Power of Mindfulness & Meditation In the Workplace: Building Well-Being & Maximizing Engagement

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Well-being Defined

Ability to Maintain Positive Emotion
Mindfulness Meditation

Skill: Requires Exercise & Practice
Purpose Fulfillment
Meditation & Work

Meditation is...
- Quieting body and mind
- Calm active state
- Discipline: Practice to form new habits
- Concentration on one task
- Cultivates **Mindfulness**: Living in the Present
Path of Meditation

Panic
Anxiety
Worry
Relaxed

Calm

The Secret

BREATHE
Neuroplasticity Defined

Brain’s Ability to Reorganize & Grow by Forming New Neural Connections Throughout Life
Potential Health Benefits

- Improves quality of life
- Creates ENERGY
- Reduces anxiety and depression
- Enhances self-esteem
- Decreases chronic pain
- Reduces tension, anger, panic attacks
- Strengthens immunity
- Increases sleep quality
- Reduces substance abuse
- Reduces cardiac risks
- Decreases headache frequency

Meditation Science

Meditation Changes the Brain

Monks and the fMRI

Peace, Empathy, Compassion

Well-being
Mindfulness Practices

- Mindfulness
- Guided Imagery
- Yoga and Movement
- Spiritual Practices
- Body Time
- Sound
Meditation Process

- Energizations and Stretches
- Sit Upright
- Closed Eyes Position
- Measured Breathing
- "I am" on Inhale; "Peace" on Exhale
- Natural Breathing
- Affirmations

Zen Proverb

You should sit in meditation for 20 minutes every day — unless you are too busy. Then you should sit for an hour.
Meditation Resources

- **YouTube:**
  https://www.youtube.com/watch?v=JUyJG2b8FMc&feature=em-share_video_user
  The Honest Guys
  Jason Stephenson
  John Kabat Zinn

- **Apps:**
  Insight Timer
  Headspace

- **Articles:**
  http://www.psychologytoday.com/em/125385
  https://nccih.nih.gov/health/meditation/overview.htm
  http://marc.ucla.edu/body.cfm?id=22