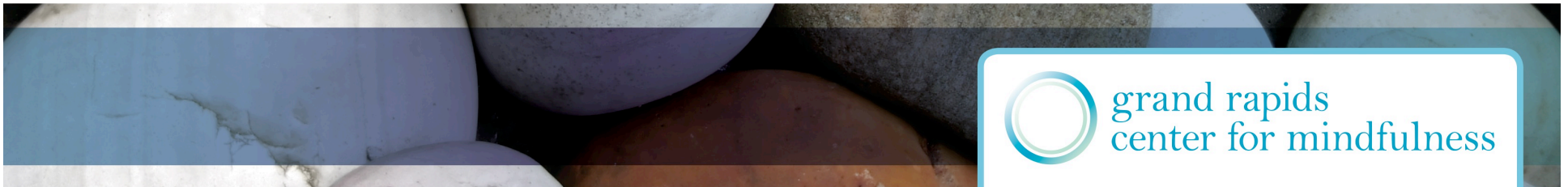




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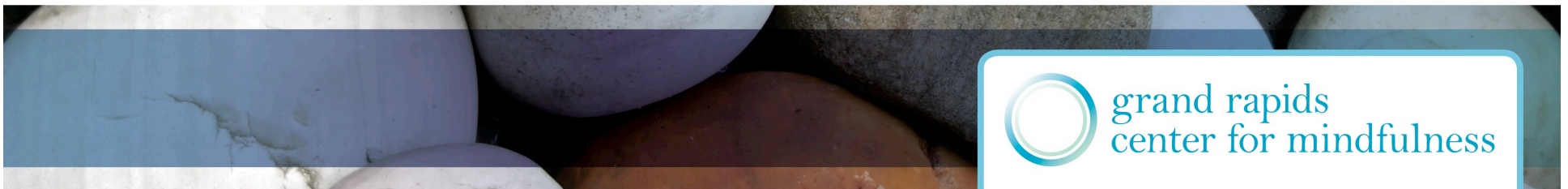
Mindfulness Based Stress Reduction

- Always considered a compliment to medical treatment
- Started in 1979 By Jon Kabat-Zinn
- 20,000 graduates, thousands more worldwide in Hospitals, Clinics and Universities



Other Mindfulness Based Programs

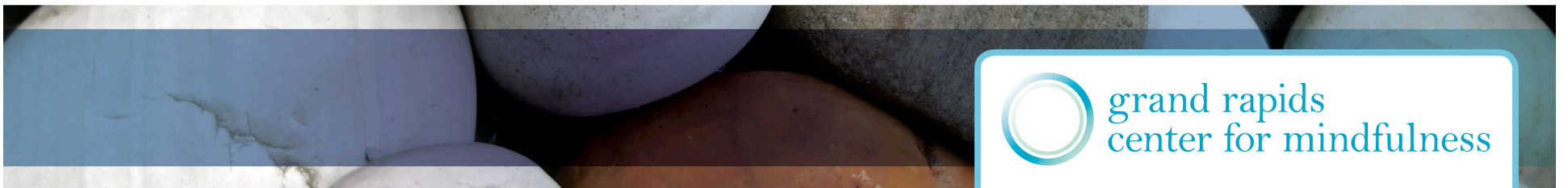
- MBCT – Mindfulness Based Cognitive Therapy to prevent depression relapse
- Mindfulness for Anxiety
- Mindfulness Based Eating Awareness
- Mindfulness Based Childbirth
- Mindfulness Based Elder Care
- Acceptance and Commitment Therapy
- Dialectical Behavioral Therapy





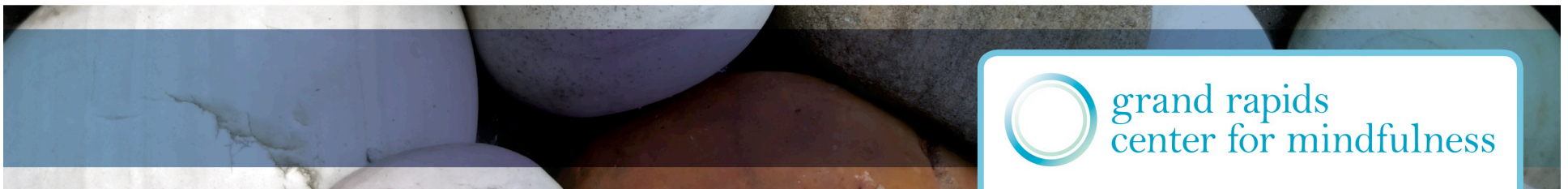


Brown University studies by Kerr and colleagues show that people who have been trained in mindfulness have quicker and larger changes in alpha wave amplitude when they shift focus.



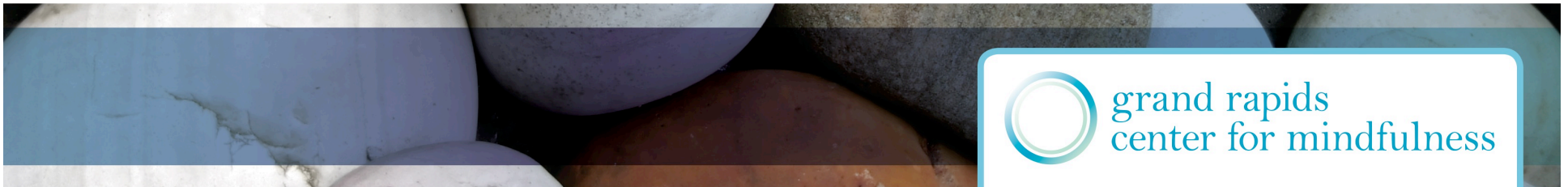


Meditators develop a more sensitive “volume control knob” for controlling specific, localized sensory cortical alpha rhythms. They learn to regulate attention so that it does not become biased toward negative sensations such as chronic pain.



Mindfulness Based Stress Reduction Research

- Cancer treatment and recovery
- Psoriasis (4x faster)
- Fibromyalgia
- Heart disease
- Insomnia
- Anxiety
- Depression
- ADD/ADHD
- Burn out prevention in the helping professions
- Immune functioning
- General life stress



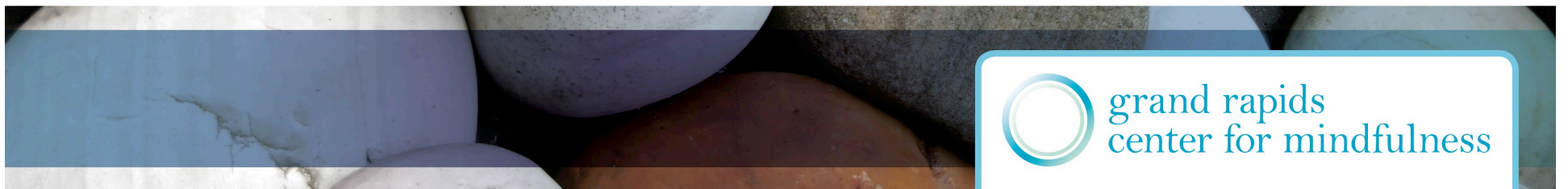


MIND-FULL

MINDFUL OF THE
PRESENT MOMENT



Mindfulness - Heartfulness

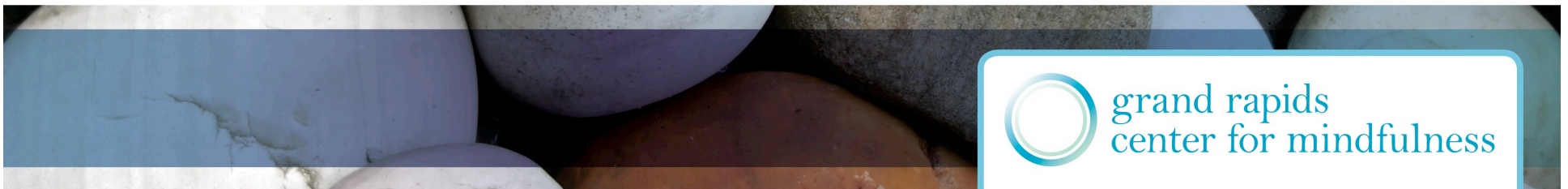




“Mindfulness is
paying attention, on
purpose, in a
particular way, in the
present moment
without judgment.”
Jon Kabat-Zinn

PRIMARY AND SECONDARY SUFFERING

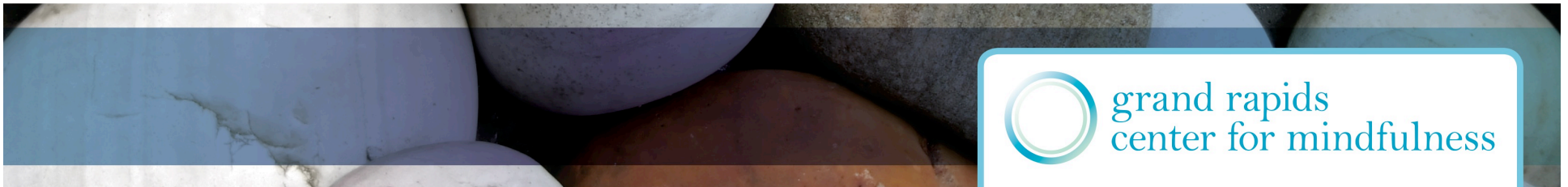
- Primary Suffering – Pain is an inevitable part of life, the challenges and struggles we all face.
- Secondary Suffering – The tension, anxiety, fear and resistance that we layer on top of the pain.



SECONDARY SUFFERING

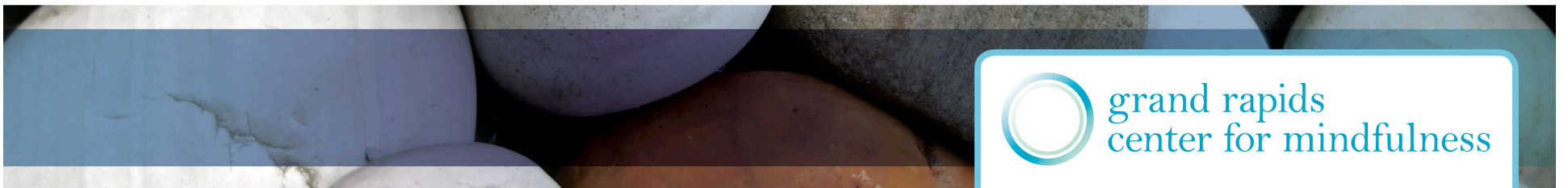
Catastrophizing

- I don't want this
- Why me?
- It's going to last forever
- It's going to get worse
- It's my fault
- It's their fault

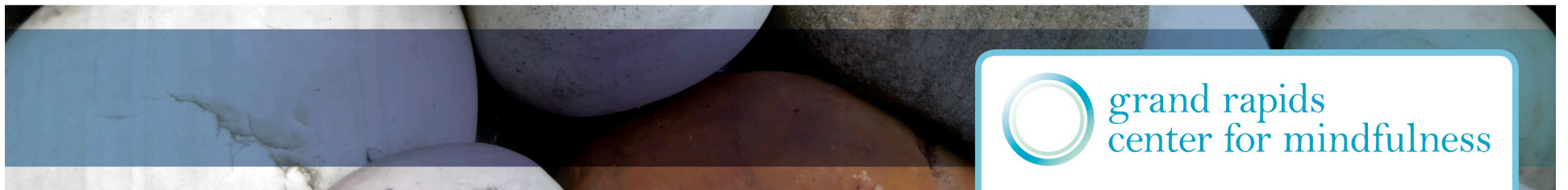




PAIN X RESITANCE = SUFFERING



<https://www.youtube.com/watch?v=dSsAEWkmBFU>



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Five-Step Model of Mindfulness

A way of living that is cultivated through practice for people experiencing with pain and illness.

1. Awareness
2. Move toward the unpleasant
3. Seek out the pleasant
4. Become a bigger container
5. Choice – Learn to respond rather than react

Adapted from “Living Well With Pain and Illness” by Vidyamala Burch





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