

# Mindfulness for Stress Reduction & Resiliency Building



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Mindfulness Based Stress Reduction Teacher



**Beaumont Health**



# 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

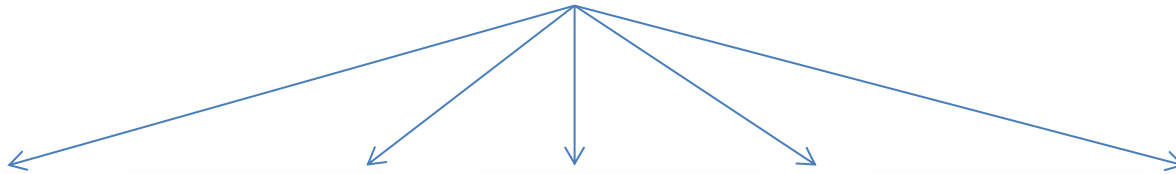
# STRESS

*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**

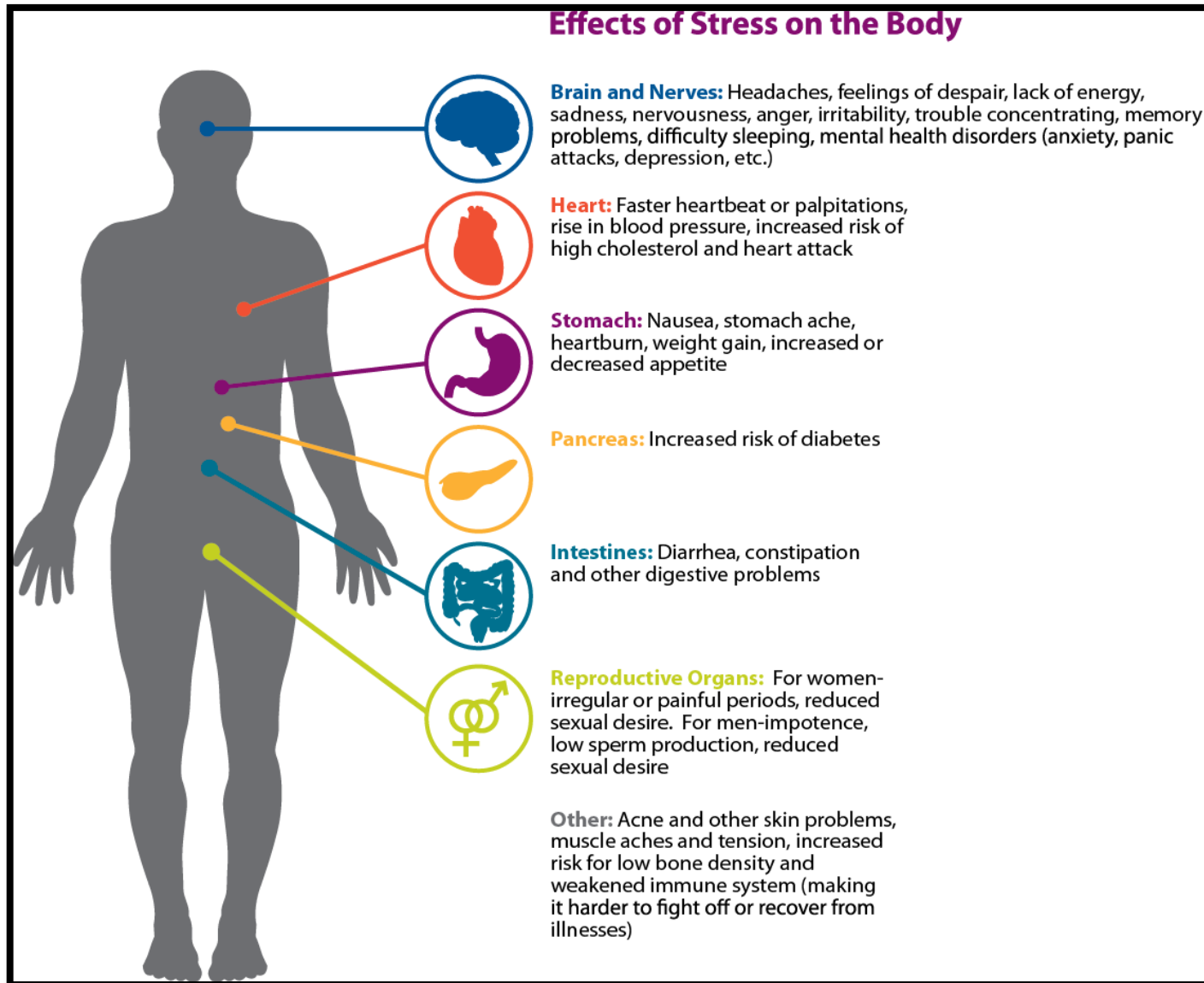
# Wellness → Wellbeing



Mary Jo Kreitzer RN, PhD  
University of Minnesota  
Center for Spirituality and Healing



# Effects of Stress on the Body



# Why Stress in Healthcare Professionals Matters



\*Journal of Nursing Care Quality April 1996 - Volume 10 - Issue 3 Dugan et al. *Stressful nurses: the effect on patient outcomes*.

\*\* Journal of Applied Psychology, Vol 73(4), Nov 1988, 727-735 Jones et al *Stress and medical malpractice: Organizational risk assessment and intervention*.

\*\*\*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.



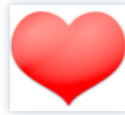
## Calming

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

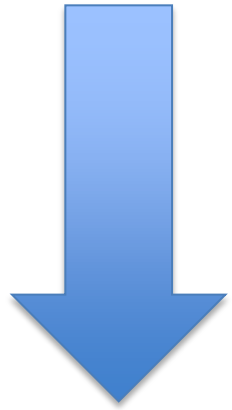
Awareness of our own thoughts, emotions, and senses grows our understanding of what other people are experiencing.



## 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



Negative affect<sup>1</sup>

Rumination<sup>1,2</sup>

Anxiety<sup>1,7,10</sup>

Distraction<sup>2</sup>

Emotional exhaustion<sup>4</sup>

Burnout<sup>5,9</sup>

Distress<sup>2,9</sup>

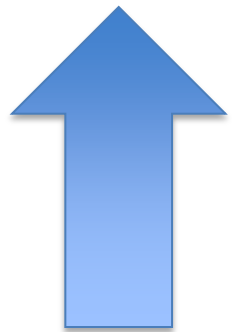
Total mood disturbance<sup>6</sup>

Depression<sup>10</sup>

Stress<sup>1,3,7</sup>

Health complaints<sup>8</sup>

Over-identification<sup>7</sup>



Self compassion<sup>1,3</sup>

Life satisfaction<sup>3,5</sup>

Positive affect<sup>1,2</sup>

Empathy<sup>10</sup>

Spirituality<sup>10</sup>

Relaxation<sup>5</sup>

Mood<sup>4</sup>

1 – Shapiro, Brown, and Biegel (2007)   2 – Jain et al (2007)   3 – Shapiro et al (2005)   4 – Galatino et al (2005)   5 – Mackenzie et al (2005)  
6 – Rozenzweig et al (2003)   7 – Beddoe and Murphy (2004)   8 – Young et al (2001)   9 – Cohen-Katz et al (2005)   10 – Shapiro et al (1998)

Irving, J. A., Dobkin, P. L., & Park, J. (2009). Cultivating mindfulness in health care professionals: A review of empirical studies of mindfulness-based stress reduction (MBSR). *Complementary Therapies in Clinical Practice*, 15, 61–66.

# 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





# Mindfulness & Quality/Safety



Just breathe

Be present.

Be mindful.

Be safe.

Breathe in.

*Slowly, gently, deeply.*

Breathe out.



**Beaumont**



**WHAT IS MINDFULNESS?**

# MINDFULNESS

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



Non-judgmentally

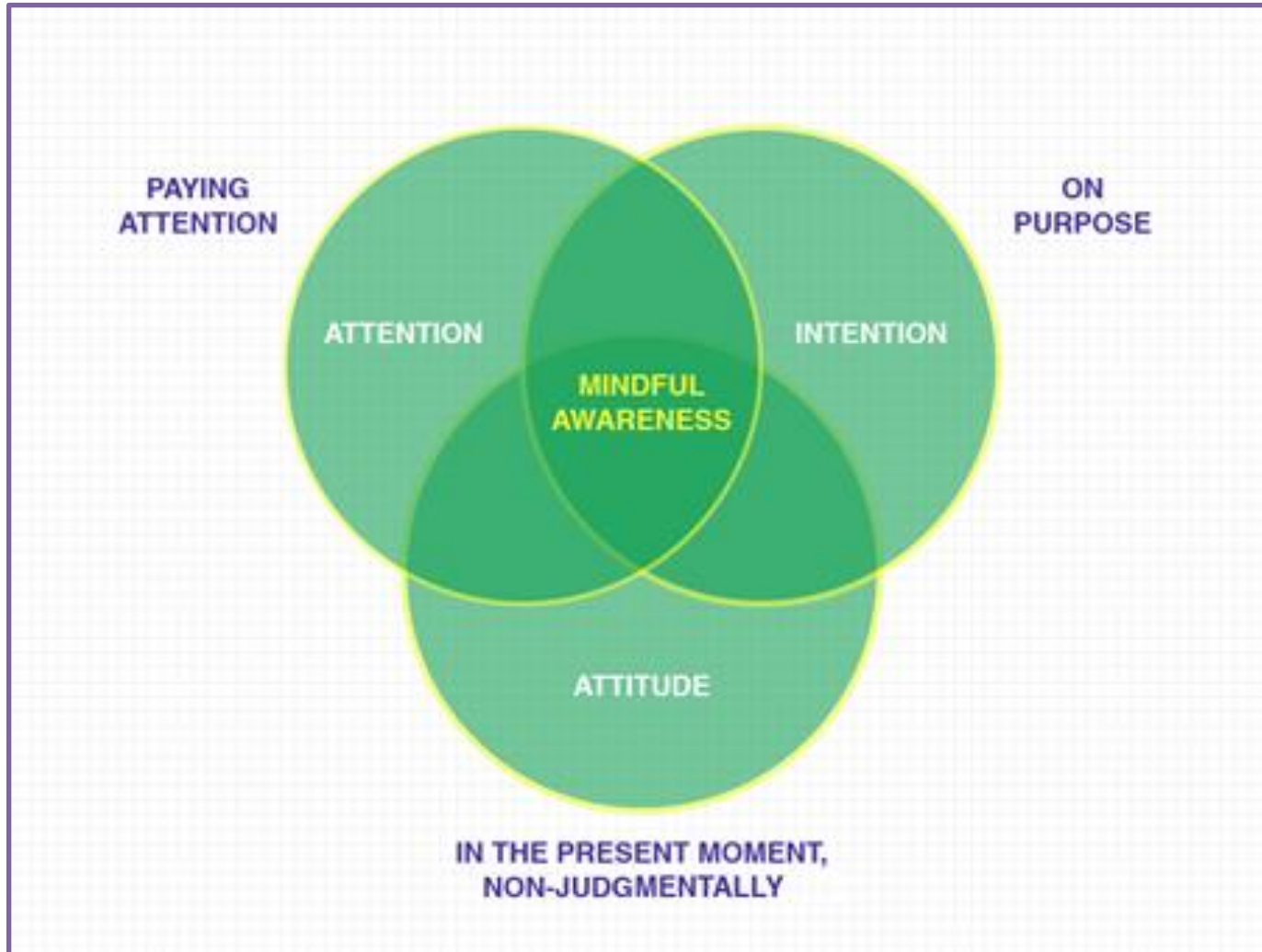


Center for Mindfulness  
in Medicine, Health Care, and Society



Kabat-Zinn, J. (1990). Full catastrophe living: The program of the stress reduction clinic at the University of Massachusetts Medical Center. *New York: Delta.*

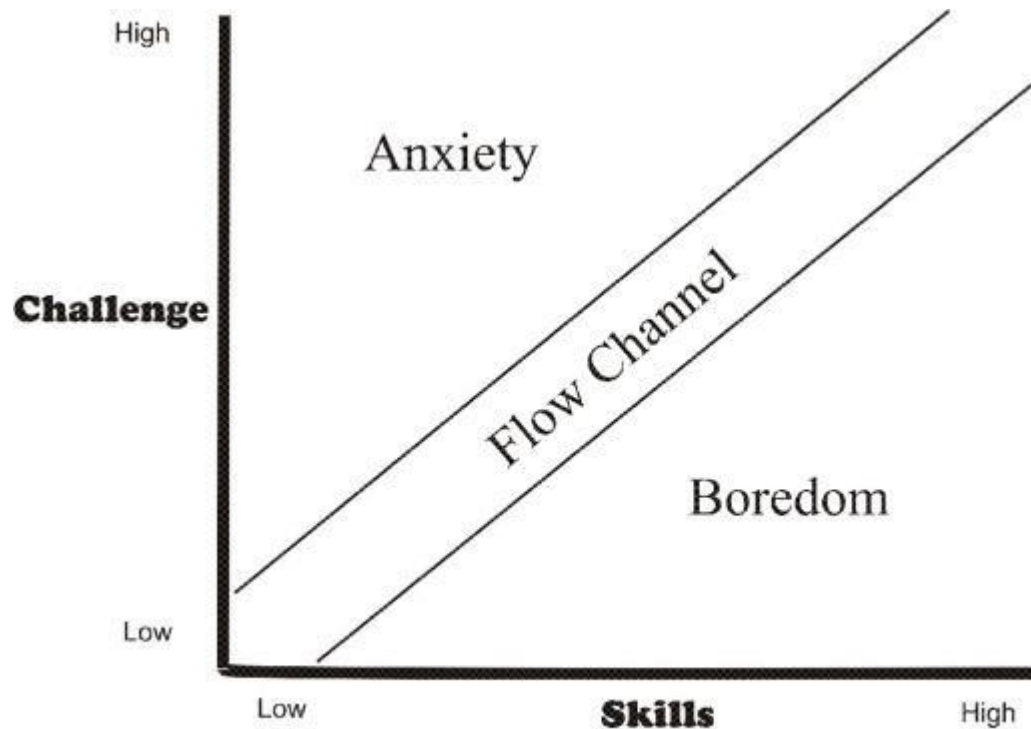
# Mindful Awareness



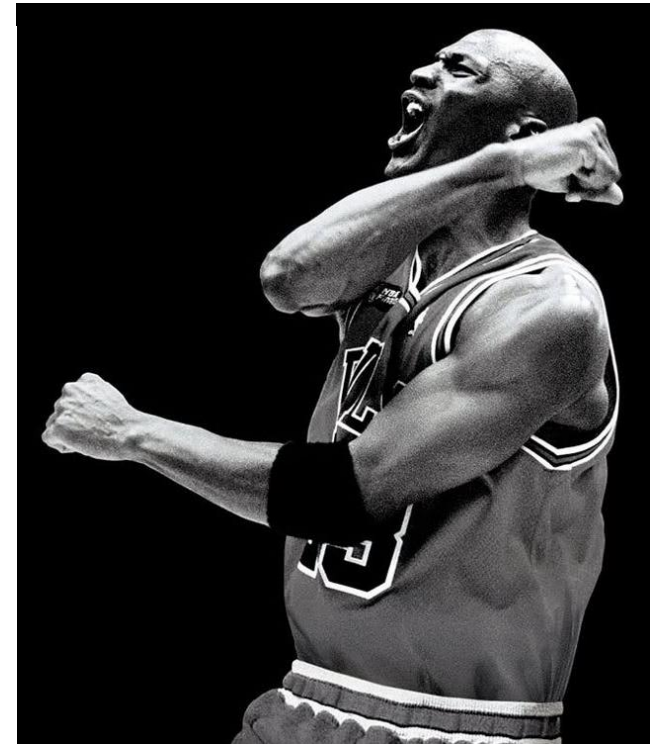
Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, 62(3), 373-386.

# Related Concepts

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



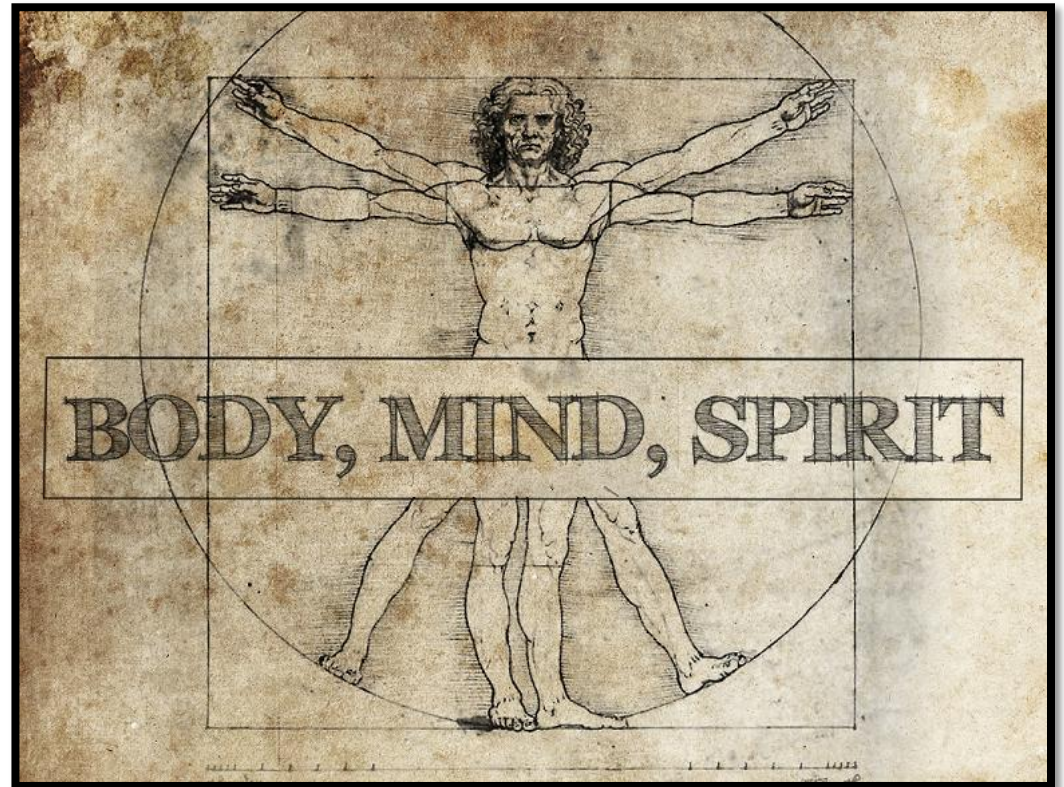
The Flow. After Mihaly Csikszentmihalyi, *The Flow* (1990), p. 74





# Mindfulness = Awareness

- © Sensations
- © Emotions
- © Thoughts



# Dr. Jon Kabat-Zinn

Jon Kabat-Zinn: What is Mindfulness?



Watch later as Lucy S



Greater Good  
SCIENCE CENTER

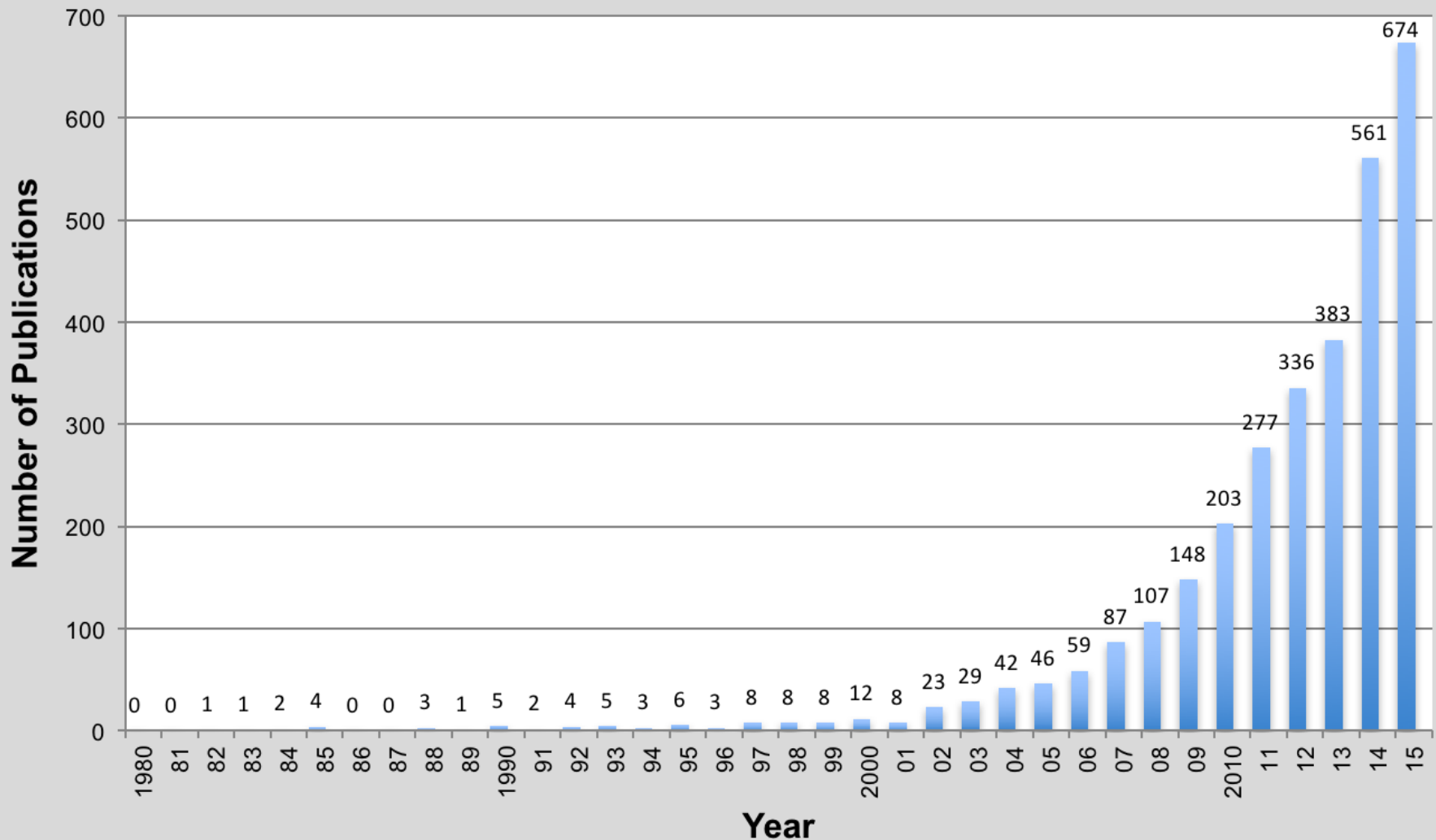
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What is Mindfulness?

# Mindfulness Research

Mindfulness Journal Publications by Year, 1980-2015



# 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**



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# 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



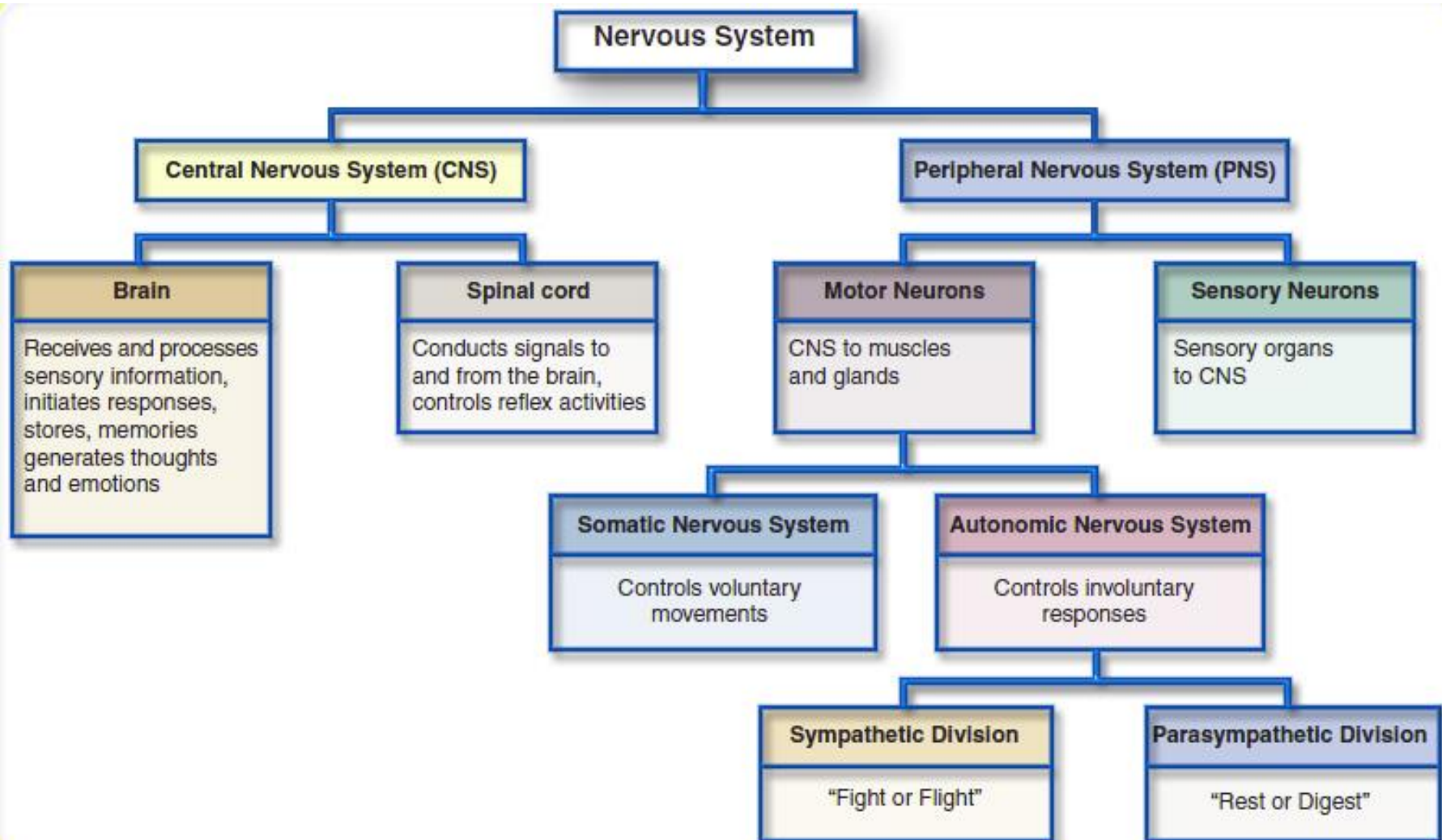
*"Mindfulness isn't about  
getting anywhere else."*

Jon Kabat-Zinn



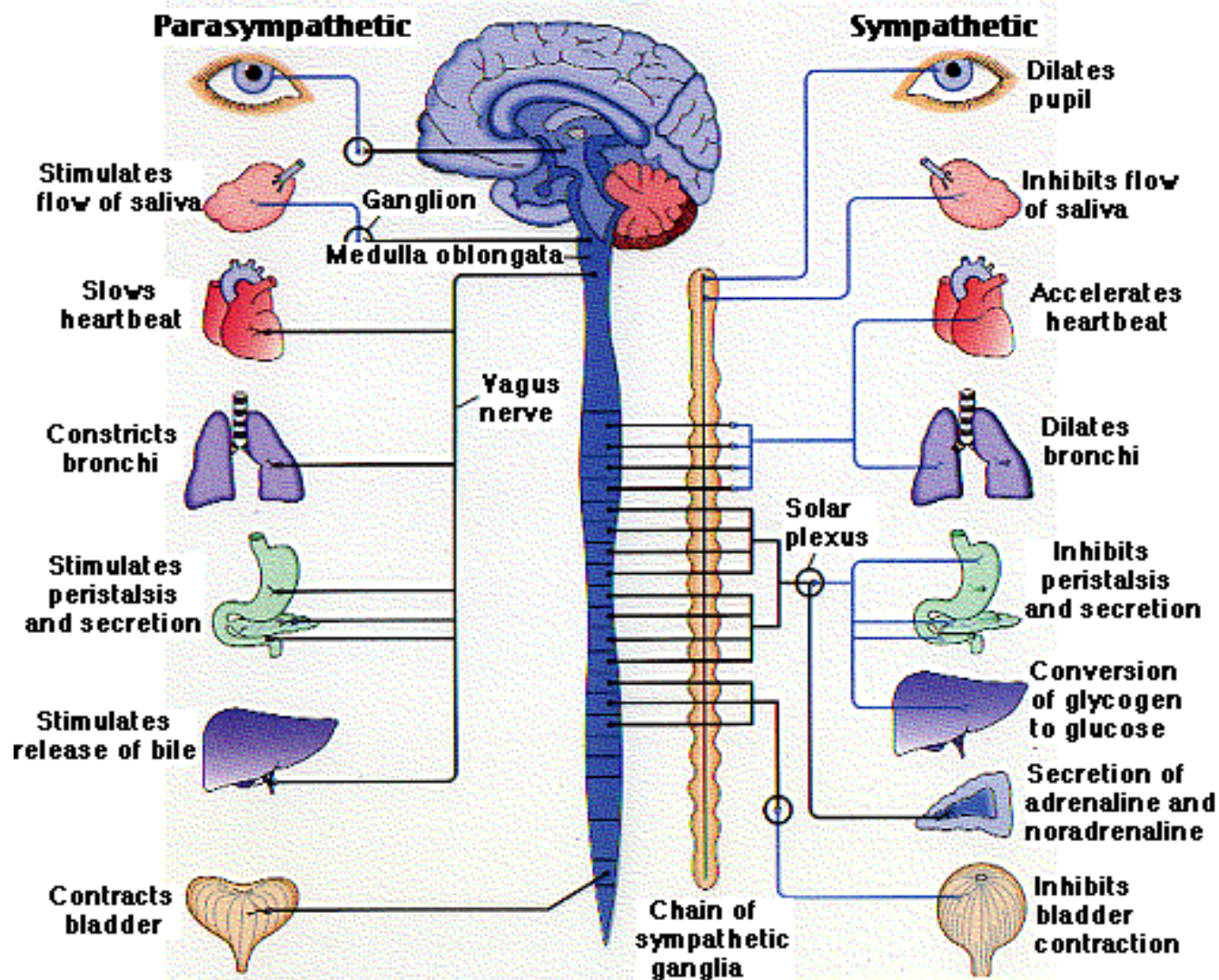
**HOW DOES IT WORK?**

# Nervous System





# Autonomic Nervous System



# What's going on?

## Fight or Flight response

*The physical reaction to a perceived threat  
to increase chances of survival*

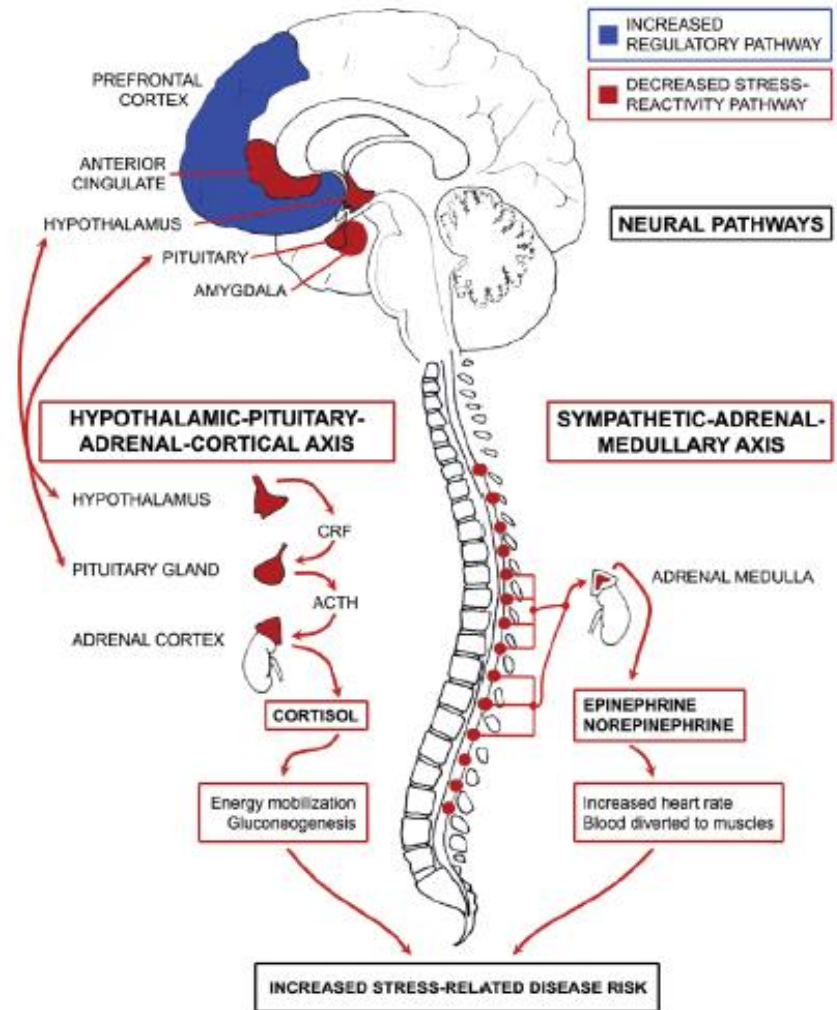


# Neuroscience of Mindfulness

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

## Prefrontal cortex:

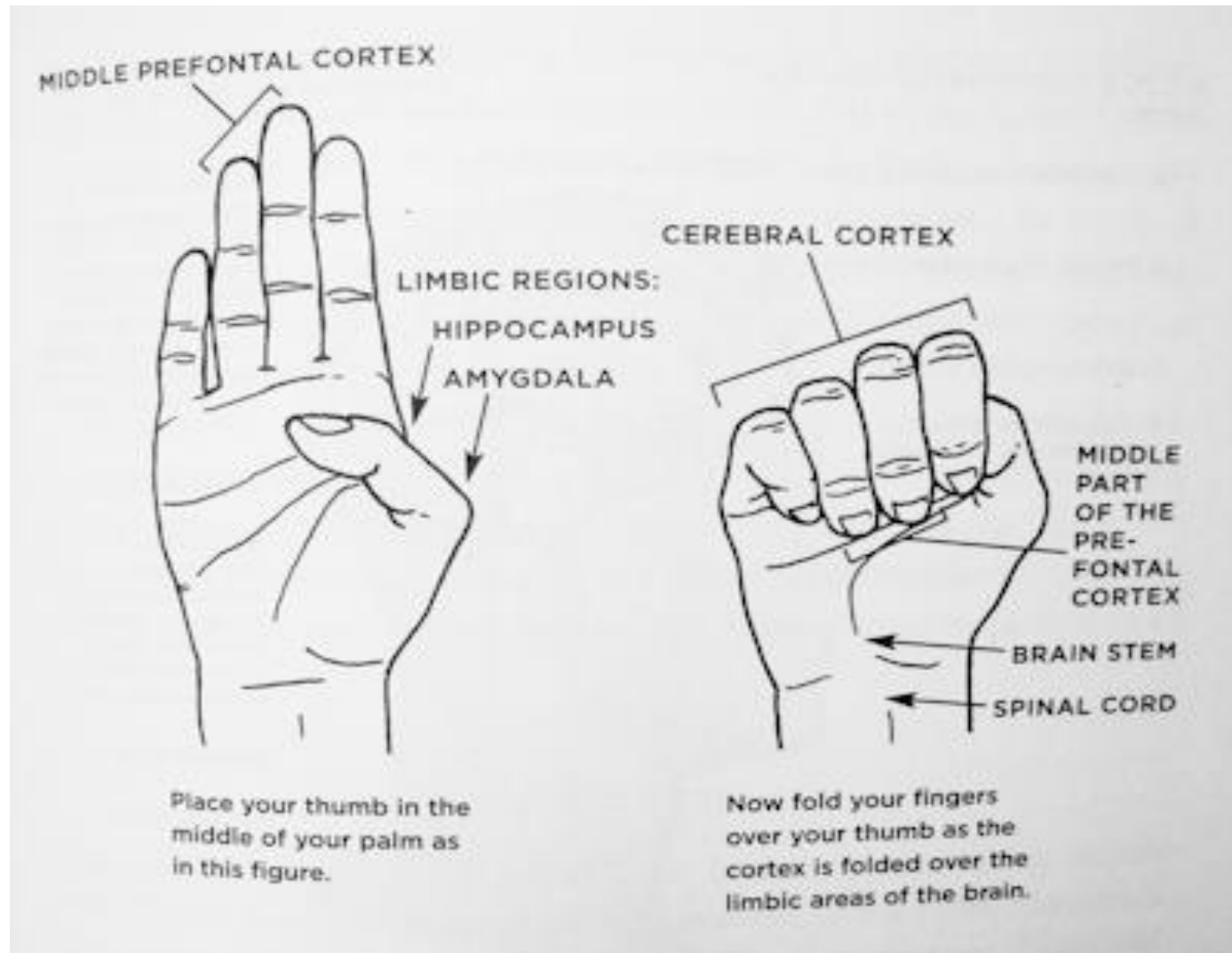
- Executive function
- Regulation of amygdala
- Positive mind states:
  - Optimism
  - self-observation
  - compassion



J. David Creswell and Emily K. Lindsay, "How Does Mindfulness Training Affect Health? A Mindfulness Stress Buffering Account," *Current Directions in Psychological Science* 2014, Vol. 23(6) 401–407



# Neuroscience of Mindfulness



Brain Hand Model--Dan Siegel, M.D

# Shift From Unconscious to Conscious Reduces Stress

*Without Mindfulness*



*With Mindfulness*



*Mindfulness creates space...*

*...replacing **impulsive reactions** with **thoughtful responses***

# Neuroplasticity



# Building Resilience





# Man's Search for Meaning

“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

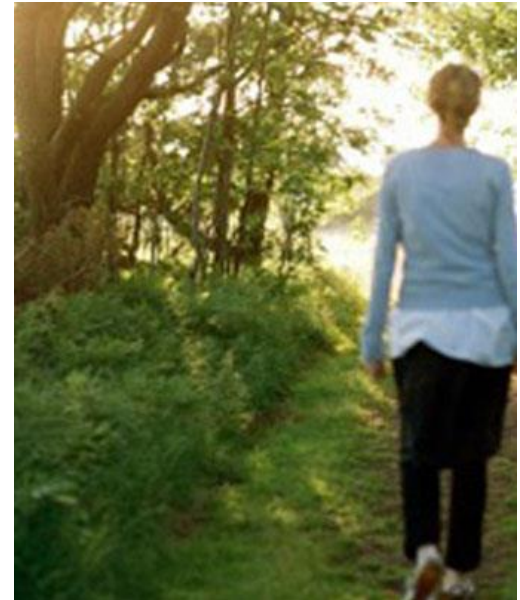


**HOW DO WE DO IT?**



# 4 Formal Mindfulness Practices

- Sitting Meditation
- Mindful Movement/Yoga
- Body Scan Meditation
- Walking Meditation



# Informal Practice





# Mindful Eating

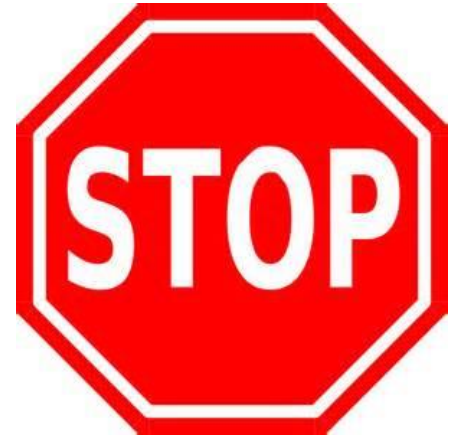
## Mindful Eating

[www.eatingmindfully.com](http://www.eatingmindfully.com)



# Increasing Awareness By Remembering to S.T.O.P

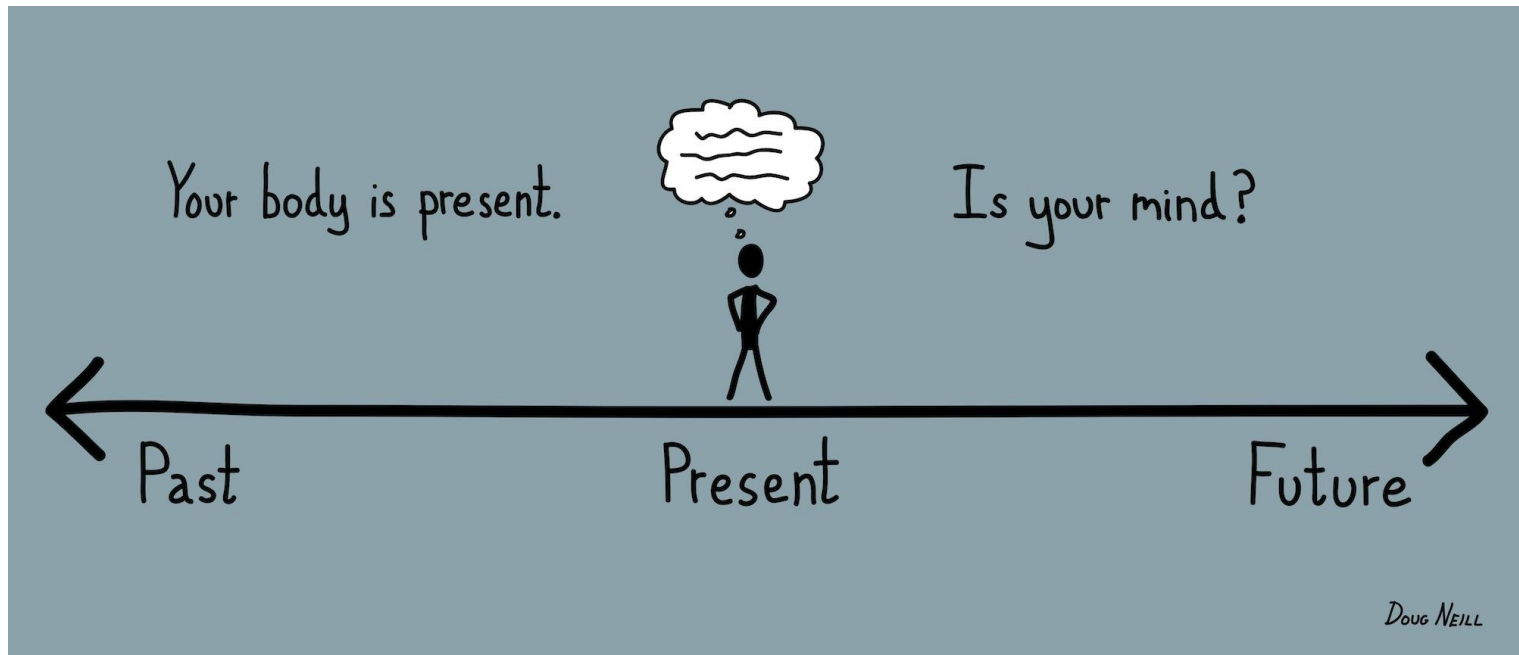
## S. T. O. P.



- **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



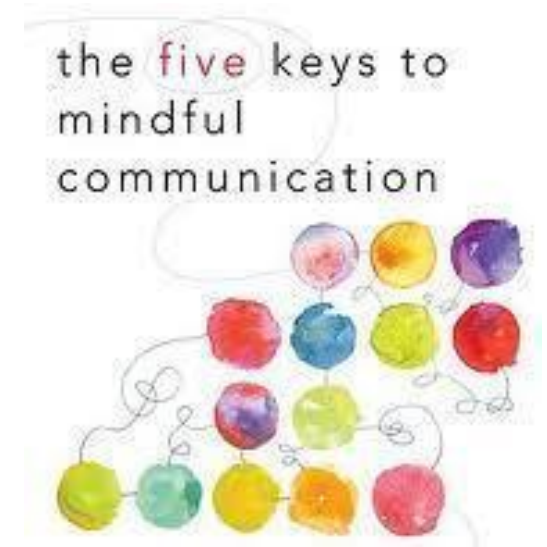
Center for  
Mindful Self-Compassion

A close-up, artistic photograph of a person's face. The person's skin is a deep, vibrant blue. Their right eye is a bright, glowing yellow, with a black pupil that contains a small, white, star-like reflection. The background is a dark blue, textured surface, possibly a wall or a screen, covered with numerous small, bright blue, star-like lights. The overall mood is mysterious and ethereal.

“I see you...”

# 5 Keys to Mindful Communication

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



Chapman, S. G. (2012). *The Five Keys to Mindful Communication Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals*. Shambhala Publications.

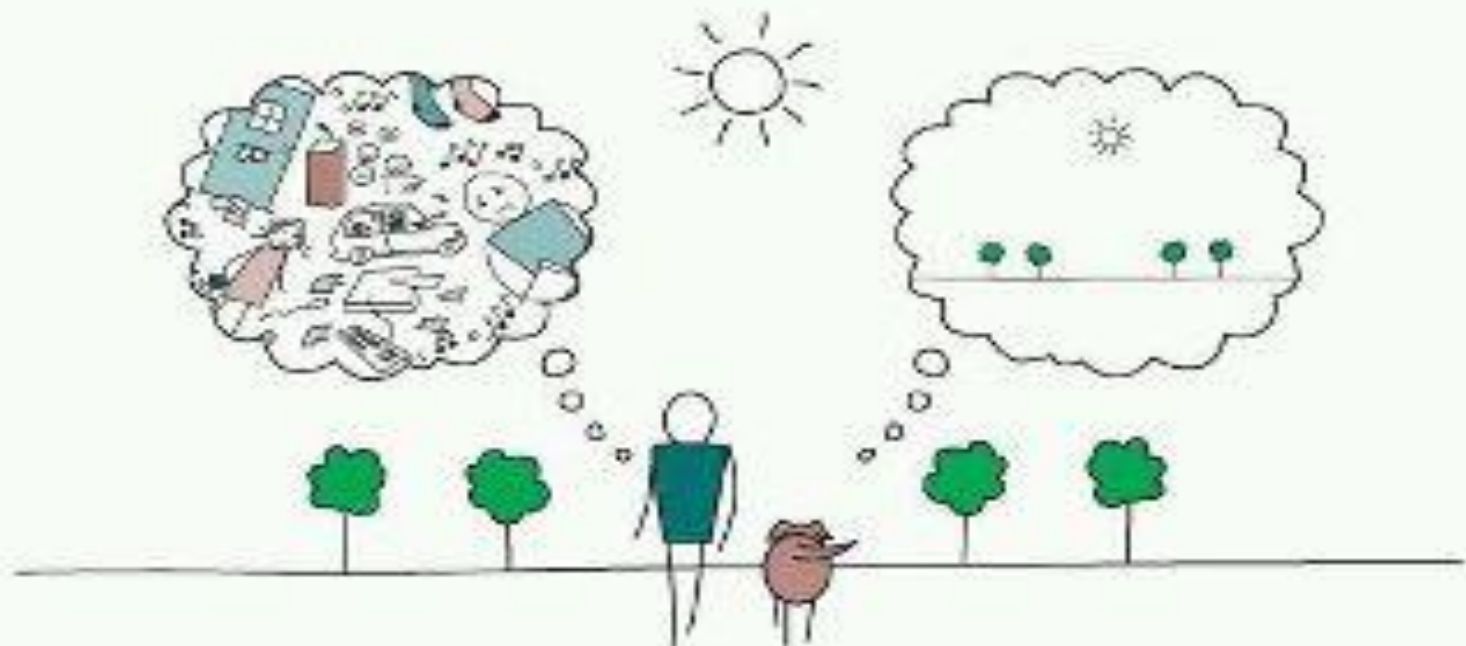


# The biggest barrier?

## Extreme multitasking!



**The choice is ours.**

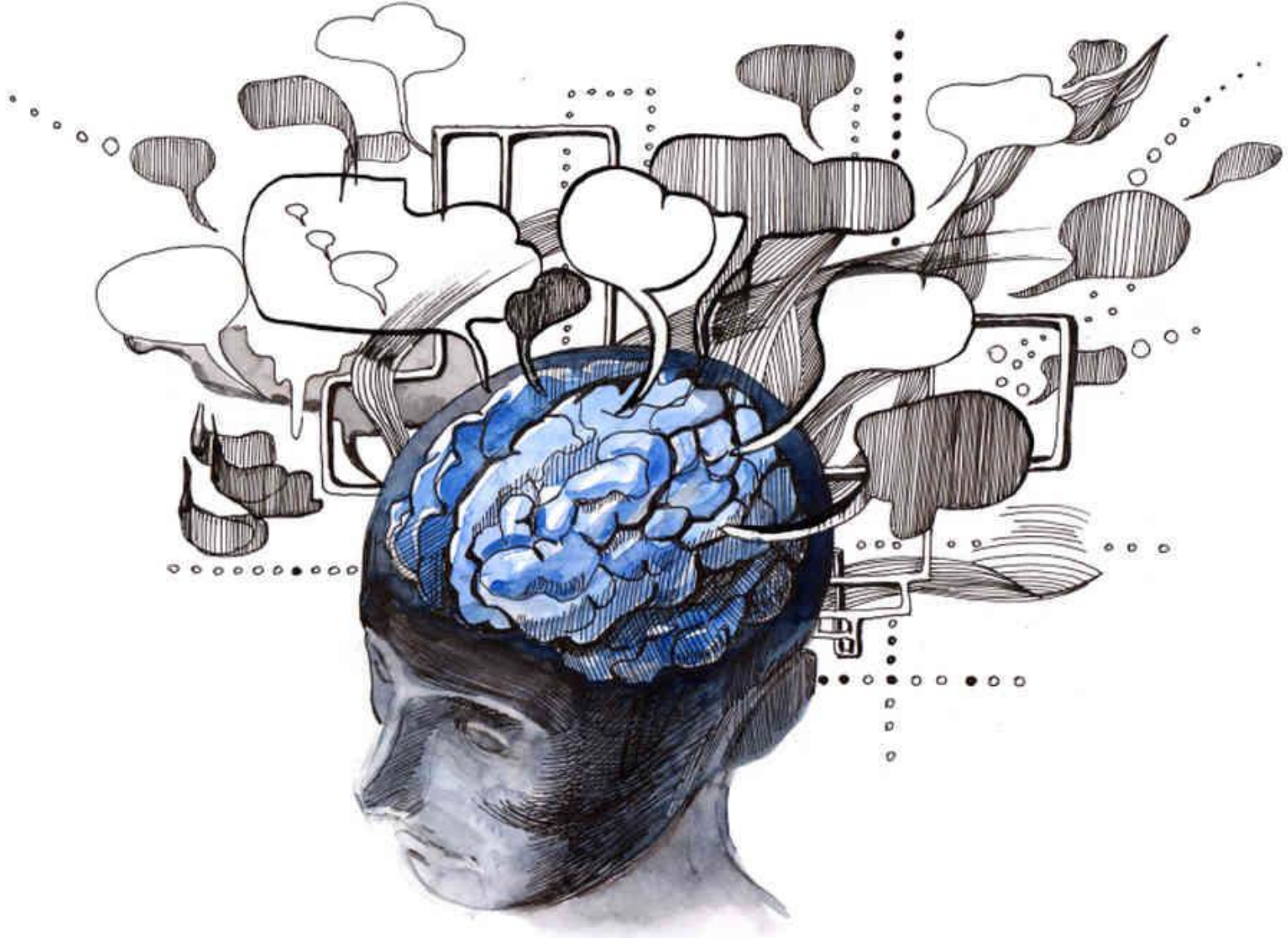


Mind Full, or Mindful?





#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



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



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# 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



*The*  
**CONNECTION**  
Mind your body.

<https://www.theconnection.tv/>

# Insight Timer

- Free app



INSIGHT  
Peace in our Timer

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



Email

Password

LOGIN

[Forgot your password?](#)

[Register](#)

By signing up, you agree to our [Terms](#) & [Privacy Policy](#)





Comments & Questions

# Thank you and Be Well



# Contact Information

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