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You Still Have Time to Register for a Session in Our HR Lecture

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Matthew Revitt <matthew.revitt@maine.edu>

You Still Have Time to Register for a Session in Our HR Lecture Series!

1 message

Your Office of Human Resources <umshr@maine.edu>
Reply-To: umshr@maine.edu
To: matthew.revitt@maine.edu

Fri, Mar 25, 2022 at 3:51 PM



March 25, 2022

Good Afternoon Colleagues,

This is a friendly reminder about the next session in our **HR Lecture Series** happening next week on Monday, March 28, 2022. You still have time to register and engage!

Mindfulness: Release the Stress Presented by Samantha Smith

Our multi-tasking minds are constantly going a mile a minute, even while research demonstrates profound benefits coming from greater focus. What would happen if you stopped it all for a moment? Come explore the practice and notable outcomes of mindfulness.

Monday, March 28, 2022 @ 1:00 pm - 2:00 pm EST
[Register in advance for this meeting](#)

Although it is not associated with this session, you may also appreciate this [Podcast: Finding Focus and Owning Your Attention by Dr. Amishi Jha](#), who shares further insight related to this topic. See an excerpt from the transcript of her podcast below:

"When stress is protracted, there's no chance for our attention to bounce back; there's no buoyancy in our system realigning itself, so we start seeing degradation. I was interested in seeing if I take people over intervals that I know they'll describe as high-stress intervals, is it the case that attention significantly declines? Can we track it with our objective metrics and our brain metrics? And yes, we see that it significantly declines. We can measure it. So, then the question becomes, well, "What can we do about that? Can we provide training that may prevent that decline, keep people steady, even if it's a high-stress interval?"

Initially, nothing was working - positive mood inductions, light and sound devices, brain training games - nothing could protect against this decline. Then ***one very surprising thing that did work was offering high-stress, high-demand professionals mindfulness training over a high-stress interval. We gave them mindfulness concepts, we taught them practices, and then they started practicing 12 or so minutes a day over that high-stress interval. And so that was part of a good chunk of my lab's work - trying to figure out solutions.***

There's a way people can exercise their attention. I can give them mindfulness practices that they can do privately on their own, 12 minutes a day, and strengthen this very precious brain resource that refuels their capacity to think clearly and regulate their emotions and connect with others. It is a lifeline type of refueling that we are offering."

Hope to see you there!
Your Office of Human Resources

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