Mindfulness for Stress Reduction & Resiliency Building

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Mindfulness Based Stress Reduction Teacher
Topics for today’s discussion:

1) Why practice Mindfulness?
2) What are the Benefits?
3) What is Mindfulness?
4) How does it work?
5) How do we do it?
WHY PRACTICE MINDFULNESS?
3 Questions

#1) Does the pace of your life often feel like it is moving very quickly?
3 Questions

#2) Do you often feel exhausted?
3 Questions

#3) Do you ever feel frustrated with others?
CONGRATULATIONS

You’re HUMAN!
What barriers and opportunities exist in your life?
WHAT ARE THE BENEFITS?
STRESS IN THE WORKPLACE

69% of employees report that WORK is a significant source of stress

Source: American Psychological Association
STRESS

A *perceived* imbalance between the demands made and the resources available to meet those demands.
Stress and Health/Well-being

Stress = #1 wellness concern

- poor nutritional habits
- physical inactivity
- high blood pressure
- tobacco use
- overweight/obesity
Wellness → Wellbeing

Mary Jo Kreitzer RN, PhD
University of Minnesota
Center for Spirituality and Healing
Effects of Stress on the Body

Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)

Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack

Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite

Pancreas: Increased risk of diabetes

Intestines: Diarrhea, constipation and other digestive problems

Reproductive Organs: For women- irregular or painful periods, reduced sexual desire. For men- impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)
Why Stress in Healthcare Professionals Matters

Burnout and Emotional Exhaustion = Reduced Capacity for Empathy

- Reduced Satisfaction
- Increased Medical Errors
- Increased Malpractice Risk
- Increased Hospital Mortality Rates

*Journal of Nursing Care Quality April 1996 - Volume 10 - Issue 3 Dugan et al. Stressful nurses: the effect on patient outcomes.
***Stress and Health Volume 22, Issue 2, pages 131–137, April 2006, A proposed physician–patient cycle model
****AHRQ May 2003, David H Hickam, MD, MPH , The Effect of Health Care Working Conditions on Patient Safety
Benefits of Mindfulness

**Attention**
Strengthens our “mental muscle” for bringing our focus back where we want it, when we want it.

**Emotional Regulation**
Observing our emotions helps us recognize when they occur, to see their transient nature, and to change how we respond to them.

**Calming**
Breathing and other mindfulness practices relax the body and mind, giving access to peace independent of external circumstances.

**Adaptability**
Becoming aware of our patterns enables us to gradually change habitual behaviors wisely.

**Compassion**
Awareness of our own thoughts, emotions, and senses grows our understanding of what other people are experiencing.

**Resilience**
Seeing things objectively reduces the amount of narrative we add to the world’s natural ups and downs, giving us greater balance.
# Meta Analysis of Mindfulness in Health Care Professionals

<table>
<thead>
<tr>
<th>Negative affect(^1)</th>
<th>Rumination(^{1,2})</th>
<th>Anxiety(^{1,7,10})</th>
<th>Distraction(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional exhaustion(^4)</td>
<td>Burnout(^{5,9})</td>
<td>Distress(^{2,9})</td>
<td>Total mood disturbance(^6)</td>
</tr>
<tr>
<td>Depression(^{10})</td>
<td>Stress(^{1,3,7})</td>
<td>Health complaints(^8)</td>
<td>Over-identification(^7)</td>
</tr>
<tr>
<td>Self compassion(^{1,3})</td>
<td>Life satisfaction(^{3,5})</td>
<td>Positive affect(^{1,2})</td>
<td></td>
</tr>
<tr>
<td>Empathy(^{10})</td>
<td>Spirituality(^{10})</td>
<td>Relaxation(^5)</td>
<td>Mood(^4)</td>
</tr>
</tbody>
</table>

1 – Shapiro, Brown, and Biegel (2007)  
7 – Beddoe and Murphy (2004)  
8 – Young et al (2001)  

Mindfulness Improves Patient Safety

• Four weekly, one hour classes; average of 20 minutes home practice daily
• Comparison of the three months prior to staff mindfulness training with the three months after the training showed 38% decrease in negative patient safety events
  – falls
  – medication errors
  – patient aggression

Brady et al Perspectives in Psychiatric Care 2012
Mindfulness & Quality/Safety

Be present.
Be mindful.
Be safe.

Breathe in.
Slowly, gently, deeply.
Breathe out.

Just breathe
WHAT IS MINDFULNESS?
MINDFULNESS

The awareness that rises when we pay attention, on purpose, in the present moment

Non-judgmentally

Mindful Awareness

Related Concepts

- Focus or “Flow”
- Being “In the Zone”

Mindfulness = Awareness

- Sensations
- Emotions
- Thoughts
Dr. Jon Kabat-Zinn

What is Mindfulness?
Mindfulness Research

Mindfulness Journal Publications by Year, 1980-2015

American Mindfulness Research Association, 2016
www.goAMRA.org
Research indicates benefits for:

- Cancer
- Hypertension
- Diabetes
- Psoriasis
- HIV/AIDS
- Chronic pain disorders
- Substance abuse
- Anxiety
- Depression
- Insomnia
- Hot Flashes
- PTSD
- Relationships
- Stress in Health Care Professionals
Mindfulness is KEY to Self-care

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”
Mindfulness as a WAY Of BEING

"Mindfulness isn't about getting anywhere else."

Jon Kabat-Zinn
HOW DOES IT WORK?
Nervous System

Central Nervous System (CNS)
- Brain: Receives and processes sensory information, initiates responses, stores, memories, generates thoughts and emotions
- Spinal cord: Conducts signals to and from the brain, controls reflex activities

Peripheral Nervous System (PNS)
- Motor Neurons: CNS to muscles and glands
- Sensory Neurons: Sensory organs to CNS

Somatic Nervous System
- Controls voluntary movements

Autonomic Nervous System
- Sympathetic Division: “Fight or Flight”
- Parasympathetic Division: “Rest or Digest”
Autonomic Nervous System

- Parasympathetic:
  - Stimulates flow of saliva
  - Slows heartbeat
  - Constricts bronchi
  - Stimulates peristalsis and secretion
  - Stimulates release of bile

- Sympathetic:
  - Dilates pupil
  - Inhibits flow of saliva
  - Accelerates heartbeat
  - Dilates bronchi
  - Inhibits peristalsis and secretion
  - Conversion of glycogen to glucose
  - Secretion of adrenaline and noradrenaline
  - Inhibits bladder contraction

- Medulla oblongata
- Chain of sympathetic ganglia
- Yagus nerve
What’s going on?

Fight or Flight response

The physical reaction to a perceived threat to increase chances of survival
Neuroscience of Mindfulness

**Amygdala**: fight, flight or freeze responses

**Prefrontal cortex:**
- Executive function
- Regulation of amygdala
- Positive mind states:
  - Optimism
  - Self-observation
  - Compassion

Neuroscience of Mindfulness

Brain Hand Model—Dan Siegel, M.D

- Middle Prefrontal Cortex
- Limbic Regions: Hippocampus, Amygdala
- Cerebral Cortex
- Middle part of the Prefrontal Cortex
- Brain Stem
- Spinal Cord

Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.
Shift From Unconscious to Conscious Reduces Stress

Without Mindfulness

Stress → Reaction

With Mindfulness

Stress → Mindfulness → Response

Mindfulness creates space...
...replacing impulsive reactions with thoughtful responses
Neuroplasticity
Building Resilience
“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.”

-- Victor Frankl M.D. Ph.D. Auschwitz Survivor
HOW DO WE DO IT?
4 Formal Mindfulness Practices

• Sitting Meditation
• Mindful Movement/Yoga
• Body Scan Meditation
• Walking Meditation
Mindful Eating

www.eatingmindfully.com

- **Observe**
  Notice your body.
  (rumbling stomach, low energy, stressed out, satisfied, full, empty)

- **In-the-Moment**
  Be fully present. Turn off the T.V. Sit down. When you eat, just eat.

- **Savor**
  Notice the texture, aroma, and flavor.
  (Is it crunchy, sweet, salty smooth, spicy?)

- **Nonjudgment**
  Speak mindfully and compassionately.
  Notice when "shoulds," rigid rules or guilt pop into your mind.

Susan Albers PsyD 2012® Eat, Drink & Be Mindful
Increasing Awareness
By Remembering to S.T.O.P.

S. T. O. P.

• **S**: STOP
• **T**: Take a breath
• **O**: Observe Sensations, Emotions, Thoughts
• **P**: Proceed in a more modulated, less reactive, more responsive way
Barriers

• Rehashing & Rehearsing
• Relationships/ Distractions
• Other?
What about compassion?

- Mindfulness cultivates:
  - compassion/kindness
  - connections with others
Compassion is not complete if it does not include oneself.
Self-Compassion

Dr. Kristen Neff: 3 Elements of Self-Compassion

- **Self-Kindness:** Understanding, not punishment
- **Sense of Common Humanity:** Everybody goes through this
- **Mindfulness:** Neither ignoring nor exaggerating feelings of failure

Center for Mindful Self-Compassion
“I see you...”
5 Keys to Mindful Communication

1. Mindful Presence
2. Mindful Listening
3. Mindful Speech
4. Unconditional Friendliness
5. Playfulness

The biggest barrier?

Extreme multitasking!
The choice is ours.

Mind Full, or Mindful?
#1) Did you notice the natural tendency of your mind to wander?
#2) Did you notice your capacity to bring it back at times, on purpose?
#3) Would the ability to recognize when your mind wanders and bring it back on purpose, be of value in your life?
TAKE HOME MESSAGE

• Mindfulness is a way of being that can help reduce stress, improve health and wellbeing

• Formal and Informal Opportunities
  – Sitting Meditation, Mindful Movement/Yoga, Body Scan Meditation and Walking Meditation

• S.T.O.P.
Choose Your Way of Being Today

Choose your way of being today

Dehumanising

Distancing

Stress

Greed

Cynicism

Busyness

Detachment

Mindfulness

Appreciation

Caring

Kindness

Loving Touch

Gratitude

Self-compassion

Compassionate

Each small action and intention we choose builds upon itself to create our way of being
Mindfulness Based Stress Reduction

- Ann Arbor Center for Mindfulness
- Grand Rapids Center for Mindfulness
- Beaumont Center for Mindfulness
- Online self-guided video course
Mindfulness Resources

**Books**
- “Full Catastrophe Living” — Jon Kabat-Zinn
- “Heal Thyself” — Saki Santorelli
- “10% Happier” — Dan Harris
- “The Mindful Librarian” – Richard Moniz et al.

**Apps**
- Insight Timer
- Stop, Breathe & Think
- Headspace
- Craving to Quit

**Websites**
- Center for Mindfulness
- American Mindfulness Research Association
- UCLA Mindfulness Awareness Research Center
The Connection

• Documentary featuring Mind-Body experts from around the world and true stories of recovery

https://www.theconnection.tv/
Insight Timer

• Free app

Home to over half a million meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.
Example meditation

Comments & Questions
Thank you and Be Well
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"Only that day dawns to which we are awake."

Henry David Thoreau, in Walden