



## Resource Guide

### COVID Success Stories: Mental Health for Everyone: Grief, Loss, and Seeing Clearly Community of Learning Webinar | Bonnie Duran, MPH, DRPH

This resource guide starts with describing the seven spokes of The Wheel of *Satipaṭṭhāna* Practice and goes into resource links provided by Dr. Duran. These resource links are a mix of audio, visual, physical resources we encourage you to explore. The following paragraph goes over *Satipaṭṭhāna* meditation once more.

A key aspect of *Satipaṭṭhāna* meditation is balance. If contemplation of the anatomical parts should lead to a loss of balance by way of negativity towards the body, this can be countered by emphasis on embodied mindfulness as our good friend. If the empty nature of body and mind should become too challenging, turning to the opening of the heart and our interconnectedness with nature outside can be of help. Facing our mortality with the inhalations has its natural counterbalance in relaxing and letting go with the exhalations. In the mode of practice presented here, awareness of the whole body serves as a reference point throughout. This can be further enhanced by including the process of breathing as an aspect of this experience of the whole body. Another tool for maintaining momentum of practice is the joy of being in the present moment and familiarity with the texture of the mind when mindfulness is present.

#### THE WHEEL OF SATIPAṬṬHĀNA PRACTICE

**THE HUB:** embodied mindfulness

##### THE SEVEN SPOKES:

Contemplation of

the body:	1) anatomical parts: skin, flesh, bones	} non-attachment (optional: not beautiful / not sexually attractive)
	2) elements: earth, water, fire, wind	} empty of a self
	3) mortality: skeleton and this in-breath could be the last	} impermanence
feelings:	4) pleasant, unpleasant, neutral	} impermanence and conditionality
mind:	5) mindful / not mindful; in addition: lust / no lust, anger / no anger, delusion / no delusion	} impermanence, therefore <i>dukkha</i> , therefore empty
dhammas:	6) hindrances:	antidotes:
	sensual desire	impermanence of pleasant feelings, anatomical parts
	anger	antidotes: impermanence of unpleasant feelings, emptiness
	sloth-and-torpor	antidotes: joy of present moment, inhalation as last breath
	restlessness-and-worry	antidotes: joy of present moment, relax and let go on exhalation
	doubt	antidote: investigation
	7) awakening factors: mindfulness	= foundation
	investigation, energy, joy	= energizing
	tranquility, concentration, equipoise	= calming

progression of insight: seclusion – dispassion – cessation } letting go

**THE RIM:** dwelling independently without clinging to anything





## [Bodies Don't Just Tell Stories, They Tell Histories](#)

"The purpose of this article is to explain the link between historical trauma and the concept of embodiment. Consistent with contemporary societal determinants of health approaches, the impact of historical trauma calls upon researchers to explicitly examine how historical processes and contexts become embodied in Ai/AN people." (Walters, et al, Karina L. IDu Bois Review, 8:1 (2011) 179–189).

## [El Nacimiento del Pueblo Mestizo: Critical Discourse on Historical Trauma, Community Resilience and Healing](#)

"Insufficient evidence remains on the experiences of historical trauma due to waves of colonization for mixed-race Mexican people with indigenous ancestry (el pueblo mestizo). This paper discusses four salient themes as manifestations of "soul-wound": (1) violence/fear, (2) discrimination/shame, (3) loss, and (4) deep sorrow. Themes mitigating the trauma were community resiliency rooted in "querencia" (deep connection to land/home/people) and "conscientization" (critical consciousness)." Stone, Lisa Cacari, Avila, Magdalena, and Duran, Bonnie, Health Education & Behavior 2021, Vol. 48(3) 265–275).

## [Is a Meditation Retreat the Better Vacation? Effect of Retreats and Vacations on Fatigue, Emotional Well-Being, and Acting with Awareness](#)

"Meditation is known to improve well-being durably, among others, by enhancing the mental faculty of mindfulness. This study aimed to investigate whether vacation effects would be more lasting if individuals practiced meditation during the leisure episode. Meditation retreats and vacations including meditation were associated with greater increases in mindfulness, lower levels of fatigue, and higher levels of well-being than an "ordinary" vacation during which meditation was not practiced." (Blasche G, deBloom J, Chang A, Pichlhoefer (2021) Is a meditation retreat the better vacation? effect of retreats and vacations on fatigue, emotional well-being, and acting with awareness. PLoS ONE 16(2): e0246038. <https://doi.org/10.1371/journal.pone.0246038>).

## [Multidimensional Mindfulness Inventory \(MMI\)](#)

The Multidimensional Mindfulness Inventory has no right or wrong answers. It is designed to self-assess your own mindfulness without deep contemplation. The questionnaire focuses on the thirteen skill domains and how each domains score feeds into your own connection to mindfulness.

## [Post-Conflict Hauntings: Transforming Memories of Historical Trauma](#)

This book asks the question how to live and work with the haunting power of the past in the aftermath of mass violence. It discusses and reflects upon post-conflicts from around the world and gives practical insights on the nature of historical trauma, with artistic and culturally relevant forms of wisdom for dealing with the past.

## [A Systematic Review and Meta-Analysis of Psychological Interventions to Improve Mental Wellbeing](#)

This literature review synthesizes forty years of observational and interventional research linking high mental wellbeing to improvements in health, development, and longevity of life. It provides a plethora of research articles and data to support mindfulness-based and multi-component positive psychological interventions demonstrated great efficacy in both clinical and non-clinical populations.





## [Shared Trauma, Shared Resilience During a Pandemic](#)

The essential clinical social work series COVID-19 guide focuses on the mental health consequences for mental health experts from the shared trauma brought on by the pandemic. It touches on the important work being done and the shared resilience lessons learned from the past. The ending has a COVID-19 clinician self-care survival guide full of useful strategies and practices.

## [Character Strengths Interventions: A Field Guide for Practitioners a Free Resource on Positive Psychology](#)

Considered “The GO-TO book for building character”, *A Field Guide for Practitioners* goes over how the field of positive psychology connects to the work you do through reflection questions and engagement strategies. It includes sample activities and tips for developing and sustaining the best version of yourself.

## [Satipatthana Meditation: A Practice Guide](#)

The Buddhist meditator and scholar, Bhikkhu Anālayo, goes thorough early Buddhist guided teachings on the foundations of *Satipaṭṭhāna*. This clear guidance goes step by step in cultivating and developing mindfulness, keeping both the practices richness while simplifying the Dharma principles.

## [Satipatthana Meditation Audio](#)

The *Satipaṭṭhāna* Meditation Audio focuses on the seven spokes of *Satipaṭṭhāna* guided meditations elements Anatomy, Elements, Death, Feeling, Mind, Hindrances, and Awakening. Each of the seven spokes has a 20-minute audio session that walks you through *Satipaṭṭhāna* mediation instructions.

## [Mindfulness of Breathing Audio](#)

Anapanasati guided Meditations Audio has six parts of mediational instruction. The audio starts with Mindfulness and the Breath, and goes through contemplation of the Body, Feeling Tones, Mind, and Dharma, ending with Awakening.

