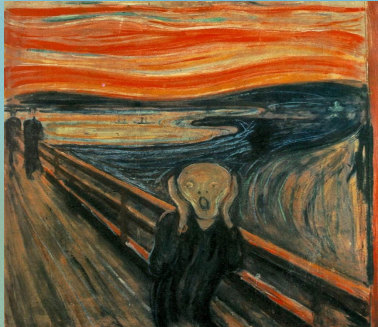


So, how are you doing?



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What is *Mindfulness*?

- “Paying attention, on purpose, in the present moment, non-judgmentally”
- “Being fully awake in our lives”
- “The practice of living in the present moment, experiencing it with openness, curiosity and a willingness to be with what is”

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Mindfulness Meditation Goes Mainstream

- Time Magazine 2014
- 60 Minutes TV Show
- Schools
- Corporations
(e.g., Google, General Mills)
- Professional athletic teams
(Chicago Bulls, Lakers, Olympians)
- ‘A Mindful Nation’ by Senator Tim Ryan



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Mindfulness Based Stress Reduction (MBSR) Background

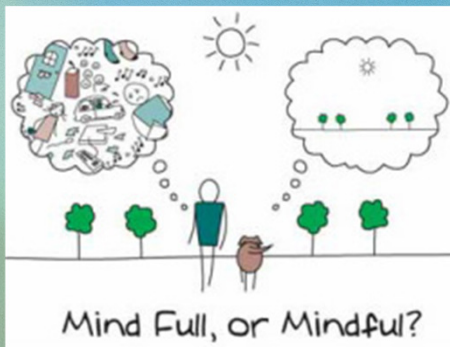
- Originated in 1979
- Jon Kabat-Zinn at U Mass Med School
- 30+ years of research
- Evolved as a form of complementary medicine
- Taught at over 200 medical centers around the world.

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It's the Opposite of Mindlessness

- Rarely being in the present, but rather in the past, future or a fantasy world
- Going on automatic pilot
- Always hurrying to get things done – next, next, next

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Mindfulness is NOT...

- Stopping all thoughts - absence of thoughts
- Spacing out or escaping
- Achieving nirvana
- A particular type of experience like being calm, but rather **being with** all experiences
- Cult or religion
- Just about meditation, but rather **living** your life

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"Mindfulness is not a way out of daily troubles, but instead is a 'way in'." (Fernando et al, 2014)

An alternative to common time-limited escapes.

Mindfulness cultivates 'stress resiliency'.

We change the way we perceive and relate to stressors.

- › We learn to co-exist with them
- › Calmly look at present situation without resistance
- › Choose appropriate response vs. automatic reactions

Fernando A, Consedine N, Hill AG. (2014). Mindfulness for surgeons. ANZ J Surg. 2014 Oct;84(10):722-4.

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MBSR offers several ways to practice mindfulness meditation...

- › Awareness of breath
- › Body scan
- › Mindful movement
- › Mindful walking
- › Expanding awareness
- › Mindful eating
- › Mindful communication



All streams flow to the sea.

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Brief practice

Awareness of Breath
Mindfulness Meditation



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- Brains can be trained over time.
- Mindfulness practices enhance:
 - › Management of daily stress
 - › Mental and physical well-being

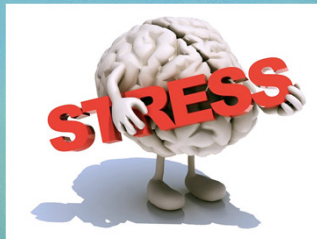


It's not stress that causes us harm, but
rather, *our reactions* to stress

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Impact of Acute and Chronic Stress

- Body
- Thoughts
- Emotions



Neuroplasticity

With meditation, we can change the way our brains are wired, structured and function.

Davidson & Lutz, 2008



Thus, we can choose more positive responses to stressors that promote our well-being.

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Brief practice Body Scan



The body has a wisdom and a language of its own.

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What did you experience?



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Mindful Walking

"The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive."

"When we walk like we are rushing, we print anxiety and sorrow on the earth. We have to walk in a way that we only print peace and serenity on the earth..."

Be aware of the contact between your feet and the earth. Walk as if you are kissing the earth with your feet."

Thich Nhat Hahn



Mindfulness Meditation Positive Impact on the Brain

- › Improved focus, sustained attention, & memory
- › More cognitive flexibility & adaptability
- › Better insight & fear regulation
- › Less emotional reactivity & rumination
- › More positive affect & less depressive symptoms
- › Increased immune system functions
- › Decreases stress hormone

Chambers, 2008; Davis & Hayes, 2012; Farb et al, 2010; Hoffman et al, 2010; Moore and Malinowski, 2009; Moynihan et al, 2013; Semple, 2010; Walsh & Shapiro, 2006;

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Mindfulness Practices Professional Caregivers

- ↑ Attention, patience, body awareness
- ↑ Empathy
- ↑ Self-compassion
- ↑ Quality of relationships
- ↓ Perceived stress levels
- ↓ Tendency to take on others' negative emotions

Beddoe & Murphy, 2004; Greason & Cashwell, 2009; Rothaupt & Morgan, 2007; Shapiro et al, 2005

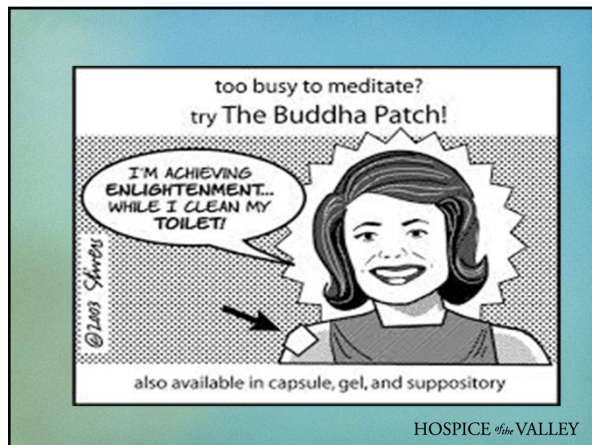
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A Sample of Medical Conditions With Positive Outcomes Using Mindfulness-based Treatments

- › Chronic pain
- › Chronic fatigue
- › Sleep disturbances
- › Hypertension
- › Shortness of breath
- › Anxiety
- › Depression
- › Fibromyalgia
- › Multiple Sclerosis
- › Obesity and many more...

Mindfulness Bibliography. Mindful Awareness Research Center,
UCLA Semel Institute <http://marc.ucla.edu>

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Where to Begin? Developing Mindfulness Muscles

- Start where you are
Small doses of practice and build over time
(Short, frequent practices show benefit)
- As best you can, find a space with minimal distractions / interruptions
- Close your eyes, breathe normally, focus awareness on each inhalation & exhalation
- When you become distracted by thoughts, feelings or sensations, simply note the distraction and gently return your focus back to your breathing.



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Weaving Mindfulness into our
Personal and Professional Lives

- › Awareness of breath – it's always available for practice, even when your hands are full
- › Body scan heightens awareness of physical needs
- › Mindful movement to stretch & ease tension
- › Mindful communication for effective exchanges
- › Mindful eating
- › Mindful walking

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Simple Mindfulness Practice



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"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 Frankl
Psychiatrist & Holocaust survivor



Inner Peace

If you can start the day without caffeine, If you can always be cheerful, ignoring aches and pains, If you can resist complaining and boring people with your troubles, If you can eat the same food every day and be grateful for it, If you can understand when your loved ones are too busy to give you any time, If you can take criticism and blame without resentment, If you can conquer tension without medical help, If you can relax without alcohol, If you can sleep without the aid of drugs, Then you are probably.....

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.....the family dog!



Thank you.

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"You can't stop the waves, but you can learn to surf."



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