

Longwood University

## Digital Commons @ Longwood University

---

Fall Showcase for Research and Creative Inquiry

Office of Student Research

---

Fall 11-18-2020

### Flourishing Through Contemplative Practices

Morgan Armiger  
*Longwood University*

Tyler Roebuck  
*Longwood University*

Anna Sotelo  
*Longwood University*

Katelyn Weber  
*Longwood University*

Follow this and additional works at: [https://digitalcommons.longwood.edu/rci\\_fall](https://digitalcommons.longwood.edu/rci_fall)



Part of the [Health and Physical Education Commons](#)

---

#### Recommended Citation

Armiger, Morgan; Roebuck, Tyler; Sotelo, Anna; and Weber, Katelyn, "Flourishing Through Contemplative Practices" (2020). *Fall Showcase for Research and Creative Inquiry*. 69.  
[https://digitalcommons.longwood.edu/rci\\_fall/69](https://digitalcommons.longwood.edu/rci_fall/69)

This Poster is brought to you for free and open access by the Office of Student Research at Digital Commons @ Longwood University. It has been accepted for inclusion in Fall Showcase for Research and Creative Inquiry by an authorized administrator of Digital Commons @ Longwood University. For more information, please contact [hamiltonma@longwood.edu](mailto:hamiltonma@longwood.edu), [alwinehd@longwood.edu](mailto:alwinehd@longwood.edu).



# Flourishing through Contemplative Practices

## Honors CTZN 410 Symposium

Katelyn Housler, Jade O'Connor, Casey Williams, Anna Sotelo, Katrina Cokain, Katelyn Weber,  
Morgan Armiger, Tyler Roebuck, Angelika Gomez, Samm Duke, Ciara Martinez, Kendra Fetty,  
David Robb



# Research behind our Project

How we connected our class to the final product

## Basics of Eudaimonia

- Eudaimonia - an ancient Greek term that refers to a flourishing state of being where one's life becomes filled with, and can be defined by, worthwhile activities being done well.
- Bad Translation - Happiness
- Best translation - **HUMAN FLOURISHING**

# What is a contemplative practice?

Contemplative practices are practical and transformative. They develop the capacity for deep reflective and deliberate thought about one's life, the world, and one's place in it.

## How our Project Relates

- Our project's goal is to give people the chance to participate in a worthwhile activity that contributes to their flourishing.
- That activity takes the form of contemplative walks/runs/bike riding that are device free.



# The Benefits of Mindfulness

- Traditions in Buddhism and Hinduism have indicated that regular participation in contemplative practices can increase one's awareness, improve attention, and promote ethical development (Johannes, 2012)
- Sable (2014): impact of contemplative practices on critical thinking - strengthened students' development of reflective dispositions for critical thinking, higher levels of self confidence, engagement with multiple POVs, sense of connectedness with others.
- Hülshager et al. (2012) did a study in job satisfaction through mindfulness. The decrease in stress and regulation of emotions helps create a peaceful working condition that allows everyone to work together and flourish.
- Megan J. Murphy et al. (2012) carried out a study with female college students who completed contemplative practices over the course of ten weeks. This study found that the practices led to better eating habits and better quality of sleep, indicating that mindful behavior is beneficial to one's overall health.

# Social Media & Cell Phone Research

- Cell phone use may disrupt the way college students experience leisure due to increased levels of multitasking which can affect the way an individual experiences specific leisure activities (Lepp, 2014)
- “Mobile phone use is negatively correlated with well-being, life satisfaction, and mindfulness” (Volkmer & Lerner, 2019)
- Correlational data shows that individuals with higher levels of media or device use may also have lower well-being. The lowest well-being was self-reported by those who also reported using media for “5 or more hours a day.” (Twenge & Campbell, 2019)
- Results showed that those who had high levels of cell phone addiction and high levels of ignoring others to use phones or media also had high levels of depressive moods and feelings (Gorbaniuk et al., 2020).
- Twenge’s research, “More Time on Technology, Less Happiness?” focused on the use of social media and other technology and its impact on users’ happiness and well-being. The results showed that the less frequent an individual used technology, they were happier, unlike frequent users, who were the most unhappy (Twenge, 2019)

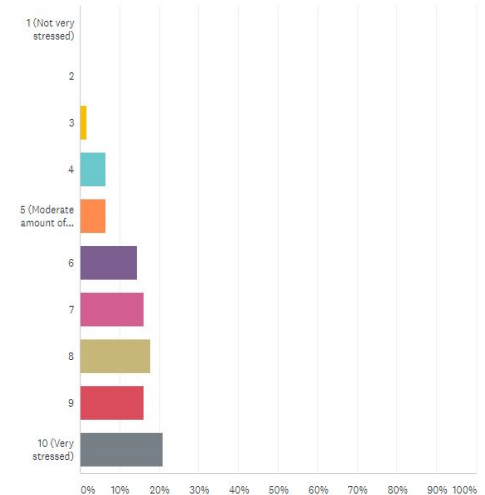


# Survey Data

- Overall, the survey displayed results that show why contemplative practices should be implemented throughout campus
- General Survey Data: 62 participants (open for about 2 weeks)
- Highlights from survey:
  - Time spent reading leisurely in one week
    - 82% spent less than 1 hour
  - Time spent walking leisurely in one week
    - 53% spent less than 1 hour
  - Stress level [Scale of 1 (not very stressed) to 10 (very stressed)]
    - 10-21%, 8-18%, 7&9-each had 16%
  - Social media use throughout one day
    - 52% spent 2-3 hours, 29% spent 4-5 hours
  - Would you use the campus contemplative practice program?
    - 69% said yes and 31% said no

How stressed are you this semester?

Answered: 62 Skipped: 0





# The Final Product

How we will bring Contemplative Practices to Campus

## WHY MINDFULNESS IS BENEFICIAL

Research shows that mindfulness is beneficial to both your mental health and your physical health. There is evidence to suggest that there is reduced anxiety, stress, and depression in people who practice mindful behaviors. There are also physical health benefits such as better sleep quality and instances of better eating habits. Living a mindful life can mean living a better life!

## WHAT IS A CONTEMPLATIVE PRACTICE?

Contemplative practices are practical and transformative. They develop the capacity for deep reflective and deliberate thought about one's life, the world, and one's place in it. They can be anything from reading a book, going for a walk or run, or biking.

## PROMPTS TO THINK ABOUT

- Have you done anything worthwhile this week?
- What is something that you have done that has had a positive or negative impact on someone?
- Do you see any benefit in being outside with your thoughts?
- Try to be present in nature and look for something you would have missed if you were distracted.

## TRY GOING DEVICE FREE!



Leave your phone at home so you can fully enjoy the nature around you on your bike, walk or run. This will allow you to think more deeply and without distractions.

## GRAB A BOOK!

Check out a book from the library and take advantage of some of the outdoor reading spots that can be found throughout Farmville. See the map for some location ideas!

## CONTEMPLATIVE DESTINATIONS in Farmville, Virginia



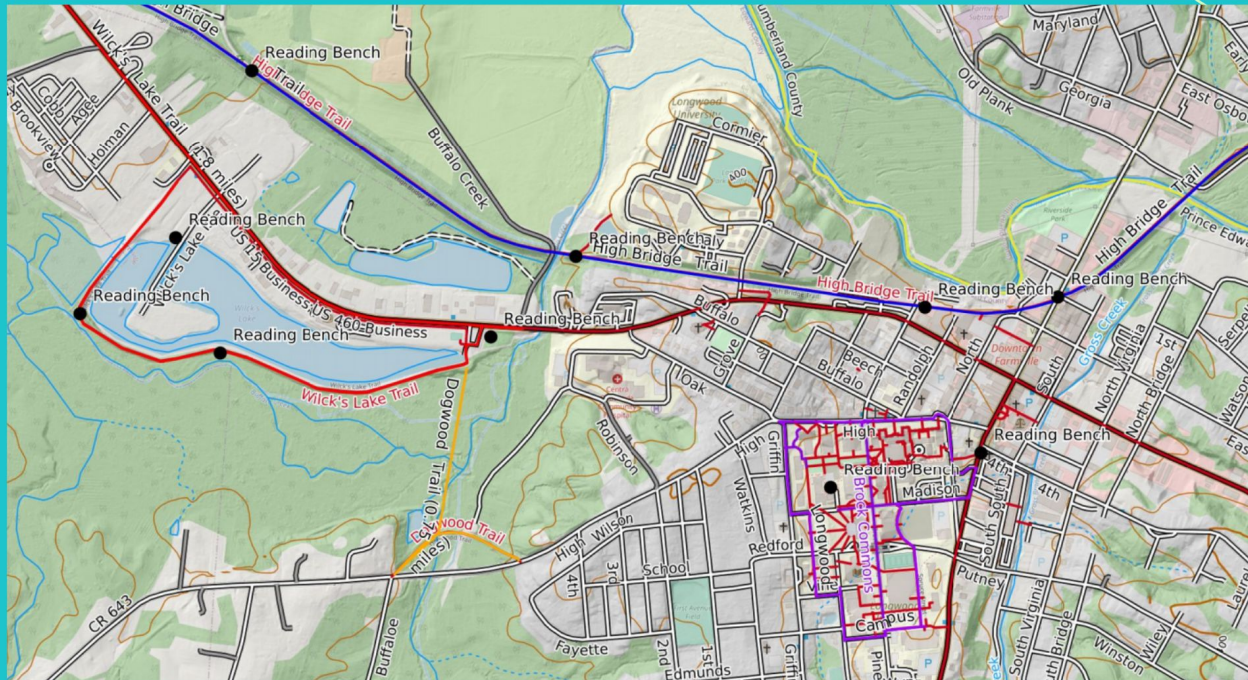
Learn more about the importance of contemplative practices in everyday life and utilize Contemplative Routes created by Dr. Blincoe's Honors Symposium class to get outside!



LONGWOOD  
UNIVERSITY



# CONTEMPLATIVE ROUTES



## Map Key:

**BLUE** - HIGH BRIDGE TRAIL  
(Bridge is 5 miles from Main Street)

**ORANGE** - DOGWOOD TRAIL  
(0.75 MILES, CONNECTS DIRECTLY  
WITH WILKS LAKE TRAIL)

**RED** - WILKS LAKE TRAIL  
(1.8 MILES)

**BLACK DOTS** - READING BENCHS

**PURPLE** - LONGWOOD CAMPUS  
(1.5 MILES)

## Extra Contemplative Walks

- Twin Lakes State Park
  - 15 miles and 22 minute drive from Longwood
- Bear Creek Lake State Park
  - 19 miles and 26 minute drive from Longwood
- Holliday Lake State Park
  - 22 miles and 33 minute drive from Longwood
- Sailor's Creek Battlefield Historical State Park
  - 11.5 miles and 16 minute drive from Longwood



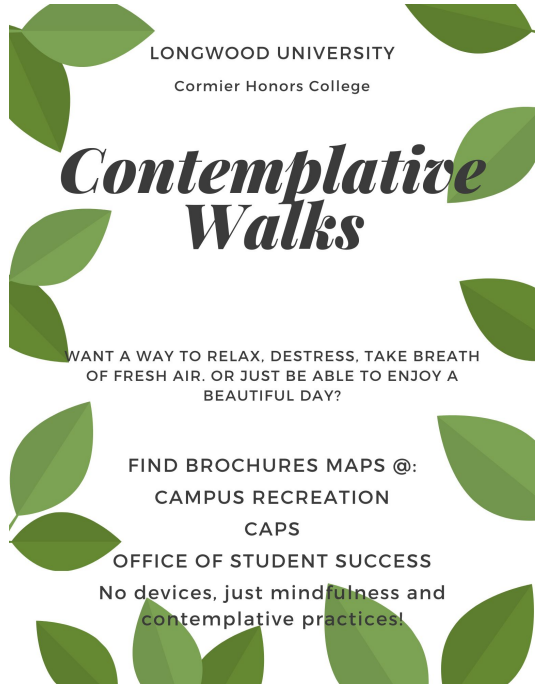
# Advertising & Dissemination

How we will bring Contemplative Practices to Campus

# Advertising

- Print flyers and establish them around campus
- Physical copies of the brochure
- Honors Headlines
- Longwood's Weekly Email
- Longwood's Instagram & Facebook
- Various organizations around campus
- WMLU

# Flyers



LONGWOOD UNIVERSITY  
Cormier Honors College

## *Contemplative Walks*

WANT A WAY TO RELAX, DESTRESS, TAKE BREATH  
OF FRESH AIR. OR JUST BE ABLE TO ENJOY A  
BEAUTIFUL DAY?

FIND BROCHURES MAPS @:  
CAMPUS RECREATION  
CAPS  
OFFICE OF STUDENT SUCCESS

No devices, just mindfulness and  
contemplative practices!



LONGWOOD UNIVERSITY  
Cormier Honors College

## *Contemplative Walks*

*Want a way to relax, destress, take breath of  
fresh air, or just be able to enjoy a beautiful day?*

Find Brochure Maps @:

- Campus Recreation
- CAPS
- Office of Student Success

No devices, just mindfulness and  
contemplative practices!



LONGWOOD UNIVERSITY  
CORMIER HONORS COLLEGE

## CONTEMPLATIVE WALKS

*Want a way to relax, destress, take breath of fresh air, or just be  
able to enjoy a beautiful day?*

FIND BROCHURES @:  
CAMPUS RECREATION  
CAPS  
OFFICE OF STUDENT SUCCESS

NO DEVICES, JUST MINDFULNESS AND CONTEMPLATIVE  
PRACTICES!




## Future Application

- Weekly Outdoor Informal Reading Sessions.
- Dissemination of brochures campus wide.
  - Distributing through Campus Recreation, CAPS, Office of Student Success
  - Stations across campus to pick up different brochures.
- Plaques along walking routes that have contemplative questions.



# *Thank You!*

Please let us know if you have  
any questions!



# References

- Berryman, C., Ferguson, C. J., & Negy, C. (2018). Social Media Use and Mental Health among Young Adults. *Psychiatric Quarterly*, 89(2), 307–314. <https://doi-org.proxy.longwood.edu/10.1007/s11126-017-9535-6>
- Contemplative Practices. (2015). Retrieved November 10, 2020, from <http://www.contemplativemind.org/practices>
- Education.” ScholarWorks @ UMassAmherst, 2012, scholarworks.umass.edu/cie\_capstones/17/?utm\_source=scholarworks.umass.edu%2Fcie\_capstones%2F17&utm\_medium=PDF&utm\_campaign=PDFCoverPages.
- Hülshager, Ute R., et al. “Benefits of Mindfulness at Work: The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction.” *Journal of Applied Psychology*, vol. 98, no. 2, 2013, pp. 310–325., doi:10.1037/a0031313.
- Ivanova, A., Gorbaniuk, O., Błachnio, A., Przepiórka, A., Mraka, N., Polishchuk, V., & Gorbaniuk, J. (2020). Mobile Phone Addiction, Phubbing, and Depression Among Men and Women: A Moderated Mediation Analysis. *Psychiatric Quarterly*, 91(3), 655–668. <https://doi-org.proxy.longwood.edu/10.1007/s11126-020-09723-8>
- Johannes, Judith. “Contemplative Education: How Contemplative Practices Can Support and Improve
- Lepp, Andrew (2014) The Intersection of Cell Phone Use and Leisure, *Journal of Leisure Research*, 46:2, 218-225, DOI: 10.1080/00222216.2014.11950321
- Murphy, Megan J., et al. “The Benefits of Dispositional Mindfulness in Physical Health: A Longitudinal Study of Female College Students.” *Journal of American College Health*, vol. 60, no. 5, 2012, pp. 341–348., doi:10.1080/07448481.2011.629260.

## References continued

- Sable, David. "Reason in the Service of the Heart: The Impacts of Contemplative Practices on Critical Thinking." *The Journal of Contemplative Inquiry*, vol. 1, no. 1, 2014, [journal.contemplativeinquiry.org/index.php/joci/article/view/2/12](http://journal.contemplativeinquiry.org/index.php/joci/article/view/2/12).
- Turel, O., & R, C. D. (2019). Effect of abstinence from social media on time perception: differences between low- and at-risk for social media "addiction" groups. *The Psychiatric Quarterly*, 90(1), 217–227. <https://doi.org/10.1007/s11126-018-9614-3>
- Twenge, J. M. (2019). More Time on Technology, Less Happiness? Associations Between Digital-Media Use and Psychological Well-Being. *Current Directions in Psychological Science*, 28(4), 372–379. <https://doi.org/10.1177/0963721419838244>
- Twenge, J. M., & Campbell, W. K. (2019). Media Use Is Linked to Lower Psychological Well-Being: Evidence from Three Datasets. *Psychiatric Quarterly*, 90(2), 311–331. <https://doi-org.proxy.longwood.edu/10.1007/s11126-019-09630-7>
- Volkmer, Sara & Lerner, Eva. (2019). Unhappy and addicted to your phone? Higher mobile phone use is associated with lower well-being. *Computers in Human Behavior*. 93. 210-218. 10.1016/j.chb.2018.12.015.