PHN 3060: MINDFULNESS AND STRESS REDUCTION



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1: DISCUSSION QUESTIONS

1.1: Discussion Board Questions

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1.1: Discussion Board Questions

Mindfulness and Stress Reduction (seeing ourselves through the nervous system)
Discussion Board Questions

1) How can mindfulness be applied in everyday activities such as studying, eating, or social interactions? Do you feel you practice mindfulness in these areas in your personal life? Why is this your answer?

2) How do academic pressures contribute to stress among college students? What policies or practices could institutions implement to help alleviate this stress?
OR
How do different cultures perceive and handle stress? Are there unique stressors associated with certain cultural or societal norms and if so..what are they?

3) Find one peer-reviewed study based on anything related to mindfulness. You can look at breathwork, meditation, grounding, forrest bathing, mindfulness, movement practices such as yoga, tai chi, qigong (etc). You can also look at stress reduction, how these practices have aided children and learning, college students, stress, anxiety etc. Try not to replicate and have everyone posting the same study.

Post the doi or link to the full article. You can even upload the article to the discussion board. Share the following about the study: 1). The title, 2). purpose of the study, 3). the main findings of the study, and 4). why you think it is relevant or beneficial to the people in this course. You do not need to share the details of the methods or statistics. Just a broad view of the study will work

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2: MIDTERM AND FINAL PAPER ASSIGNMENTS

2.1: Mindfulness Continuation Plan
2.2: Final Paper

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2.1: Mindfulness Continuation Plan

Mindfulness Continuation Plan
Dr. Misty Rhoads

Instructions: This paper is about creating a continued practice plan for mindfulness once you finish this course.

Formatting and Submission:
o Length: 11/2-2 pages double-spaced.
o Headings: Use the bolded headings provided for you below in the paper outline.
o Format: Use standard formatting (12-point Times New Roman font, doublespaced, 1-inch margins).

1. **Assess Your Needs**: Consider areas where mindfulness could be particularly helpful in your life. Everyone has something to work on. Do you need to manage stress, improve focus, or enhance emotional well-being?

2. **Set Your Goals**:
o **Define Clear Objectives**: Establish what you hope to achieve with your continued mindfulness practice. Your goals could include reducing anxiety, improving concentration, or simply cultivating a sense of inner peace.

3. **Design Your Daily Practice**:
o C**hoose Techniques**: Select mindfulness techniques that you enjoy and find effective. Options might include mindful breathing, body scans, meditation, mindful eating, or mindful walking.
o **Schedule Your Practice**: Decide on specific times for your mindfulness practice. Consistency is key, so choose times that fit well into your daily routine, such as first thing in the morning, during lunch breaks, or before bed. Identify opportunities to integrate mindfulness into everyday activities, such as eating, driving, or exercising.
o **Determine Duration**: Set a realistic duration for each practice session. Start with shorter periods (5-10 minutes) and gradually increase as you become more comfortable.

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2.2: Final Paper

Final Paper Assignment: Personal Learning Journey in Mindfulness and Stress Reduction

Objective: Reflect deeply on your personal journey with mindfulness and stress reduction, integrating your understanding of course concepts with your individual experiences and growth.

Formatting and Submission:
o Length: 1,500-2,000 words, excluding references and title page.
o Headings: Use the bolded headings provided for you below in the paper outline.
o Format: Use standard formatting (12-point Times New Roman font, doublespaced, 1-inch margins).
o References: This is your reflection on your personal mindfulness and stress reduction journey. If you refer to information outside of this course, please cite and reference it in APA.
o Submission: Submit your paper in D2L.

Instructions:

Paper Content:

A. Personal Learning Journey:
o **Initial Understanding and Expectations**: Describe your initial understanding of mindfulness and stress reduction at the beginning of the course. What were your expectations and goals?

o **Experience with Mindfulness Practices**: Reflect on your experiences with different mindfulness techniques and stress reduction strategies throughout the course. Discuss:
§ Which practices resonated most with you and why?
§ Any techniques that were challenging or did not work as expected.
§ What surprised you most about what you learned in this class, and what was most interesting about what you learned?

o **Growth and Insights**: Analyze how your understanding and application of these practices evolved. Highlight specific moments or realizations that marked significant growth in your mindfulness journey.

B. Impact on Personal Well-Being:
o **Effects on Internal States**: Reflect on how mindfulness practices have impacted your internal states, such as stress levels, emotional responses, and overall mental clarity.

o **Integration of Course Concepts**: Synthesize how the course concepts have influenced your personal practice and understanding. Address:
§ How have you applied mindfulness techniques to real-life situations?
§ How has your understanding of stress and mindfulness deepened through the course?

C. Personal Issue Reflection:

Reflect on the personal issue or challenge you aimed to work on throughout this course by using mindfulness practices. Address the following:

• **Identification of Personal Issue**: Briefly describe the personal issue or challenge you initially identified to work on, such as stress, anxiety, focus, or emotional regulation. Why was this area significant to you?

• **Application of Mindfulness Practices**: Discuss specific mindfulness techniques you applied to address this issue. Consider:
o Which practices were most effective in helping you manage or improve this area, and why do you think they worked well?
o Any mindfulness exercises that were challenging or didn't produce the intended effects on this issue.

• **Progress and Transformation**: Reflect on any changes or progress you observed in relation to this personal challenge. Include:
o Notable moments or breakthroughs where you felt a shift or improvement.
o Insights about yourself and the issue as a result of engaging in mindfulness.

• **Future Intentions**: Conclude with how you plan to continue addressing this personal issue. Will you maintain certain practices? What is your vision for further improvement in this area?

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GLOSSARY

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Sample Word 1 | Sample Definition 1

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