

# Mindfulness to the Rescue

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# Overview

- Define mindfulness
- Review research on the benefits of mindfulness
- Practice mindfulness
- Provide resources for home practice

# Mindlessness

*“the average person*

*looks without seeing,*

*listens without hearing,*

*touches without feeling,*

*eats without tasting,*

*moves without physical awareness,*

*inhales without awareness of odor or fragrances,*

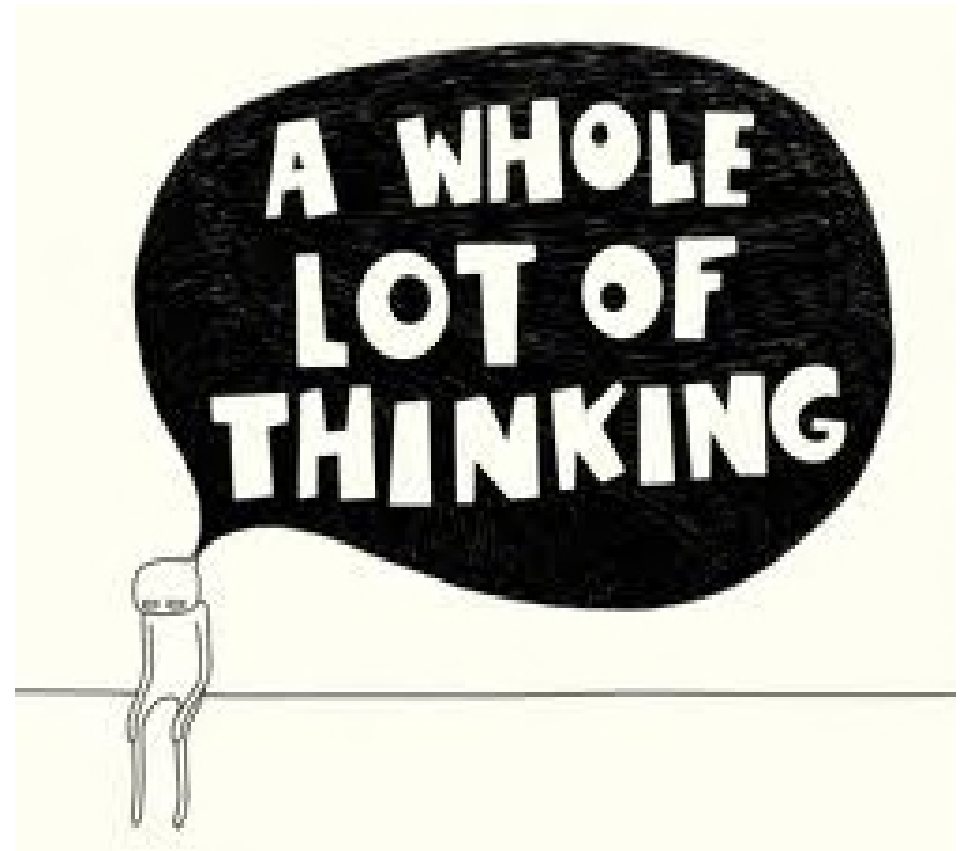
*and talks without thinking”*

Leonardo da Vinci

# A Wandering Mind is an Unhappy Mind

- People spend **approximately 47% of time lost in thought**
- This is a direct cause of unhappiness, lack of attention, and decrease in cognitive control

Killingsworth & Gilbert, Science  
(2010)



# Dilemmas in Healthcare

- Patient overload
- Multi-tasking = Multiple problems
  - Divided attention
    - Inefficiencies
    - Mistakes
  - Electronic Records vs. Attention to Patient
  - Difficulty getting tasks completed
- “Do more with less” mentality = working harder and longer but not smarter



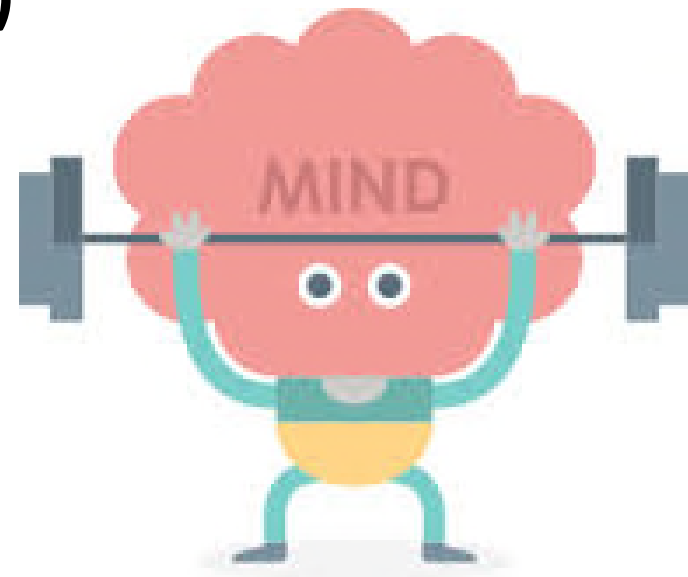
# Mindfulness to the Rescue

Paying attention in a particular way—

- on purpose (**intention**)
- in the present moment (**attention**)
- nonjudgmentally (**attitude**)

(Jon Kabat-Zinn, 1994; Shapiro,  
Carlson, Astin, and Freedman, 2006)

Mindfulness is a skill that can  
be learned







# *Three Minute Breathing Space*

LYNNROSSY.COM

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# Mindfulness at Work

Review of 4,000 scientific papers

Mindfulness benefits include:

- Happier
- Healthier
- More creative and productive
- Better interpersonal relationships and workgroup relationships
- Greater attention and focus
- Greater empathy and compassion
- More efficient
- More effective leadership

D. J. Good, et al. (2015) **Contemplating Mindfulness at Work: An Integrative Review**. *Journal of Management*, 2015; 42 (1)

# Ways to Practice

## Formal Practices

- Awareness of breath & body
- Walking Meditation
- Mindful Yoga
- Body Scan
- Self-Compassion
- Lovingkindness

## Informal Practices

- Anything you do from the minute you wake up
  - Brushing your teeth
  - Washing the dishes
  - Driving the car
  - Walking into your office
  - Drinking a cup of tea
  - Cooking
  - Pausing before you go into a patient room

# Mindfulness Meta-Analysis

- RCT, 3515 participants
- Mindfulness-Based Interventions just as effective as exercise, progressive muscle relaxation, and CBT
- Effect sizes comparable those of antidepressants
- Recommends physicians be prepared to talk to their patients about the role of meditation in addressing stress

(Goyal, et al., 2014, JAMA Internal Medicine )

# How Mindfulness Works

- Awareness increases – more sensory information available to you.
- Habitual patterns are seen and acknowledged (less imprisoned by your past, your habits, your expectations)
- Reduced emotional arousal in the face of stress
- Appraisal of inner resources
- More flexible in how you respond to the world
- Marked by more cognitive control and attentional stability
- Greater engagement in health-promoting behaviors
- Increases with practice

Chiesa & Serretti, 2010; Hölzel et al, 2011

# Before Work Starts...(or once a day)

- Spend 5 -15 minutes before work to sit and be aware of your breath and your body
- Free recordings at [www.LynnRossy.com](http://www.LynnRossy.com)
- Insight Timer App





# When Stressed .....



S – Stop

T – Take a Breath

O – Observe

P – Proceed

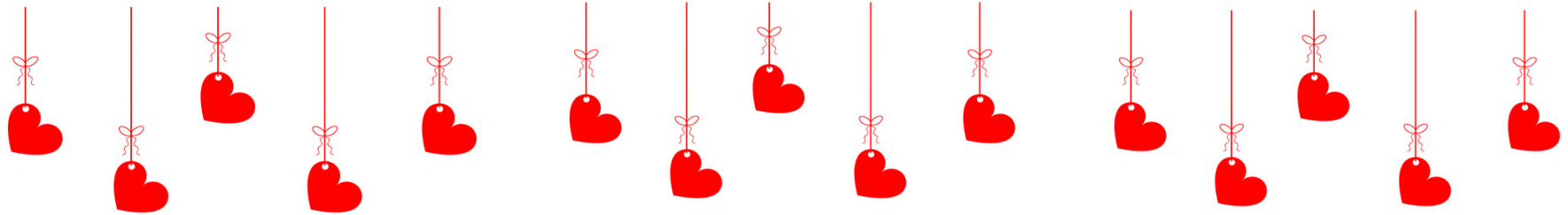
# Listen Mindfully



# Components of Mindful Listening

- ***Listening*** – give full attention to the speaker
- ***Looping*** – close the loop by demonstrating you heard what the speaker said
- ***Dipping*** – check in with yourself to know how you're feeling about what you heard

~Chade-Meng Tan (Search Inside Yourself)



“Being listened to  
is so close to being loved  
that most people  
don’t know the difference.”

~David Augsburger

# Self-Compassion Break

When you are faced with a difficult situation...remember self-compassion.

It has three components

- This is a moment of suffering
- Suffering is a part of life
- How can I be kind to myself?



“Every moment is enormous, and it is all we have.  
Our life is a path of learning to wake up before we die.”

(Natalie Goldberg in *Long Quiet Highway*)



# Resources

- [www.LynnRossy.com](http://www.LynnRossy.com) Audio/video recordings to download or use at your computer
- Facebook: Tasting Mindfulness
- Twitter: @DrLynnRossy

# Contact Information

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