THE HEART OF MINDFUL LIVING:
AN APPROACH TO RESILIENCE

Karen Goble, MA, Assistant Director Continuing Medical,
Dental, Pharmacy Education, Integrative Health Coach,
Chaplain, CBCT ® Instructor
December 10, 2018

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

<table>
<thead>
<tr>
<th>Describe</th>
<th>Describe the foundations of mindfulness and how they contribute to resilience.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify</td>
<td>Identify core mindfulness practices and their application in everyday life.</td>
</tr>
<tr>
<td>Discuss</td>
<td>Discuss practices that support well-being and resilience.</td>
</tr>
</tbody>
</table>

### WHAT IS MINDFULNESS?

*Image of a circular diagram labeled 'HEALTH BEHAVIORS' with categories such as 'SELF', 'Awareness', 'Compassion', 'Mindfulness', 'Inclusion', 'Compassionate Action', and 'Resilience'. The diagram also includes other topics like 'Spirit & Soul', 'Daily Routines & Balancing', and 'Prevention, Medical, and Wellness Care'.*
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**

- Awareness of breathing
- Awareness of the body
- Open field of awareness
- Mindful eating
- Yoga
- Mindful movement
- Walking meditation
- Loving kindness
- Compassion
- Attitudes of mindfulness
- Insight Dialogue
FOCUSED ATTENTION PRACTICES (CONCENTRATIVE) CREATE STABILITY OF ATTENTION, BODY, AND DECREASE MENTAL PROLIFERATION (MIND-WANDERING, RUMINATION), FOCUS 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:

The Tree of Contemplative Practices
www.contemplatethemind.org
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/

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

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.

(Kelly, H. et al., 2007)
The number of people who admit they feel “uncontrollable anger toward another driver” has doubled since 2005 (Washington Post, 9/1/13).

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

Attentional stability

Perspective-taking

Care and Connection

Compassion (self)

WHAT'S IT GOT TO DO WITH WELL-BEING AND RESILIENCE?

MINDFULNESS PRACTICE AND WELL-BEING

Awaken from constraints of limiting views, default network, mental map, edge states

Respond rather than react to stressors

Present for your life and with others

Align your outer life to your inner life – and live a life that is grounded in a deep sense of meaning and purpose

Happiness (10%)
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, Emory 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. —Frans de Wall, Age of Empathy

Survival of the social
Ancient response to those with whom we identify, kinship circle

—Frans de Wall, Age of Empathy
SELF-COMPASSION

- 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 Ending, closure for yourself and patient

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

Introduction Video

WHAT IS WELL-BEING?

WELL-BEING IS A SKILL!

Wear Red Day 2/1/2019
MINDFULNESS RESOURCES


---

MINDFULNESS RESOURCES

- Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, UMASS Medical School. [https://www.umassmed.edu/cfm/](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](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/](https://tibet.emory.edu/cognitively-based-compassion-training/)