Mindfulness Medicine

Mindful Strategies to Deal with Stress, Anxiety and Conflict in Chronic Physical and Mental Illness

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Overview

- Definitions of, anxiety, stress and conflict

- Stressors: patients, families, caregivers and providers.

- Mindfulness intervention strategies and resources
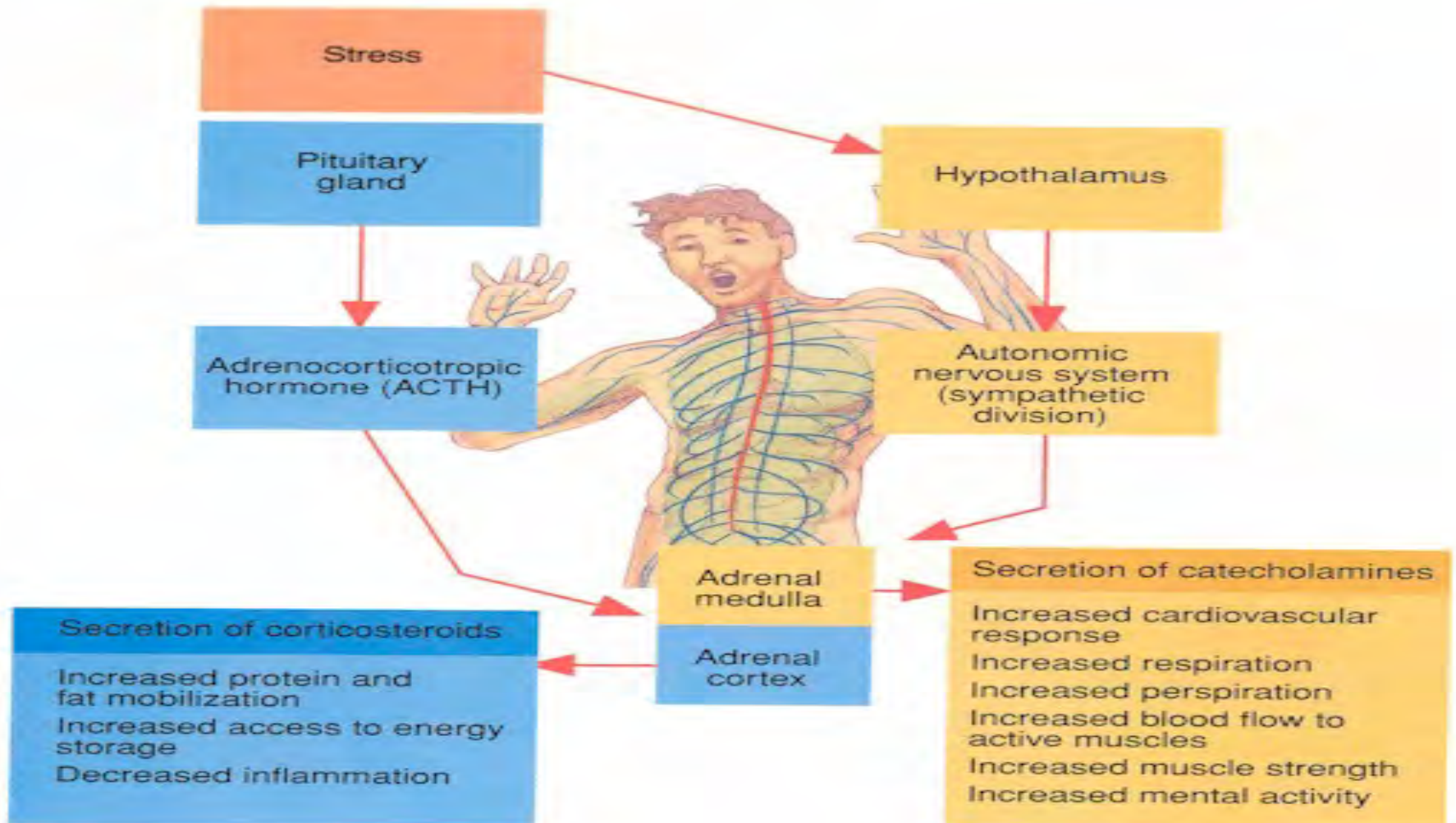
What are Stress, Anxiety and Conflict?

Stress results from interactions with the environment in which there is perceived or actual threat.

Anxiety is a psychophysiological phenomena originating in the body and/or brain and affects our behavior, thoughts and interactions with the environment.

Confilct is transient or chronic interactions, with outside forces (e.g., people, institutions) that are obstacles or threats, or a failure to have our needs met
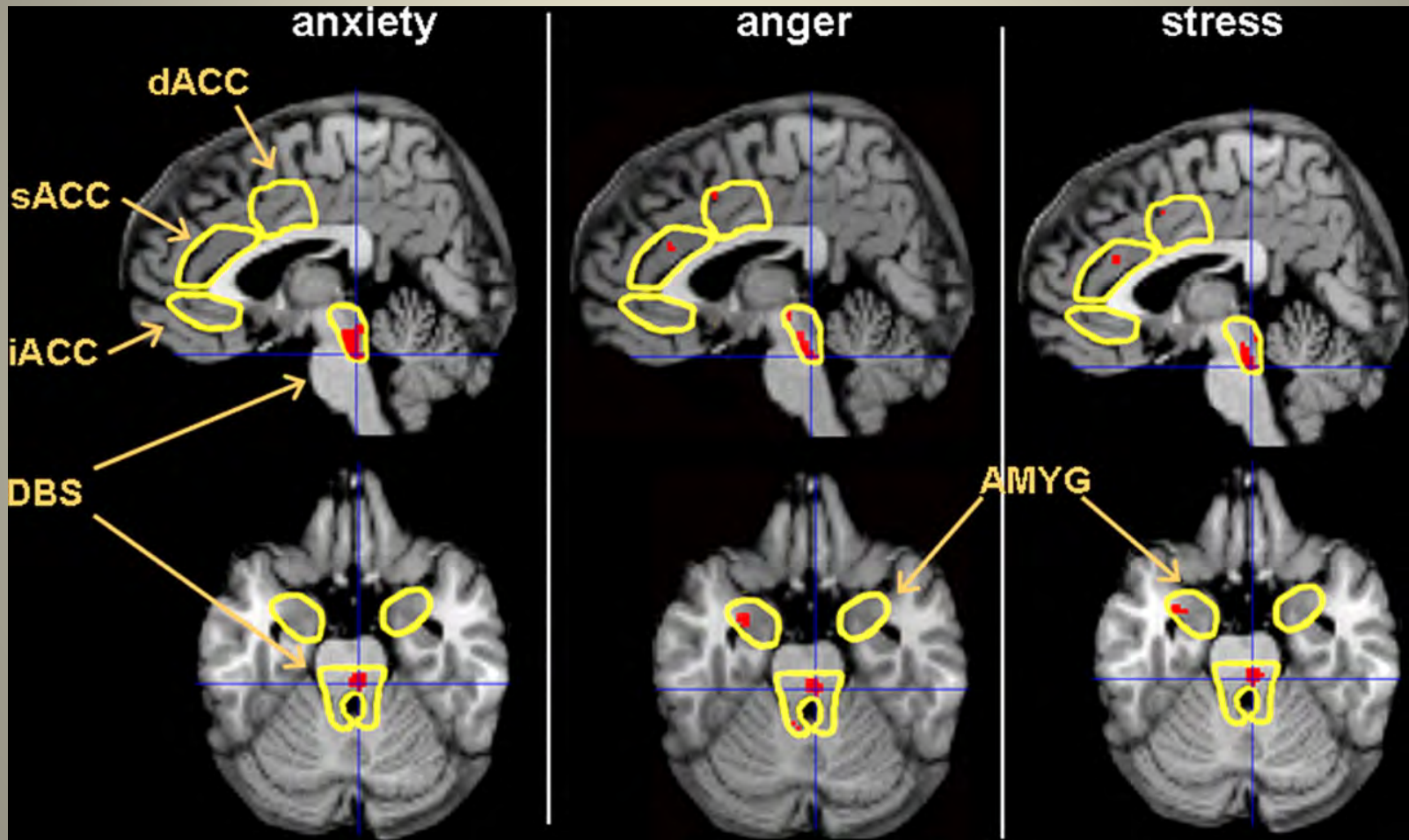
What are Stress, Anxiety and Conflict?

Brain-body pathways in stress

What are Stress, Anxiety and Conflict?

Are Stress, Anxiety and Conflict Bad?

YES

- Change body and brain chemistry
- Increase morbidity – Illness
- Interference with goals and pursuit and realization of happiness

&

NO

- Essential part of human experience
- Coping changes body and brain chemistry
- Improves cognition, awareness and self efficacy

Are Stress, Anxiety and Conflict Bad?...NO!

- Essential part of human experience

    - Evolutionary history
    - Understanding
    - Acceptance

- Coping changes body and brain chemistry

    - Health

- Coping improves cognition, awareness and self efficacy
    - Personal development
    - Increases:
        - Happiness,
        - relationships
        - Self worth
        - Capacity to love

Central Tenet of Mindfulness Practices

"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 E. Frankl, Man's Search for Meaning, 1946

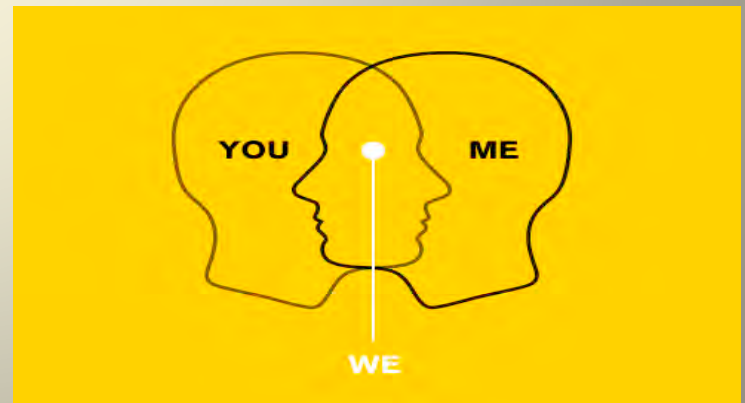# Mindfulness Based Coping Strategies

MIND BODY INTERACTION

"It's not how much we give but how much LOVE we put into giving."
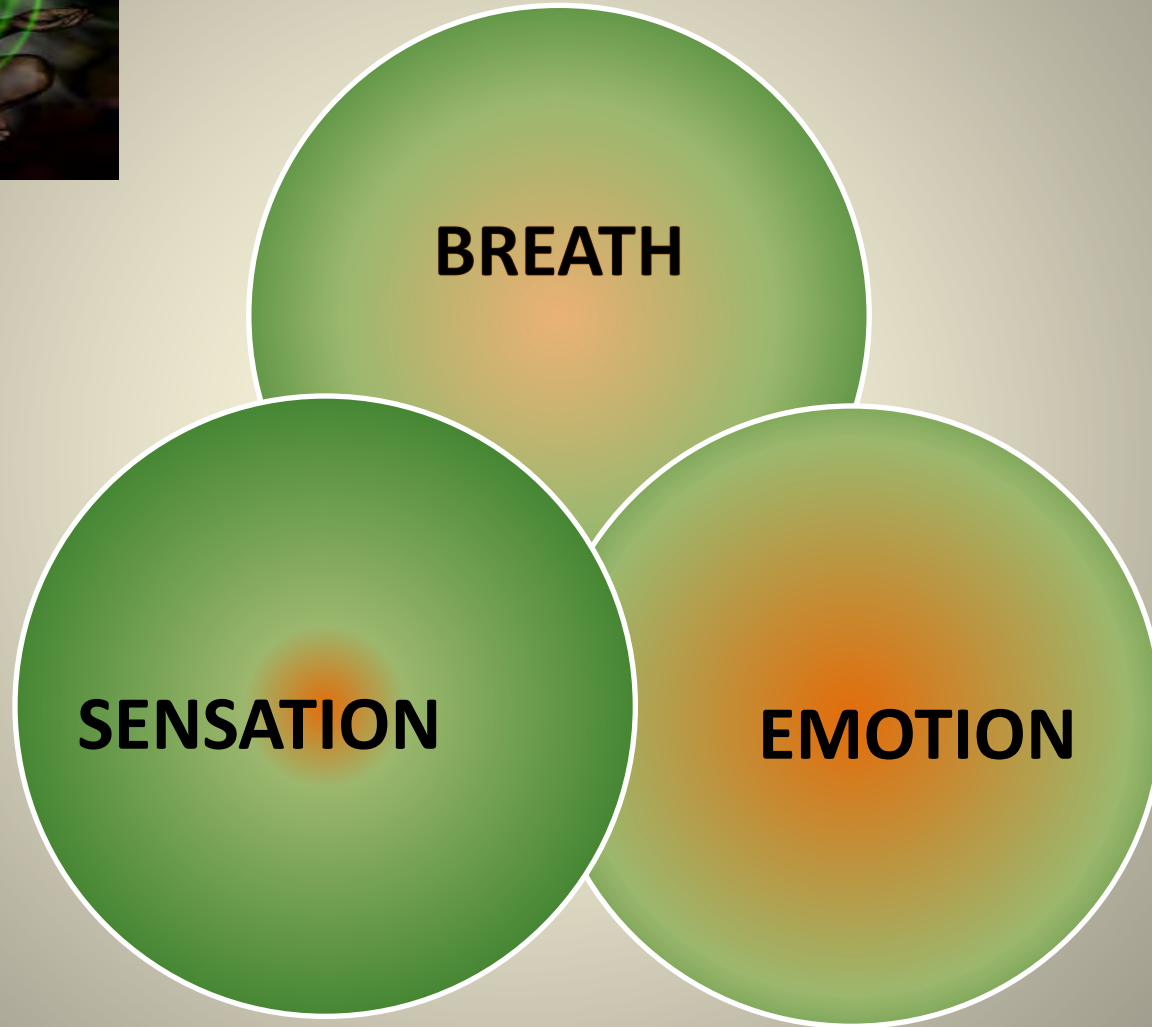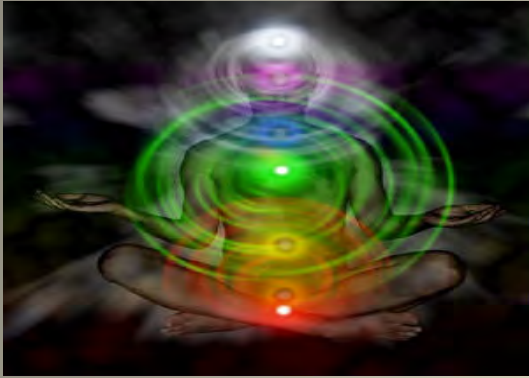— Mother Teresa

COMPASSION

ACCEPTANCE

YOU   ME

WE

MINDFUL COMMUNICATION
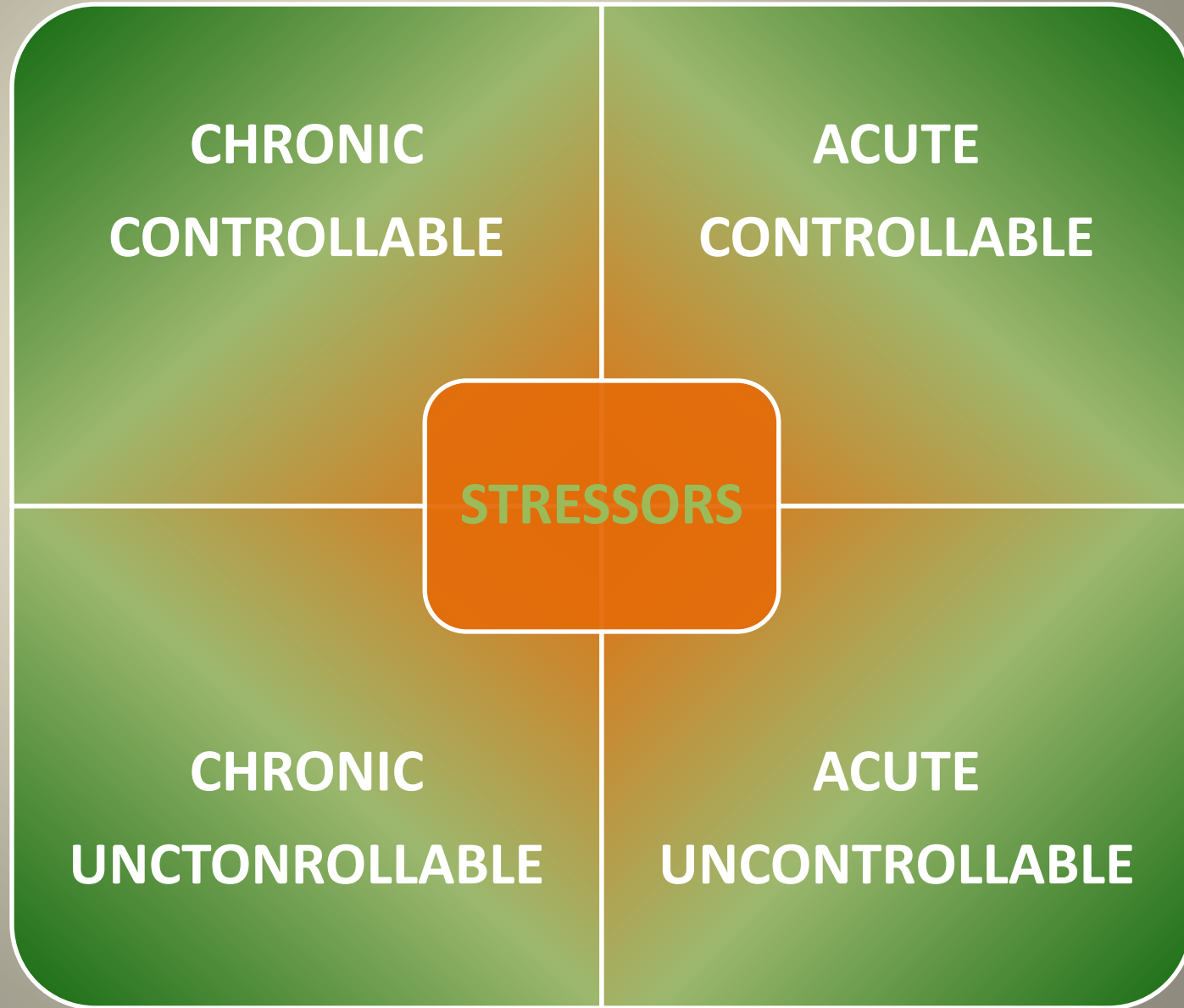
MIND BODY INTERACTION

BREATH

SENSATION

EMOTION

ACCEPTANCE

CHRONIC CONTROLLABLE

ACUTE CONTROLLABLE

STRESSORS

CHRONIC UNCTONROLLABLE

ACUTE UNCONTROLLABLE

Mindfulness Based Stress Reduction
http://www.umassmed.edu/cfm/

- **Focus Mindfulness:** emphasis on internal thought/emotional/sensation

- **Awareness Mindfulness:** Observing your sensory, cognitive and emotional filters

- **Breath**

- **Body Scan**

- **Object Meditation**

- **Compassion Meditation**

- **Walking Meditation**

  https://positivepsychologyprogram.com/mindfulness-based-stress-reduction-mbsr/#jon-kabat-zinn

a

Mindfulness meditation

Attention control

Emotion regulation

Self-awareness

Self-regulation

b

Early stage → Middle stage → Advanced stage

Effortful doing

Effort to reduce mind wandering

Effortless being

Nature Reviews | Neuroscience

The neuroscience of mindfulness meditation Yi-Yuan Tang, Britta K. Hölzel, & Michael I. Posner, Journal name:*Nature Reviews Neuroscience.*Volume:16, Pages: 213–225Year published: (2015)

Targets

- Physiological arousal and tension
- Cognitive arousal
- Cognition schemas/rumination
- Physiological manifestations of affect
  - Avoidance vs. Acceptance
- Focus on goals, values and self
- Stimulus control and exposure, response prevention
- Pain
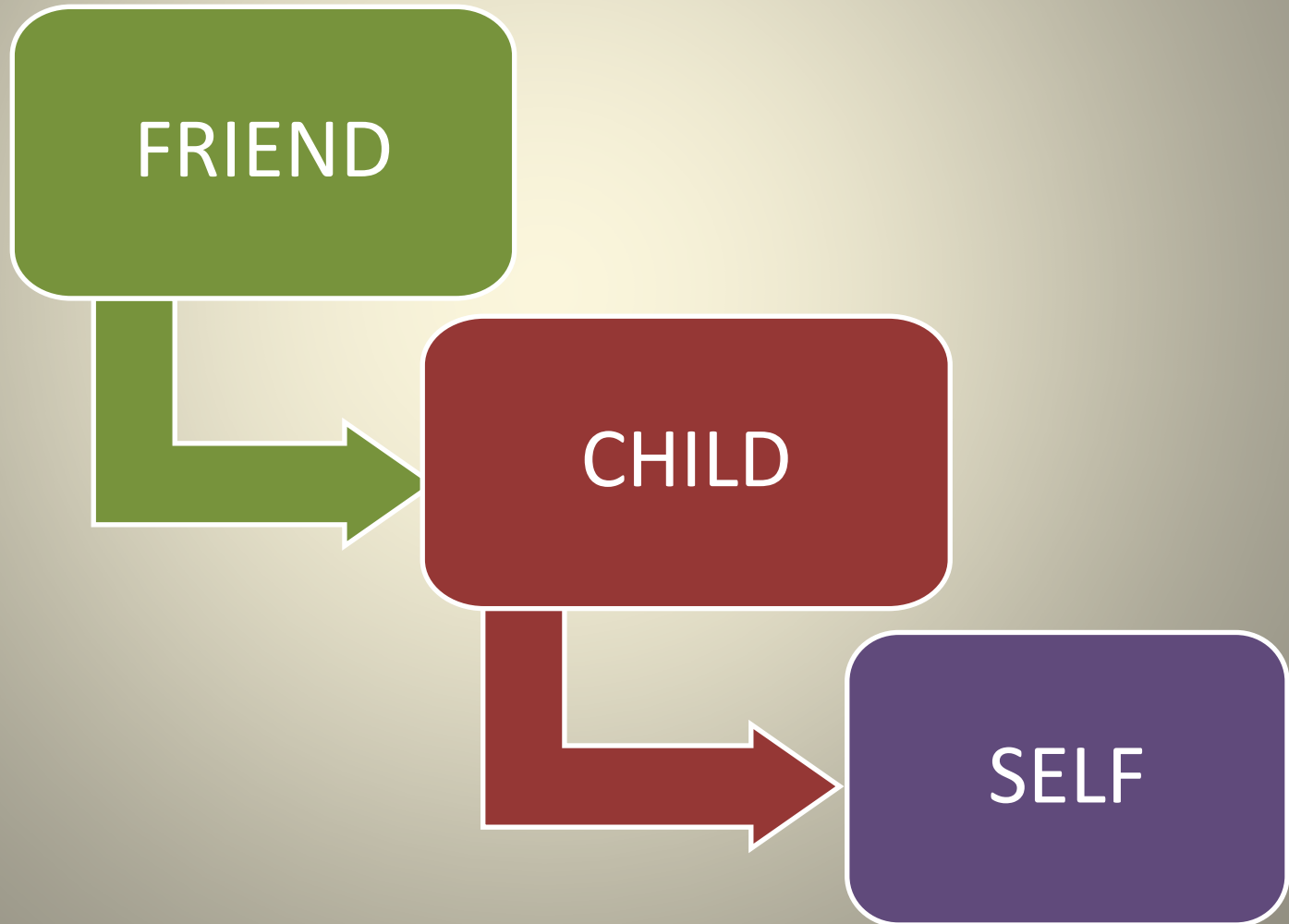- Somatic presentation of emotion
- Procedure avoidance

Techniques

- Progressive Muscle Relaxation
- Guided Imagery
- Sensory focused
- Phrase repetition
- Breathing
- Using clients spirituality

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THANK YOU

Bibliography

- Mindfulness for Beginners, Jon Kabat-Zinn
- Radical Acceptance, Tara Brach
- Loving What is. Byron Katie
- Things Might Go Terribly Horribly Wrong: A Guide to Life Liberated from Anxiety, Kelly G. Wilson
- Chopraananda.com (App for children)
- Calm (App for adults and chilren)