



News UF Mindfulness Program, Oct. 2024



Beyond Mindfulness — At the Cusp of the Third Wave of Mindfulness

Sacchet and Brewer (2024) assert that an emerging science of advanced meditation could transform mental health and our understanding of consciousness. We are at the cusp of a third wave of mindfulness. Mindfulness is no longer a fringe activity but has become a mainstream practice to reduce stress and enhance health and wellness. UF is offering various mindfulness practices through the [CWC](#), [UF HR](#), [GatorWell](#) and the [UF Mindfulness program](#).

The **first mindfulness wave** (about mid 1990s to early 2000s) focused on meditation's clinical and therapeutic potential to treat chronic pain and psychological and physical health concerns. Especially stress-reduction was a pivotal focus in this initial wave. Mindfulness as a breathing technique was viewed as the doorway to calm the mind and relax countering health limiting effects in fast-pace, high-demand, long-hour work places.

The **second mindfulness wave** (early 2000s to present) explored the mechanisms undergirding mindfulness

meditation practice revealing why it brings forth mental and health benefits through a large number of psychological and neuroscience studies. In this phase critique has been raised about mindfulness "light" (i.e., the 5 or 10 minutes of mindfulness during lunch break" or browsing through mindfulness apps). McMindfulness involves a secularized stripped down version of mindfulness. Here mindfulness is commodified and viewed as a method to cope with perceived stresses, anxiety, anger, frustration, and worries while maintaining and boosting people's productivity to meet organizational/institutional goals (Grunwald, 2024).

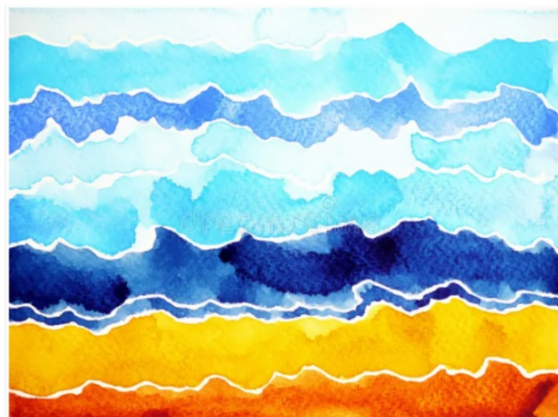
A reckoning has begun in regard to mindfulness 1.0 and 2.0 proposing **athird wave of mindfulness** (Sacchet & Brewer, 2024). This next mindfulness wave will explore deeper and more intense states and stages of consciousness through advanced meditation practices to bring forth inner psycho-spiritual experiences with profound health benefits, well-being, prosocial emotions (e.g., compassion, loving-kindness, generosity), and wisdom from within emanating clarity, meaning, and personal and social fulfillment. Holocek (2024) provocatively asks "I'm mindful, now what?". He points out that mindfulness as a breathing technique can do only so much for us (coping with daily life), while advanced meditation practices (mindfulness 3.0) open us to live life freely, happy, balanced, and deeply fulfilled. Mindfulness 3.0 views mindfulness as a life practice with the potential of both personal and social transformation.

Grunwald, S. (2024). Critical hermeneutical inquiry: Participatory spirituality, Buddhist modernism, and secularized Buddhism in North America. In B. Flanagan & K. Clough (Eds.), *The Routledge handbook of research methods in spirituality and contemplative studies* (pp. 89–112). Routledge. (request a free copy of book chapter from sabgru@ufl.edu).

Holocek, A. (2024). *I'm mindful, now what? Moving beyond mindfulness to meet the modern world*. Sounds True.

Sacchet, M. D., & Brewer, J. A. (2024). Mindfulness: An emerging science of advanced meditation could transform mental health and our understanding of consciousness. *Scientific American*, July/August, 70–75. <https://doi.org/10.1038/scientificamerican072024-2ceUwYKmYLSkfiDRg1gLC1>

"You are more than a grade, degree, pay check, work commodity. Meditate. Listen to your mind, body, and heart. Listen deeply and you know who you are."



UF Mindfulness is Listening

What kind of meditation and mind-body practices would you like to see offered at UF in 2025?

What formats of formal and informal mindfulness practices are needed to complement UF's offering? (short sessions less than 20 min., longer meditation sessions, short courses, training courses, retreats, nature mindful experiences, festivals, symposium, conference, certificate program, half day workshops with advanced meditation practices such as insight meditation, reverse meditation, tantric practices, and _____).

Send suggestions and ideas before December 1, 2024 to Kim Holton, Associate Director Teaching & Practice UF



360° Mindfulness Workshop, Practice Mindfulness — Fall 2024

The 2024 fall semester workshop series is a combination of both online and in-person gatherings. This series runs from Monday, Sept. 9 through Monday, Dec. 2. The meeting time is **5:30 - 6:30pm Mondays** for all sessions.

We will meet **online via Zoom** for all sessions, except Oct. 14 & 21. **Outtwo in-person sessions** will be held at the UF Field & Fork Farm and Gardens (<https://fieldandfork.ufl.edu/about/getting-here-2/>), located at 2656 Museum Drive, Gainesville FL 32611 (Building 503), on the north side of Museum Drive, across from Lake Alice and adjacent to the Bat Houses. Free parking (no parking pass needed after 3:30pm) is available in the lot next to the building. By providing your information to register, you will receive weekly emails to remind you of the upcoming session with details of the session content. A Zoom link will be sent to you the day of the event via email for online sessions, and details on location and parking will be sent for in-person sessions.

Sessions are FREE of charge. **Donations to the UF Mindfulness fund (UF Foundation)** are greatly appreciated to keep our efforts moving forward.

- **October 21:** In-Person: Being in Nature with Nina Stoyan-Rosenberg
- **October 28:** Mindful Creativity: The Power to Create in Any Dimension with Maria Leite
- **November 4:** Weathering Uncertainty: The Roles of Resilience and Mindful Presence during Stressful Times with Ana Puig
- **November 18:** Donghua Chan Static Yoga (Silent Meditation) with Yao-Chin Wang
- **December 2:** Mindful Moments as We Experience Milestones with Emi Lenes

**Registration 360°
Mindfulness**



Art & Mindfulness — Fall 2024

Join us for mindfulness meditation practice at the [Harn Museum of Art](#). The **in-person practices** are facilitated by members of the [UF Mindfulness team](#). Sessions are FREE of charge and open to the general public and the UF community.

Sessions (Saturdays, 10-11 am) and registration links:

- Oct. 26: Sound Meditation with Kim Holton. [Register](#)
- Nov. 16: Cultivating Compassion with Jan Snyder. [Register](#)
- Dec. 7: Thoughts in the Cloud with Sabine Grunwald. [Register](#)

Are you a **healthcare professional**
with a **creative mind** and
a **love of plants**?

We're looking for you!

**Workshops for
UF Healthcare professionals
Fall 2024**

Sessions will be held in the greenhouse
at Wilmot Botanical Gardens on:

→ **Wednesday Oct 23, 2024 (2:00 - 4:00 pm)**

Topic: Gratitude

Using simple papermaking techniques, we make our own
painted seedpaper using recycled materials, plant pigments
and wildflower seeds.

→ **Monday Oct 28, 2024 (1:00 - 3:00 pm)**

Topic: Embrace optimism

Making cyanotype prints using leaves, flowers and other
plant material, arranged on sun-sensitive paper and exposed
to sunlight.

Drop-ins welcome.
These projects can take ~ 10-20 minutes.



Have fun!
**Learn and connect with plants
and your creative self!**



If you would like **more information** on these workshops,
please contact the practitioners:

- **Eva Creus** (UF Therapeutic Horticulture)
ecreus@ufl.edu
- **Sunita Shepherd** (UF Health Shands Arts in Medicine)
- **Molly Kempson** (UF Health Shands Arts in Medicine)





You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.



Mindfulness Research: Are Mindfulness Mobile Apps Effective?

UF researcher Liva G. LaMontagne and colleagues (2024) published the article "Acceptability, Usage, and Efficiency of Mindfulness Apps for College Student Mental Health: A Systematic Review and Meta-analysis of RCTs".

Highlights:

- Mindfulness training mobile apps show high acceptability and variable usage among college students
- Moderate certainty evidence for small-to-medium effects on stress, emotional well-being, & for small effect on depression
- Low-to-moderate certainty of evidence for small effect on anxiety

Abstract

Background

Preventing anxiety and depression among college students is a pressing public health need. Recent meta-analyses have examined mobile mindfulness interventions in adult populations; however, college students are in a unique developmental stage and institutional setting.

Methods

We conducted a systematic literature review and meta-analysis of published and unpublished studies in English language on the acceptability, usage, and efficacy of mindfulness training apps on mental health among non-clinical samples of college students. Out of 167 reviewed studies, 47 were included in the narrative review. Additionally, we summarized effects from 19 stress, 12 anxiety, 13 depression, and 8 emotional well-being trials (total N = 2974) using robust variance estimation meta-regression and evaluated certainty of evidence with the GRADE approach.

Results

Apps were acceptable, with usage levels varying. They reduced stress by 0.435 standard deviation units, 95% CI (-0.615,-0.255), and increased emotional well-being by 0.431 (0.162,0.7) approaching medium effect sizes. The apps had small effects on depression (B = -0.219 (-0.374, -0.065)) and anxiety (B = -0.218 (-0.42, -0.016)). Certainty of evidence was moderate for stress, depression, and well-being; and low-to-moderate for anxiety. Distressed participants had larger improvements in all outcomes except depression.

Limitations

Small sample sizes in the original studies and small numbers of studies limit the precision of our effect estimates. The small number of studies with objective usage data impedes our ability to characterize the optimal dose.

Conclusions

With moderate certainty of evidence, mindfulness training apps may improve student mental health with similar or larger effect sizes than in the general adult population. However, sustained usage may be a challenge, and more research is needed on the optimal implementation strategy, dose, and equity.

LaMontagne, L. G., Doty, J. L., Diehl, D. C., Nesbit, T. S., Gage, N. A., Kumbkarni, N., & Leon, S. P. (2024). Acceptability, usage, and efficacy of mindfulness apps for college student mental health: A systematic review and meta-analysis of RCTs. *Journal of Affective Disorders*, 367, 951–971. <https://doi.org/10.1016/j.jad.2024.09.014>

UF researcher Yao-Chin Wang and colleagues (2024) presented "An AI Approach to Support Student Mental Health: Case of Developing an AI-Powered Web-Platform with Nature-Based Mindfulness." The photos above show graduate student Yue (Darcy) Lu engaged in field work in the nature-based mindfulness study.



Nature-Based Mindfulness

Abstract
This case project proposes an Artificial Intelligence (AI) approach to support the improvement of student mental health by developing an AI-powered web-platform for practicing nature-based mindfulness. This project addresses the recent trends of utilizing technological devices to assist human mindfulness and mental health. We created an AI-powered website based on the Monitor and Acceptance Theory (MAT), facilitating virtual nature-based mindfulness practice with nature videography and guided meditations. This case study showcases the four major steps of the project development: (1) data collection to build a database of nature videography, (2) data collection to build a database of guided meditations, (3) AI system and model training phase, and (4) personalized mindfulness website pilot study. The proposed AI approach to mindfulness has the potential to benefit and contribute to knowledge creation in the areas of hospitality and tourism education, human mental health, Monitor and Acceptance (MAT) domain, AI, human-computer interactions, environmental education, and nature tourism.

Wang, Y.-C., Lu, Y. (Darcy), Grunwald, S., Chu, S. L., Kamble, P., & Kumar, J. (2024). An AI approach to support student mental health: Case of developing an AI-powered web-platform with nature-based mindfulness. *Journal of Hospitality & Tourism Education*, 1–14. <https://doi.org/10.1080/10963758.2024.2369128>



"Learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your true nature, and so find the stability and confidence you will need to live, and die, well." (Lakar Rinpoche)

Visit our Website: UF Mindfulness Program

University of Florida | 2181 McCarty Hall, PO Box 110290 | Gainesville, FL 32611 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!