

# Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program (FSAP)

Summer 2014

## Hoping for a Meaningful Summer?

by Pilar Tamburrino, M.S., LMHC, CEAP

More and more it seems that we fill our days with mindless work, chores, or distractions resulting in lives that are more complicated and hectic. We purposely overload ourselves with more tasks than we could possibly ever accomplish. Come summer, we routinely plan vacations, register kids for multiple summer camps and fill every waking moment with activities. Somehow we overlook the importance of creating a summer filled with meaningful and valued memories.

Here are some suggestions for creating meaningful and purposeful experiences this summer.

**What is really important?** Know what is most important to you and your family. Write down your top 3 most important values; things that you believe capture the essence of the experience you yearn to have. Hang your list where everyone can see it and be reminded. This can include family time, fun, or just slowing down.

**Self-Awareness.** Be aware of yourself and your actions. Remain mindful of the choices you are making throughout the day. Work towards being present in body and mind. Mindful practice and meditation can help increase our self-awareness.

**People more than things.** Consider spending your money on experiences with friends and family rather than purchases. This will afford you greater satisfaction and meaning because the focus will be on your relationships and not material possessions.

**Simplify your life.** By simplifying your life you will have more time to do what fulfills you and gives your life meaning. Summer lends itself to slowing down and keeping it simple.

**Give back.** By cultivating more of these experiences you will remind yourself of how important it is to give something back to the world and inspire others to do the same.

Additionally, here are some ideas to consider:

- Quit watching T.V.
- Be a tourist in your own town
- Go outdoors often (parks and beaches)
- Re-discover your front and backyard by watching a sunrise or a sunset
- Play board games
- Swim (beach, pool, water park, lake)
- Walk your dog
- Play outdoor games (volleyball, kickball, basketball, tennis)
- Picnic
- Grill
- Camp out
- Start a garden
- Volunteer
- Do absolutely nothing

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## Cultivating Loving Kindness and Compassion Through a Mindfulness Practice

by Pilar Tamburrino, M.S., LMHC, CEAP

Metta, or loving kindness, is the heartfelt wish for the well-being of oneself and others. Practicing the loving kindness meditation will evoke feelings of goodwill towards oneself and all other beings. Kindness can be inspiring, powerful, disarming and transformative. At any time the kindness that you offer to yourself or others affects what happens in the very next moment.

According to psychologist, author and Buddhist teacher, Jack Kornfield, “the goal of loving kindness practice is to cultivate benevolence and friendliness in this fashion until it’s a mental state that arises effortlessly.”

The meditation uses words, images and feelings to evoke loving kindness and compassion. He states that, “with each recitation of the phrases, we are expressing an intention, planting the seeds of loving wishes over and over in our heart.”



May you be filled with loving kindness. May you be well.  
May you be peaceful and at ease. And may you be happy.  
- Buddhist Blessing

Do you lack a concrete plan to manage your finances?  
Are you living paycheck to paycheck?  
Have your debts gotten out of control?

Get your finances in shape by attending our

### Becoming Financially Fit Lunchtime Seminar

July 8-10, 2014

Please visit the seminars section of the FSAP website at [miami.edu/FSAP](http://miami.edu/FSAP) for a full description, dates, locations and times.



“Yesterday is already gone.  
Tomorrow is not yet here.  
Today is the only day available to us;  
it is the most important day of our lives.”  
- Thich Nhat Hanh

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*Mind and Matter* is a quarterly publication from the UM Faculty and Staff Assistance Program that provides helpful tips and articles regarding work-life balance, health and well-being.

If you would like to receive this newsletter directly in your inbox each quarter, as well as receive announcements of upcoming FSAP seminars, please send an email to [cbootle@miami.edu](mailto:cbootle@miami.edu).