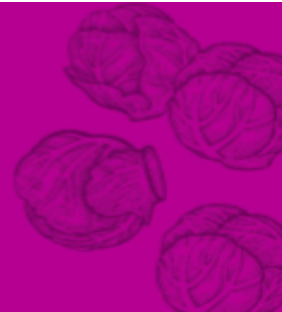


2024 Teaching Kitchen Symposium



Breakout Session 1C

Session Title: Incorporating Mindfulness, Movement, and Mind-Body Skills into Teaching Kitchen Programs
Date & Time: Nov 13, 2024 1:30 PM MST (90min)
Presenters: <ul style="list-style-type: none">• Sian Cotton, PhD, Director, Osher Center for Integrative Health, University of Cincinnati• Trinh Mai, Utah, LCSW, Mindfulness Educator; Former Director of Mindfulness Programs, Osher Center for Integrative Health, University of Utah
Session Description: In addition to healthy cooking skills, many teaching kitchen programs provide education in mindfulness, physical activity, and other self-care topics that foster a holistic sense of well-being and support long-term behavior change. This engaging breakout session will provide valuable tools and inspiration for infusing your existing or future classes with mindfulness and movement. Discover how to create truly integrative teaching kitchen experiences that enhance participant engagement, nourish body and mind, and support sustainable lifestyle changes.
Learning Objectives: By the end of this session, participants will be able to: <ol style="list-style-type: none">1. Define mindfulness, one evidence-based mind-body technique, including understanding personal health and team benefits.2. Engage in experiential practices, including mindful movement, anchor meditation, and mindful listening, practices known to enhance both personal well-being and professional practice.3. Explore and share strategies for applying mindfulness in teaching kitchen programs to support integrated programs aimed at creating sustainable lifestyle changes among participants.
Presenter Slides: <ul style="list-style-type: none">• Sian Cotton & Trinh Mai (combined)
References: <ul style="list-style-type: none">• Morrow EH, Mai T, Choi B, Gu LY, Thielking P, Sandweiss D, Qeadan F. Comparison of mindfulness interventions for healthcare professionals: A mixed-methods study. <i>Complement Ther Med</i>. 2022 Nov;70:102864. doi: 10.1016/j.ctim.2022.102864• Hente, Elizabeth; Sears, Richard; Cotton, Sian; Pallerla, Harini; Siracusa, Christopher; Filigno, Stephanie Spear; Boat, Thomas 2020. A Pilot Study of Mindfulness-Based Cognitive Therapy to Improve Well-Being for Health Professionals Providing Chronic Disease Care. <i>The Journal of pediatrics</i>, 224 , 87-93.e1

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