

## Mindfulness, Character and Wellbeing

*Christians in Science, University of Southampton  
Thursday 5<sup>th</sup> March 2020*

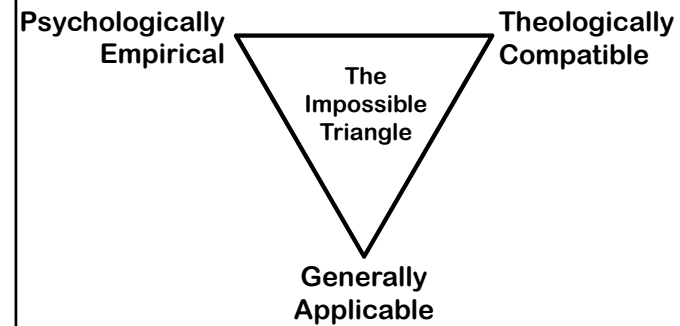
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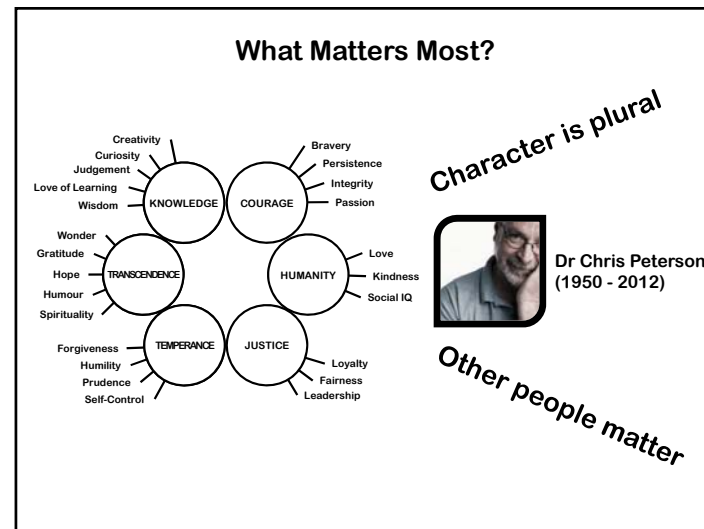
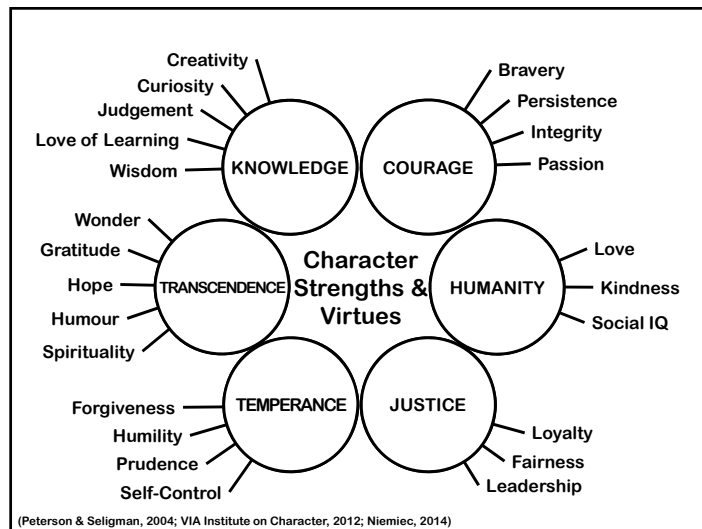
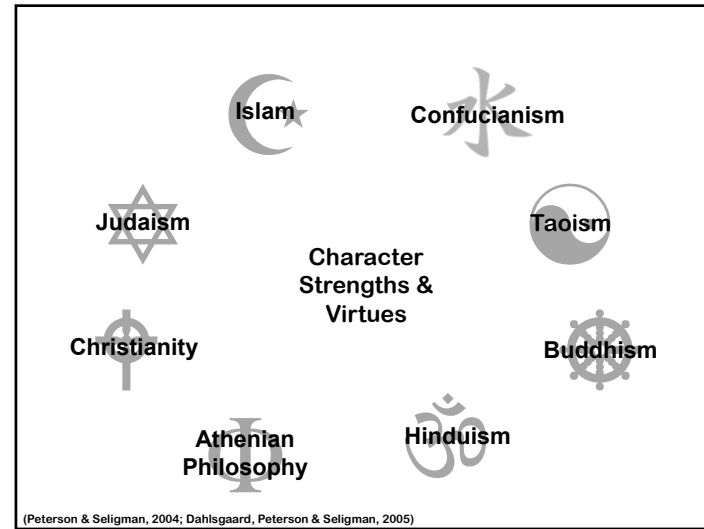
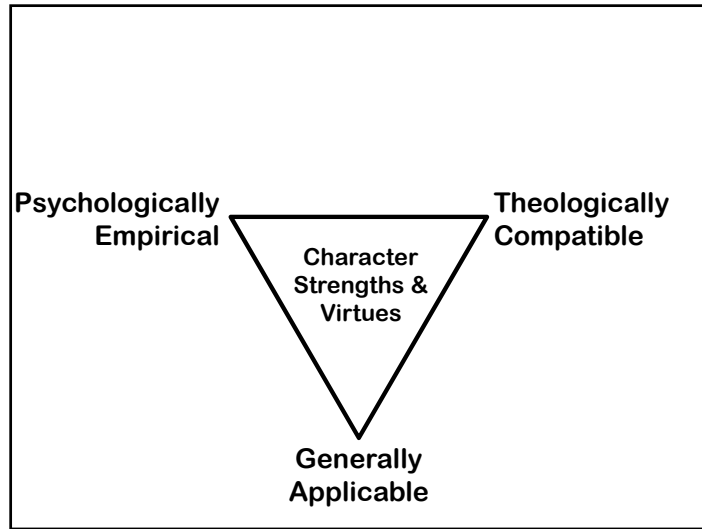
“Boundaries are exciting, intriguing and turbulent places to inhabit. They are like fault lines: they are the locus of volcanic activity. They allow movement, they release tension; they create new mountains; they shake existing structures. Boundaries are often the sites of conflict, miscommunication and misunderstanding, resulting in a lack of coordination and duplication- they are too often perceived as barriers and protected by organisational, sectoral and professional walls.

(Williams, 2012)

“Alternatively they can be the locus of transformation, collaboration, imagination, innovation and creativity through the juxtapositioning of multiple communities of practice and interests. Boundary encounters are healthy for people and organisations- they avoid atrophy, groupthink and inbreeding, and offer new opportunities for learning, knowledge acquisition and windows on the world.”

(Williams, 2012)





## What Matters Most?

Mark 12



<sup>29</sup>Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one.

<sup>30</sup>And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

<sup>31</sup>The second is this: you shall love your neighbour as yourself.' There is no other commandment greater than these."

## What Matters Most?

Mark 12

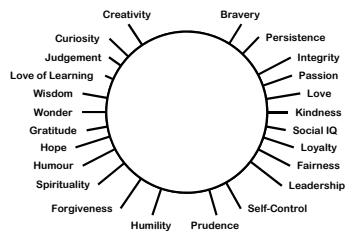


<sup>30</sup>And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

(Deuteronomy 6:4-5; Matthew 22:32; Luke 10:27)

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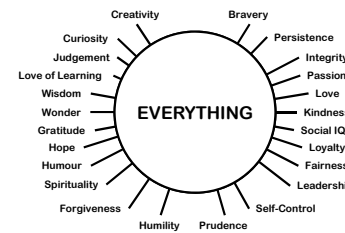
Mark 12



<sup>30</sup>And you shall love the Lord your God with all your heart and with all your money and with all your body and with all your decisions and all your parenting and all your taxes and with all your hospitality and with all your sexuality and with all your creativity and with all your time and with all your thought and all your energy and with all your soul and with all your mind and with all your strength.'

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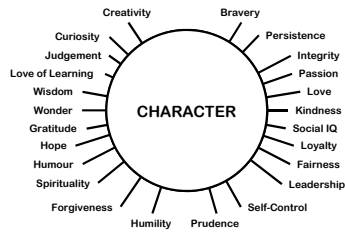
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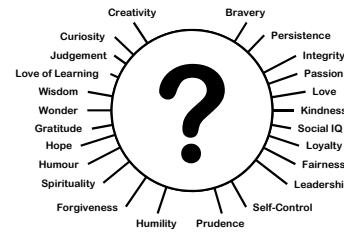
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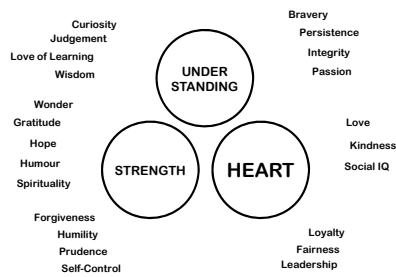
<sup>32</sup>And the scribe said to him, "You are right, Teacher. You have truly said that he is one, and there is no other besides him.

<sup>33</sup>And to love him with all the HEART and with all the UNDERSTANDING and with all the STRENGTH, and to love one's neighbour as oneself, is much more than all whole burnt offerings and sacrifices."

(Deuteronomy 6:4-5; Matthew 22:32; Luke 10:27)

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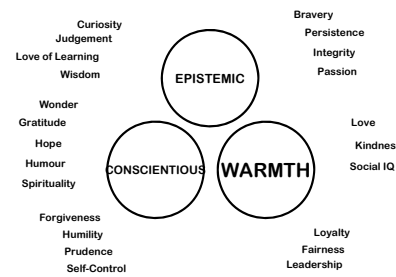
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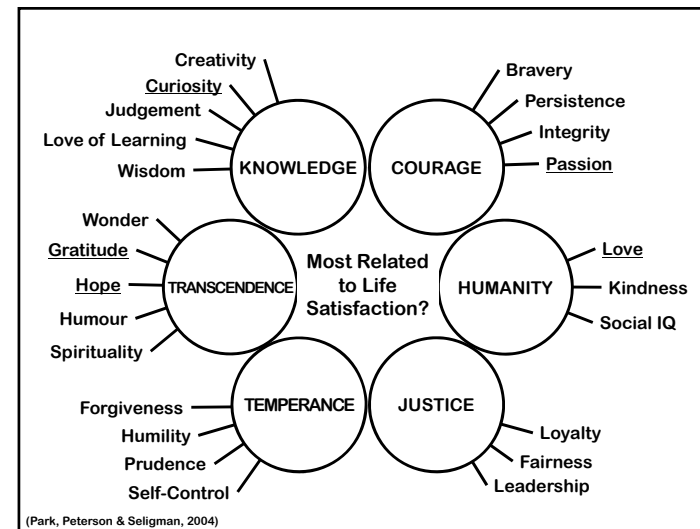
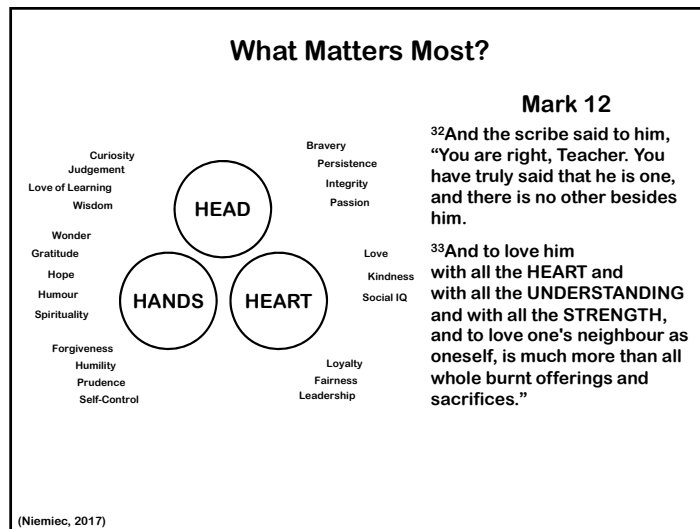
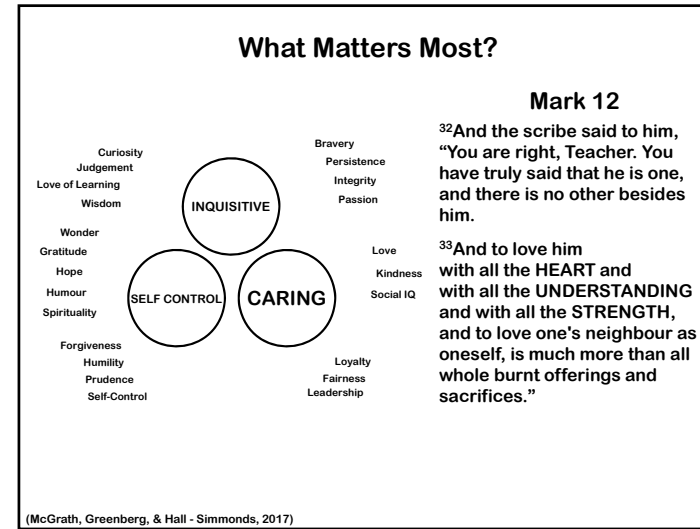
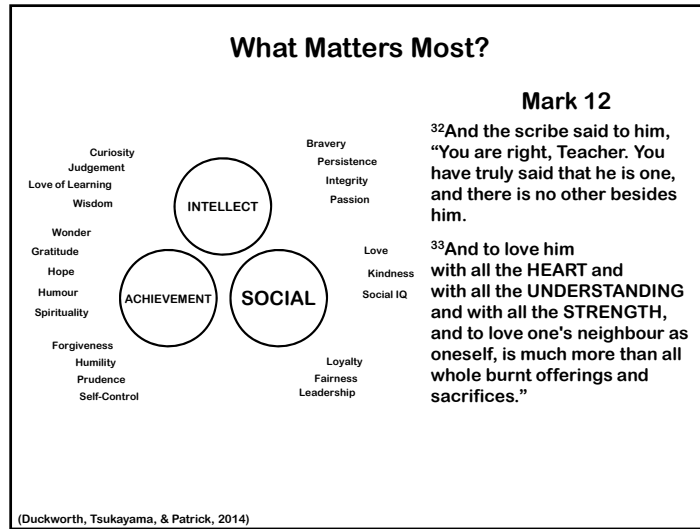
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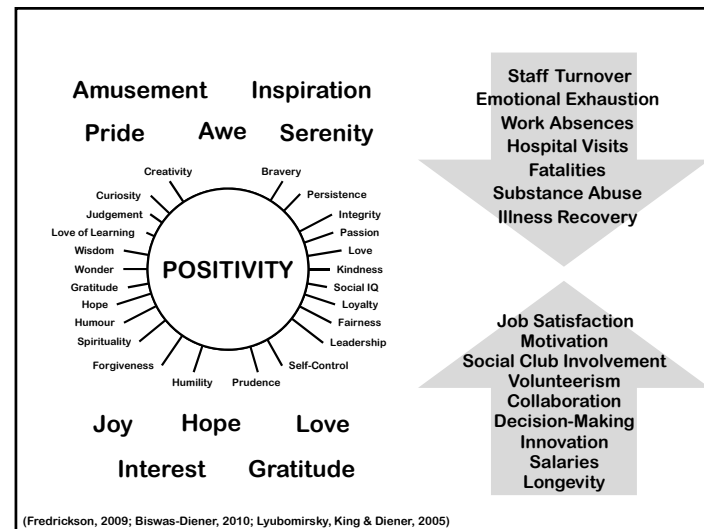
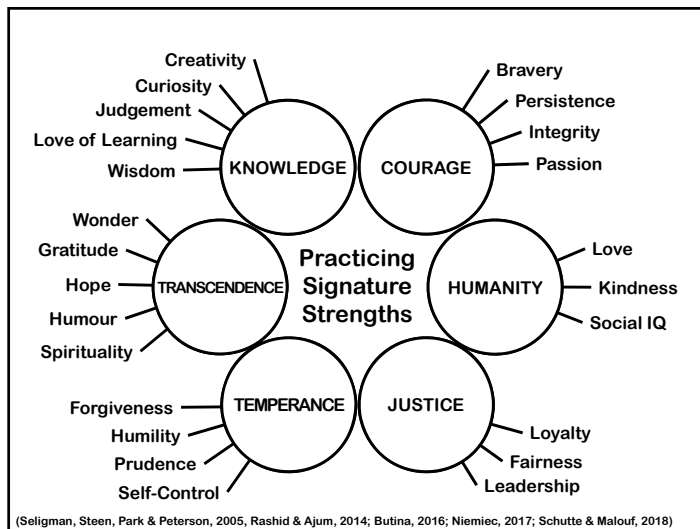
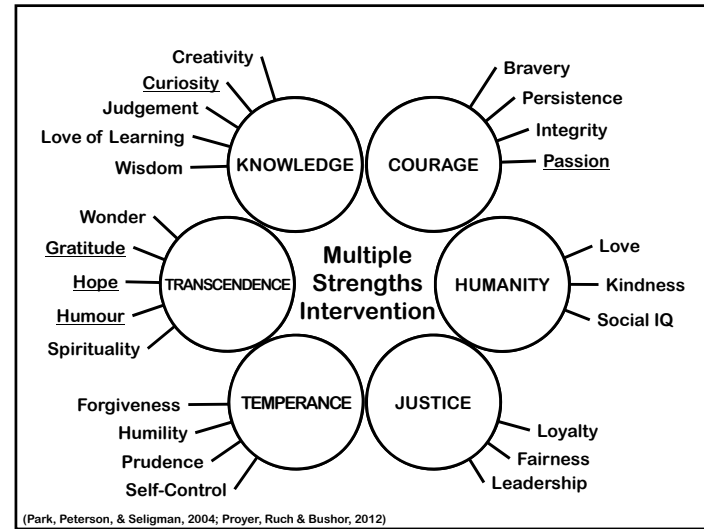
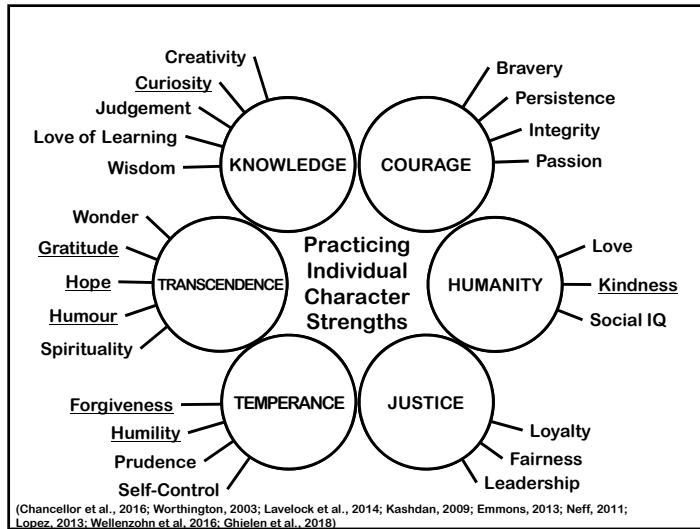


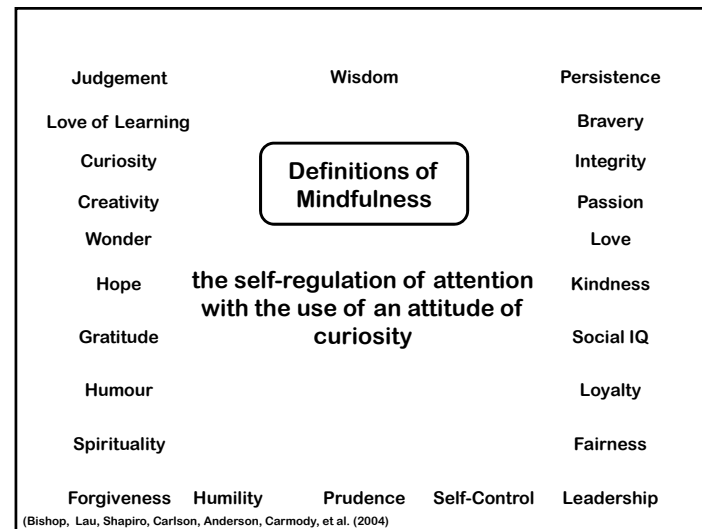
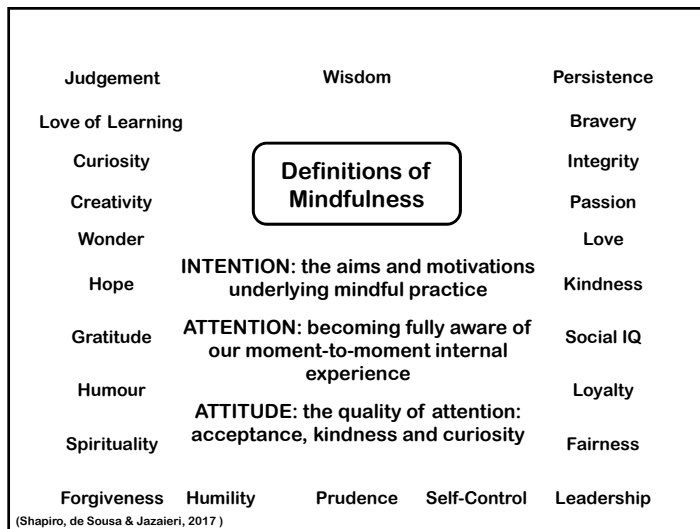
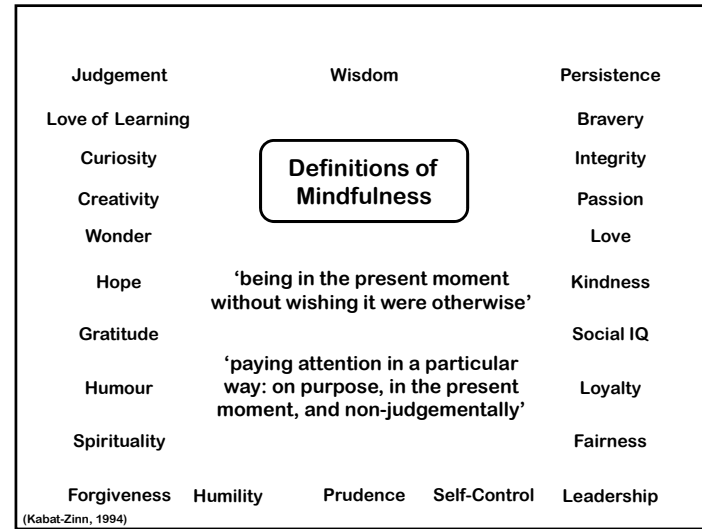
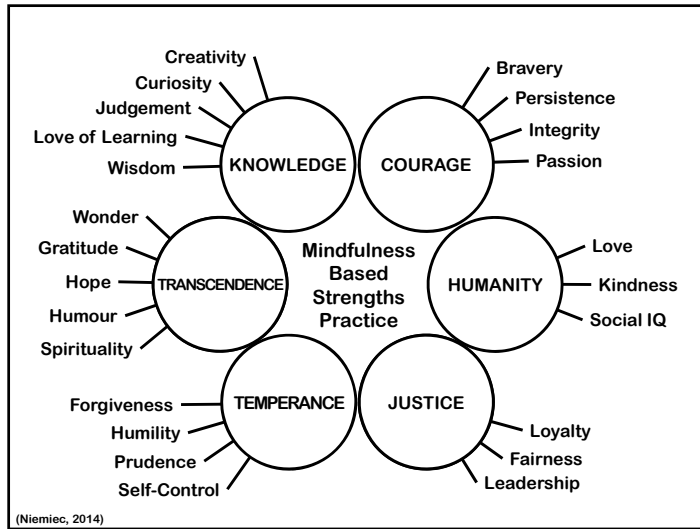
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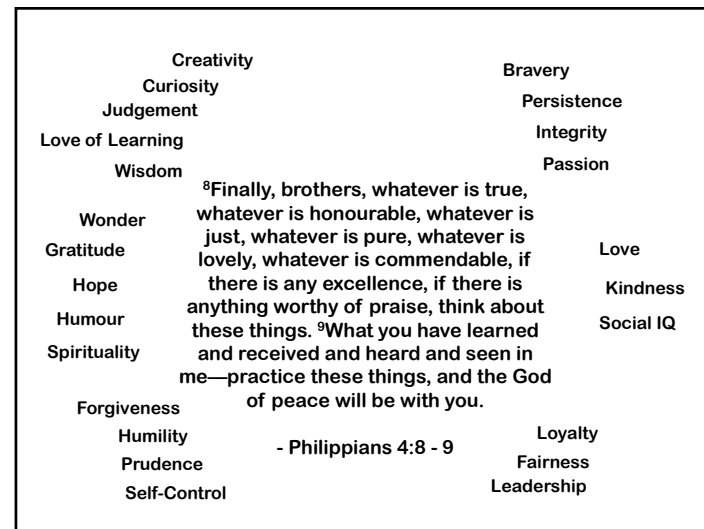
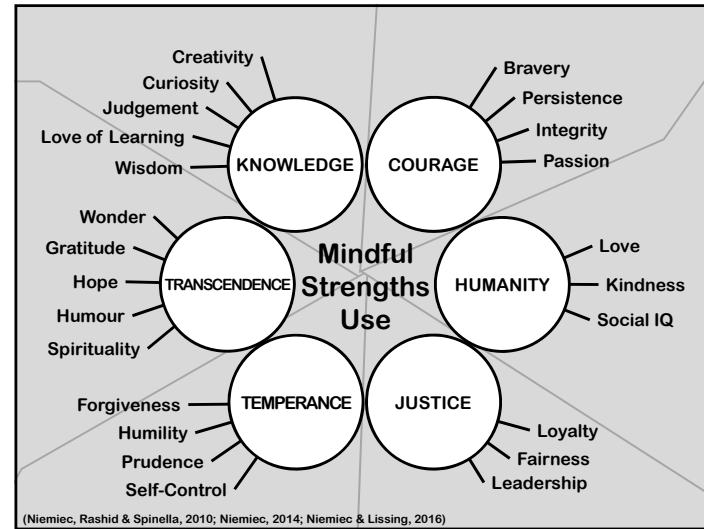
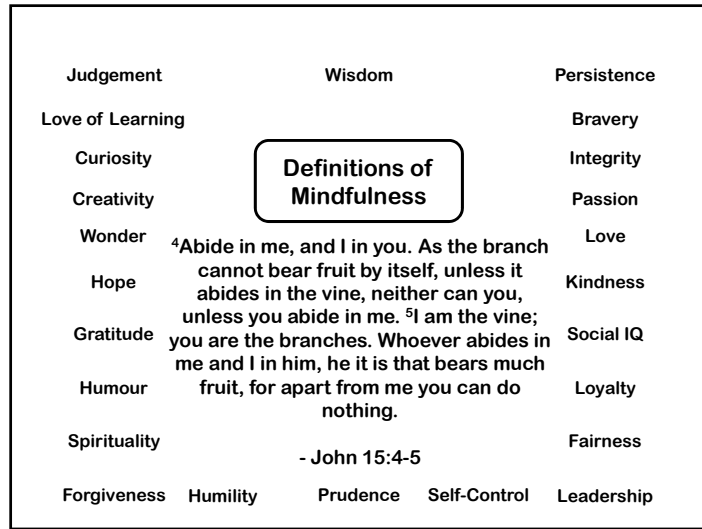
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(Worthington & Hampson, 2011)

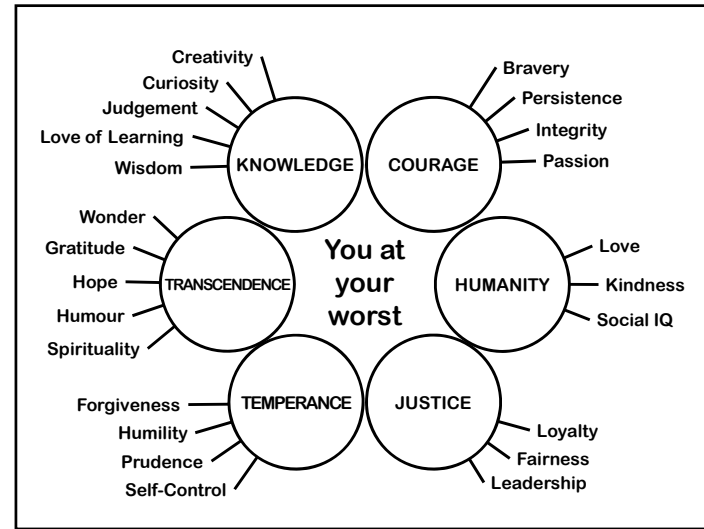
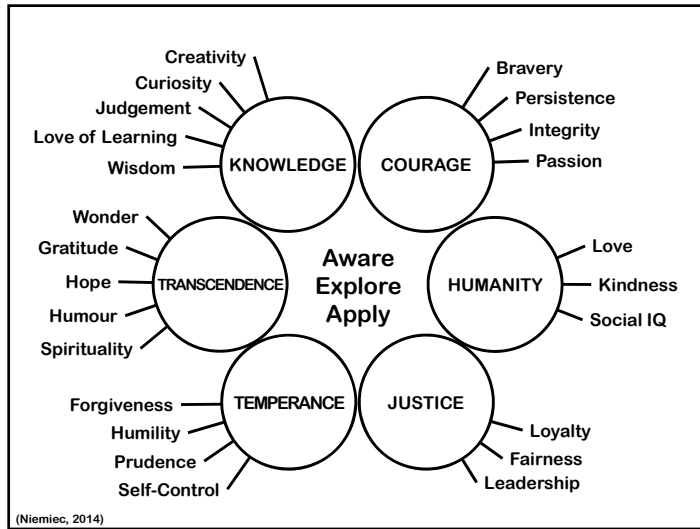












Creativity  
 Curiosity  
 Judgement  
 Love of Learning  
 Wisdom  
 Wonder  
 Gratitude  
 Hope  
 Humour  
 Spirituality  
 Forgiveness  
 Humility  
 Prudence  
 Self-Control

Bravery  
 Persistence  
 Integrity  
 Passion  
 Love  
 Kindness  
 Social IQ  
 Loyalty  
 Fairness  
 Leadership

<sup>19</sup>Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup>idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup>envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control; against such things there is no law.

- Galatians 4:19 - 23

Conformity	⊖	Creativity	⊕	Eccentricity
Disinterest	⊖	Curiosity	⊕	Nosiness
Unreflective	⊖	Judgement	⊕	Cynicism
Complacency	⊖	Love of Learning	⊕	Know-it-all
Shallowness	⊖	Wisdom	⊕	Overbearing
Cowardice	⊖	Bravery	⊕	Foolhardy
Fragility	⊖	Persistence	⊕	Obsessive
Phoniness	⊖	Integrity	⊕	Self-Righteousness
Sedentary	⊖	Passion	⊕	Hyperactive
Isolation	⊖	Love	⊕	Promiscuity
Indifference	⊖	Kindness	⊕	Intrusiveness
Obtuse/Clueless	⊖	Social IQ	⊕	Over-analysing
Selfishness	⊖	Loyalty	⊕	Dependent
Partisanship	⊖	Fairness	⊕	Detachment
Compliance	⊖	Leadership	⊕	Despotism
Merciless	⊖	Forgiveness	⊕	Permissive
Grandiosity	⊖	Humility	⊕	Self-deprecation
Sensation-seeking	⊖	Prudence	⊕	Stiffness
Self-indulgence	⊖	Self-Control	⊕	Inhibition
Oblivious	⊖	Wonder	⊕	Perfectionism
Self-Reliance	⊖	Gratitude	⊕	Ingratiation
Pessimism	⊖	Hope	⊕	Pollyanna-ism
Overly Serious	⊖	Humour	⊕	Giddiness
Anomie	⊖	Spirituality	⊕	Fanaticism

(Niemiec, 2014)



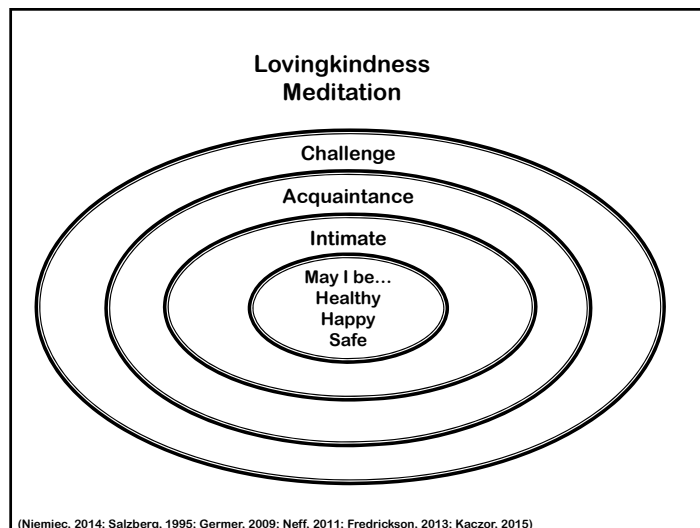
**Character Strengths Breathing Space**

**Curiosity**  
 AWARENESS of the present moment.  
 Exploring sounds, sights and sensations fully.

**Self-Control**  
 CONCENTRATION on the breath.  
 Allowing our focus to rest gently on the in-breath and out-breath.

**Wisdom**  
 EXPANDING attention to the body as a whole.  
 Noticing the sense of oneness or completeness as we breathe.

(Niemiec, 2014; Williams & Penman, 2011)

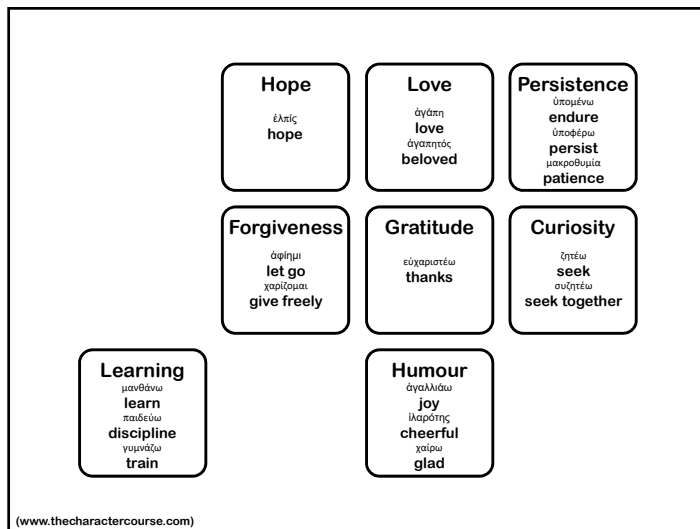
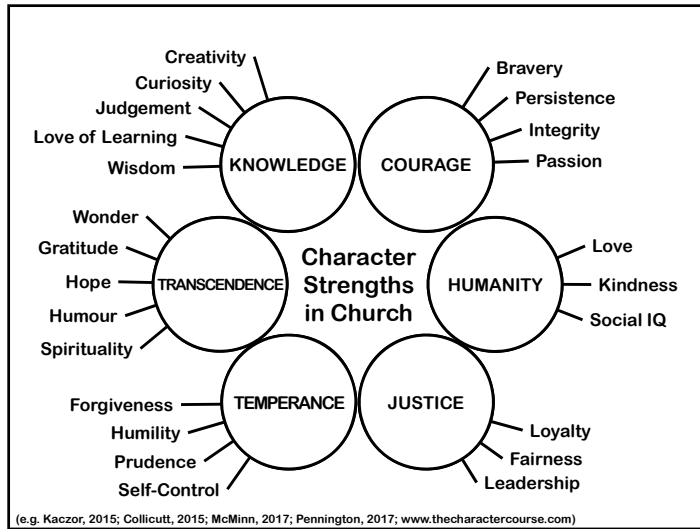


**Lovingkindness Meditation**


“Love... is not a solo act. The benefits that unfold from love for you, then, also unfold for all those who are party to positivity resonance. Seen from this vantage point, emotional and physical health are contagious. Indeed, studies of actual social networks show that, over time, happiness spreads through whole communities. Your friend’s co-worker’s sister’s happiness actually stands to elevate your own happiness.”

- Fredrickson (2013, p. 61)

(Niemiec, 2014; Salzberg, 1995; Germer, 2009; Neff, 2011; Fredrickson, 2013)



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