



PUENTE Lab Mindfulness Series



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SERIES

What Is Mindfulness?

Mindfulness is an intentional quality of paying attention, in the present moment, without judgement^{1,2,3}. It is the technique of focusing our awareness on what is happening right now, with kindness and curiosity⁴. Therefore, mindfulness can be seen as the foundation that we build upon and we can do this anywhere.

Is Mindfulness the Same As Meditation?

Although they sound similar, mindfulness and meditation are not the same thing; for instance, you can practice mindfulness without having to meditate³. Meditation builds on the awareness of mindfulness and helps us focus our attention further during a set time and space of practice³. This does not mean we only have to sit still, close our eyes, and focus on our breath. Meditation can be done in many forms using different “anchors”, or places, to focus your attention such as the breath or a physical activity, like walking^{5,6}.

The 3-Part Series

Episode 1: Intro (~4 min)

*Learn more about
mindfulness and meditation*

Episode 2: Practice (~4 min)

*Join us for a traditional meditation
practice using the breath*

Episode 3: Everyday (~4 min)

*See how mindfulness can
be used in everyday life*

Mental Health Benefits

These two practices help train the brain to calm down more efficiently and reduce extra worry or judgement we may feel about our life - a.k.a., “stress about our stress”⁷. Practicing meditation can help to improve our focus and clarity because it has a dual effect of calming our body while allowing our mind to be sharp⁸. Other benefits may include reduced anxiety, depression or PTSD⁵ and possibly improved sleep conditions⁹, mood, and overall quality of life.

Why We Created This Series

We created this series to provide a free, bilingual, and beginner friendly introduction to mindfulness. Our hope is that students, families, and community members feel comfortable trying mindfulness in their everyday lives just as we practice mindfulness and meditation as a lab during our weekly meetings. This began as a way for Dr. Martinez and fellow lab members to bring our attention into the moment and walk-the-talk while we are creating materials for the Toolkit. We invite you to watch, reflect, and try these practices in a way that feels meaningful to you.





Mindfulness Activity



Now that you know more about mindfulness and meditation, we invite you to use this worksheet to reflect on the practice and your experience.

IDEAS

- Mindful walking/running
- Mindfully pet an animal
- Mindful eating
- Listening closely (e.g., music)
- YouTube guided video
- Focusing on the in/out breath
- Mindful drawing
- Mindful stretches
- Come up with your own

CHECK IN - BEFORE

How would you rate your emotions 5 minutes before this activity?

1	2	3	4	5
Negative		Neutral		Positive

What emotion are you currently feeling? (Reference the Emotion Chart)

CHECK IN - AFTER

How would you rate your emotion after completing this activity?

1	2	3	4	5
Negative		Neutral		Positive

What thoughts or sensations did you notice?

What did you learn during the activity?

Do you feel the activity you chose worked well for you?

Yes
No
Not sure

What practice would you like to try next?



References

[Mindfulness Series]

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