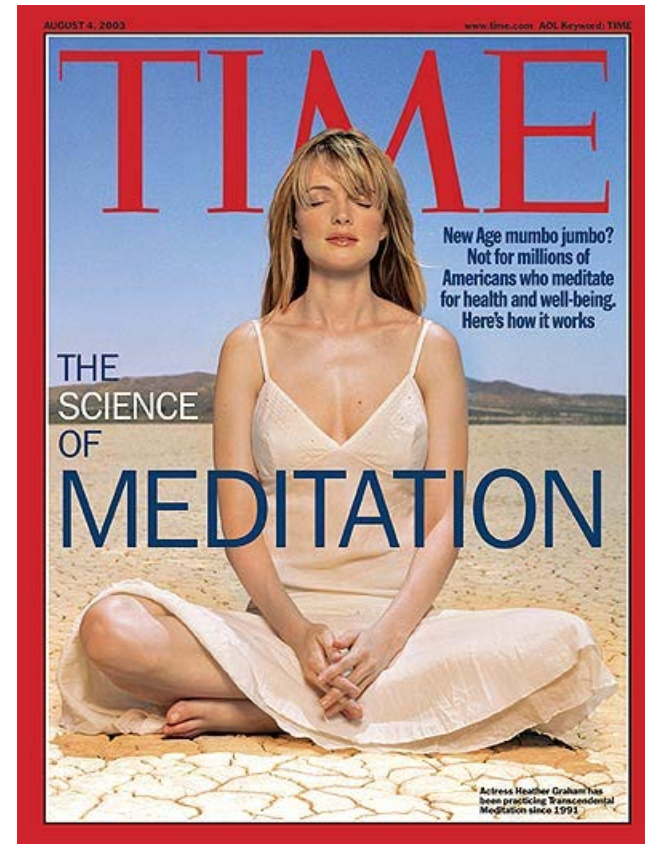


Mindfulness: Comprehensive Intervention for Enhancement of Self-Care



Winning the fight against cancer, every day.*



Elaine Smith, LMFT

What is Mindfulness?

- Mindfulness is a set of skills and techniques, and a level of consciousness that creates an awareness of thoughts, feelings and body sensations. It can help us focus in the present and bring our attention to how we deal with stress. Mindfulness also helps regulate the mind's interpretation of our daily events.
- Mindfulness approaches and relaxation techniques differ significantly.
 - Mindfulness is a mental training intended to enhance awareness.



TheMindfulBrain.net

Research Based Outcomes



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- According to one Meta-analysis reviewing Standardized Mindfulness-Based Interventions in Healthcare, by Gotink, Chu, Busschbach, Benson, Fricchione and Hunink, the evidence supports the use of mindfulness based strategies to **alleviate symptoms, both mental and physical, in the adjustment of cancer, cardiovascular disease, chronic pain, depression, anxiety disorders and prevention in healthy adults and children.**

Research ctd



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- In another study, the research demonstrates mindfulness interventions may be an effective intervention for psoriasis, chronic pain and fibromyalgia. (Kabat-Zinn, Wheeler, Lipworth, & Burney, 1985)
- In another study using mindfulness with hospice staff, qualitative subthemes of “self kindness/compassion, “self-acceptance”, “self-care”, “being present”, and “listening differently” emerged.

Benefits of Mindfulness

- Mindfulness improves physical health
- If greater well-being isn't enough of an incentive, scientists have discovered the benefits of mindfulness techniques help improve physical health in a number of ways. Mindfulness can:
 - Help relieve stress
 - Improve sleep and fatigue
 - Treat heart disease
 - Lower blood pressure
 - Reduce chronic pain
 - Improve sleep
 - Alleviate gastrointestinal difficulties.

Benefits of Mindfulness

- Mindfulness improves mental health
 - Depression
 - Substance abuse
 - Eating disorders
 - Couples' conflicts
 - Anxiety disorders
 - Obsessive-compulsive disorder

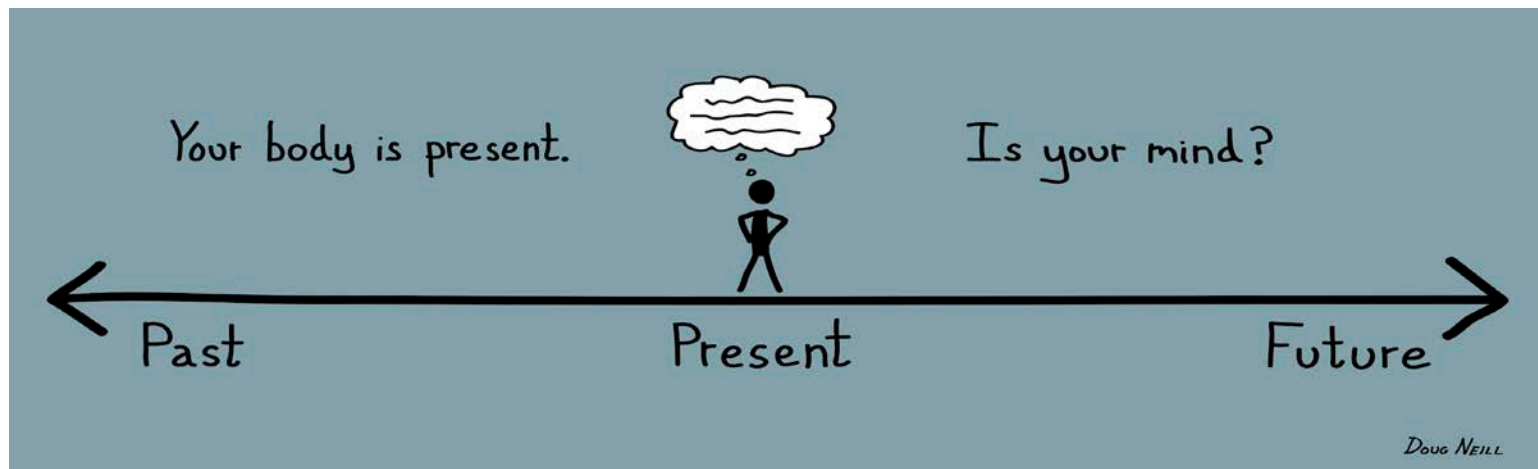


Before and After



Shed Your Inhibitions

- Attitude
- Willingness
- “Doubting Thomas” Syndrome
- Be open to **the possibility**



Mindfulness Strategies

- Mindfulness Breathing
- Minute of Mindfulness
- One Minute Focus – tend to an object
- Mindfulness Breaks – “purposeful pauses” – watch your breath, feel hands on steering wheel, notice sensation in legs when walking

Benefits of Qigong and Yoga – movement therapies



- **Cardiovascular**

lower resting heart rate; normalized EKG, blood pressure, and cholesterol levels

Respiratory

slower respiratory rate, improves gaseous exchange, significant benefits for asthma & bronchitis

Immune System

better targeting of antigens, significant anti-cancer effect

Circulation

improves microcirculation, prevents vascular spasms, very helpful for angina, migraine, and Reynaud's Syndrome (cold hands & feet)

Brain

improves cerebral blood flow, less incidence of stroke; reduction in frequency and intensity of seizure disorders

Benefits of Qigong and Yoga – movement therapies



Musculoskeletal

improves posture, balance, strength, stamina, flexibility

Chronic Pain

significant pain reduction from all causes, including injury, surgery, arthritis, fibromyalgia

Mental Health

decreases: stress response, Type A, anxiety, obsessive-compulsive, depression.
Improves memory and interpersonal sensitivity

Longevity

improves: blood pressure, vital capacity, cholesterol and hormone levels, kidney function, mental acuity, vision and hearing, skin elasticity, bone density, immune function, digestion, balance, flexibility, strength, libido. Destroys free radicals (major cause of tissue degeneration) by stimulating activity of superoxide dismutase

Will this work?



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- Change requires commitment and accountability to self

What's Your Why?



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- Handout

Questions?



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