



ISS-581600:

## Well-Being and Wise Decisions

Syllabus (Spring 2024)

**Instructor:**

Prof. Galit Shmueli, Institute of Service Science

**Class size:**

20 students (priority: ISS, IMBA students)

**Time:** Tuesdays 15:20-17:20

**Location:** TSMC R321

### Description

This experiential course introduces students to strategies and practices for improving self management, well-being, and decision making. Participants will learn and experience a set of effective techniques and approaches for balancing body and mind and improving resilience. Cultivating these practices will help students enhance their well-being and improve performance in their current academic setting and in their future careers.

### Meetings

8 x two-hour sessions. In each session students learn and experience various techniques and strategies for hacking stress and cultivating focus and well being. The course includes two types of sessions.

- Four sessions are dedicated to understanding, experiencing, and working with sensations, breath, thoughts and emotions. These will combine indoor and outdoor activities.
- Four sessions are devoted to a yoga beginner's course, where participants will gradually experience a full mindful yoga session. The instructor is a certified Sivananda yoga teacher. Students are encouraged to continue practicing yoga by joining the weekly open sessions offered by Prof. Shmueli (Tuesdays 17:45-19:15).

### Deliverables

Before and after each session, participants will fill a short "self-reflection" card. They will then copy the information into an online form. This should be done before the weekend.

### Grade

- *In-person attendance is mandatory in all 8 sessions.* (Please do not register if you know in advance you cannot attend one of the sessions)
- Grade (pass/fail) is based on attendance and timely posting of self-reflection information.

## Tentative Schedule

### Session 1: Introduction: Body & Mind (Feb 27, 2024)

#### Topics:

- Body & mind feedback loop
- “Fight-or-flight” and “rest-and-digest” systems
- Stress, pain, suffering
- Introduction to mindfulness
  - What we can change and what we cannot change
  - Attention: “doing” vs. “being”
  - Wandering mind
  - The power of the mind

#### Experiential Practices:

- ❖ 3-min experiment
- ❖ Awareness of body sensations
- ❖ Body scan
- ❖ Raisin meditation



### Session 2: Beginner's yoga course—class #1 of 4 (Mar 5, 2024)

#### Practices:

- ❖ Breathing: Nasal, abdominal
- ❖ Eye and neck exercises
- ❖ Yoga poses: Easy pose, leg raises, Shoulderstand, Fish
- ❖ Complete relaxation

### Session 3: Beginner's yoga course— class #2 of 4 (Mar 12, 2024)

#### New Practices:

- ❖ Breathing: Full yogic breath
- ❖ New poses: Plough, Sitting forward-bend

### Session 4: Beginner's yoga course—class #3 of 4 (Mar 19, 2024)

#### New Practices:

- ❖ Breathing: Alternate-nostril breathing
- ❖ Sun salutation
- ❖ New poses: Inclined plane, Cobra, Locust, Standing forward bend, Tree, Triangle

### Session 5: Beginner's yoga course—class #4 of 4 (Mar 26, 2024)

#### New Practices:

- ❖ Breathing: Kapalabhati
- ❖ New poses: Bridge, Bow, Half spinal twist, Crow

**Session 6: Breath, Stillness (Apr 2, 2024)**

## Topics:

- Breath as an anchor
- Breathing for calm and focus
- Stillness
- Breathing strategies for important interactions and decisions

## Experiential Practices:

- ❖ Sitting relaxation technique
- ❖ Sitting with breath
- ❖ Breathing practices for calm, focus

**Session 7: Sound, Nature (Apr 9, 2024)**

## Topics:

- Awareness of sound
- Sensations + like/dislike
- Walking meditation
- “Being” in nature

## Experiential Practices:

- ❖ Outdoors--weather permitting
- ❖ Sitting and walking with sound
- ❖ Sitting in nature
- ❖ Walking in nature

**Session 8: Thoughts and Emotions (Apr 16, 2024)**

## Topics:

- Mindfulness: Awareness, acceptance, compassion
- Further de-stress hacks: Food, drink, sleep
- Putting it all together:
  - Setting up a regular practice
  - Integrating practices into daily life

## Experiential Practices:

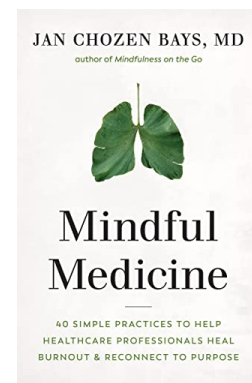
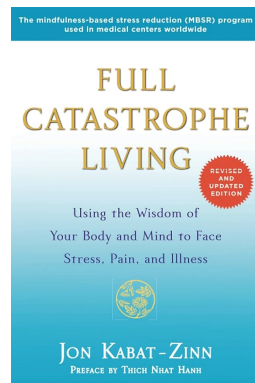
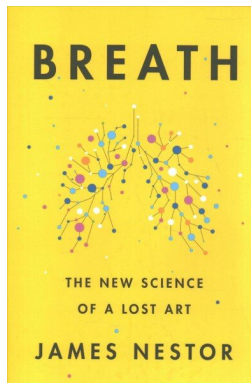
- ❖ Sitting
- ❖ Working with difficult thoughts and emotions



## Resources

### Books

- Bays, Jan Chozen. *Mindful Medicine: 40 Simple Practices to Help Healthcare Professionals Heal Burnout and Reconnect to Purpose*. Shambhala Publications, 2022.
- Kabat-Zinn, Jon. *Full catastrophe living, revised edition: how to cope with stress, pain and illness using mindfulness meditation*. Hachette UK, 2013.
- Nestor, James. *Breath: The new science of a lost art*. Penguin, 2020.
- Sivananda Yoga Vedanta Centre. *Yoga Your Home Practice Companion*. Dorling Kindersley, 2010.



### Apps and online resources

Fight-or-flight: <https://youtu.be/jEHwB1PG-Q>

Body scan:

- [20-min audio by Dave Potter](#)
- [38-min podcast by Samaneri Jayasara](#)
- [45-min by Jon Kabat-Zinn](#) (the first "Sample the Meditations" audio)
- [30-min by Jon Kabat-Zinn on YouTube](#) (beware: YouTube might insert ads in the middle)
- [10-min with Juliet Cochrane](#) (turn off Autoplay at bottom right)

Breathing:



**Breathe • Calm down • Meditate**

(4+)

Breath Meditation Relax Sleep

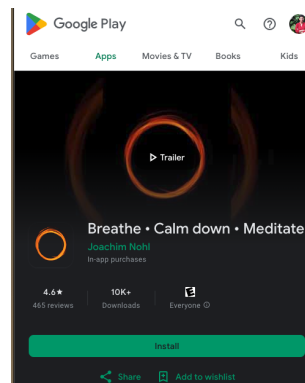
Joachim Nohl

Designed for iPad

★★★★★ 4.8 • 416 Ratings

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Mindfulness: sitting, walking, and other mindfulness-based meditations:

[Online Mindfulness-Based Stress Reduction \(MBSR\) course](#) (free, self-paced)

## Frequently Asked Questions



**Q: I never did yoga. Is the course suitable for me?**

A: Yes, the course is suitable for all levels. We assume no knowledge of yoga.

**Q: My body is not flexible at all. Can I take this course?**

A: Absolutely! The course is suitable for all types of bodies! Your body and mind will both benefit from the practices learned and experiences.

**Q: I have practiced yoga before. Is this course suitable for me?**

A: Yes. The course can help you maintain a regular practice, introduce some basics you might have forgotten, and perhaps introduce a different type of mindful yoga that you haven't experienced.

**Q: Does this course have final letter grades?**

A: Yes. The final grade is based on attending all the sessions and on logging all self-reflection cards in a timely manner.

For further questions, please email [galit.shmueli@iss.nthu.edu.tw](mailto:galit.shmueli@iss.nthu.edu.tw)

### Technology use:

- Self-reflections will be collected after each session using **Google Forms**. The anonymized inputs will be shared with the group.
- **AI use policy:** Conditionally open. For your **self-reflection submissions**, **AI use is not allowed**. You are free to use AI for expanding your knowledge on the course topics. For any other uses, please inquire with the instructor.
- **AI use by instructor:** The instructor might use AI to summarize the anonymous reflections by participants and share those summaries with the group.
- **Use of mobile phones:** You will be requested to place your mobile phone (turned off/flight mode) in a "phone box" during the sessions.
- **Use of apps and mobile/web resources** is encouraged for at-home practice.
- No photos allowed without prior permission.