What is mindfulness?

Paying attention on purpose in the present moment non-judgmentally.

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A little bit of history

- Originated in India and China at least 2500 years ago
- Called sati in the ancient Pali language native to India.
- Considered the first of the Seven Factors of Enlightenment in Buddhism

Slide 5

Mindfulness in the West

- Dr. Jon Kabat-Zinn founded the Mindfulness Stress Reduction Program in 1979 UMass
- Utilized as a critical component of a number of psychological therapies including MBCT, ACT, DBT
- Has been extensively researched for applications in schools, businesses, law enforcement, prisons, and the military.

Photo source/credit: https://www.umassmed.edu/cfm/

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Why mindfulness?

- Average American spends 47% of their waking time thinking about things OTHER than what they’re doing
- “Mind-wandering” leads to reduced happiness, particularly if thinking about unpleasant or even neutral topics
- Why?
  - Rumination
  - Worrying
  - Decreased engagement in current life activity
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Mindwandering or mindlessness

- We spend most of our lives on "auto pilot"
- Meditation can help turn off auto-pilot so we can re-engage in our lives
- Improves our ability to respond instead of reacting
- Allows us to tune in to the pleasures of "everyday" life

Slide 9

Formal Meditation Strategies

- Body Scan
- Three-Minute Breathing Space
- Sitting Meditation
- Loving Kindness Meditation
- Walking Meditation
- Mindful Movement (Yoga)
Adaptations for children

- Can be used as young as 4 years old
- With younger kids, shorter & more interactive is better
  - “Slow-Mo” snack
  - Blowing bubbles
  - Mindful nature walk
  - Find shapes in clouds
  - Breathing with images (pizza, cake, balloon)
- Adolescents may enjoy structured and lengthy meditations

Informal mindfulness

- Routine activities
- Take five mindful breaths
- Full-attention eating or drinking
- Waiting in line
- Notice tightness in your body throughout your day
- Take 3 minutes in the car
- Walking
- Opening a door

Mindfulness for school & home

- Start or end with a mindful moment
- Guided meditation recording
- Mindful snacking
- Stretching break
- Sensory jar (water, food coloring, glycerin, glitter, etc.)
- Guided imagery exercise
- Minute of gratitude
- Mindful listening
Benefits of mindfulness for adults

- Reduced distress and pain for chronic pain pts
- Decrease in hypertension for cardiovascular pts
- Reduce stress, anxiety, anger, and depression for individuals with various physical (fibromyalgia, cancer, etc.) and mental health conditions
- Improve positive affect, sense of spirituality, self-compassion, and overall quality of life
- Increase likelihood of successful treatment for alcohol and substance use problems (including smoking)

Mindfulness for children & adolescents

- Decreased anxiety, stress, and depression symptoms
- Improvements in attention, impulsivity, and executive functioning
- Improved blood pressure
- Reduction in social/behavioral problems
- Acceptable and enjoyable to children
- Appear to be more effective for adolescents than children
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**Mindfulness for Tic's**

- 2015 study showed that after an 8 week treatment, 59% of participants reported improvement in tics.
- About 20% decrease in tic severity.
- This improvement was maintained at one month follow up.

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**Resources**

- Apps:
  - Headspace
  - Calm
  - YouTube
- Books:
  - Wherever You Go, There You Are by Jon Kabat-Zinn
  - Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World by Mark Williams and Danny Penman
- Audio Recordings:
  - Tic-Focused Meditation:
  - UCSD Center for Mindfulness:
    - [http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx](http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx)
  - UCLA Mindful Awareness Research Center:
    - [http://marc.ucla.edu/body.cfm?id=22](http://marc.ucla.edu/body.cfm?id=22)
  - University of Vermont Center for Health & Wellbeing:
    - [https://soundcloud.com/mindfulnesuvm](https://soundcloud.com/mindfulnesuvm)

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**Mindfulness of seeing**
References


