



## Community Wellness Digest Vol. 1, No. 5

Welcome to the Center for Buddhist Studies Community Wellness Digest! In this monthly email, we will share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. We welcome your feedback. Let us know what you think by emailing [buddhist-studies@email.arizona.edu](mailto:buddhist-studies@email.arizona.edu).



### Mindfulness in Modern Life

Jon Kabat-Zinn, an American pioneer of mindfulness education and research, has defined mindfulness meditation as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.” Although most contemporary mindfulness programs present a secular version of the practices, Kabat-Zinn and other proponents drew upon centuries of tradition from Asian Buddhism and adopted this ancient wisdom for modern audiences. Western psychologists and neuroscientists have investigated the biological and behavioral changes that arise when we regularly practice mindfulness. A good example is [Richard Davidson’s research](#) and the ongoing work of the [Mind and Life Institute](#). These investigators have shown that through daily practice of mindfulness techniques, we can all potentially benefit from less stress, less reactivity, a greater capacity to see other perspectives, more curiosity as opposed to judgment, and a greater capacity to accept life’s ups and downs. These qualities build resilience, flexibility, and openness for people from all walks of life.

### Mindfulness in Business



Mindfulness has become all the rage in recent years as a tool for leadership development and a means for reducing workplace stress. Apple founder [Steve Jobs](#) was influenced by Zen Buddhism and Google famously offers an array of [mindfulness programs](#), talks, and retreats. Now in 2021, countless large and small organizations offer mindfulness programs to employees, CEOs, and boards. Researchers have studied how companies can apply the principles of mindfulness to leadership development, such as [this study](#) by Megan Reitz and Michael Chaskalson in the Harvard Business Review.

### Resources for Nonprofits

Leaders in the [nonprofit community](#) look to mindfulness as an important resource for those who may be facing burnout or scarce resources. [Frontline healthcare workers](#) have used mindfulness and self-care techniques to combat fatigue, especially during the pandemic. Mindfulness practice is popular among [educators](#) as well, another profession where burnout is common. A 2017 study by University of Virginia professor Patricia Jennings evaluating Cultivating Awareness and Resilience in Education, or CARE, found that “The teachers who participated in CARE were better than nonparticipants at regulating their emotions, and rated lower on measures of depression, anxiety, exhaustion, and feeling pressures.” [Activists](#) engaged in social change movements are increasingly taking the time to provide mindfulness workshops and resources to their participants. By pausing, reflecting, and resting, these change makers use age-old tools to nourish themselves and sustain their movements. If you have further resources or stories to share, please email us at [buddhist-studies@email.arizona.edu](mailto:buddhist-studies@email.arizona.edu).



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