



The **Mindful Awareness Research Center (MARC)** is dedicated to investigating, evaluating and disseminating *Mindful Awareness* – the moment-by-moment process of actively and openly observing one’s physical, mental and emotional experiences. Mindful Awareness (also known as *mindfulness*) is an ancient concept with over 2,500 years of history and development that is currently making a major impact on contemporary society.

MARC focuses its efforts on identifying, evaluating and disseminating the most appropriate and effective Mindful Awareness Practices (MAPs) to help individuals across the lifespan, in clinical and non-clinical settings, cope with the mounting stresses of daily urban life, and assist them to be more self-aware and compassionate individuals. Through its two programs, MARC brings Mindful Awareness into health and education.

MAPs refer to a class of approaches or exercises (e.g. meditation, yoga, tai chi, qigong and others) designed to increase attention, emotion regulation, reduce stress and foster a sense of well-being and compassion. Mindful Awareness itself can also be incorporated into and cultivated through many other activities including art, music, dance, writing, psychotherapy, touch (e.g. massage, acupuncture) and sports.

MAPs for Emotional Well-being

Mindful Awareness can play a powerful role in the healing process for a variety of physical illnesses (e.g. cancer, heart disease, arthritis, auto-immune disorders and chronic pain) and other clinical diagnoses such as depression, anxiety and obsessive compulsive disorder, and for overall health and well-being. The MAPs for Emotional Well-being program is designed to provide research into integrative care and education in the treatment of behavioral disorders, particularly affecting children and adolescents. Current research focuses on MAPs in Attention Hyperactivity Deficit Disorder (ADHD). Preliminary results of a pilot project targeting adults and adolescents with ADHD found that after just two months of a weekly MAPs program, the adolescents showed significant improvement in their ability to focus, while the adults showed significant decreases in anxiety and depression.

MAPs in Education

School children and college students today report the struggle in dealing with extreme levels of stress as they are required to take increasing numbers of challenging courses and standardized tests. Their academic achievements and ability to focus, concentrate, and perform is also challenged by the complex and competitive nature of our contemporary culture which promotes an idea of self-esteem based on “doing” rather than being. Today’s fast-paced society does not value silence, stillness, or introspection – all of which are central to being able to cope with an increasingly demanding external world. The goal of the MAPs in Education program is to study and promote the impact of Mindful Awareness on attention, emotion regulation, well-being and qualities of compassion and creativity in grades Pre-K through University Level to contribute to the well-being of students, faculty and the staff at large.

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