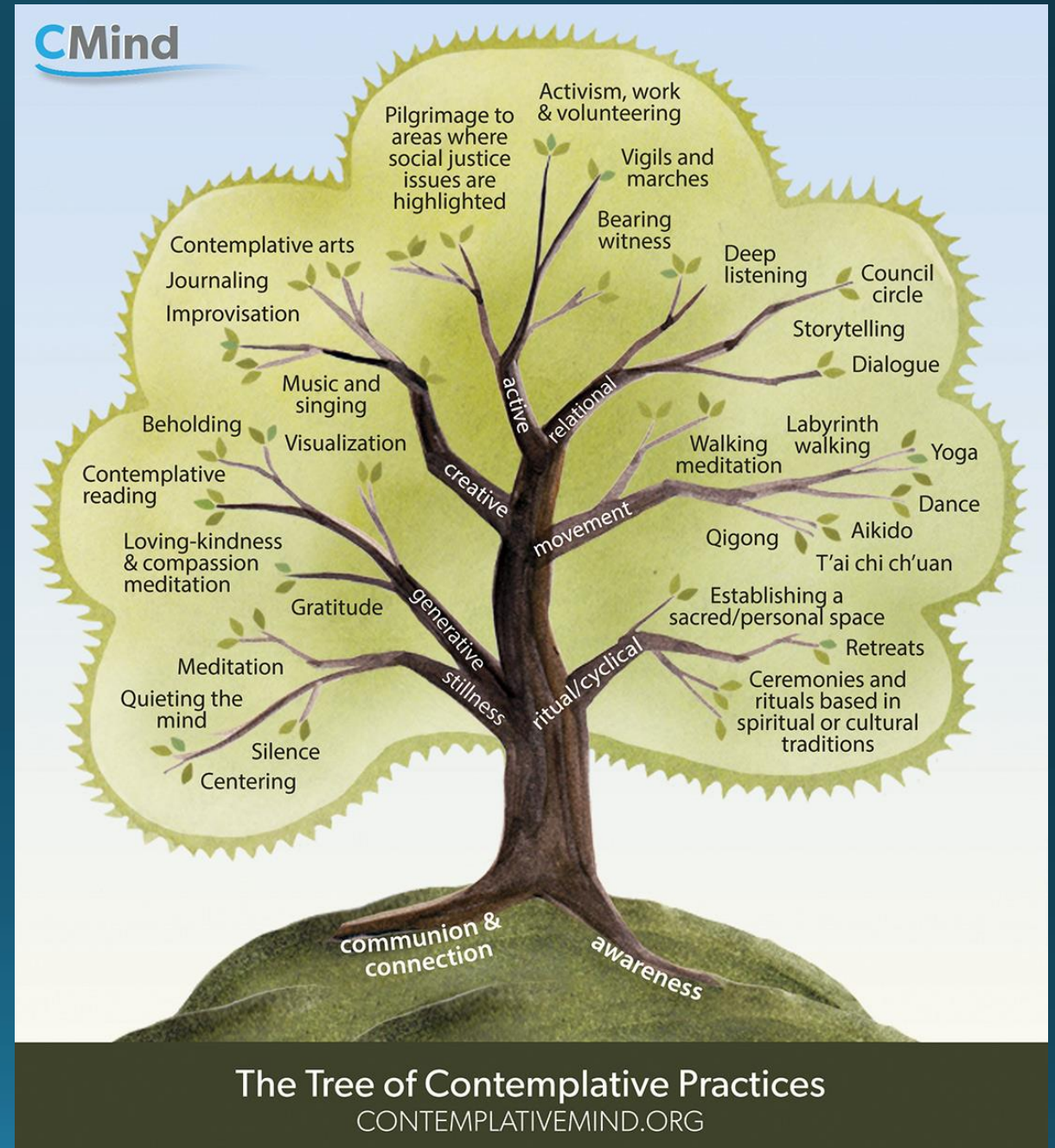


# *Meditation*

**Mind training** to notice when we are not present, come back to the present, and be with whatever is arising in the present.

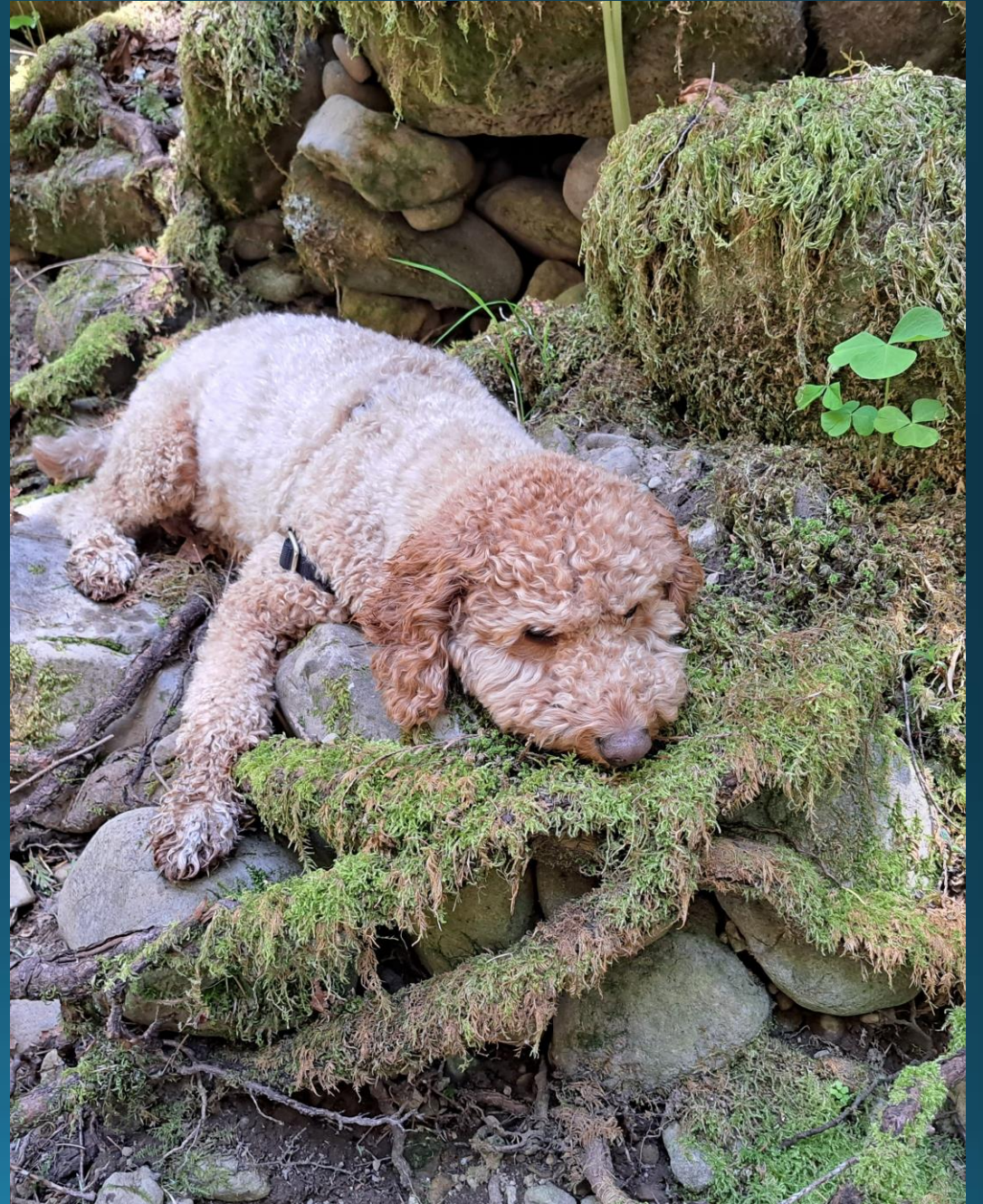


# What ways do you cultivate mindfulness?





What ways do  
you cultivate  
mindfulness?



# Practicing Mindfulness

Direct practices

Applied practice

Bringing awareness to activities

Noticing mindless “Hot Spots”

For many: technology

# Mindfulness and the “outside”

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankl





# Going deeper

Mindfulness Course (MBSR, MSC,...)

Additional Online resources:

Koru is at [www.korumindfulness.org](http://www.korumindfulness.org)

For research: [www.mindfulschools.org](http://www.mindfulschools.org)

Contemplative teaching [acmhe.org](http://acmhe.org)

See my pdf for readings/apps



AMATYC, May 2023

# Mindfulness

From the Inside Out

John Mitchell

Clark College (Vancouver, WA)

# Additional Topics...if time permits

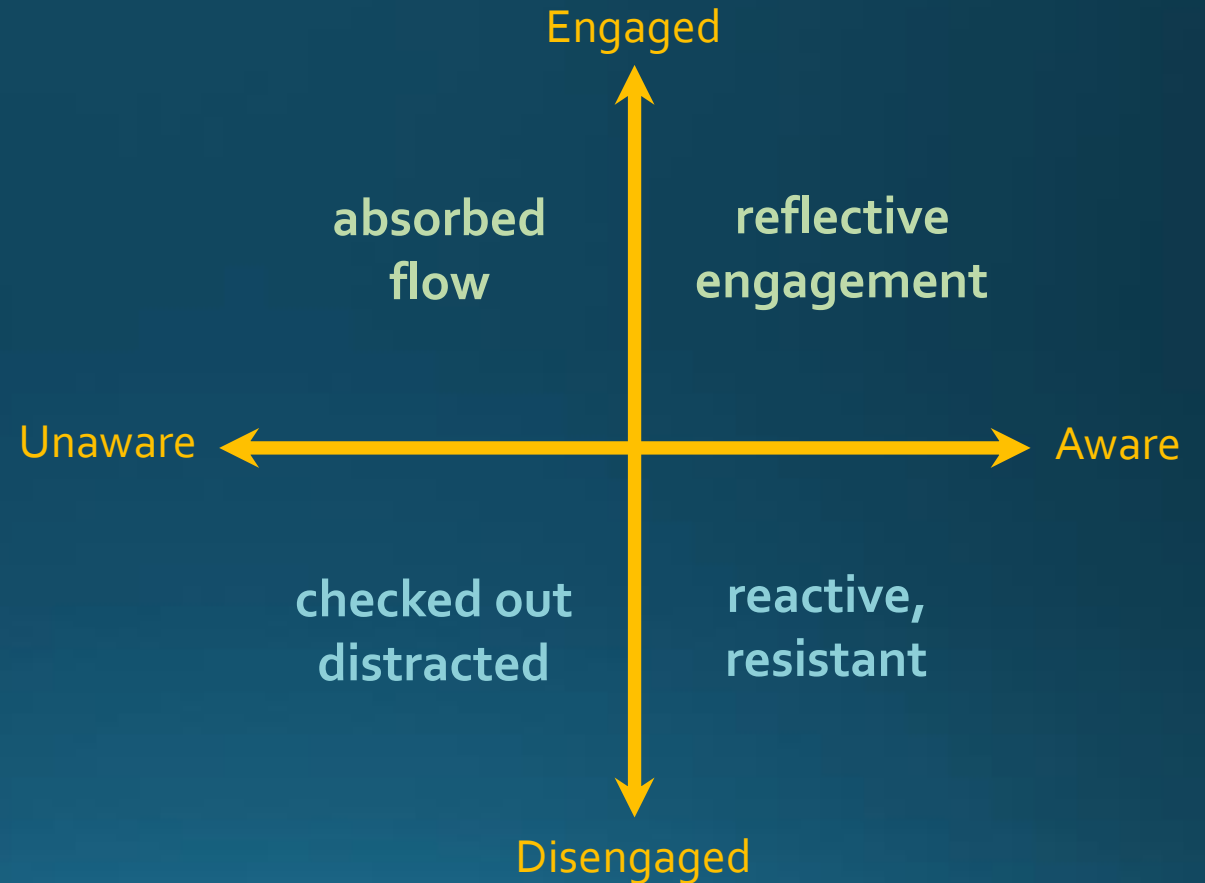
*See additional books etc in my suggested readings.*

# The mindful classroom

The mind wanders!

Explore attention  
ebb and flow

Reconnect through  
presence, tone...



*Mental States and learning*

# Survey of Mindfulness in Education

**K-12:** large scale programs

**University:** Centers of Excellence,  
mindfulness regularly integrated

**Community College:** limited but  
growing adoption and availability

# Why practice Mindfulness?

Reported benefits include

- More **present**
- Increased **self-awareness**
- Improved **relationships**
- Take in the **good**
- Less entangled with the **inner critic**
- ...

Research suggests

Mindful **habits** become **traits**

*practices can change neural structure over time*