Mindfulness 101: What, How, and Why
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Objectives
- Introduce the concept of mindfulness and its value to well-being.
- To begin to train the brain to cultivate an ongoing awareness and appreciation of the present.
- Teach Mindfulness activities that can be used anywhere and anytime to help reduce stress.

Why this topic?
 Addresses the 2017 ANA Healthy Nurse: Healthy Nation Campaign

So does mindfulness say to you?

What is mindfulness

Mindfulness is being in the moment, nonjudgmentally
Mindfulness is relinquishing the past; not being obsessed with the future; and accepting the present for what it is.

Non-Judgemental

Be Curious, Not judgmental

- Walt Whitman

Operational Definition

• “paying attention in a particular way, on purpose; in the present moment and nonjudgmentally” – Jon Kabat-Zinn

• Being aware of what is happening inside and outside the body and mind with kindness and curiosity.” – Jenny Mills

An Exercise in Mindfulness: Mindful Eating

How mindful are you?
I find myself preoccupied many times with the future or the past.
I find myself listening to someone with one ear, doing something else at the same time.
I drive places on ‘automatic pilot’ and then wonder how I got there.
I forget a person’s name almost as soon as I’ve been told it for the first time.
I tend to walk quickly to get where I’m going without paying attention to what I experience along the way.

Mindfulness Quiz:
1 = Almost Always
2 = Very Frequently
3 = Somewhat Frequently
4 = Very Infrequently
5 = Never

— Mindfulness is not:
• Religion
• Chanting / hours of sitting meditation
• Not being happy 24/7
• Only for Adults

History of Mindfulness
Rooted in Buddhism
Cultivated by Jon Kabat Zinn Ph.D.
Evidence based research

Why use Mindfulness??
Mindfulness leads to:
- Stress
- Anxiety
- Depression
- Attention span
- Happier moods
- Enhances immune system
- Physical well being

How does it work?

Effects of Mindfulness Practices on the Brain:

1. Mindfulness practices correlate with reduced structural changes in the amygdala (fight and flight - stress emotions)
   - Hoestelz et al. (2010)

2. Mindfulness practices correlate with increase gray matter in the hippocampus (memory) and the prefrontal cortex (insight)
   - Hoestelz et al. (2010), Pitscutt et al. (2013)

3. Mindfulness practices correlate with increase the thickness of the cerebral cortex, the part of the brain associated with self-regulation and empathy.
   - Grabovac, Lau, and Willett (2011)

Mindfulness is used for:
- Pain
- Cancer
- Mental Health
- Multiple Sclerosis
- Parkinson's
- Addictions

An Exercise in Mindfulness: Breathing
Its use is evolving in Pediatrics...

- Behavioral issues (ADHD) (Singh et al., 2010)
- Chronic Pain (Mann et al., 2013; Waelde et al., 2017)
- Traumatic or Secondary Stress (Sibinga et al., 2016)
- Coping with Cancer (Nicholls-Hurtubise et al., 2013)

In Nurses: Mindfulness is proven to combat work stress and burnout

- An on-the-job mindfulness-based intervention for pediatric ICU nurses: A pilot (Gauthier, Meyer, Grefe & Gold, 2015)
- Helping the helpers: Mindfulness training for burnout in pediatric Oncology—A pilot program. (Moody et al., 2013)

How can we begin to incorporate mindfulness in our daily lives??

An Exercise In Mindfulness: S.T.O.P.

Through training our brains....

- Breathing
- Meditation
- Body Scanning
- Yoga
- Mindfulness
- Mindful moments

To Summarize: Mindfulness is...

- Awareness
- In the present moment
- With acceptance/Non-judgmentally
Questions or Comments

Thank you!

References


References


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References