

# Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program (FSAP)

Spring 2014

## A New Year of Mindful Living

by Orlando J. Gonzalez, MEd, LMHC, CEAP

The year's unfolding commonly brings with it a period of heightened awareness, reflection, and introspective inquiry regarding how we live our lives. During this time, many will seek opportunities for re-positioning the way to proceed with the precious gift we call living. Regrettably, and all too frequently, questions and inquiries that surface during this time are hastily met with knee-jerk responses, or resolutions, which are not thoughtful or rooted in awareness.

It is safe to say that each of us is embarked on the adventure of living. And, the complexities of life often inhibit our capacity to be present to what is actually unfolding, as it unfolds. Those able to harness and nurture a mindfulness practice do indeed maximize their capacity to make this adventure more fruitful and rewarding.

In his book, *Mindfulness for Beginners*, Dr. Jon Kabat-Zinn writes, "Mindfulness as a practice provides endless opportunity to cultivate greater intimacy with your own mind and to tap into and develop your deep interior resources for learning, growing, healing, and potentially for transforming your understanding of who you are and how you might live more wisely and with greater well-being, meaning, and happiness in the world."

Beginning February 2014, the Faculty and Staff Assistance Program (FSAP) will offer a series of lunchtime mindfulness seminars on each campus (and for departments who request them) as part of our Mindful "U" initiative. Our aim is to embark on a journey which will heighten our University community's capacity for both personal and institutional consciousness. The seminars will be structured to review basic tenets of mindfulness and, more importantly, offer opportunities to practice mindful awareness. These sessions will also help interested attendees develop their own capacity to share such practices with peers, or workgroups, to foster and support a Mindful "U".

As life unfolds, how present are you to its unfolding? What happens now is truly what matters. Join the FSAP throughout the year to awaken and nurture your innate capacity for mindful living.

## Upcoming Lunchtime Seminars

Are You Ready to Buy Your First Home?

The Secret to Healthy Relationships

Mindful Living

The Future of Health is Here Today

Random Acts of Kindness in the Workplace



Visit [miami.edu/fsap](http://miami.edu/fsap) and click on "Schedule of Seminars" for details.

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[miami.edu/fsap](http://miami.edu/fsap)

# GRATITUDE Corner

## Cultivate an Attitude of Gratitude when Practicing Mindfulness

by Pilar Tamburrino, M.S., LMHC, CEAP

A grateful person is a mindful person. You're grateful when you're aware of what you have rather than what you don't. Mindfulness is the starting point for gratitude. Without mindfulness, you can't be aware of all that is going well in your life.

Here's a simple exercise:

### Breathe in Gratitude

- All through the day, look for things to acknowledge and for which you are grateful.
- Choose anything, big or small.
- Stop, take a breath, and be grateful for your experience.
- Continue this process throughout your day for everything you see and experience.

## INSPIRATIONAL QUOTE

“Quiet is the element of discerning what is essential.”

- Gordon Hempton

## Subscribe

*Mind and Matter* is a quarterly publication from the UM Faculty and Staff Assistance Program that provides helpful tips and articles regarding work-life balance, health and well-being.

If you would like to receive this newsletter directly in your inbox each quarter, as well as receive announcements of upcoming FSAP seminars, please send an email to [cbootle@miami.edu](mailto:cbootle@miami.edu).

## MINDFUL LIVING Lunchtime Seminar

This one-hour seminar will explore the basic tenets of mindfulness, review the significance of mindful living, and guide participants through a mindfulness practice.

**FEBRUARY 25-27, 2014**

Please visit the seminars section of the FSAP website at [miami.edu/FSAP](http://miami.edu/FSAP) for a full description, dates, locations and times.



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