Next week is Fall Break! We will have “a week off” from campus activities, which likely means catching up on grading, research, meetings, etc. I hope during this week, you find time to be grateful for all of the opportunities available to you at our university, as well as in your life. Practicing mindfulness includes practicing awareness, and being aware of the areas of our life that bring us joy and happiness, can guide us to more positive actions. Enjoy next week and take time to relax and be thankful for the journey.

**IDEAS and REMINDERS:**

Mindfulness and stress resilience require practice, and that practice is constant. Remind yourself that we are not perfect, and that what is more important than perfect mindfulness…is practicing mindfulness. We can practice mindfulness every day in every action, even when we are driving, making dinner, and reading a book. Be aware, breathe, and focus on one moment at a time.

**ARTICLES:**

This article discusses how focus can improve progress. By focusing on what you want to achieve, and committing to that idea, you will progress towards your goals.

[https://jamesclear.com/how-to-focus](https://jamesclear.com/how-to-focus)
How to Focus Better: Lessons From a Lion Tamer - James Clear

jamesclear.com

Over a century ago, a lion tamer named Clyde Beatty learned a lesson that is so important that it impacts nearly every area of your life today.

Lesson – Progress comes from focus and practice.

VIDEOS:

This video discusses that mindfulness can be uncomfortable, but practice will assist you in learning to be mindful.

https://youtu.be/Ze6t34_p-84

Don’t try to be mindful | Daron Larson | TEDxColumbus

youtu.be

Mindful Awareness Trainer Daron Larson says although mindfulness has been shown to help decrease stress and increase contentment, many who try it give up con...
Lesson – Mindfulness comes from mindful practice.

UPCOMING MINDFUL WORKSHOPS:

On the next update, look for Intersession opportunities for the MINDFUL and IMPACT workshops that I teach.

Reminder – sign up for workshops through the FDC site.

THOUGHT OF THE DAY:

Never stop showing those you care about how much they mean to you.

LASTS ITEMS:

Be thankful for all things that bring you happiness over the next few weeks.

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