Mindful Awareness Practices for Daily Living (MAPs)

Overview

Mindful Awareness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. Mindful Awareness Practices (MAPs) is a course developed by the UCLA Semel Institute for Neuroscience and Human Behavior Mindful Awareness Research Center and offers tools and exercises such as mindfulness meditation to develop greater mind-body awareness and promote mindfulness in daily life. This six-week class series is open to all UC Davis staff and faculty. The classes lay the foundation for participants to:

- understand basic principles of mindfulness,
- develop a personal meditation practice, and
- apply the principles in their daily life on an ongoing basis.

Each class session will consist of mindfulness practices, experiential exercises, lectures and group discussions in a supportive community environment. This course is well suited for beginners and those who wish to revitalize their mindfulness practice. This course will be taught by Neesha Patel, PhD.

Please note that this course is an educational program and not intended to serve as clinical treatment. Please consult with your health care provider to determine the appropriateness of this course for you.
Class Structure

The MAPs class meets weekly for two hours per week for six weeks. Students will be offered daily home practice meditation assignments starting at five minutes a day and working up to 20 minutes daily by the end of the course.

The class will explore the following topics:

- Overview of Mindfulness
- Mindfulness of the Body
- Challenges to Mindfulness
- Mindfulness with Physical Pain
- Mindfulness with Difficult Emotions
- Cultivating Positive Emotions
- Mindfulness with Difficult Thoughts
- Mindful Interactions

Students will also learn a variety of mindfulness practices so that the student can discover which practice is useful to them. Practices taught include:

- Sitting meditation
- Eating meditation
- Daily life meditations
- Relational mindfulness
- Walking meditation
- Standing meditation
- Movement meditation
- Practices to develop positive emotions
Fees

This course is being offered by Staff and Faculty Health and Well-being at no cost to participants who meet the following eligibility requirements:

- Ability to attend all 6 sessions for the full 2 hours.
- Ability to dedicate up to 20 minutes/day for home practice.
- Willingness to participate in the research study associated with this class (this involves completing online surveys).

Please click here to find out whether this is the right class for you and the right time for you to attend.

More Questions?

Please feel free to contact us at wellbeing@ucdavis.edu.