

AALS Balance Section Speed-sharing Conference Presentation:
Mindful Mondays & Two Minutes of Zen
Chad Noreuil (Arizona State University College of Law)

My presentation was on The “Mindful Mondays” meditation sessions I lead every other week with the Zen Law Students Association. I start with a short “Two Minutes of Zen”—topics on well-being, mindfulness, and neuroscience, followed by a short Q&A session on the day’s topic. After, I lead a guided meditation (usually eleven minutes). The students are given the opportunity to share or ask additional questions following the meditation session.

Two minutes of Zen topics* 🧘

Stress

The Power of your Breath/breathing

Your Energetic ecosystem

~Diet, exercise, sleep, thoughts

Top Ten Brain Foods

Gratitude

Power of your Smile

Growth mindset versus fixed mindset

Procrastination

Grounding (in nature)

Willpower

Social media / technology

Power poses

Memory

29 Gifts

The Zen of relationships

The Zen of studying

Create your Reality

Your most important conversation(s)/your internal Dialogue

*These are the topics I mentioned in the Well-being presentation on May 18, 2021.