

THE HEART OF MINDFUL LIVING: AN APPROACH TO RESILIENCE

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STOP PRACTICE

Stop: pause for a
moment

Take a few relaxation
breathes

Observe: thoughts,
emotions, body

Proceed with intention
and resource



<https://elishagoldstein.com/3-key-practices-for-calm-self-compassion-and-happiness/>



OBJECTIVES


Describe	Describe the foundations of mindfulness and how they contribute to resilience.
Identify	Identify core mindfulness practices and their application in everyday life
Discuss	Discuss practices that support well-being and resilience



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WHAT IS MINDFULNESS?







ATTENTIONAL STABILITY

The stability of the body supports the stability of the mind.

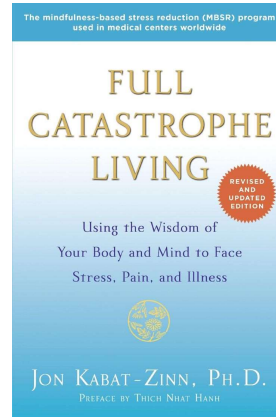


And, like this morning,
here the sun is shining,
the air smells good,
there's just a gentle
breeze, and the fall
colors are brilliant, and
the dog's happy and
he's prancing along,
and as I am walking I
am **aware** of every, I am
aware of all of my five
senses (Goble et al, 2016).



MINDFULNESS IN MEDICINE

- Mindfulness Based Stress Reduction (MBSR) (1979)
- Jon Kabat-Zinn, PhD, University of Mass Medical Center
- 8 weekly sessions; 2.5 hr plus day long retreat
- Widely studied in medicine and behavioral health



FOUNDATION PRACTICES





FOCUSED ATTENTION PRACTICES (CONCENTRATIVE) CREATE STABILITY OF ATTENTION, BODY, ANS, DECREASE MENTAL PROLIFERATION (MIND-WANDERING, RUMINATION), CONCENTRATION ON OBJECT (BREATH)



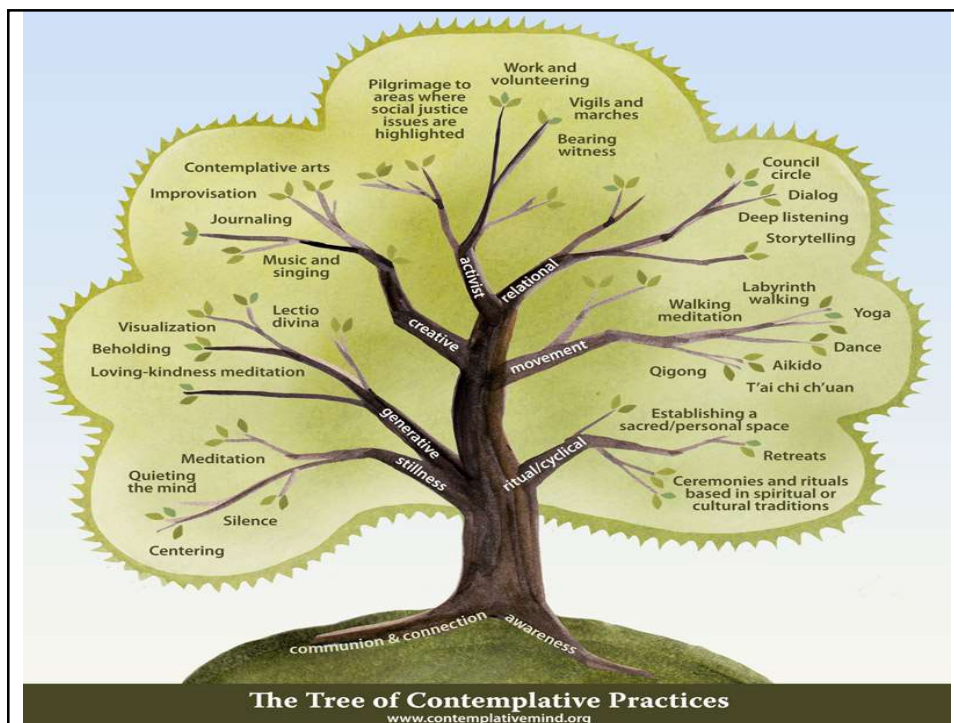
OPEN MONITORING PRACTICES (INSIGHT MEDITATION) THAT HAVE NO OBJECT OF ATTENTIONAL FOCUS BUT RATHER ARE RECEPTIVE TO WHATEVER PHENOMENA (PHYSICAL, MENTAL OR EMOTIONAL) ARISE

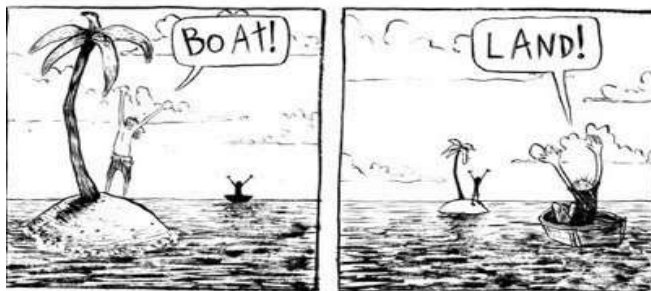


REFLECTIVE MEDITATION PRACTICES; CULTIVATION OF QUALITIES LIKE LOVING-KINDNESS, COMPASSION AND FORGIVENESS; GRATITUDE, PATIENCE, ATTITUDES OF MINDFULNESS

TO CULTIVATE MINDFULNESS:







Perspective...

Way of navigating the 10,000 joys and 10,000 sorrows of human life. Resilience is bolstered by cognitive flexibility.

<http://www.curiositiesbydickens.com/perspective-is-everything-boat-land/>



Modes of awareness

Default network

autopilot, mind wandering, mental map, planning, goal-setting, narratives, self-referenced, past and future, information library, interpretation, distracted, habits, rumination.

(Farb, N. et al., 2007)



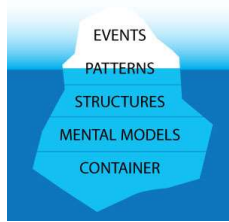
Mindfulness:

- Noticing our habits and reactions
- De-coupling the cue and response, event and reaction
- Choosing the next step



DEFAULT NETWORK

Mental Models



Moral Distress Education Project
<http://moraldistressproject.med.uky.edu/>

Reaction



The number of people who admit they feel "uncontrollable anger toward another driver" has doubled since 2005 (Washington Post, 9/1/13).

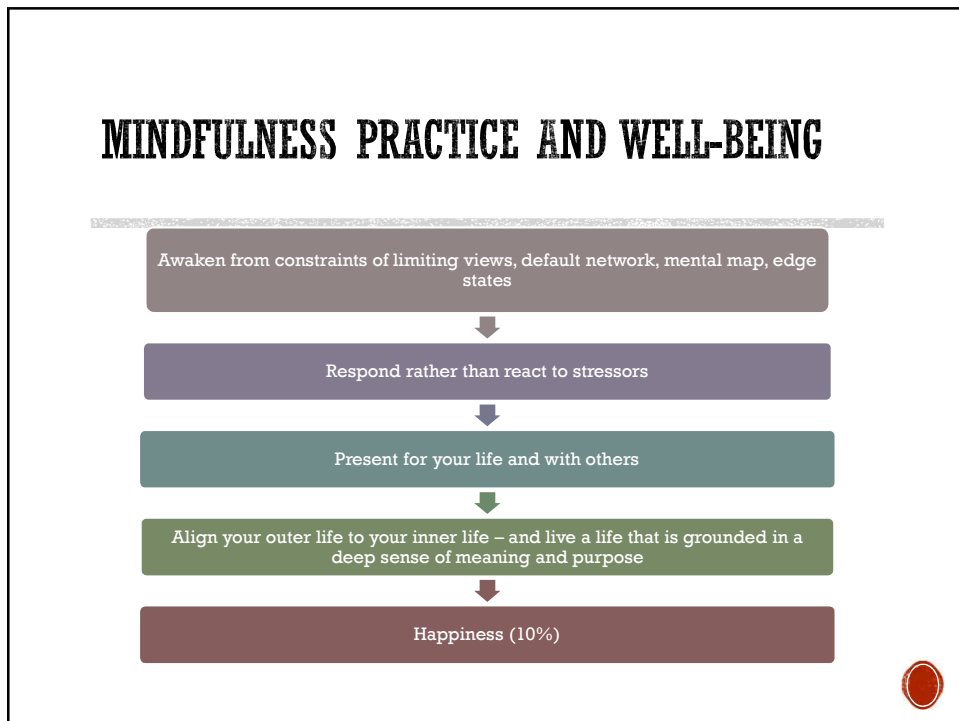


HANNAH ELIZABETH GILMER



With permission: Officer L.B. Mixon GA Governor's Safety Institute





**BETWEEN STIMULUS AND
RESPONSE THERE IS A SPACE.
IN THAT SPACE IS OUR
POWER TO CHOOSE OUR
RESPONSE. IN OUR RESPONSE
LIES OUR GROWTH AND OUR
FREEDOM.**

Viktor E. Frankl



“Compassion meditation may shift habits of becoming overly distressed when we encounter another’s pain,” Helen Weng, assistant professor of psychiatry, [Osher Center for Integrative Medicine](#).

<https://news.wisc.edu/training-compassion-muscle-may-boost-brains-resilience-to-others-suffering/>


WHAT IS COMPASSION?

Compassion involves both the heartfelt wish that others be free from suffering and the readiness to act on their behalf. It arises from a deep sense of affection for others. --Brooke Dodson-Lavelle, Emory CBCT Instructor



Survival of the social
Ancient response to those with whom we identify, kinship circle
--Frans de Wall, Age of Empathy






SELF-COMPASSION

- Kristin Neff, *Self-Compassion: A Healthier Way of Relating to Yourself* (2011).
- See ourselves clearly
- And make changes
- Because we care about ourselves
- And want to reach our full potential

B.J. Miller, MD



SELF-COMPASSION & RESILIENCE...

- "This is why people are relating to my story -- all of us suffer heartache. All of us suffer difficulties in our lives. And if you say to yourself 'find a way,' you'll make it through."
- Perspective-taking
- Self-Awareness & problem-solving (respond vs react)
- E.I.: Manage difficult emotions and difficulties
- Resource and stay – optimism & grit
- Social connection; team

Diana Nyad

THE G.R.A.C.E. MODEL

Gathering attention: focus, grounding, breathing, presence

Recalling intention: connection to vision and values; the resource of motivation

Attuning to self /other: affective resonance [check-in], self-compassion, awareness of our edges

Considering: what is helpful for the person, both expertise and perspective taking

Engaging, then **E**nding, closure for yourself and patient

JOURNAL OF PALLIATIVE MEDICINE, Volume 16, Number 9, 2013, * DOI:
10.1089/jpm.2013.0105 Rushton, C.H., Kaszniak, A. W., Halifax, J.S.



GATHER ATTENTION

- Create the space between stimulus and response
- Shift from autopilot or distraction to presence
- Breath
- Grounding
- **Use senses**
- How do you come back to presence?



RECALL INTENTION: KINDNESS & COMPASSION



- The heartfelt wish that others be free of suffering
- Practice – the intentional generation of well-wishes

Wishing a mentor,
those dear to us, ourselves,
those with whom we have difficulty,
all persons
safety, health, happiness, ease,
freedom from suffering.



ATTUNE TO SELF/OTHERS: MINDFUL CHECK-IN: BODY SCAN

- Sense into the body and notice what's present:
- Breath – is it slow, fast, deep, shallow?
- Warm or cold? Alert or sleepy?
- Hungry or thirsty or satisfied?
- Hands clenched or open?
- Shoulders, neck tight or relaxed?
- Chest open or contracted?
- Facial muscles tight or soft?
- Notice other sensations in the body – restlessness, heaviness, relaxation, numbness
- Allow the attention to sweep the body, gathering a sense of the body as a whole
- The body breathing
- Ground by shifting awareness to contact of feet with floor, body with seat, wall



CE: CONSIDER, ENGAGE, END

thepause.me

HOME ABOUT THE MEDICAL PAUSE ABOUT JONATHAN BARTELS INTRODUCTION VIDEO ARTICLES AND PRESS

Introduction Video



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WHAT IS WELL-BEING?

WELL-BEING IS A SKILL!

Wear Red Day 2/1/2019



MINDFULNESS RESOURCES

- Brantley, J. (2007). *Calming your anxious mind*. 2nd ed. Oakland: New Harbinger Publications.
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MINDFULNESS RESOURCES

- Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, UMASS Medical School. <https://www.umassmed.edu/cfm/>
- Center for Mindfulness. UC San Diego School of Medicine. Department of Family Medicine and Public Health. <https://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>
- Cognitively Based Compassion Training. Emory-Tibet Partnership and Science Initiative. <https://tibet.emory.edu/cognitively-based-compassion-training/>
- Center for Compassion and Altruism Research and Education. Stanford Medicine. <http://ccare.stanford.edu/>
- <http://elishagoldstein.com/videos/the-stop-practice/>
- <https://www.tarabrach.com/meditation-the-rain-of-self-compassion/>

