***SESSION 10***

**Jing Chen, Ph.D.**

***What happens when you put your heart and mind into it? - Research on Mindfulness***

**Like organic foods, mindfulness has attracted more and more attention in recent years. In this presentation, I will review empirical research conducted in area of mindfulness and aging. Relying on evidence, hopefully we will have a better understanding of its impact on our physical health, our brain, and our behavior.**

**Workshop Learning Objectives**

1. **Get to know some of the empirical research on mindfulness.**
2. **Help understand and critically evaluate the practice on mindfulness.**
3. **Become more mindful after the conference**

**Current Reference Materials**

1. **Alexander, C. N., Langer, E. J., Newman, R. I., Chandler, H. M., & Davies, J. L. (1989). Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. *Journal of Personality and Social Psychology, 57,* 950-964.**
2. **Creswell, J. D., Irwin, M. R., Burklund, L. J., Lieberman, M.D., Arevalo, J. M.G., Ma, J., Crabb Breen, E., & Cole, S. W. (2012). Mindfulness-based stress reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial. *Brain, Behavior, and Immunity, 26*, 1095-1101.**
3. **Epel, E. S., Puterman, E., Blackburn, E., Lazaro, A., & Mendes W. B. (2013). Wandering minds and aging cells. *Clinical Psychological Science, 1*, 75-83.**
4. **Tang, Y. Y., Lu, Q., Fan, M., Yang, Y., & Posner, M. (2012). Mechanisms of white matter changes induced by meditation. *Proceedings of the National Academy of Sciences, 109*, 10570-10574.**