

MY YEAR OF LIVING MINDFULLY

A Self-Experiment Film

*Saliva sample
1L-6 pg/ml*

ELEMENTAL MEDIA PRESENTS
A JULIAN AND SHANNON HARVEY FILM
"MY YEAR OF LIVING MINDFULLY"

*Hair sample
Cortisol ng/50mg
0.00782*

PRESS KIT

*Fly to Za'atari
Refugee Camp
Jordan*

DIRECTED BY JULIAN AND SHANNON HARVEY
© 2020 Elemental Media. All rights reserved.
MyYearofLivingMindfully.com



■ INTRODUCTION

Amidst a global mental health crisis, when we are more likely to suffer from a psychological disorder than we are to develop diabetes, heart disease or any kind of cancer, there's not one, single recommendation for what we should be doing to take care of our mind.

From the producers of the internationally acclaimed documentary *The Connection*, comes a new feature film and global Impact Campaign that will ignite informed discussion and more importantly, meaningful change.

In the same way that the World Health Organisation advocates that physical exercise has numerous important benefits, it is time for an evidence-backed movement towards helping us protect, nurture and nourish the one filter through which we experience our lives... our minds.





"I need mindfulness like I need medicine."

*Mogos Tewelde,
Eritrean asylum seeker*

■ SHORT SYNOPSIS

In the midst of a global mental health crisis, millions of people have turned to mindfulness. But does it actually make us happier and healthier? In a world-first experiment, journalist Shannon Harvey recruited a team of scientists to put mindful meditation to the test. But what began as a year-long self-experiment soon became a life-changing experience.

■ LONG SYNOPSIS

Overwhelmed with insomnia and an incurable autoimmune disease, Shannon Harvey needed to make a change. But while the award-winning health journalist found plenty of recommendations on diet, sleep and exercise, when she looked for the equivalent of a 30-minute workout for her mental wellbeing, there was nothing.

Worried for the future mental health of her kids who were growing up amidst epidemics of stress, anxiety, depression and addiction, Shannon enlisted a team of scientists to put meditation to the test. Could learning to quiet our busy minds be the simple solution the world so desperately needs?

Throughout her year of living mindfully Shannon is poked, prodded, scanned and screened as she travels the world to interview 18 of the world's leading mindfulness scientists and pioneers. But after a 30,000 kilometre journey from the bright lights of Manhattan to the dusty refugee camps of the Middle East, what begins as a self-experiment, transforms into a life-changing experience.

My Year of Living Mindfully is filled with compelling stories, groundbreaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century.





"It remains a grim reality that the vast majority of people affected by mental health problems globally still do not receive adequate care."

— The Lancet Commission on Global Mental Health and Sustainable Development

THE ISSUES

According to a team of 28 world-leading experts assembled by the Lancet medical journal, every country in the world is facing and *failing* to tackle a host of mental health crises, from epidemics of anxiety and depression, to conditions caused by violence and trauma.

In the Middle East, where more people have been displaced by conflict than after World War II, only a fraction of the millions of refugees receive any kind of mental health support for their psychological scars, let alone interventions backed by evidence.

But it's not just the frontline of the humanitarian disasters where mental health is woefully neglected. The World Health Organisation has warned that depression will be the biggest burden of disease in developed countries by 2030.

In the same way that billions of dollars have been spent on prevention and treatment in response to public health catastrophes such as HIV/AIDS and cancer, the time has come for an evidence-based, mainstream response to mental health.

Current evidence suggests that when delivered by qualified practitioners in clinical settings, mindfulness training can be equal to medication and psychotherapy in treating chronic stress and pain, recurrent depression, anxiety and some addictions.

At a time in which there is only one psychiatrist available per 100,000 people in over half the countries in the world, mindfulness is by no means a panacea, but at present it's the only solution which works as an adjunct to conventional care and is also low-cost and scalable.

THE TEAM

My Year of Living Mindfully is produced by a multi-award winning team of independent documentary makers and journalists who are dedicated to changing the world through fact-based storytelling. It follows the success of the internationally acclaimed documentary, *The Connection*, which is about the compelling new science demonstrating the link between our mind, body, and health. Since the 2014 release of *The Connection* they have established an international audience that engages with a weekly blog and podcast featuring interviews with world-leading health scientists.



Shannon Harvey is an award-winning journalist, author and filmmaker. She previously worked as a TV, radio and online reporter for organisations such as the ABC and Fairfax. She's written two books, directed two feature documentaries, and is the recipient of the National Press Club of Australia's 'Health Journalist of The Year' award.



Julian Harvey is a prolific producer, director and writer. His films have won awards at over 20 film festivals worldwide. He was awarded the 'Breakout Producer of the Year' award and an AIMIA for 'Best Use of Social and Viral Marketing' for the unorthodox online release of his first feature, *The Tunnel*.



“In the same way that the climate emergency has found resonance in public consciousness, we aim to be part of the movement that demands meaningful change in the way we approach human health and wellbeing.”

Health journalist and filmmaker, Shannon Harvey

RELEASE

My Year of Living Mindfully has reached millions of people worldwide since its online release in June 2020. It was selected for numerous international film festivals and awarded Cinequest's Thrive award for being the festival's "most inspiring and life affirming film," as well as Best Film at SCINEMA, the largest science film festival in the Southern Hemisphere.

During the worldwide COVID19 pandemic, the filmmakers partnered with 58 academic, health and community organisations for a free online film premiere, reaching 3.5 million people in seven days. Hundreds of community-led screenings continue to take place through universities, hospitals, workplaces and organisations.

The film release also gained widespread media interest in Australia and overseas, including appearances on Sunrise (Australia's highest rating breakfast television show), reviews in the Sydney Morning Herald and the Melbourne Age, Body+Soul, Cosmos Magazine, and on ABC Radio.

Hachette Australia released a widely available book, also called *My Year of Living Mindfully*, in September 2020, which was featured on ABC Radio, The Australian Women's Weekly, Prevention Magazine, Take 5 Magazine and Body+Soul.

The film is now available through iTunes, Amazon Prime, and Google Play. Shannon Harvey's newsletter sign up, blog, podcast, books and films are found at:

www.myyearoflivingmindfully.com





PRAISE

Screening Hosts

"After thousands of Danes viewed the film, we (researchers at the Danish Center for Mindfulness, Aarhus University) held a live Facebook Q&A session to answer questions about mindfulness-based research and applications. We experienced a surprising interest from people with no prior experience with mindfulness, who after watching the film had become keen on learning more and trying mindfulness for themselves."

– *Camilla Victoria Marcinkowski, The Danish Center for Mindfulness, Denmark*

"This will be the 6th year I have kicked off the curriculum with this fabulous film and Shannon's personal appearance is always a highlight of my course."

– *Christina DiBona Pastan, Assistant Clinical Professor, Tufts Medical School*

Featured Talent

"Seeing our work through the eyes of the filmmakers led us to develop and launch the larger Moments of Refuge project. I am quite certain that we would never have launched this project – a project that we hope will impact the lives of tens of thousands of refugees and asylum seekers around the world – were it not for MYOLM."

– *Professor Amit Bernstein, Department of Psychology University of Haifa*

Film Review

"A really compelling and thorough approach to an often misunderstood issue and a great way of storytelling not just to invite those who are already doing meditation but those who are interested or sceptical and want to know more".

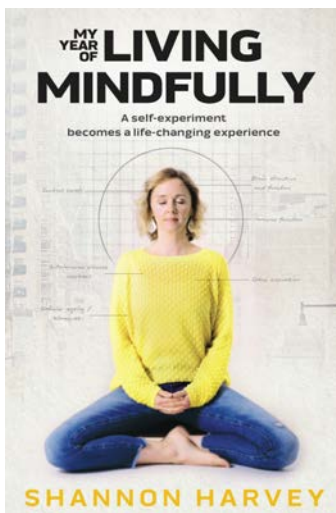
– *Jury comments, "Winner Best Film," Scinema International Science Film Festival*

Book Review

"*My Year of Living Mindfully* is actually one of the more insightful, practical and straight-talking personal testimonies on the subject that I've come across."

– *Fiona Capp, "Pick of the Week", Sydney Morning Herald*

ADDITIONAL RESOURCES



A Beginner's Guide to Starting a Mindfulness Practice

One of the most frequently asked questions after people have seen *My Year of Living Mindfully* is: "How do I get started on my own mindful experiment?" This free resource is available through Shannon Harvey's blog. [READ HERE](#)

My Year of Living Mindfully: Book

Filled with compelling stories, groundbreaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century. [BUY HERE](#)

Host A Screening – Online or Live Event

Spark meaningful conversations and inspire change. Hosts can organise screenings to take place in real life or online, and can also invite Shannon Harvey to give a presentation or join for a Q and A. [FIND OUT MORE](#)

The Connection: Mind Your Body

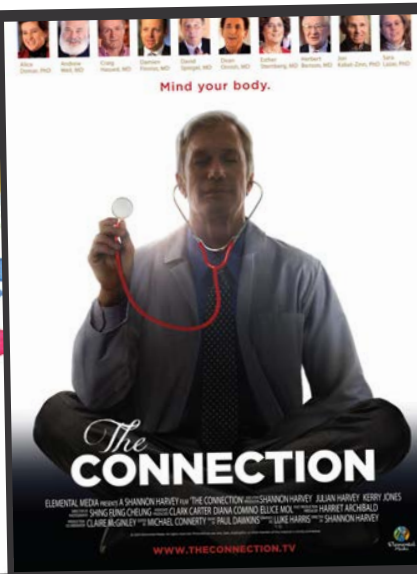
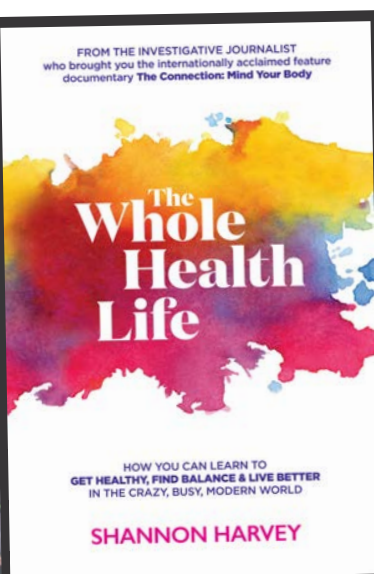
A documentary film which uncovers the latest science in mind body medicine and proves that we can do much more for our own health than we even thought possible. [WATCH THE FILM](#)

The Shannon Harvey Newsletter, Blog and Podcast

Weekly updates, extended interviews with experts and real-life stories of people who are successfully taking a whole-person, whole-life approach to healthy living. [VISIT WEBSITE - www.shannonharvey.com](#)

The Whole Health Life

Shannon Harvey's road to living better after an autoimmune disease diagnosis. The remarkable "how to" stories of recovery and how she sorted the quacks from the experts. [BUY HERE](#)



CONTACT

Media requests and screening enquiries

info@shannonharvey.com

KEY LINKS

Film website

www.myyearoflivingmindfully.com

Shannon Harvey's website and blog

www.shannonharvey.com

YouTube trailer

<https://youtu.be/1heyJFSgl5I>

Facebook trailer

<https://www.facebook.com/MyYearofLivingMindfully/videos/247668926445862/>

Facebook Handle and Page

@MyYearofLivingMindfully

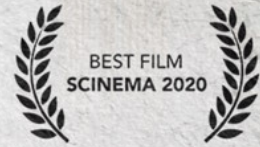
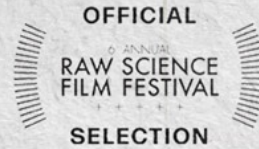
<https://www.facebook.com/MyYearofLivingMindfully/>

YouTube Channel

Shannon Harvey - Journalist

<https://www.youtube.com/channel/UCgreuppXKSgyaKXg2RrRVTw>

*Fly to Za
Refugee C
Jordan*



MY YEAR OF LIVING MINDFULLY

A Self-Experiment Film

Saliva Sample
1L-6 pg/ml
2.88

ELEMENTAL MEDIA PRESENTS
A JULIAN AND SHANNON HARVEY FILM
"MY YEAR OF LIVING MINDFULLY"
WITH SUPPORT FROM SCREEN AUSTRALIA

Hair sample
Cortisol ng/50mg
0.06782

THE BLOOM FOUNDATION
EXECUTIVE PRODUCERS JULIAN HARVEY SHANNON HARVEY
MUSIC BY DAVE CHAPMAN ZIGZAG LANE
DIRECTED BY JULIAN AND SHANNON HARVEY

*Fly to Za'atari
Refugee Camp
Jordan*

© 2020 Elemental Media. All rights reserved.
MyYearofLivingMindfully.com

