Mindfulness to the Rescue

MO ACP Chapter CME Meeting
September 14, 2018

AUTHOR
LYNN ROSSY
PHD
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
OUT OF ORDER!
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
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

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
• 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 Audio/video recordings to download or use at your computer

• Facebook: Tasting Mindfulness

• Twitter: @DrLynnRossy
Contact Information

Lynn Rossy, Ph.D.
(573) 424-9506
MindfulRossy@gmail.com
www.LynnRossy.com