

Mindfulness Resources On and Around Campus

About this document

In winter 2022, Cooper Lamb ('23) and Dr. Genie Giaimo worked together in an independent study (WRPR500) on contemplative practices and mindfulness. Below, we share a resource that can help learn about mindfulness and apply it to their everyday practices at Middlebury, particularly as it applies to self-exploration and academic well-being. For questions (or additional resources), contact Dr. Giaimo <ggiaimo@middlebury.edu> and the Writing Center.

What is mindfulness?

“Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.” (From Berkely’s website on mindfulness. They have a lot of great resources that can be found [here](#).) It is awareness of the present moment and has been shown to be very beneficial in many areas such as reducing stress and improving focus. Meditation is a mindfulness practice.

Meditation spaces on campus

- Scott Center (46 South Street) – there is a meditation room upstairs (pictured) with cushions, mats, instructions for meditations, incense, and other things you might need for meditation. Check out the [Scott Center website](#) for more information, they have a lot of great stuff about mindfulness practice generally!
- Davis Library – from the top of the stairs, the meditation space is on the left side. If you walk that way towards the shelves, you will see signs. There are some cushions, books, and practices to try.
- The Labyrinth at the Knoll – more information about this can be found [here](#) (also from the Scott Center).



Spaces near campus

- Bread Loaf Mountain Zen Community (3958 VT-30 in Cornwall) – They have a daily meditation from 7:00-7:40 am and another from 5:30-6:30 pm Monday - Saturday. See their website for more details [here](#)!
- Spirit in Nature (on Goshen Road in Ripton off Route 125) – There is a network of trails in the woods with signs along the paths with various quotations to ponder. It is a very nice place for contemplative walking. [Here](#) is their website for more info! There is a picture of a trail to the right from their website.



Activities to try

These are a couple exercises that can be helpful to do when you before you get started on a writing assignment or just need to take a moment to settle!

- Breathing – take five to ten minutes to focus on your breath. When you breathe in, think, “I am breathing in,” and when you breathe out, “I am breathing out.” This can help settle and focus you if you are having trouble starting to write.
- Writing – take five to ten minutes to do a free write. Try and set a timer and write for the duration of the time without editing or going back on anything you write. This can help get you writing and make starting your assigned work easier.