BUILDING RESILIENCY THROUGH MINDFULNESS
Mindfulness

“Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally”

~ Kabat-Zinn, 2012, p. 1
Mindfulness

“Just by becoming aware of what is occurring within and around us, we can begin to untangle ourselves from mental preoccupations and difficult emotions”

~Siegel, Germer, Olendzki, 2009
7 Attitudes of Mindfulness

1. **Non-Judging**: Notice, and then let go of your judging.
2. **Patience**: Be patient with yourself and with the process
3. **Beginner’s mind**: Remain open and curious
4. **Trust**: Trust in ourselves
5. **Non-Striving**: Don’t try too hard
6. **Acceptance**: Accept the present moment as it is
7. **Letting Go**: Notice, and then let go of attachments
Triangle of Awareness

PAUSE PRACTICE
1. stop
2. take 3 deep belly breaths
3. check in, see what is here now
   sensations – emotions - thoughts (SET)
4. be curious about what you notice without making judgments
Formal Mindfulness Practices

Mindful Listening
- Tune attention inward & then outward
- Give speaker undivided attention, respect & confidentiality

Sitting Practice
- Focused attention (breath)
- Open awareness (thoughts, sensations, sounds, emotions)

Mindful Movement
- Standing, lying, walking
- Focus on sensations, proprioception

Body Scan
- Focus on physical sensations in the body
Informal Mindfulness Practice

- Practicing mindfulness in day-to-day moments and experiences...
- This is done by bringing your full attention to the present moment, and engaging your senses

![Diagram showing the present moment between past and future, with a question of whether the mind is present.](image)
Widely Researched

30 years of research proves mindfulness:

- Improves mental health & well-being
- Promotes positive relationships
- Develops concentration & attention (patient safety)
- Develops executive function (planning, decision making and impulse control)
- Develops emotional balance, pro-social behavior and compassionate action
- Improves academic achievement
The Neuroscience of Mindfulness

Princeton, Stanford, UCLA, Umass, Berkley, Columbia, McGill, UWashington, UPenn, UFla, Europe, Netherlands….etc…
Mindfulness & Neuroplasticity

**Anterior cingulate cortex** – Controls executive function
  ◦ Increases in size and density (more grey matter)

**Insula** – Interoceptive awareness
  ◦ Increases in size and grey matter
  ◦ Provides a sense of what is happening within your body

**Amygdala** – Fight or flight response
  ◦ Grey matter shrinks
  ◦ Inactive during meditation
Mindfulness & Neuroplasticity

**Posterior cingulate cortex** – responsible for mind wandering
- Decreased activation during meditation
- Posterior cingulate works with anterior cingulate

**Prefrontal cortex** – Executive order functions
- Increases in size and density
- Responsible for decision making, planning and abstract thinking
- Over time your ability becomes improved
Neuroplasticity

Dr. Sarah Lazar
Why Is This Relevant?

We know…

◦ healthcare providers are stressed, anxious & overwhelmed
◦ the healthcare profession is challenging, demanding & complex
◦ healthcare providers work in dynamic, fast-paced healthcare settings & are faced with environmental, organizational, and personal challenges daily
◦ Mindfulness practice is effective! We can learn to Respond to stress rather than React
Research for Healthcare Professionals

- Improved well-being and reduced levels of stress & burnout
- Reduced sense of feeling overwhelmed
- Improved ability to remain present with patients & engage more effectively (more accurate assessments)
- Improved attention & focus during patient interactions & care
- Greater sense of acceptance and letting go
- Increased awareness & attentiveness to both patients & colleagues
- Improved working environment (more harmonious & supportive) (Barratt, 2017)
- Increased self-compassion and empathy for patients (Rabb, 2014)
The smartNursing Program

- In 2007 the Impact Foundation developed the Stress Management and Resiliency Techniques (SMART) program for educators

- UBC Okanagan initially offered the SmartEducation course

- It was then adapted for nursing students - smartNursing course

- Foundations of course are mindfulness-based stress reduction (MBSR) program; Emotional theory training; and Forgiveness & compassion training
Our Story

- The University of Alberta, Faculty of Nursing, partnered with UBC Okanagan...
- Spring of 2018, 8 faculty members began the smartNursing facilitator training
- Fall 2018, 206 first year nursing students took part in a weekly 2 hour lab for 12 weeks
What We Found…
Resources To Get Started

◦ Remember to PAUSE…
◦ Local mindfulness centers & communities
◦ Online resources & communities
◦ Many books available
◦ Many APPS available
   ➢ Headspace....BREATHE....Insight Timer…etc.
◦ Opportunity for workplace course (Edmonton, Kelowna)
Pause.
Questions?
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References


References


References


