

CREATORS SUMMIT ON MENTAL HEALTH

Mindfulness Can Protect Mental Health

Mindfulness may serve as a proactive and protective measure for mental health by promoting self-awareness, emotional regulation, stress reduction, and overall resilience in the face of life's challenges.

KEY TAKEAWAYS

GETTING STARTED WITH MINDFULNESS

- The practice of being fully present in each moment is called mindfulness. It is an ancient Buddhist approach to living that teaches us to be in the here and now.
- Mindfulness is about being fully aware of our thoughts, emotions, and bodily sensations as they arise, fostering a non-reactive and accepting attitude towards them.
- When we are mindful, we are centered, we are calm, and fully present in that moment of our lives – whether we are meditating or eating or riding a bike.
- With mindfulness, we may feel a positive energy or sense of peace. We may also feel connected with the world around us, fully alert to and conscious of the chair we are sitting on, the apple we are eating, or the leaves that flutter as we ride past.
- Mindful living requires no special equipment. It can be done anytime, anywhere. And if you fall away from the practice for a stretch, it is easy to get back into it. A few deep breaths can help you reset, refocus, and recommit.
- Mindfulness is available to us in every moment.

Content Resources:

- [Mindful Breathing](#) | [Mindful Walking](#) | [Mindful Eating](#)
- Kabat-Zinn J. | [Mindfulness](#) | Mindfulness, 2015
- Tapper K. | [Mindful eating: what we know so far](#) | Nutrition Bulletin, 2022

Audience Call to Action:

- Explore, experience, and share aspects of mindful living [Mindful Breathing](#) | [Mindful Walking](#) | [Mindful Eating](#)

Hashtags:

- #MindfulTips #MindfulLiving #HSPHCreatorsSummit

MINDFULNESS: THE SCIENTIFIC EVIDENCE

- In recent decades, interest in mindfulness has soared. There has also been an explosion of interest in the science of mindfulness.
- On an individual level, mindfulness may help people reduce stress, anxiety, and depression, as well as cultivate a sense of well-being. Mindful practices aim to reduce negative internal experiences.
- It can also help to cultivate empathy and understanding, which can be beneficial for building stronger, healthier relationships.
- The scientific investigation of mindfulness is in its infancy. Still, the emerging body of research suggests that mindfulness could be an important tool for individual wellness and holds promise as a path toward improving public health. There is a need for additional scientific research and tools to assess the impact of mindfulness interventions.
- Most studies have several key methodological shortcomings which preclude robust conclusions regarding mindfulness and meditation. However, they provide important groundwork on which future studies may expand upon.

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Content Resources:

- Pascoe, MC., et al. | [Mindfulness mediates the physiological markers of stress: Systematic review and meta-analysis](#) | Journal of Psychiatric Research, 2017
- [Stress](#) | NIH National Center for Complementary and Integrative Health | 2023
- Van Dam, N. | [Mind the hype: A critical evaluation and prescriptive agenda for scientific research on mindfulness and meditation](#) | Perspectives on Psychological Science, 2017
- Bernstein, A. | [Understanding mindfulness, one moment at a time: an introduction to the special issue](#) | Current Opinion in Psychology, 2019

Audience Call to Action:

- Share [Press Reset on Stress](#) | NIH National Center for Complementary and Integrative Health, 2023
- Explore and share – [What does mindfulness mean to you?](#)

Hashtags:

- #MindfulnessMeditation #MindfulPublicHealth #HSPHCreatorsSummit

MINDFULNESS BEYOND ONESELF

- Many apps and courses teach meditation and mindfulness as a way to overcome stress and they can be a valuable tool.
- Mindfulness is not solely about calming your own mind. It's also about recognizing the nature of the interconnectedness of everything.
- Mindful eating is a way of eating that considers not only how you nourish your own body, but how your diet affects the well-being of the world at large.
- Your individual, day-by-day choices can set off ripples that affect the entire planet.

Content Resources:

- [Mindfulness as a Foundation for Health](#) | Talks at Google, 2011
- Kabat-Zinn J. | [The Liberative Potential of Mindfulness](#) | Mindfulness, 2021
- Kabat-Zinn J. | [Meditation Is Not What You Think, Mindfulness and Why It Is So Important](#) | Hachette Books, 2018
- Lim, H. L. | [Mindfulness and Motivation in Self-Transformation: Thich Nhat Hanh's Teachings on the Interbeing](#) | Manusya: Journal of Humanities, 2022

Audience Call to Action:

- Share [Eating for a Healthy Body and a Healthy Planet](#)
- Explore and share [Mindful Eating](#) | Nutrition Source

Hashtags:

- #MindfulEating #Meditation #HSPHCreatorsSummit

ADDITIONAL RESOURCES

- Find mindfulness resources at [Project Healthy Minds](#)
- [Thich Nhat Hanh Center for Mindfulness in Public Health](#)
- [Savor: Mindful Eating, Mindful Life](#) | Book by Lilian Cheung and Thich Nhat Hanh
- [Mindfulness for Your Health](#) | NIH
- [Meditation and Mindfulness: What You Need To Know](#) | NIH National Center for Complementary and Integrative Health

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