

# MINDFULNESS: MOVING FORWARD WITH CALM AMIDST THE STORM

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## PRESENTATION LEARNING OBJECTIVES:

1. DEFINE MINDFULNESS / HOW TO UTILIZE IN TIMES OF STRESS, BURNOUT AND COMPASSION FATIGUE

2. EXPERIENCE BRIEF MINDFULNESS PRACTICES AND SHARE PERSONAL REFLECTIONS

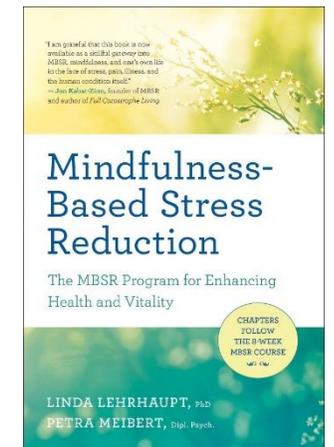
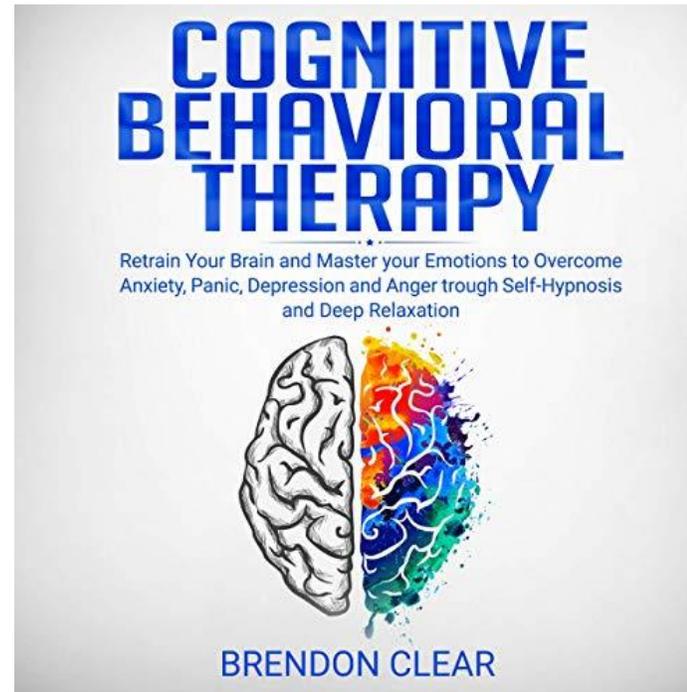
3. PROPOSE WAYS TO INCORPORATE MINDFULNESS INTO PERSONAL PRACTICE AND UTILIZE IN HEALTHCARE SETTINGS.

# DIFFERENT MINDFULNESS TYPES

Numerous Scientific  
Studies showing  
effectiveness of  
Mindfulness in reducing  
stress and anxiety

Have you had experience  
with mindfulness?

How would you define  
mindfulness?



# WHAT IS MINDFULNESS?

*Mindfulness is the self-regulation of attention with an attitude of curiosity, openness, and acceptance.*

*Mindfulness is the idea of learning how to be fully present and engaged in the moment, aware of your thoughts and feelings without distraction or judgment*





# STRESS AND MIND-BODY CONNECTION

Stress can be caused by many competing demands on you

Work responsibilities

Family responsibilities

Internal desires

External Forces

# Effects of Stress



## Mental Effects

- Anxiety
- Restlessness
- Lack of Motivation
- Lack of Focus
- Anger
- Depression

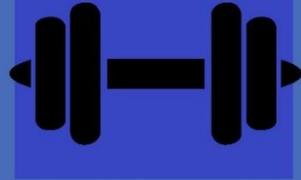
## Physical Effects

- Headaches
- Muscle Tension
- Chest Pain
- Fatigue
- Upset Stomach
- Sleep Issues



## Behavior Effects

- Tobacco Use
- Overeating
- Drug Use
- Social Withdrawal
- Physical Outbursts
- Less Exercise



**COMMON EFFECTS OF  
STRESS ...**

**Where do you experience stress?**

**... In your body**

**... In your mood/thinking**

**... In your behavior**

Stress	Burnout
<p>Characterized by over-engagement</p> <p>Emotions are overactive</p> <p>Produces urgency and hyperactivity</p> <p>Loss of energy</p> <p>Leads to anxiety disorders</p> <p>Primary damage is physical</p>	<p>Characterized by disengagement</p> <p>Emotions are blunted</p> <p>Produces helplessness and hopelessness</p> <p>Loss of motivation</p> <p>Leads to depression</p> <p>Primary damage is emotional</p>



# STRESS VS. BURNOUT



# WHAT IS COMPASSION FATIGUE (CF)?

A condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring. (*Figley, 2002 & Anewalt, 2009*)

The result of working directly with individuals affected by disasters, trauma, or illness

# OUTCOMES OF COMPASSION FATIGUE?

A deep physical and emotional exhaustion

A change in the helper's ability to feel empathy for their clients, their loved ones and their co-workers.

Increased cynicism at work, a loss of enjoyment of our career

Can transform into depression, secondary traumatic stress and stress-related illnesses.

# STRESS REACTIVITY

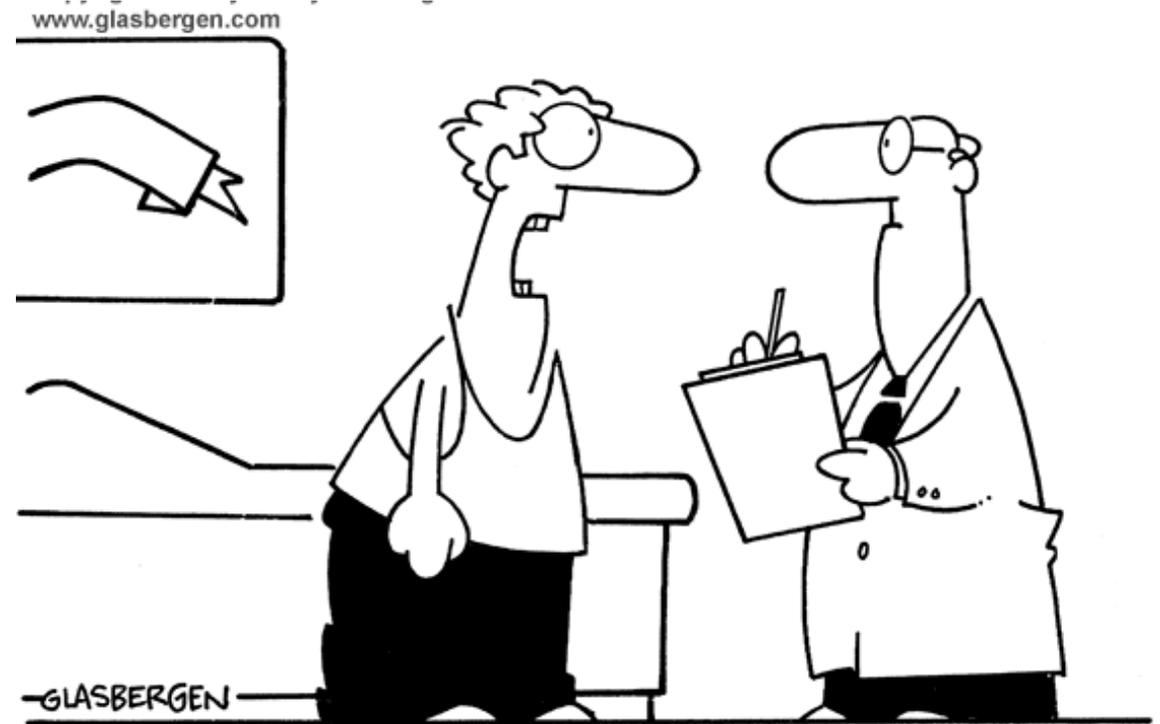
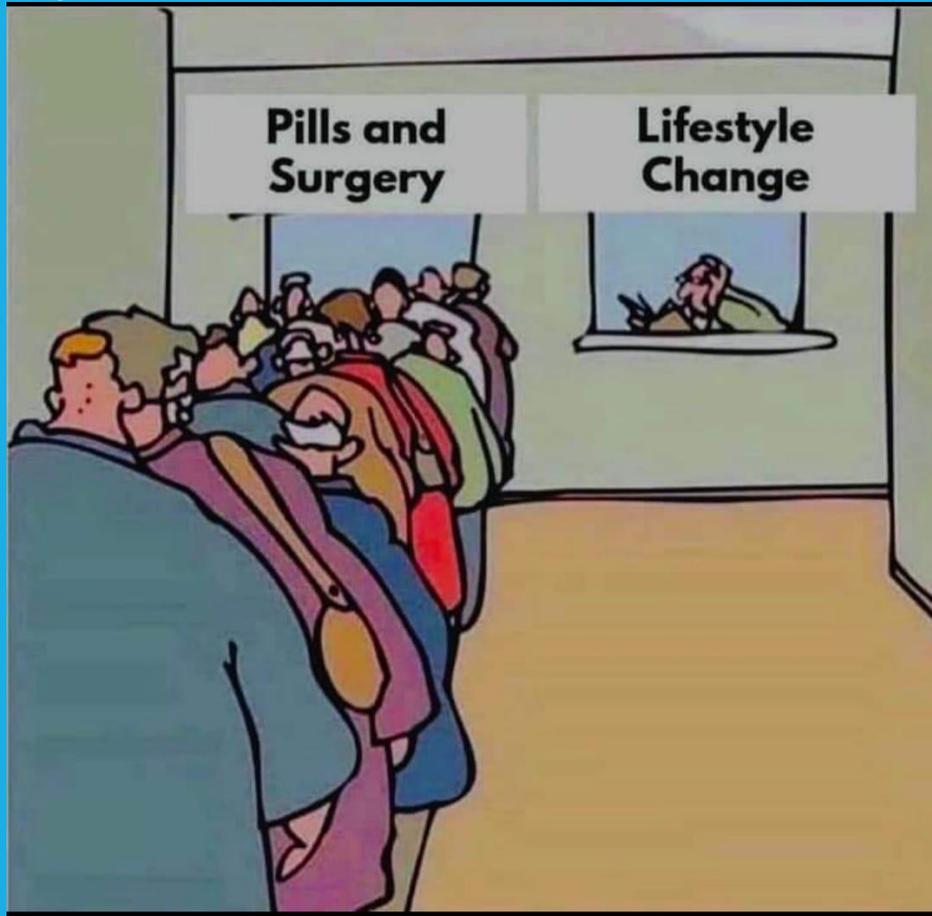
Stress – nonspecific bodily response to any pressure or demand internal or external. How we *react* to stress is important to our health and well-being!

Wandering mind leads to decreased perception and creative responding: how we see things (or don't see them)

It is not the stressors that affect us but how we *handle them* (or deny, avoid, magnify, or otherwise ineffectively cope with them).

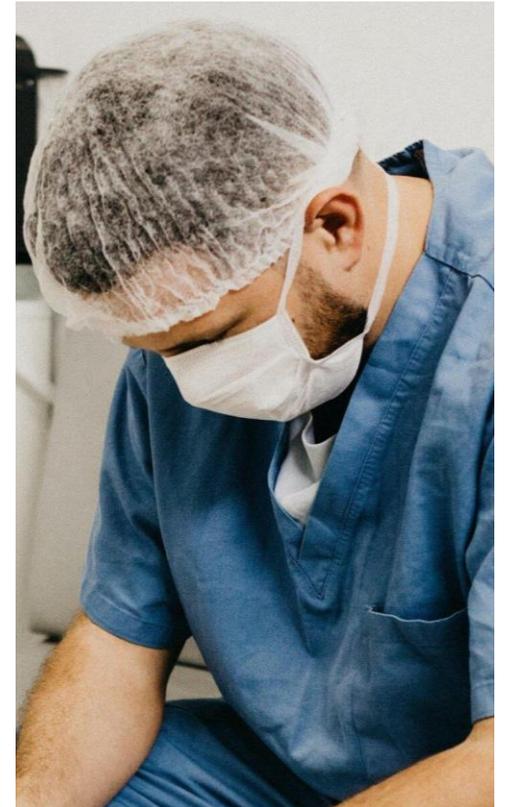


# Looking for Quick Fixes vs. Sustainable Lifestyle Changes



**"I'm learning how to relax, doctor —  
but I want to relax *better* and *faster*!  
*I want to be on the cutting edge of relaxation!*"**

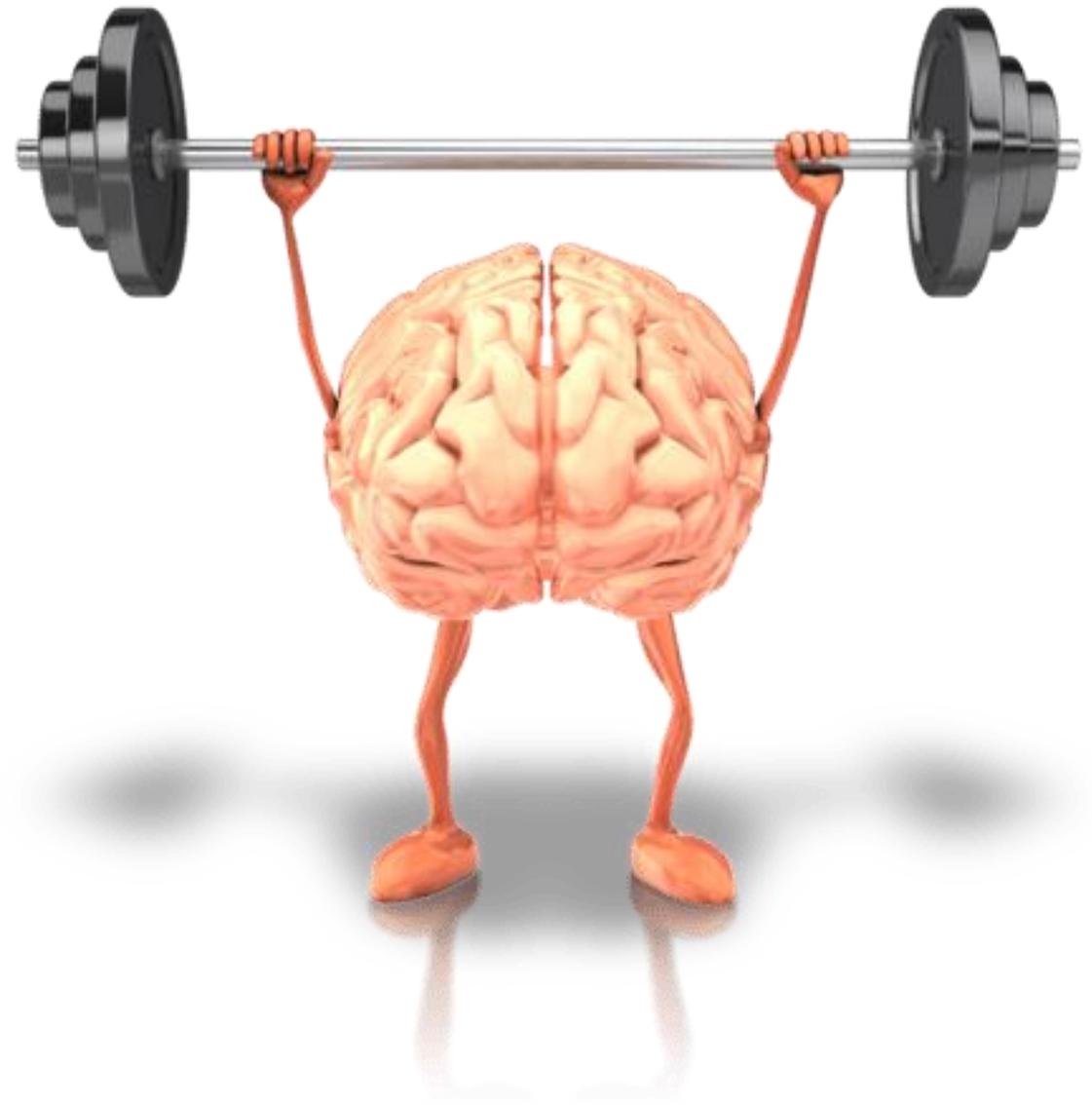
# HOW CAN YOU INTEGRATE MINDFULNESS IN YOUR LIFE AND PROFESSIONAL PRACTICE?



# HOW DO WE GET TO THIS MINDFULNESS STATE?

## Building our Mindfulness Muscle

- Just like lifting for strength training start with smaller weights- shorter time frames
- Incrementally add time and weight
- Practice builds the habit
- Start in calm situations (lighter weights)
- Focus your mind pay attention to your thoughts
- Let go of judgments
- Goal to habitually respond skillfully in stressful situations





WHAT / WHO IS IN CHARGE

Your  
Thoughts  
may Be  
Drowning  
you



**SEPARATE YOURSELF FROM YOUR THOUGHTS AND  
OBSERVE THEM AS IF YOU ARE SEATED ON THE  
SHORE**

# MINDFULNESS

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Attention – learning to bring our awareness to our body, our mood, our mind

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Attitude – with openness, non-judging, noncritical, curiosity, patience and tolerance

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Intention – in the present moment on purpose as a witness to what we are experiencing inside and out

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By changing the way we see ourselves in relation to stress, we change our experience by ***choosing different responses.***



# BREATHING / BODY SCAN

Let's Practice



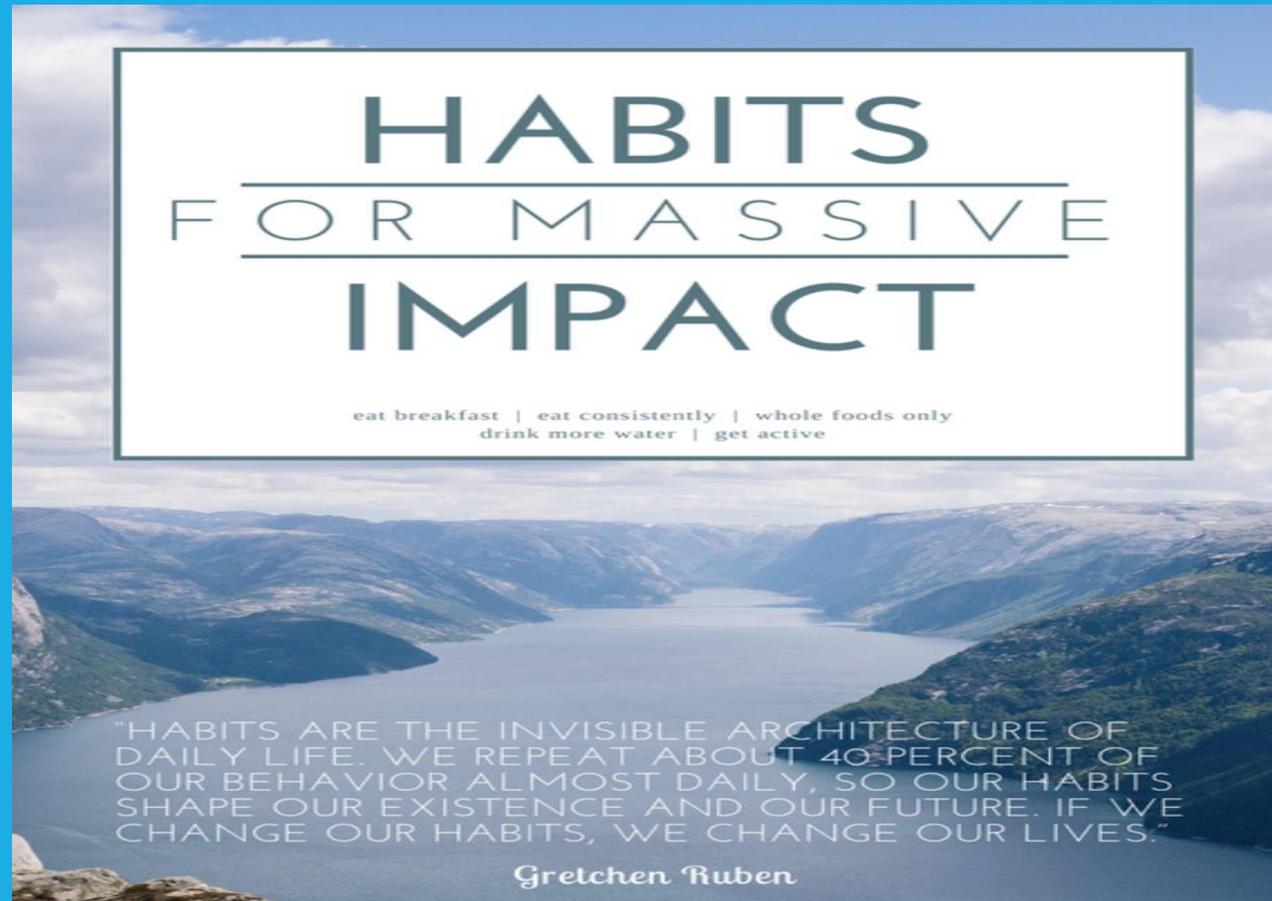
**WHAT DID YOU NOTICE?**

Was it difficult to follow the cues?

What did you notice about your thinking?

What sensations did you become aware of in your body?

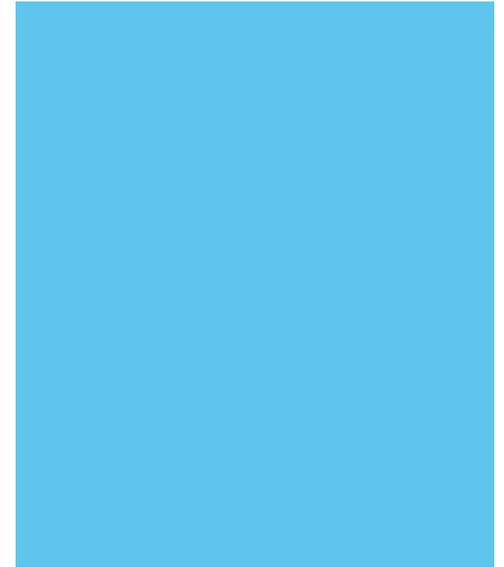
# SIMPLE LIFESTYLE CHANGES THAT CAN MAKE A BIG IMPACT ON LIFE / WORK SATISFACTION



# DO ONE THING AT A TIME

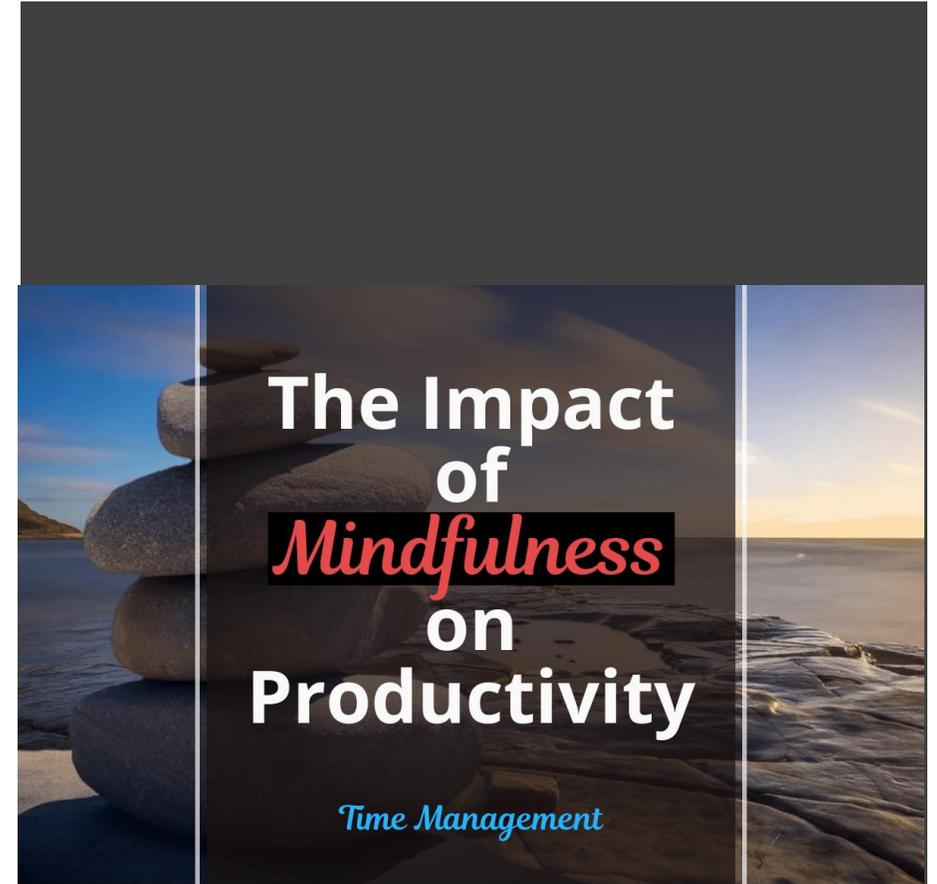


# DO IT SLOWLY AND DELIBERATELY.



Use all your senses  
in the actions you  
are doing to  
remain present





DO LESS- STOP RUSHING



**Transition Time**

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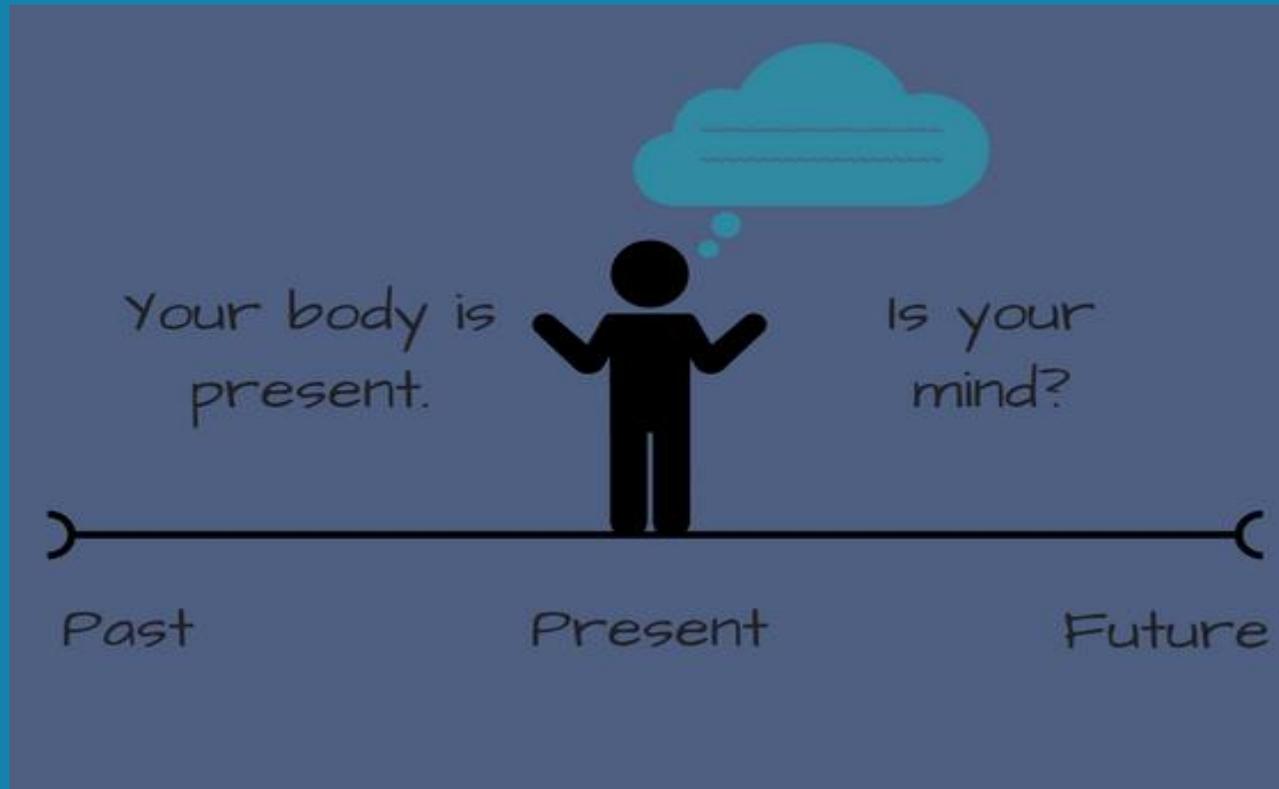
*Kimberly A. Vogel*

PUT SPACE BETWEEN THINGS-  
LEAVE ROOM IN YOUR SCHEDULE

# SPEND AT LEAST 5 MINUTES DOING NOTHING- SIT IN SILENCE



# STOP WORRYING ABOUT THE FUTURE- FOCUS ON PRESENT

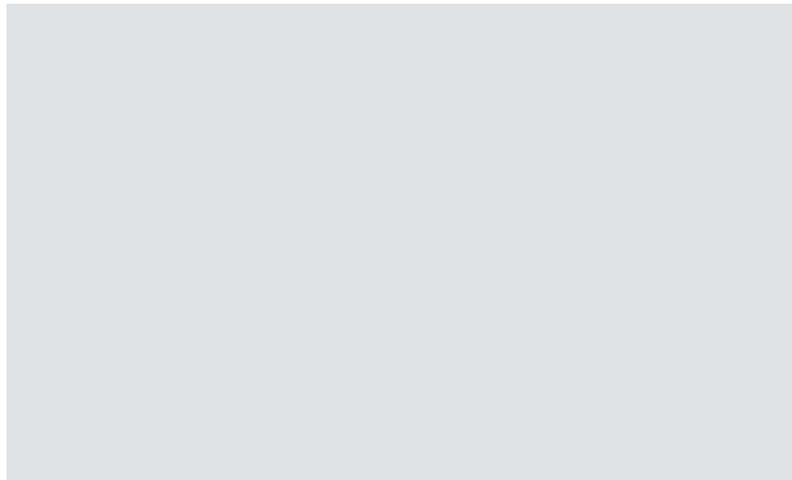
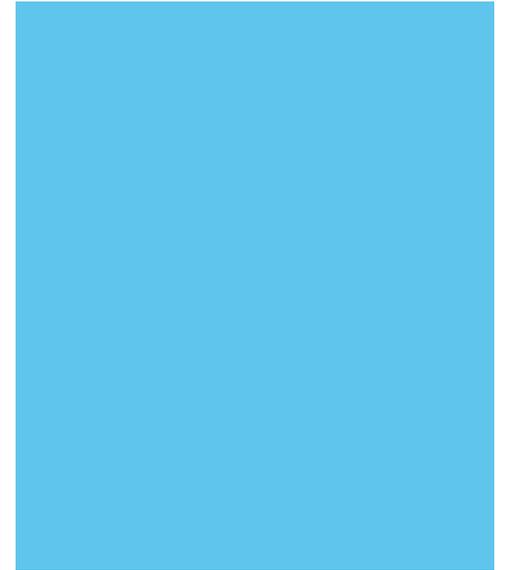
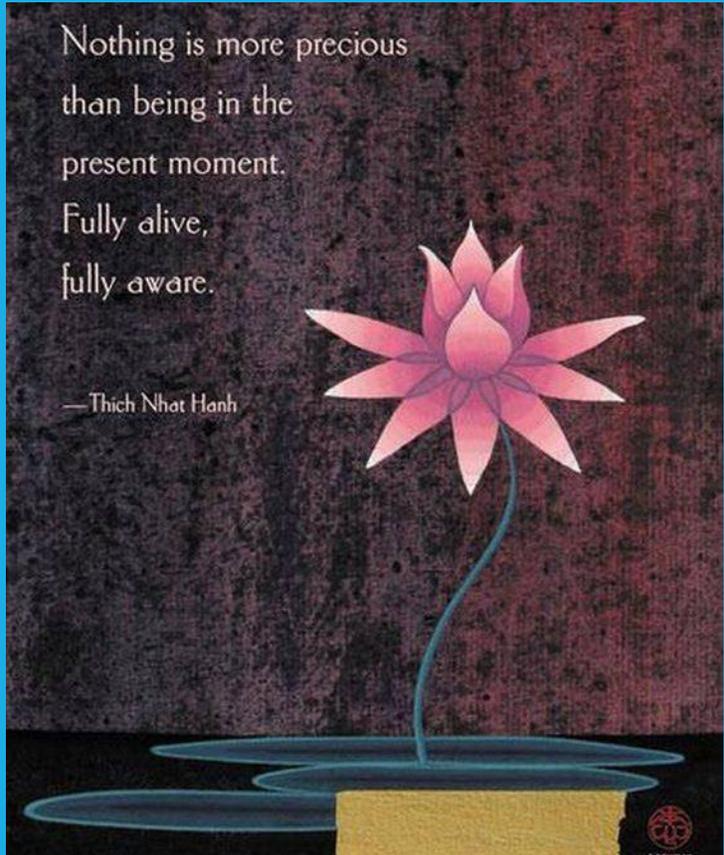


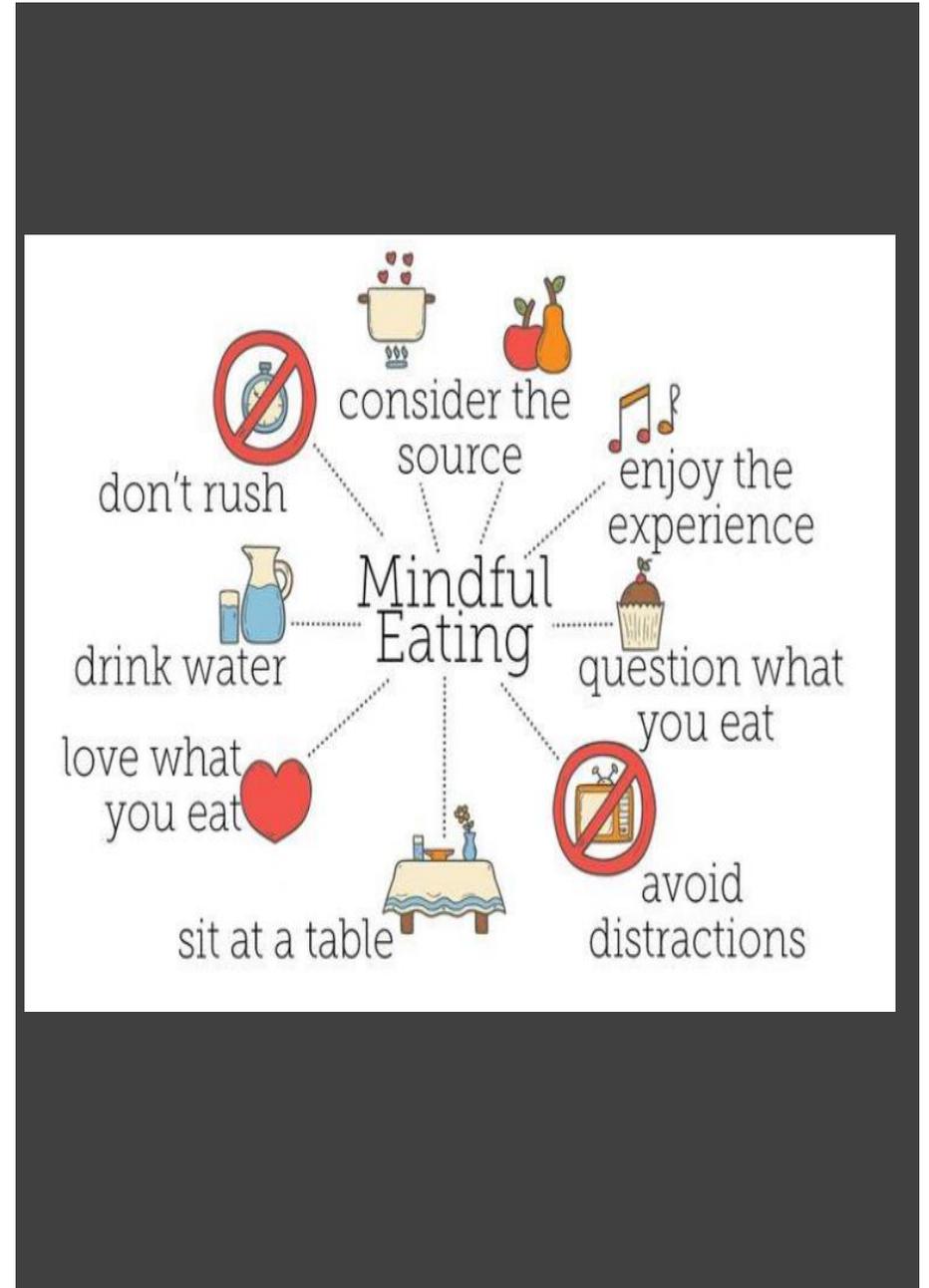
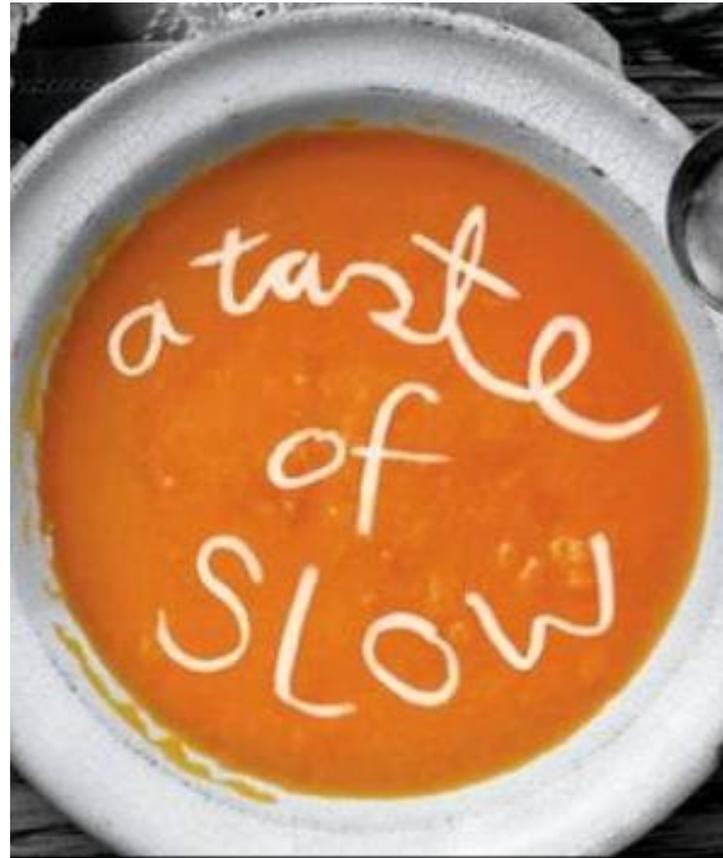
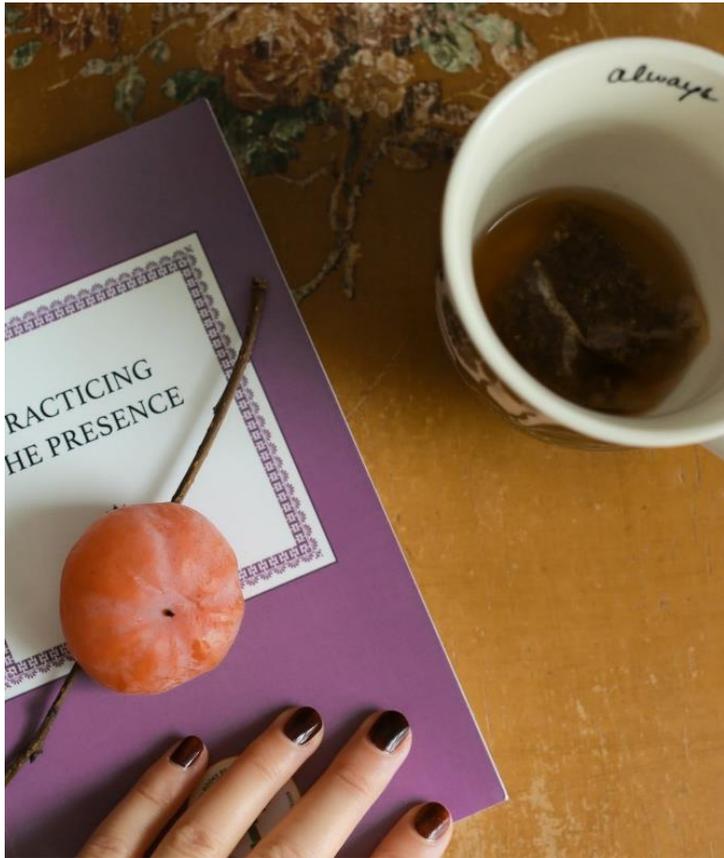
note to self:  
worry will NEVER  
change the outcome  
♡ME

# FOCUS ON BEING PRESENT WITH OTHERS

Nothing is more precious  
than being in the  
present moment.  
Fully alive,  
fully aware.

—Thich Nhat Hanh





**EAT SLOWLY AND SAVOR THE FLAVOR**



# HOW TO MAKE WORK TASKS BECOME MEDITATION

Stay fully present

Use all your senses while engaged in the task

Listen to others

Scan your body for responses to the situation

Pause before responding

Avoid quick reactions

*Engage the Observing Mind*

# KEEP PRACTICING

“When you drive around the city and come to a Red light or Stop sign , you can just sit back and make use of these 20 or 30 seconds to relax- to breathe in, breathe out and enjoy arriving in the present moment. There are many things like that we can do”.

Thich Nhat Hanh





# 5 REASONS WE SHOULD ALL BE MEDITATING AT WORK

## 1. Vision

Meditation helps us get clear on what we want in our lives – giving our day-to-day work a sense of meaning and purpose. It gives us a clear vision of what we want from our jobs and for our companies, and the steps needed to get there.

## 2. Mental Clarity

By removing the unnecessary clutter in our minds, meditation allows us to focus our mental energy on decision making, prioritizing, and detail-oriented tasks.

## 3. Productivity

Through meditation, we foster present-moment awareness. The temptation for distraction is diminished, allowing us to get our work done quickly, efficiently, and effectively.

## 4. Teamwork

Meditation makes us better communicators. We become skilled listeners and more adept at expressing ourselves with truth and kindness – fostering a sense of understanding and trust in the workplace.

## 5. Stress Relief

While stress in the modern workplace is almost impossible to avoid, meditation reverses the effects of stress and gives us the ability to stay calm in the midst of chaos – making for happier employees.



Fable of Farmer and Horse

Mindfulness exercise-  
Labeling Thoughts

**PRACTICE- JUDGEMENT**

# SHARE EXPERIENCES

## WHAT DID YOU NOTICE?

What did you notice about your thoughts? wandering mind?

Judgmental Mind?

What do you think would help with the judgments?





## REMEMBERING THE WHY?

Why did you choose this work?

What do you enjoy most about your work?

Why is it meaningful to you?

When have you taken some action during your work day to reduce stress, enhance your effectiveness, or improve your sense of well-being?

# EXAMINE BELIEFS ABOUT SELF-CARE

Caregivers may believe self-care is selfish

Small self-care gestures can make a difference

Practice self-compassion





## SELF CARE DAILY ROUTINES

Good self-care means developing a routine that makes each day predictable

Should include: adequate sleep, healthy nutrition, physical activity, relaxation and socializing

There should be a self check-in each morning to assess tension in the body and worries in the mind

# SELF CARE STRATEGIES

Healthy rituals are activities that one participates in on a regular basis that replenish personal energy levels

As caregivers meet the needs of others, they often neglect their own needs

The caregiver must identify replenishing strategies that can promote well being

A commitment to taking care of one's self includes having adequate nutrition, hydration, sleep, and exercise



# CREATE COMMUNITY

Connect with like-minded individuals

Caregivers could set up Zoom consultation or supervision groups to check in with each other and prevent and address signs of compassion fatigue

Help colleagues

Normalize compassion fatigue



# ENVIRONMENTAL MODIFICATIONS

Create a comfortable, relaxing environment in a designated place in the work environment

Staff members can assist in selecting components of work environment



# STAFF CONFERENCES

Facilitate staff conferences to discuss complex client situations

All staff members are invited to participate

These discussions address a variety of topics

Allows staff an opportunity to express their feelings in a safe environment and then work together to address their concerns

# DEALING WITH STRESS DURING WORK HOURS

Self-monitoring and pacing

Check-ins with colleagues, family, and friends

Working in partnerships or in teams

Brief relaxation/stress management breaks

Time-outs

Keep anxieties conscribed to actual threats

Helpful self-talk

Focus efforts on what is within your power

Accept what you cannot change

## Avoid:

- Working too long by themselves without checking in with colleagues
- Working “round the clock” with few breaks
- Feeling that they are not doing enough
- Excessive intake of sweets and caffeine
- Engaging in self-talk and attitudinal obstacles to self-care

## DEALING WITH STRESS DURING WORK HOURS

# STRESS RELIEVERS YOU CAN DO AT WORK

Progressive  
muscle  
relaxation

Visualization

Deep  
breathing

Engage your  
senses

Laugh

Practice  
makes  
perfect

# INDIVIDUAL STRESS MANAGEMENT



RELAX YOUR BODY OFTEN BY  
DOING THINGS THAT WORK  
FOR YOU



PACE YOURSELF BETWEEN  
STRESSFUL ACTIVITIES

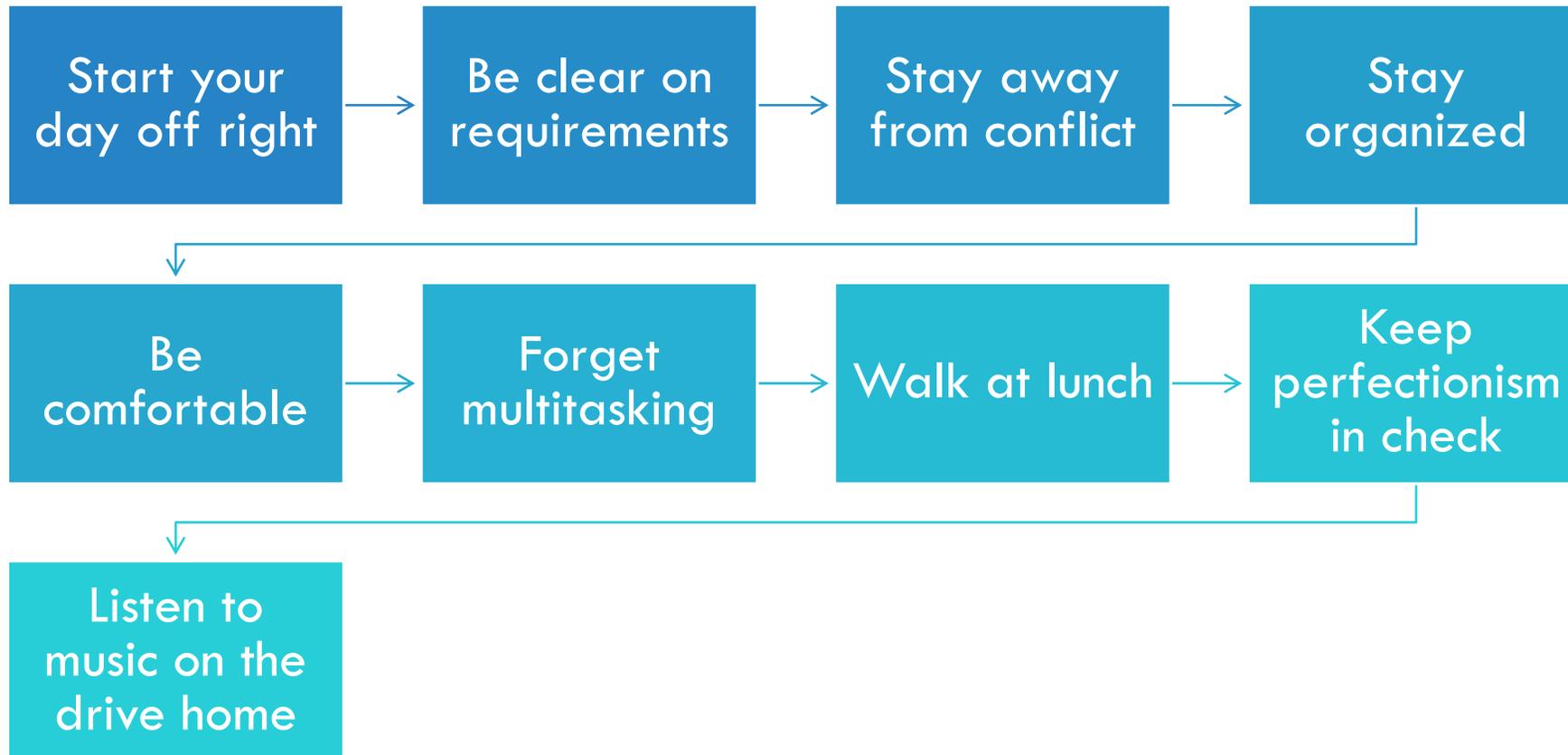


TALK ABOUT YOUR EXPERIENCES  
AND FEELINGS TO LOVED ONES  
AND FRIENDS



MAINTAIN A SENSE OF HOPE  
AND POSITIVE THINKING

# SIMPLE STRESS RELIEVERS



# MOVE WELL / MOVING MEDITATIONS

Exercise is critical for both mental and physical health

- Go for a brisk walk or run
- Hop on your bicycle for a tour of your neighborhood
- Try a new activity
- Create an obstacle course at your home
- Invite your kids to get moving



# SLEEP

Upon waking, get at least 15–60 minutes of bright light

Exercise close to wake-time

Take naps and consider “banking” your sleep

Use caffeine judiciously

Limit alcohol before bed

Keep a regular sleep and wake-time schedule as much as possible

Create a regular bedtime routine of quiet activities



# SOCIAL WELLNESS CHECKLIST

Build healthy relationships

Share your feelings honestly

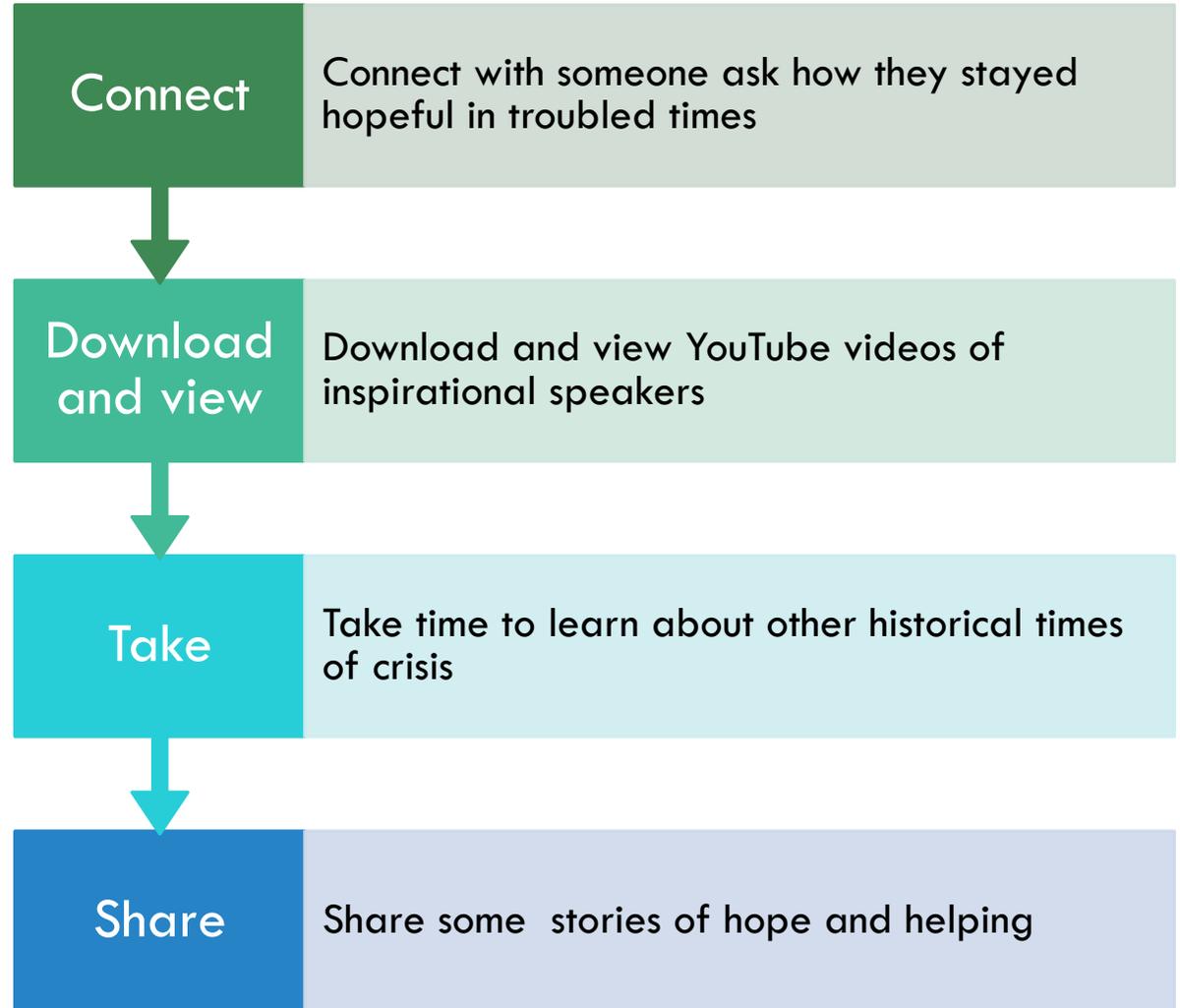
Listen to others without judgement or blame. Be caring and empathetic.

Disagree with others respectfully

Avoid being overly critical, angry outbursts, and violent behavior

Compromise

# HOPE



# LOVING KINDNESS MEDITATION

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## Let's Practice



*May all beings be peaceful.  
May all beings be happy.  
May all beings be well.  
May all beings be safe.  
May all beings be free from  
suffering.*

- Loving Kindness Meditation

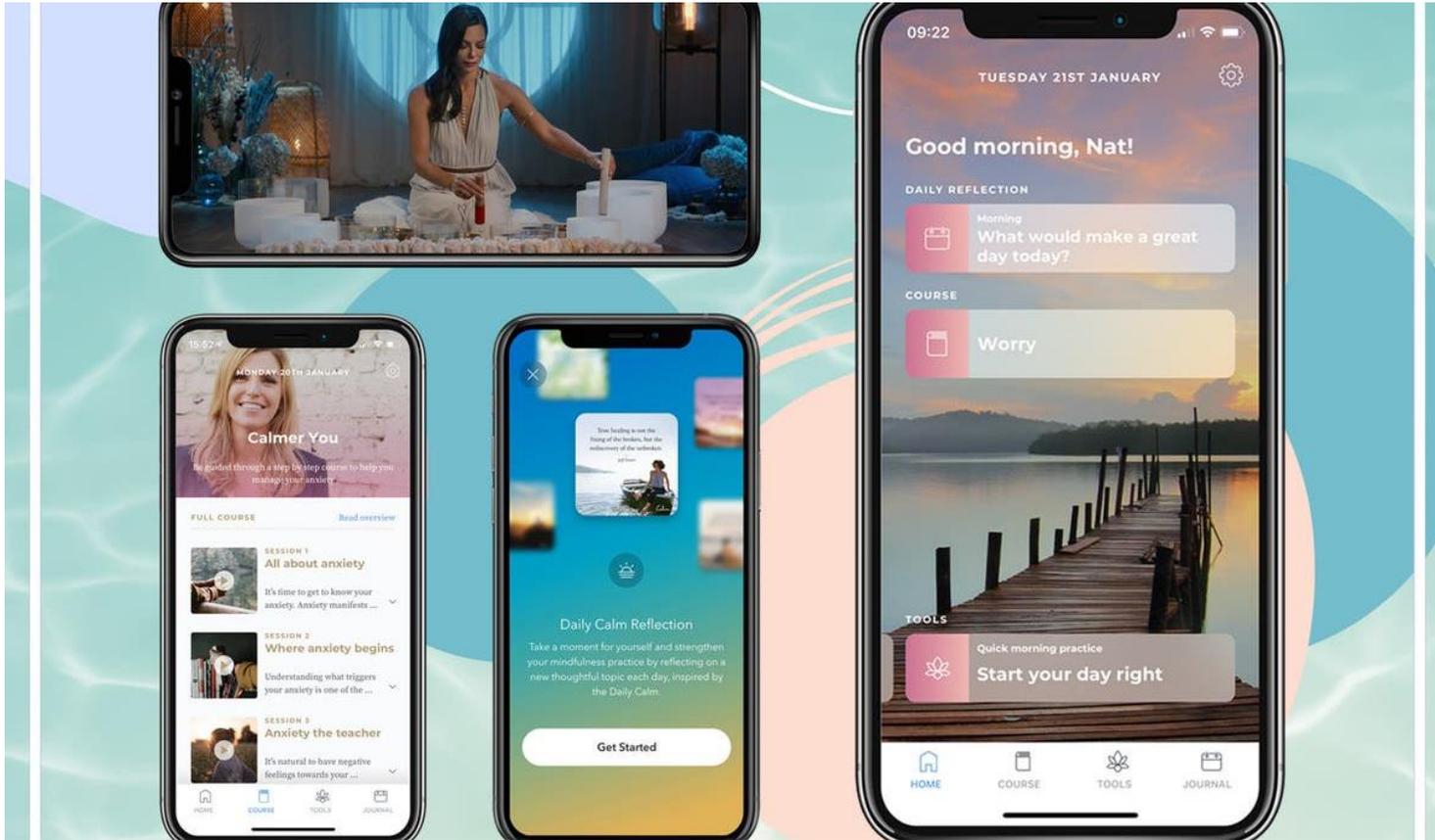
## WHAT DID YOU NOTICE?

Was any aspect of sending out loving kindness difficult?

What did you notice about your thinking?

What sensations did you become aware of in your body during this meditation?





# RESOURCES FOR PERSONAL/ PROFESSIONAL MINDFULNESS PRACTICE

There are numerous Apps /  
Guided Mediations  
available for beginners in  
Mindfulness

Insight Timer

Smiling Mind

My Life Meditation

UCLA Mindful

Healthy Minds Program

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THANK YOU FOR YOUR  
TIME AND ATTENTION

Questions / Comments

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