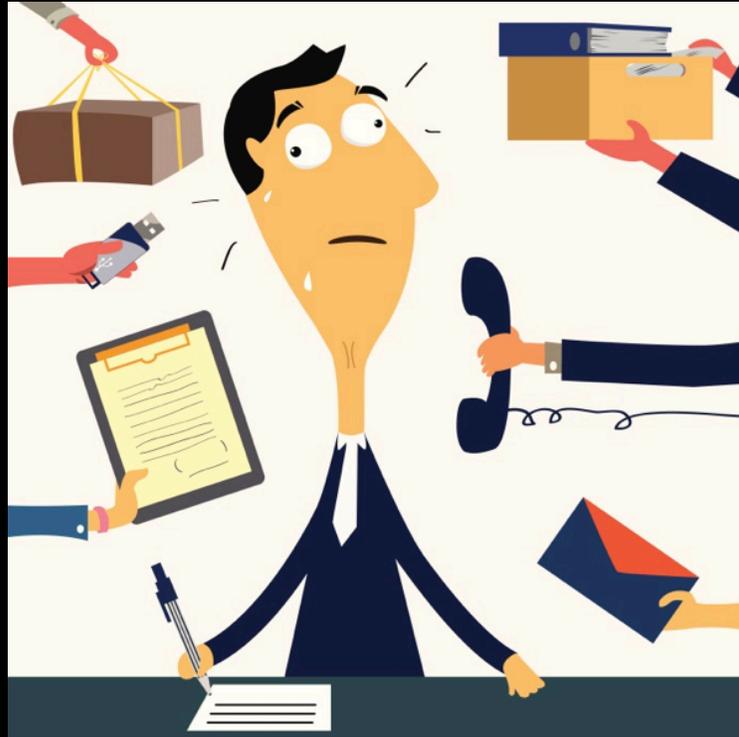


got stress?



Overview :: What are we talking about today?

Introduction

- Meg Chang, EdD, Senior Teacher, Center for Mindfulness at UMass

Mindfulness and Recuperation

- What They Are and How They Relate

Mindfulness Practices

- Awareness Of Breath; STOP; RAIN

Communicating Mindfully

- Pause
- Relax
- Open

Q&A

.... and practice opportunities throughout!

Mindfulness and Resiliency :: Definitions

Definition of Mindfulness

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, nonjudgmentally.” -- Jon Kabat-Zinn

There is no single definition, but three key elements are:

- 1) intentionality,
- 2) present-centeredness, and
- 3) absence of value judgment

We bring these qualities to both formal and informal practice – meditation, and out in the world, living our lives in every moment.

Stress and health: The mind-body connection

- **Accidents**
- **Heart disease, hypertension, stroke**
- **Obesity and unhealthy lifestyle**
- **Type 2 Diabetes**
- **Asthma**
- **GI problems – GERD, IBS**
- **Insomnia, Depression, Anxiety, Addictions**
- **Accelerated aging and cognitive decline**

Mindfulness-based interventions are effective for emotional distress in clinical and non-clinical populations

- **Anxiety^{1,2,3}**
- **Depression symptoms^{1,2,3} and recurrence of major depression⁴**
- **Chronic pain^{1,2}**
- **Stress reactivity²**
- **Addiction relapse⁵**
- **Burnout⁶**
- **PTSD in veterans⁷**

1. Goyal M, et al. 2014 JAMA Intern Med 174:357-368

2. Grossman P, et al. 2004 J Psychosomatic Research 57:35-43

3. Khoury B, et al. 2013. Clin Psychol Rev 33:763-71

4. Segal Z, et al. 2010 Arch Gen Psychiatry 67:1256-64

5. Bowen S, et al. 2014 JAMA Psychiatry 71:547-556

6. Krasner M, et al. 2009 JAMA 302:1284-1293

7. Polusny, MA, et al. 2015 JAMA 314:456-465

Mindfulness Practice: Coming To Your Senses



Mindfulness of the Breath



Why

- Practice application of attention
- Practice sustaining attention
- Brings us back to the present, loosening our tendency to Rehash the past and Rehearse the future

How

- Take your meditation seat
 - Set your intention
 - Non-judging
 - Curious
 - Light touch!
-

Mindfulness

Mindfulness is the practice of intentionally inviting our attention to experiencing the present moment with curiosity, without judgment.

RAIN

- **Recognize** what is happening
- **Allow** life to be just as it is
- **Investigate** inner experience with kindness
- **Non-Identification** with the thought or emotion as being you, or being permanent



Mindfulness and Resiliency :: Window of Tolerance

- 1. Find Home Base.** Each of the meditation practices can offer a place for you to anchor attention, a "home base" that promotes a sense of stability and well-being. It may be the sensation of the breath at the nostrils or the movement of the belly, the sensation of your feet on the floor, or even attending to gently tapping index finger to thumb can disengage extremes of arousal before they become problematic.
 - 2. Reorient Attention.** What is beneficial for others may not be beneficial for you, and your own Home Base may shift over time. Try different anchors for your attention and change them to something else if needed, there's no rule about having to stay with the sensation of breathing if that isn't helpful to you.
-

Everyday Mindfulness

Informal Practice:

Short moments many times throughout the day





S: Stop. Still the body...

T: Take a breath (or several)...

O: Open; observe. What's happening here? Check in with body, mind states, emotional tone, environment.

P: Proceed with a larger sense of intention and centeredness.

Benefits of Mindfulness :: Is and Is Not

Mindfulness Is...

- Simple but not easy
- Based on how people function
- A practice, not a perfect
- Science based

Mindfulness Is Not...

- A technique
- A religion
- A cure all
- The end goal

"As long as you are breathing, there is more right with you than there is wrong, no matter how ill or how hopeless you may feel." -Jon Kabat-Zinn. "