

Mindfulness, Wellbeing & Recovery

Presenter:

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SPIRITUALITY & HEALING





SESSION OBJECTIVES

- Learn what mindfulness is and isn't and research.
- Review the research on mindfulness on its benefits in reducing stress, recovery and overall wellbeing.
- Practice mindful movement and mindfulness meditation.
- Learn everyday mindfulness tips to support wellbeing and reduce stress.



Mindfulness is an awareness of one's present moment experience with curiosity, kindness and a non-judgmental attitude

- Adaptation of definition from Jon Kabat-Zinn, founder of MBSR. Definition also influenced by Diana Winston, UCLA, Mindfulness Awareness Research Center.



*“**Mindfulness** could have been translated as **heartfulness**, as in many ancient Asian languages mind and heart mean the same thing.” Jon Kabat-Zinn*

Stress...



*A natural and human response to change
and perceptions of “threat.”*

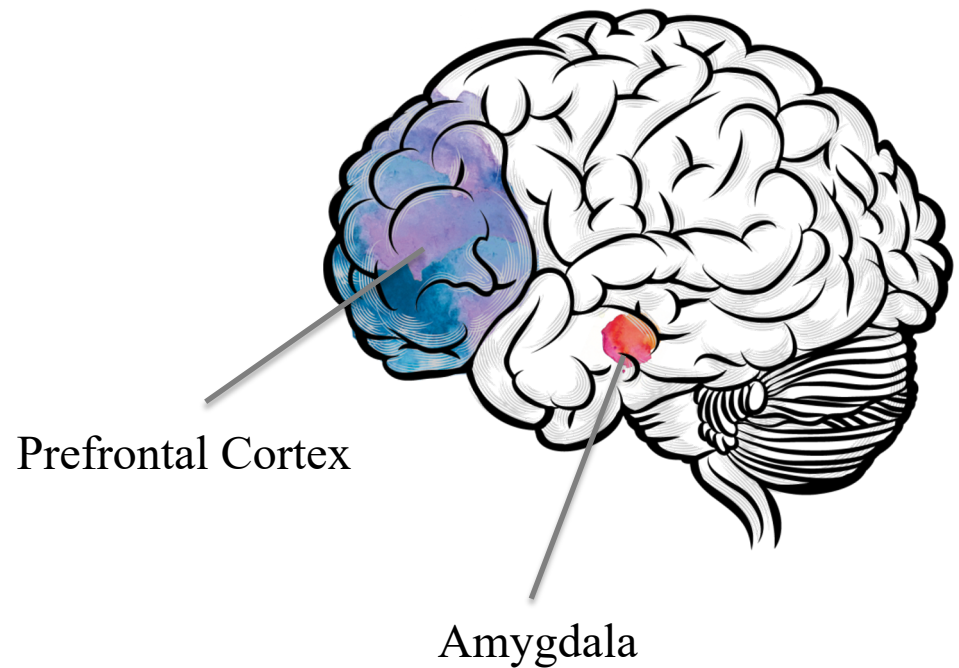


How We Handle *Stress*

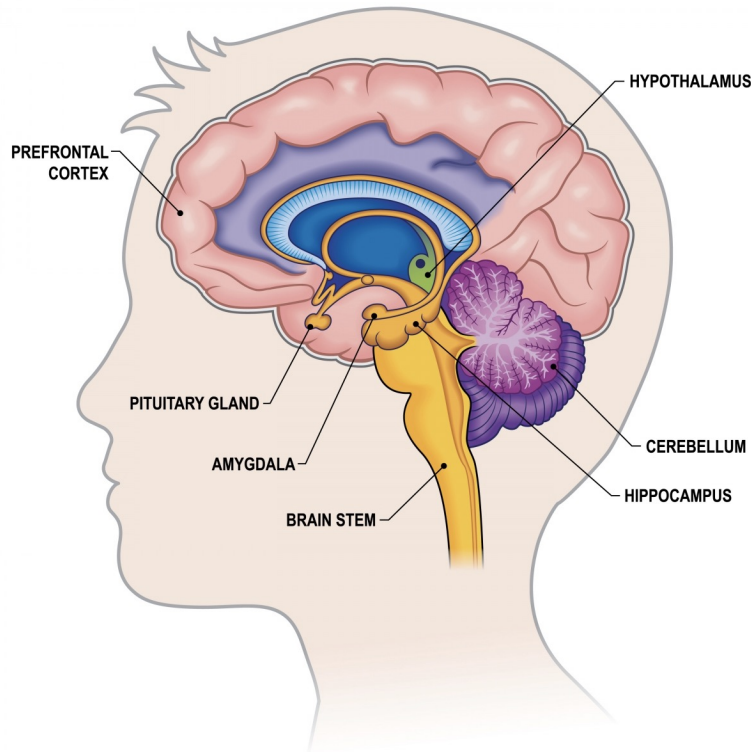
- Helpful, Adaptive Strategies
- Not so Helpful, Maladaptive Strategies

MINDFULNESS CAN CHANGE OUR BRAIN

Neuroplastic changes positively impact stress response, attention/focus, memory, emotional regulation, among other centers in the brain



Your brain and stress



- Nervous system helps us navigate stress
- Autonomic Nervous System
 - **Sympathetic**—gas pedal
 - **Parasympathetic**—the brakes
- Stress-related body sensations as helpful “Yellow Flashing Lights”



Where is there evidence for the effectiveness of mindfulness?

1. Stress reduction and sense of increased wellbeing
2. Reduction in Anxiety and depression
3. Overall health – improvements
in quality of life, physical health, sleep, coping

A Few “Counterindications” ...

Reward Based Learning: Habit Loop

1) TRIGGER

- Event, circumstance, memory, external or internal
- Evokes an emotional response

2) BEHAVIOR

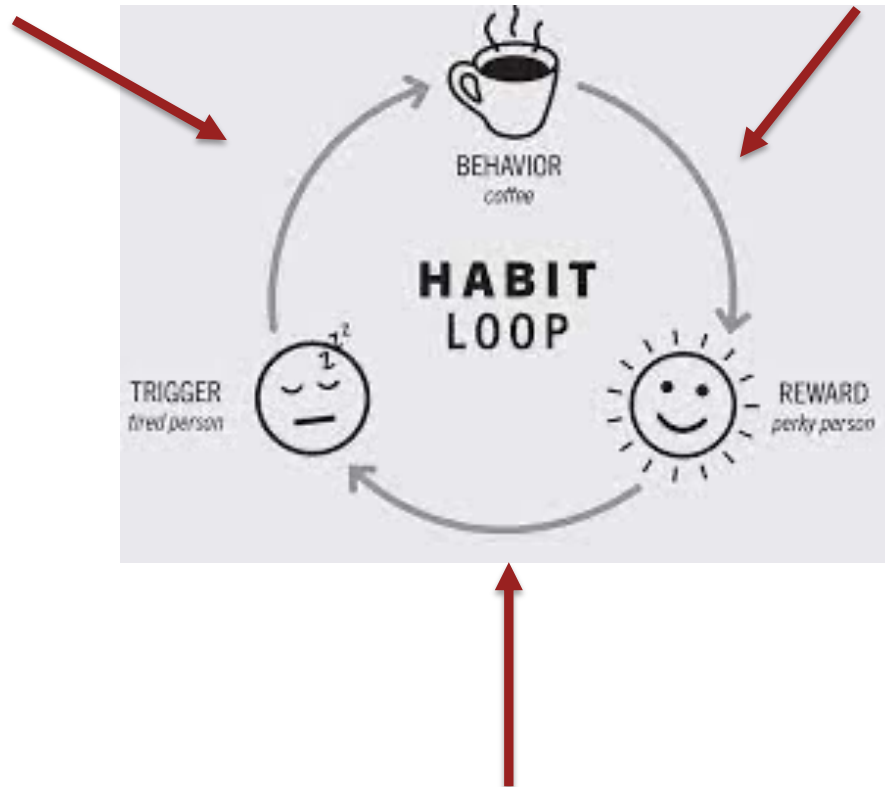
- Action we take to deal with the trigger, usually an attempt to address unpleasant or difficult feelings and/or emotions

3) REWARD

- Temporary sense of relief, satiated

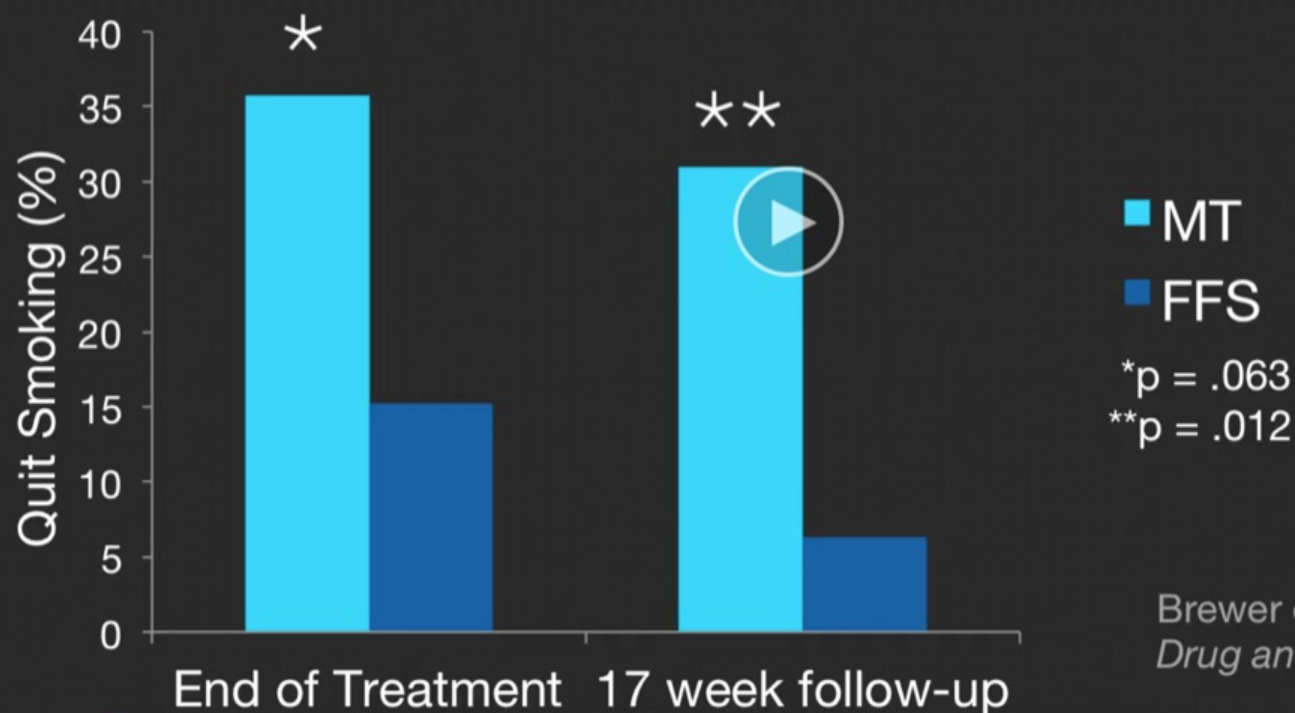
Reward Based Learning: Habit and Addiction Loop

Mindful Awareness* with Curiosity and Compassion



* Mindful Awareness is \neq to willpower

Greater smoking abstinence with Mindfulness Training vs. Freedom from Smoking



Brewer et al (2011)
Drug and Alcohol Dependence

"Sensative and enjoyable. The Craving Mind uniquely combines the latest science with universal real-life experiences." *Forrest the Knight*

THE CRAVING MIND

FROM CIGARETTES TO SMART-
PHONES TO LOVE—WHY WE GET
HOOKED & HOW WE CAN
BREAK BAD HABITS



JUDSON BREWER

Foreword by Jon Krakauer, MD

Instead of see text
message, compulsively text
back, feel a little bit better -
- notice the urge, get
curious, feel the joy of
letting go and repeat.

JUDSON BREWER




"A great first step, help us get some of the most powerful, meaningful, and useful
tools we have ever had. It's absolutely game-changing!"
—KARL LARSEN, author of *The Mindful Way to Depression*

UNWINDING ANXIETY



New Science Shows How to Break
the Cycles of Worry and Fear
to Heal Your Mind

JUDSON BREWER, MD, PhD



*“Freedom
is the ability to
pause
between stimulus
and response
and in the pause
to choose.”*

- Dr. Rollo May's modification of Viktor Frankl quote



Informal Practices

Invite a
“Mindful Pause”
When we Feel
Triggered

Informal Mindfulness Practice

- **S**low down
- **T**ake a breath
- **O**bserve with
Compassion
- **P**roceed with new
Perspective or Possibility





“Compassion
for others begins with
kindness to ourselves.”


Seeing the Good and Practicing Gratitude





Informal Practices: Everyday Mindfulness

- Eating a meal - “*Mindful Eating*” - or enjoying a cup of coffee/tea.
- Mindful Movement – slowing down or bringing a mindful awareness to the body in motion.
- When speaking with someone – being present, deeply listening.
- Allowing for mindful transitions throughout your day, being fully present. “Beginner’s Mind.”
- Walking in nature, with all your senses.
- Mindful breaths when waking up and prior to falling asleep.
- OTHERS?



“Everything can be taken from a person but one thing;
the last of the human freedoms –
to choose one’s attitude
in any given set of circumstances,
to choose one’s own way.”

- *Dr. Viktor Frankl*

Wellbeing and Mindfulness Resources



UNIVERSITY OF MINNESOTA

One Stop

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of your
HEALTH & WELLBEING

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<https://www.takingcharge.csh.umn.edu/>