

Mindfulness Resources

01 April 2020

Videos, Podcast, Readings, Research, NZDF mindfulness programme, Apps, How-to-guide

What is Mindfulness?

“Mindfulness is the ability to know what’s happening in your head at any given moment without getting carried away by it.” - Dan Harris, Author of 10% Happier, Mindfulness App founder.

Video Resources

- Meditation 101: A Beginner’s Guide (funny short video). [Watch.](#)
- Why Mindfulness Is a Superpower: An Animation (funny short video). [Watch.](#)
- Mindfulness in the Military | Interview with neuroscientist Dr Amishi Jha & US Army war veteran Major General Walter Piatt (25 min). [Watch.](#)

Podcast episode

- Podcast interview with Dr Amishi Jha and Maj Gen Walter Piatt about mindfulness in the US military. Episode #24: 10% Happier with Dan Harris. [Listen.](#)

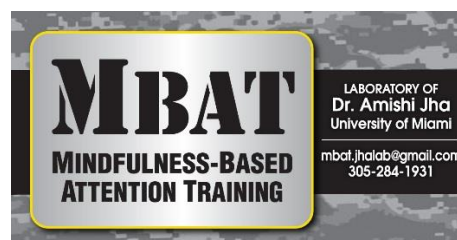
Newspaper & Magazine Articles

- New York Times article on Military Mindfulness (NZDF mindfulness programme mentioned). [Read.](#)
- Mindfulness in the US Army. [Read.](#)

Research Articles

- Impact of mindfulness training on physiological measures of stress and objective measures of attention control in a military helicopter unit (2015). *The International Journal of Aviation Psychology*. [PDF.](#)
- Mindfulness training as cognitive training in high demand cohorts: An initial study in elite military servicemembers (2018). *Progress in Brain Research*. [PDF.](#)
- Practice is protective: Mindfulness training promotes cognitive resilience in high stress cohorts (2017). *Mindfulness*. [PDF.](#)

Mindfulness Based Attention Training (MBAT)



The NZDF has access to and can run the University of Miami’s MBAT programme. It is spread over 4 weeks and builds 4 different mindfulness skills. Each week is a 2hr practical & interactive classroom lesson, with out-of-classroom exercises (guided audio, 15 min per day).

Week 1: Brain Fitness – Train your brain like your life depends on it.

Week 2: Zero the Mind: Seeing things clearly & Shoot/ Don’t Shoot: The proportionate response.

Week 3: Embracing Uncertainty: Thriving amid uncertainty.

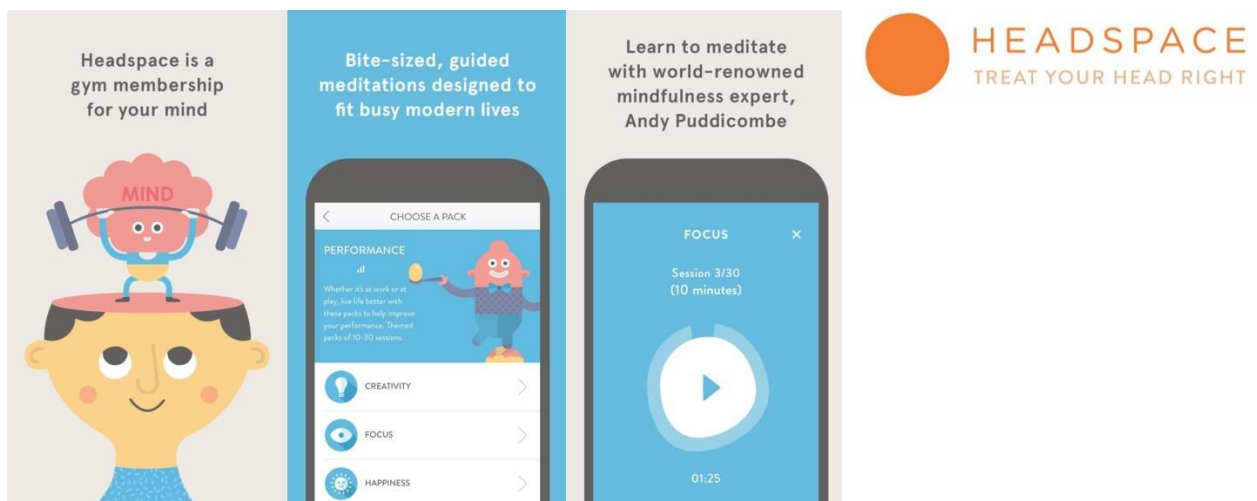
Week 4: Power Within: Expanding your interpersonal skills.

To run MBAT on your unit please contact your local psychology team.

How-to Get-Started-with-Mindfulness: Quick-Guide

To build mindfulness training into your day:

- Find an app you like – [Headspace](#), [Calm](#), [10% Happier](#), [Waking Up](#) – are all recommended and most people report they're able to start out using these apps consistently. Doesn't matter though, pick something.
- Download the app. Most apps will have a free section you can use without a subscription.
- Find a specific time in your day when you can commit to doing a 10 minute guided practice. Most common times are; during your morning routine first thing, at lunchtime, or in the evening. But be aware of before-bed sleepiness – mindfulness may help you calm your busy mind in the evening, but it is harder to train attention when you're sleepy.
- Practice with the app every weekday for 3-4 straight weeks (practicing on the weekends gets you bonus-points). Set a reminder on your phone for when you will practice.
- Practice informally 3-5 times per day by becoming mindful for deliberate, brief moments 10 – 20 seconds, through-out your day just when transitioning between activities; e.g. logging-on to your computer, making coffee, brushing your teeth, washing your hands, eating... etc.
- After 3- 4 weeks, check-in with yourself and re-assess. Notice anything different? Then either continue with your mindfulness practice routine – maybe buy an app subscription. Or if it's not for you do something else.



- Note: NZDF receives a discount for unit-level Headspace subscription purchases (no discount for individual sign-ups). Minimum 10 subscription purchases.
- To set this up:
 - Get cc-manager approval.
 - Identify the number of subscriptions you require.
 - Email W/O Tracey Melvin who will co-ord the subscriptions for you.
 - You will be emailed a link to pay online (you will require a credit card).
 - Once paid you will be emailed a sign-up link to a unit landing page to circulate to your identified pers.

For more information on NZDF mindfulness please contact SQLDR Carsten Grimm.

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Royal New Zealand Air Force | Te Tauaarangi o Aotearoa

Tū Kaha – Courage | Tū Tika – Commitment | Tū Tira – Comradeship | Tū Māia – Integrity

