

Mindfulness is a Dirty Word

Introduction to Mindfulness

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"Never confuse your mistakes with your value as a human being. You are perfectly valuable, creative, worthwhile person simply because you exist."
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Stress Level History

- ◆ Mental disorders are a leading cause of disability with extensive socio-economic consequences.
- ◆ Conditions such as major depressive and anxiety disorders have a considerable impact on large portions of the population, with estimated global prevalences of 4.4% and 3.6%, respectively (prior to COVID)
- ◆ Stress triggered by major life events plays a pivotal role in the emergence of depressive symptoms, which are often proportional to the scale of the events and whether they involve interpersonal loss or social rejection.

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COVID Impact

Figure 1
Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021

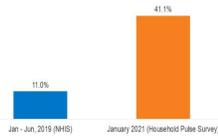
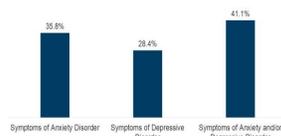


Figure 2
Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic



NOTE: Percentage and baseline reported in the QAC 2 and HQ2 scales. Pulse findings (shown here for January 6 - 16, 2021) have been statistically adjusted to match the 2019 NHIS survey design.

NOTE: These adults report they have symptoms of anxiety or depressive disorder that generally occur more than half the time or nearly every day. SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020 - 2021



Mindfulness is a Dirty Word

- ◆ “Not going to do that hippy stuff...”
- ◆ “I got real problems to deal with...”
- ◆ “Try that skill with the kids...”

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Mindfulness

- ◆ Mindfulness has its roots in Eastern meditation practices and teaches individuals to become increasingly conscious of their thoughts and feelings through observation of bodily sensations.
- ◆ Through this practice, an individual develops the ability to accept distressing thoughts without self-criticism and to tolerate self-destructive urges (e.g., the desire to cut oneself) without acting upon them. - **definition will change here!**
- ◆ Deep breathing and progressive muscle relaxation are examples of specific mindfulness techniques to increase wise mind.

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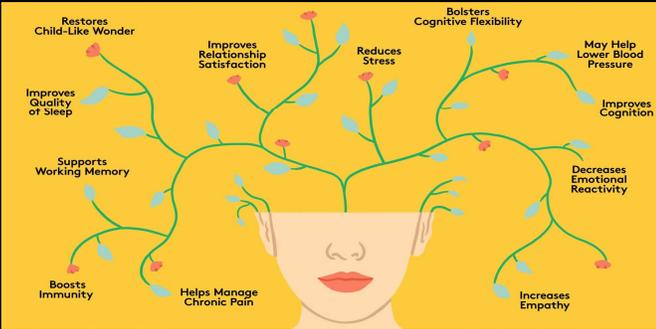
Research

- ◆ UCLA Mindful Awareness Research
 - ◆ Adult Study
 - ◆ 8-10 week study practicing 30-45 mins per day
 - ◆ 29% reduction in relapse of Mood symptoms
 - ◆ School Based Study
 - ◆ One year, ten mins a day
 - ◆ Higher self control and improved academic performance



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Restores Child-Like Wonder

Improves Relationship Satisfaction

Reduces Stress

Bolsters Cognitive Flexibility

May Help Lower Blood Pressure

Improves Cognition

Decreases Emotional Reactivity

Increases Empathy

Helps Manage Chronic Pain

Supports Working Memory

Improves Quality of Sleep

Boosts Immunity

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Three states of Mind

- ◆ Rational or Reasonable Mind
- ◆ Emotional Mind
- ◆ Wise Mind



*“Because **your** existence in time and space is unique, there are lives that only **you** can touch”*

- Harry Palmer

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Rational Mind

- ◆ A person is in Rational Mind: when they are approaching things intellectually, thinking logically, planning behavior, and paying attention to empirical facts
- ◆ Rational mind is much easier when you are healthy, strong, sober, rested and fed but much harder when you are sick, weak, stoned, tired, or hungry.
- ◆ Rational mind can be a storehouse of information, helping you define a problem and determine a solution.



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Emotional Mind

- ◆ A person is in Emotion Mind when their thinking and behavior are controlled mostly by their emotions. Logical thinking and planning are difficult, facts may be distorted or made larger or more important, thoughts and behaviors might be said to be "hot," and the energy of the behavior tends to match the intensity of the feelings.
- ◆ Emotion mind tends to be irresponsible, careless, mindless, impulsive, and impatient.
- ◆ Certain amount of emotion mind can be beneficial. Intense love is a motivation for intimate relationships. Intense devotion or desire motivates staying with very hard tasks and sacrificing oneself for others.



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Wise Mind



- ◆ Wise Mind is the coming together, the overlap of the other states
- ◆ When they come together or overlap, they produce something bigger than either of them were - intuition, a feeling of "knowing" what's right, a felt sense, a sense that some people feel in their body that something is just right, the right thing to do or the right way for things to be.
- ◆ Everyone has this Wise Mind. Some of you may not have found it yet.

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Script you can read: HOW EASY!

- ◆ "Do you ever have this intuition that something just "feels right?" The right thing to do or say or plan for? Could you give us an example?

Do you have this sense of knowing somewhere in your body? Where? (I feel it in my midsection, around my belly. Something there tells me that I am doing what's good for me, what's effective, the best thing in the moment.)

Do you have other ways of knowing this? This is what we mean by Wise Mind. It takes into account your logical thinking and planning and your emotions, but it's something more, a place of calmness and wisdom."

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My Brain And Heart Divorced

- ◆ A moment to Pause

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Types of Mindfulness

- ◆ Grounding Exercises
 - ◆ Grounding, also called earthing, is a therapeutic technique that involves doing activities that “ground” or electrically reconnect you to the earth.
- ◆ Progressive Muscle Relaxation
 - ◆ Progressive muscle relaxation exercises are relaxation techniques that involve progressively tensing and then relaxing muscles or muscle groups.
- ◆ Meditation
 - ◆ Meditation is a practice where an individual uses a technique - focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

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Types of Mindfulness

- ◆ Visualization
 - ◆ Visualization, on its own, involves picturing in your mind the outcome of something before it's happened
- ◆ Guided Imagery
 - ◆ Guided imagery is a gentle but powerful technique that focuses the imagination in proactive, positive ways.
- ◆ Four Part Breathing (Intervention)
 - ◆ 1. Breathe in
 - ◆ 2. Pause
 - ◆ 3. Breathe out
 - ◆ 4. Pause

“Pain is inevitable.
Suffering is optional.”

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Example Scripts

- ◆ “Notice Five Things” is another simple method that counselors can use with clients to help them tune in to their surroundings-
- ◆ The steps are as follows:
- ◆ 1) Pause for a moment.
- ◆ 2) Look around and notice five things that you can see.
- ◆ 3) Listen carefully and notice five things that you can hear.
- ◆ 4) Notice five things that you can feel in contact with your body.

- ◆ SOBER breathing space is designed to be a short exercise to break stimulus-response patterns that can happen in high-risk times for recovering clients. During these times, clients are taught to take a three- to five-minute timeout and follow the prompts in the acronym SOBER:
- ◆ S: Stop what you are doing and focus.
- ◆ O: Observe the sensations in your body.
- ◆ B: Breathe and focus on your breath.
- ◆ E: Expand your awareness.
- ◆ R: Respond mindfully.

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What if I tried?

I'm going to meditate and clear my head of thoughts.

Thoughts:



Who can relate?

MEDITATION

 What my friends think I do	 What my parents think I do	 What society thinks I do
 What my yoga teacher thinks I do	 What I think I do	 What I actually do

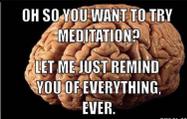
Uch, its not working!?!



“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”



Faulty Assumption



- ◆ The reason most meditators and practitioners of mindfulness struggle is because they have a faulty assumption about the central objective of the entire endeavor. Specifically, they believe that it's all about slowing down or even stopping their thoughts, which, if done successfully will produce sublime inner calm.
- ◆ And if that's not happening, they think they're failing. And when they “fail” a lot, which is inevitable, they eventually quit out of frustration.
- ◆ Stopping or slowing the mind is not the central objective here.

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Better way

- ◆ Take into consideration all your mental thought processes. All the thoughts you have about the past, thoughts you have about the future. Considering all those thoughts, how much time do you spend thinking about the present?
- ◆ Think of time as a triangle. With the past, present, and future all on three points of the triangle. How much of your mental time is spent focused on the past? How much time is spent on the future? How much time is spent in the present?

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Triangle Intervention

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Triangle Intervention

Depending on Age +/- 10%

Younger leaning towards Future

Older leaning towards Past

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Past---Present---Future

- ◆ “Excessive focus on the past increases depression, anger, and substance abuse”
- ◆ “Excessive focus on the future increases anxiety, suicidal ideation and purposelessness”
- ◆ “Would you be interested in becoming more present focused to help create a life worth living?”

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The Objective

- ◆ The objective of meditation and mindfulness is to **observe, without judgment, anything and everything happening in the present moment and to accept anything and everything happening in those moments exactly as they are.**
- ◆ If you want to take it to its highest level, the goal of meditation and mindfulness is to be present for the moments of your life.

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Present Focused

- ◆ Being in the present moment, or the “here and now,” means that we are aware and mindful of what is happening at this very moment. We are not distracted by ruminations on the past or worries about the future, but centered in the here and now. All of our attention is focused on the present moment (Thum, 2008).
- ◆ “The present moment is the only thing where there is no time. It is the point between past and future.”

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Present Minded

- ◆ Being present minded is the key to staying healthy and happy. It helps you fight anxiety, cut down on your worrying and rumination, and keeps you grounded and connected.
- ◆ Being present and exerting our ability to be mindful not only makes us happier, it can also help us deal with pain more effectively, reduce our stress and decrease its impact on our health, and improve our ability to cope with negative emotions like fear and anger. (Halliwell, 2017).

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Healthy Balance Guidelines

- ◆ Think about the past in small doses, and make sure you are focusing on the past for a reason (e.g., to relive a pleasant experience, identify where you went wrong, or figure out the key to a past success).
- ◆ Think about the future in small doses, and make sure you are focusing on the future in a healthy, low-anxiety way (e.g., don't spend time worrying about the future, think about the future just long enough to prepare for it and then move on).

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Increased Benefits

- ◆ Less Emotional Reactivity (Ormer et al., 2007)
- ◆ More Cognitive Flexibility (Davidson, 2000; Davidson, Jackson, & Kalin, 2000)
- ◆ Reduced Rumination and Stress (Faib et al., 2010; Williams, 2010)
- ◆ Inter and Intrapersonal benefits (Body Scan, Kabat-Zinn, 1990)

“Life gives you plenty of time to do whatever you want to do if you stay in the present moment.”

— Deepak Chopra

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Implementation In Crisis Programs

- ◆ Staff
 - ◆ On-site mindfulness-based crisis intervention designed for stress reduction for frontline healthcare professionals
 - ◆ 5–10min of mindfulness practices delivered twice daily
 - ◆ La Paz Hospital in Madrid study

“no healthcare without self-care”



MEDITATION
Because punching people in the face is not allowed.

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Implementation In Crisis Programs

- ◆ Staff
 - 1) Mindful Wakeup: Start with a Purpose
 - 2) Mindful Eating: Enjoy Every Mouthful
 - 3) Mindful Pause: Rewire Your Brain
 - 4) Mindful Workout: Activate Your Mind and Your Muscles
 - 5) Mindful Commute: Drive Yourself Calm, Not Crazy

“The ability to be in the present moment is a major component of wellness.”
— Abraham Maslow



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Implementation In Crisis Programs

- ◆ Clients
 - ◆ Unlimited options for incorporation during day
 - ◆ Examples Include:
 - ◆ 5–10min of mindfulness practices delivered twice daily
 - ◆ Mindfulness to start or end groups or sessions
 - ◆ Mindful hour provided on program schedule
 - ◆ Mindful activities (gardening, cleaning, cooking, art...)

“self-care is never selfish”

5 Mindfulness Exercises You Can Do Anywhere

				
BODY SCAN	MINDFUL SEEING	MINDFUL LISTENING	MINDFUL BREATHING	MINDFUL EXERCISE

© MindfulSteps.com

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Five Exercises

- ◆ Do a mindful body scan
- ◆ Write in a journal
- ◆ Visualize your daily goals
- ◆ Take a mindful nature walk
- ◆ Conduct a mindful review of your day



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Personal Implementation

- ◆ Virtual mindfulness is an increasingly accessible intervention available world-wide that may reduce psychological distress.
- ◆ Increase your cognitive flexibility and reduce emotional reactivity
- ◆ Increased empathy, compassion, and counseling skills.
- ◆ Better quality of life!



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Questions?



- ◆ Thoughts?
- ◆ Concerns?
- ◆ Criticisms?



“Be an Encourager. The world has plenty of critics already.”
- David Mills

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Thank you



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"Live each moment. Practice being mindful. Be present in... Hold on, I have to take this."

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- [Applied Mindfulness Skills Training for Physicians, Nurses and Health Care Workers](#)
- [Rick Hanson, Ph.D 10/26/2010, Confronting your Negativity Bias](#)
- [Greater Good, The Science of a Meaningful Life](#)
- [Niroga Institute](#)

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Thank you

On the family trip to nirvana

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