Benefits of Mindfulness Practice

Cognitive function - *Boost learning retention and memory recall* by improving the brain’s working memory capacity.

Communication - *Hear more clearly* what your clients are telling you, via non-verbal communication and being more present in conversation.

Creativity - *Find unique resolutions* by increasing the ability to see creative options.

Empathy - *Improve relationships* by increasing empathy and understanding of others’ needs.

Emotion regulation - *Maintain composure* by increasing the capacity to remain fully present in adversarial situations.

Ethical Decision Making - *Improve moral reasoning and decision-making* by becoming more aware of influencing factors and internal emotional reactivity.

Focus – *Reduce mind-wandering* by training the brain to pay attention and be less distractible.

Immune function - *Reduce illnesses* by enhancing the body’s immune response.

Problem Solving - *Better analyses* by increasing the capacity for solving legal issues with greater attention and more logical decision-making.

Resilience - *Bounce back from setbacks* by increasing ability to recover from stressful encounters and failures.

Stress - *Improve stress management* by reducing cortisol levels, calming the sympathetic nervous system and becoming more aware of automatic reactivity. Keep your cool!

Wellbeing - *Improve life satisfaction* by increasing activity in the happiness centers of the brain, increasing awareness of the positives, decreasing the impact of the negatives, and gaining a sense of control over your world.

Health Benefits - *Feel physically and mentally better!*

- Sleep Disorders
- Chronic Pain
- Blood Pressure
- Cardiovascular Disease
- Diabetes
- Chronic Fatigue Syndrome
- GI Distress
- Cancer
- Stress
- Depression
- Anxiety
- Substance Abuse
- Phobias
- PTSD
- Panic Attacks
- Headaches
- Eating Disturbances

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12 Simple Practices to Bring Mindfulness to Your Day

**Set an intention for each day.** Gratitude. Presence. Compassion. Breathe.

**Mindful Driving.** When driving, pay attention to actually driving. Focus on the feel of the steering wheel, the traffic around you and remember to breathe. Consider turning off the radio.

**A brief breath to begin your day.** In the morning when turning on your computer, before launching into your activity of the day, take a few moments to close your eyes and focus on your breathing.

*“Where are my feet?”* When in a conflict situation, notice the sensations in your feet right now to ground you and calm your nervous system.

**S.T.O.P. Practice.** Good for transitions and pausing throughout your day.

1. STOP what you’re doing.
2. Take a Breath.
3. Observe what is present for you.

**Mindful Meetings.** S.T.O.P. before you enter. Turn off your tech. Take a mindful pause as a group before beginning. Be in this meeting.

**Implement No-Device meetings.** Phone drop-boxes work well. Assign one note-taker with a laptop so others can fully participate.

**Clear some breathing space with a Mindful Check-In.** Set an alarm to remind you to take 3-5 minutes to refocus and recharge.

**Mindful emailing.** Before hitting send on an emotionally charged email, stop and take 10 breaths. Notice any sensations in your body and identify the cause. Then re-read your email before sending.

**Uni-task.** Do just one thing at a time and really pay attention to doing that one task, be it drinking coffee, writing an email, or attending a conference call.

**Eat a meal mindfully.** Choose one meal to eat slowly and with attention to all of the textures, flavors and sensations that accompany it. Consider where the components of the meal came from and the journey from production to plate. Savor it.

**Mindful Communication.** Practice being fully present and open in a conversation. Drop all agenda and explore what it is like to deeply listen without planning what you are going to say next.
Mindfulness Resources for Lawyers

**Take an In-Person Class** (most benefits come with practice- taking a class can support this new habit)
- In San Diego: UCSD Center for Mindfulness ⇒ mindfulness.ucsd.edu ⇒ Schedules & Registration
- Search your area for *Mindfulness Based Stress Reduction* Courses near you

**Listen to Guided Practices** (it’s easier when you’re just beginning to practice to have guidance)
- UCSD Center for Mindfulness⇒ Mindfulness Resources⇒ Guided Audio & Video
  - mindfulness.ucsd.edu
- UCLA MARC⇒ Free Guided Meditations
  - marc.ucla.edu
- WarriorOne wakeup call weekly practice⇒ warriorone.com

**Try a Mindfulness App** (use your technology for good instead of just for distraction!)
- Headspace App  ⇒ www.getsomeheadspace.com
- Insight Timer App ⇒ www.insighttimer.com
- Calm ⇒ www.calm.com
- Mindfulness App ⇒ www.mindfulness-app.com
- Stop Breathe & Think App ⇒ www.stopbreathethink.org

**Check out Online Classes** (learn how to practice mindfulness from anywhere)
- WarriorOne - Essential Mindfulness for Lawyers ⇒ www.warriorone.com
- Udemy (online classes) ⇒ www.udemy.com
- SoundsTrue- audios + publications + classes ⇒ www.soundstrue.com

**Explore Recommended Readings** (there are lots of excellent resources to learn more!)
- *The Six-Minute Solution: A Mindfulness Primer for Lawyers* by Scott Rogers
- *Full Catastrophe Living* by J. Kabat-Zinn
- *Meditation for Beginners* by J.Kornfield
- *Buddha’s Brain: The Practical Neuroscience of Happiness, Love, & Wisdom* by R. Hanson
- *Real Happiness at Work* by S. Salzburg
- *Search Inside Yourself* by Chade Meng Tan
- *One Second Ahead* by Rasmus Hougaard
- *Wherever You Go There You Are* by Jon Kabat-Zinn
- *Mindful Magazine-* www.mindful.org