

MINDFUL MOMENT: HEAL

HEAL is a practice that can help bring you into the present moment. According to psychologist Rick Hanson, this practice changes our fearful or negative perspective to one that is broader and more positive.



Have a positive moment

Begin by noticing a positive moment. (e.g. feeling close to a friend or enjoying the beauty of nature.)



Enhance it

Savor the experience. Notice all the details to make it as rich as possible. Sustain it for 10 -20 seconds.



Absorb and appreciate it

Absorb and appreciate how the moment of kindness, beauty, or joy has arrived even in the midst of loss or grief.



Link it to your current life

Link this positive moment to other parts of your life for a more balanced view.

BENEFITS

According to Dr. Hanson, this practice, which he also calls “taking in the good” offers three kinds of benefits.

- › It grows specific inner strengths, such as determination, calm, stress hardiness, compassion, happiness, and self-worth.
- › It develops qualities such as mindfulness and kindness toward oneself.
- › It can gradually sensitize the brain so that it converts positive experiences more rapidly and efficiently into neural structures. (This counters our tendency to negatively sensitize the brain.)

REFERENCES

Hanson, R. (2013). *Hardwiring Happiness: The New Brain Science of Lasting Inner Strength and Peace*. New York: Harmony Books, 59-75.



Earl E. Bakken Center for
SPIRITUALITY & HEALING

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