



Welcome!

The webinar will begin shortly...

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sound level.

Therapist Essential Coping Skills

The Mindfulness Remedy for Living in a Chaotic World

Donald Altman, MA, LPC

Welcome!

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Mindful Living Newsletter

MindfulPractices.com

Simply Mindful Coloring Book: 50 Drawings, Practical Tools & Daily Coping Skills

Simply Mindful: A 7-Week Course and Personal Handbook for Mindful Living

The Mindfulness Toolbox

101 Mindful Ways to Build Resilience

Mindfulness Training ● Consultation ● Speaking

Today's Roadmap

Stress and Mindfulness Fundamentals

- Effects of Stress – Cortisol, Telomeres & Mind-Wandering
- Neuroscience of Mindfulness

Coping Skills for Calm and Emotional Regulation

- Skill: Diaphragmatic Breathing
 - Turning on the parasympathetic nervous system
- Practice: The 5 Postures

Coping Skills to Distance from the “R.A.T.S.”

- Physical Grounding Skills to Create Space from Difficult:
 - Rumination
 - Anxiety
 - Stress
 - Transitions

Today's Roadmap

Coping Skills for Positive Affect and Depression

- Skill: Gratitude for Depression
 - Practice: The G.L.A.D. Technique

Coping Skills for Bouncing Back from Adversity

- Skill: The Supportive Power of Savoring
- Skill: Using Anchors for Safety and Security

Coping Skills for Optimal Brain and Body Health

- Skills: Nutrition, Activity and Sleep
 - Enhance Mental Clarity and More

Today's Roadmap

Coping Skills for Chronic Pain

- Skill: The Body Scan practice for changing the pain narrative and the experience of pain.

EXTRA: Coping Skills for Compassion and Safety in Relationships

- Loving-Kindness Practice as a Priming Tool for feelings of safety, security and trust.

Mindfulness Warm-Up

Brief Mindfulness Greeting

Using the CHAT function, share:

- 1) Your name, and write one sentence about the work you do.
- 2) In one sentence, tell what it was about this particular workshop that interested you.

Take a moment and appreciate the uniqueness of the people who are sharing this time with you.

Core Mindfulness Practice

WHERE ARE YOU RIGHT **NOW**?

3-Part Practice
“The Three Regulations”

BODY as it is
(Rooted, Posture)

BREATH as it is
(Physical Contact Point)

MIND as it is
(Non-judging Labeling)

Living in a Chaotic World

- Stress Research; Stress, Epi-Genetics and Mind-Wandering
- Identifying Stress
- Mindfulness as a Stress Antidote

Is Technology Rewiring Our Brains?

- Less Time in Nature
- Loss of Face-to-Face Communication
- Expectation of Speed and Instant Response Time
- Working Across Time-Zones
- Sleep Deficits

At the Movies... *Angry Yoga*

Why Worry About Stress?

Stress— a biological, psychological, social reaction to fear, anxiety, chaos, and demands of the environment.

- What music ripples through your brain and body during times of stress and transition?
- How can you reduce and replace ripples of stress with a tune of peace, harmony, and joy?

Effects of Daily Stress

- **Handling stress poorly each day puts you at a greater risk for mental health issues 10 years from now**
- Significant increase in clinically diagnosed anxiety and depression in those who reacted negatively to stress.
- Research suggests the importance of view stress as a challenge, rather than as a threat.
- Your attitude can make all the difference in your mental health.

The Wear and Tear of Daily Stressors on Mental Health, Psychological Science. 2013 24: 733 Charles, Piazza, et. al

Stress Survey in America

- **80% said their stress either stayed the same or increased over the past 2 years.**
- **PHYSICAL SYMPTOMS:** 69% experienced upset stomach, headaches, muscle tension, insomnia, lack of appetite.
- **PSYCHOLOGICAL SYMPTOMS:** 67% experienced irritability, anger, sadness, and tearfulness
- **UNHEALTHY BEHAVIORS:** 36% reported eating unhealthy foods or eating excessively in response to job stress; Many reported treated family and others poorly.

APA. *Stress in America*. From: <http://www.APApractice.org>

Face Time or Face-to-Face Time?

Time Spent in front of Screens and Time Away from Screens

- * Today, 8-18 year-olds devote an average of 7 hours and 38 minutes to using entertainment media across a typical day (more than 53 hours a week).
- ** Preteens were tested for their ability to recognize non-verbal emotion and facial cues
- Subjects spent five days at a camp with only face-to-face interactions and without screens.
- Recognition of nonverbal emotion cues improved significantly more than that of the control group for both facial expressions and videotaped scenes.

* *Generation M2: Media in the Lives of 8- to 18-Year-Olds*; Kaiser Foundation, <http://kff.org/other/event/generation-m2-media-in-the-lives-of/>

** Five days at outdoor education camp without screens improves preteen skills with nonverbal emotion cues; *Computers in Human Behavior*, 39, 2014

A Wandering Mind Is an Unhappy Mind

- People's minds wander an average of 47% of the time
- Mind wandering (state of not being present) is ubiquitous across all activities. Mind wandering is a predictor of feelings of unhappiness.
- It's not the activity, but how present one is that increases happiness

Mind Wandering and Telomeres

Mind Wandering and Aging Cells

- Telomere length is a measure of biological aging and a correlate of severe stress.
- Individuals reporting high mind wandering had shorter telomeres.
- A present attention state may produce cell longevity.

**Clinical Psychological Science*
Jan 2013 vol. 1 no. 1 (75-83)

At the Movies... *Stress, Mind Wandering, and Telomeres*

Perceived Stress Scale (PSS)

(Circle): 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

1. *In the last month, how often have you been upset because of something that happened unexpectedly? 0 1 2 3 4*
2. *In the last month, how often have you felt that you were unable to control the important things in your life? 0 1 2 3 4*
3. *In the last month, how often have you felt nervous and “stressed”?0 1 2 3 4*
4. *In the last month, how often have you felt confident about your ability to handle your personal problems? 0 1 2 3 4*
5. *In the last month, how often have you felt that things were going your way?..... 0 1 2 3 4*
6. *In the last month, how often have you found that you could not cope with all the things that you had to do? 0 1 2 3 4*
7. *In the last month, how often have you been able to control irritations in your life? 0 1 2 3 4*
8. *In the last month, how often have you felt that you were on top of things? 0 1 2 3 4*
9. *In the last month, how often have you been angered because of things that were outside of your control? 0 1 2 3 4*
10. *In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? 0 1 2 3 4*

PSS created by Sheldon Cohn, et. al, Carnegie Mellon University

Perceived Stress Scale Scoring

1. Add up the numbers for questions 1, 2, 3, 6, 9, 10. **Write the total here** _____
1. For items 4, 5, 7, and 8 reverse the numbers (0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) and add these up. **Write the total here** _____
3. Add the two totals from steps 1 and 2. **Write total here for Overall Score:** _____

Perceived Stress Level Rating:

WOMEN:

0-7	<i>Low</i>
8-20	<i>Average</i>
21-26	<i>High</i>
27-40	<i>Very High</i>

MEN:

0-6	<i>Low</i>
7-17	<i>Average</i>
18-23	<i>High</i>
24-40	<i>Very High</i>

Mindfulness – Antidote to Stress

- Neuroscience and the Brain
- Core Mindfulness Practice
 - The Three Regulations: Body, Breath, and Mind
- Website Resources

Affect Labeling and the Brain

Dispositional mindfulness is associated with greater widespread PFC activation and attenuated amygdala responses during affect labeling.

Affect labeling encourages participants to treat affective states as “objects” of attention, promoting a detachment from these negative states.

Emotional Regulation Changes Amygdala

Study showed “evidence that cognitive regulation can create long-lasting changes in the ability of stimuli to elicit affective responses.

Amygdala response remained low during a follow-up after initial training.

Mindfulness Based Exposure Therapy for PTSD

- Combat veterans with PTSD used body scan, breathing, and self-compassion practices.
- MRI showed increased connections between brain areas related to less negative mind wandering and more present focused attention
- Over time, subjects showed increased capacity to volitionally shift attention from anxious states to present state attention.

King, A. P., Block, S. R., et. al. (2016), ALTERED DEFAULT MODE NETWORK (DMN) RESTING STATE FUNCTIONAL CONNECTIVITY FOLLOWING A MINDFULNESS-BASED EXPOSURE THERAPY FOR POSTTRAUMATIC STRESS DISORDER (PTSD) IN COMBAT VETERANS OF AFGHANISTAN AND IRAQ. *Depress. Anxiety*, 33: 289–299. doi: 10.1002/da.22481

in Elders with Mild Cognitive Impairment

STUDY 1: 3-mo. intervention for 55-90 yr. olds.

- 15-30 Min. Daily for 8 weeks; Treatment group had improved neurocognitive function
- Significantly improved verbal recognition memory compared to control group

STUDY 2: MRI showed increase in functional brain connectivity in areas affected by MCI and Alzheimers Disease.

- Mindfulness Meditation reduced hippocampal atrophy and increased networks related to past memories and associations.

J Am Geriatr Soc. 2013 Apr. (6) 14, 642-645 doi: 10.1111/jgs.12179; *Meditation for Adults with Mild Cognitive Impairment: A Pilot Randomized Trial*; Rebecca Wells, Catherine Kerr, et. al.

Useful (& Free) Web Resources

- Brain Resources
- Mindfulness Websites

Mindfulness Resources/Research

- Virtual Hope Box: https://www.research.va.gov/research_in_action/Virtual-Hope-Box-smartphone-app-to-prevent-suicide.cfm
Breathe2Relax CovidCoach
- Greater Good; The Science of a Meaningful Life www.GreaterGood.berkeley.edu
- Center for Investigating Healthy Minds:
<http://www.investigatinghealthyminds.org>
- Mindfulness Research Monthly goamra.org
- DANA.Org Brain Research [Dana Foundation](http://DanaFoundation.org)
- TCME.Org [The Center for Mindful Eating](http://TheCenterforMindfulEating.org)

Pausing for Mindful Metacognition

- Taking a pause to reflect improves learning.*
- 2-Week Mindfulness Meditation Training increased the accuracy of perception and memory.**

Benefits of Metacognition:

- Helps us develop more accurate judgment about our abilities and insight about ourselves
 - Is a skill that can be developed by pausing to reflect.
 - Pausing in session helps clients to integrate what they have learned from therapy.
-
- **Improving learning through enhanced metacognition: a classroom study;** J. R. Baird, European Journal of Science Education 1986
-
- **** Domain-specific enhancement of metacognitive ability following meditation training;** Journal of Experimental Psychology: General, 2014 May 12.

Time for Reflection and Metacognition...

Skill: Breath for Calm and Regulation

- Train the Brain for Calm and Cognition
- Turn on the Parasympathetic Nervous System
- Navy SEALs method for arousal control
- Practice: Diaphragmatic Breath & the 3 Min. Question for Clients

William James wrote...

“...The power of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will...But it is easier to define this idea than to give practical directions for bringing it about.”

—*The Principles of Psychology, 1890*

“Boredom is simply lack of attention.”

-- Fritz Perls

*The secret of health for
both mind and body is not
to mourn for the past,
worry about the future, or
anticipate troubles but to
live in the present
moment wisely and
earnestly.*

—The Buddha

At the Movies... *Breathing and Mindfulness*

Mindful Breathing Awareness

20-minutes of diaphragmatic breathing produced:

- A reduction of negative feelings
- An increase in neurotransmitter serotonin for improved mood
- A higher concentration of oxygen in the pre-frontal cortex
(mindful attention and higher level processing)

International Journal of Psychophysiology 2011, May, Activation of the anterior prefrontal cortex and serotonergic system is associated with improvements in mood and EEG changes induced by Zen meditation practice in novices; Toho University School of Medicine

Brief Mindfulness Reduces Stress & Blood Pressure

Pilot Study with 13 Priests at University of Portland*

- Priests a vulnerable population to stress and high blood pressure
- Program consisted of two 1-hour training sessions on “contemplative breathing” and 3-minute practice sessions three times a day.
- Results: Significant reduction in Blood pressure and Perceived Stress Scale

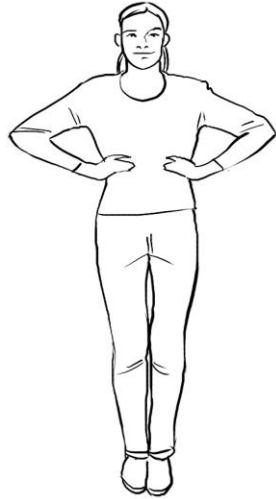
* Joy Mocieri, RN, BSN, CEN, TNCC, *The Unique Power of Mindfulness on Blood Pressure and Stress Reduction on a Priest Community*; University of Portland School of Nursing, June 24, 2018

Turning on the Parasympathetic System

Where are you breathing?

- **Rewiring the Stress Response**
 - 20-30 sec. to turn down stress volume
 - 10x increase in oxygen
 - Lower B.P., respiration
 - Increase alpha waves
 - Increase serotonin

5 Regulating Breathing Practices



Teaching Belly Breathing

- 1) Explain the benefits and physiology of breathing, and how it turns on the body's relaxation system
- 2) Check where they are breathing by having them put one palm on the chest, one on the belly.
- 3) Demonstrate how to get a fuller belly breath by placing the hands behind the back or behind the neck/head.
- 4) Problem solve how clients can use this each day.

Pair Belly Breathing with Other Pleasant Activities

- 1) Music
- 2) Walking
- 3) Swimming
- 4) Biking
- 5) Reading
- 6) Eating

The 3-Minute Question

You do lots of things to take of your physical hygiene
each day....

Are you worth 3 minutes a day to take
care of your mental well-being with
belly breathing?

Time for Reflection and Metacognition...

Skill: Grounding for Clearing Out the RATS

Physical Grounding Practice

Drop into the body...
and rest the weary mind.

Intervention for clearing out and
managing the **RATS**:

R-umination

A-nxiety

T-ransitions

S-tress

The New Science of Epi-genetics

[Nova and Epigenetics](#)

- Meditation altered gene expression changes to more than 2200 genes, including those responsible for inflammation, handling of free radicals, and programmed cell death

www.genome.gov

* Dusek JA, Otu HH, Wohlhueter AL, Bhasin M, Benson, H, et al.
2008 Genomic Counter-Stress Changes Induced by the Relaxation
Response. PLoS ONE 3(7): e2576.

Mindfulness Enhances Mind-Body Connection

- Meditation strengthens connections between the frontal cortex and the insula *
- Mindfulness training for 7-8 yr. old anxious children showed clinical improvement, better attention, and included daily mindful walking. **

*Effects of Meditation Experience on Functional Connectivity of Distributed Brain Networks, Frontiers in Human Neuroscience, March 2012|Volume 6|Article 38| 1; Wendy Hasenkamp and Lawrence W. Barsalou

** Treating anxiety with mindfulness: an open trial of mindfulness training for anxious children; Journal of Cognitive Psychotherapy, Vol. 19 No. 4, 2005. Semple, Reid, and Miller

Skill: Grounding with Palm the Present Moment

Practice:

- Guided Script is in Handouts.
Use script until you are comfortable and familiar with various steps.

Teaching: Palm the Present Moment

- 1) Get centered in body
- 2) Rubs palms together then place palms a foot apart
- 2) Slowly bring palms closer until they touch
- 4) Raise elbows and press palms together; Hold for four count
- 4) Release, letting go stress
- 5) Lower arms and hands onto legs; breathe out remaining stress
- 7) Stretch arms over head and exhale as arms come down

Palm the Present Moment

Guidelines for Teaching Clients:

- Frame as a portable tool for stress and rumination.
- Always demonstrate and have client follow along.
- Give handout after teaching client.
- Schedule Practice Times.
- Follow-up and practice again next session to ensure effective use.

Time for Reflection and Metacognition...

- 1) Use the Chat function to write your Experience of Palm the Present moment or the S-T-O-P Stress Practice.
- 2) What did you notice? How could one of these practices be adapted for clients?
- 3) Take a moment to read through comments from others.

Break

Skills for Positive Affect and Depression

Gratitude as a selective
attention practice

Four Psychological Reasons
Why Gratitude Is Good

Practice: Take G.L.A.D.
Snapshots Through the Day

Things We Sometimes Forget to Have
Gratitude For...

Consistent Gratitude Practice

PHYSICAL

- * Stronger immune system
- * Lower blood pressure
- * Less bothered by pain
- * Lower blood pressure
- * Exercise more and take better care of health
- * Sleep longer and feel more refreshed upon waking

PSYCHOLOGICAL

- * Increased positive emotions
- * More alert, alive, and awake
- * More joy and pleasure
- * More optimism & happiness

SOCIAL

- * More helpful, generous, and compassionate
- * More forgiving and more outgoing
- * Feel less lonely and isolated

Gratitude for Depression

Depression Intervention:

2003 study had participants write down five things they were grateful for during the week for a period of 10 weeks. These people were:*

- 25% happier than persons who wrote down their day's frustrations or simply listed the day's events.
- More optimistic about the future.
- Felt better about their lives.
- Participated in one and a half hours more exercise per week than those in the control groups.

Gratitude as a Selective Attention Practice

- Brain wires up by what is in the field of focused attention
 - Focus on the good things
 - Notice and savor the ordinary
 - Develops an attitude of kindness

At the Movies... *Robert Emmons: Why Gratitude Is Good*

Five Kinds of Gratitude...

- 1) Basic Gratitude, Necessities
- 2) Ordinary Gratitude
- 3) Personal Gratitude
- 4) Relational Gratitude
- 5) Paradoxical Gratitude

...AKA Silver Lining Gratitude

Gratitude for the Ordinary Study

- Participants chronicled both an “Ordinary” daily event and “Extraordinary” Event
 - Photos and writing about the day
- Subjects predicted which they would most interesting to review in the future
- Majority predicted the Extraordinary Event
- 3 Months Later, Subjects Reviewed Both Events:
 - Individuals greatly underestimated the ordinary day and what they could gain from it.
 - Subjects found the Ordinary Event more meaningful and interesting than the Extraordinary one.

Saint Teresa's Ordinary Gratitude

My daughters, what are these drops of oil in our lamps?

They are the small things of daily life:

faithfulness,

punctuality,

small words of kindness,

a thought for others,

our way of being silent, of looking,

of speaking, and of acting.

These are the true drops of love.

Be faithful in small things because
it is in them that your strength lies.

Three Gratitude Practices

INTERPERSONAL PRACTICE 1: Write down one thing you were grateful for in the past week and then tell the story behind that gratitude to another.

INTERPERSONAL PRACTICE 2: Write a Gratitude Letter about something positive that another person did for you, and present that individual with the letter.

PERSONAL PRACTICE 3: Make a Gratitude Bowl (or teacup) for the day or week, and put a penny in for each time you feel grateful for something. Track how many pennies you accumulate.

G.L.A.D. Daily Snapshot*

*G.L.A.D. is an acronym for finding joy
and balance using cognitive,
behavioral and mindfulness skills*

G - find one **Gratitude** you're thankful for today

L - find one new thing you **Learned** today

A - find one **Accomplishment** you did today

D - find one thing of **Delight** that touched you today

Journal or write on an index card

Using G.L.A.D. at Home

G.L.A.D. is an acronym for finding joy and balance using cognitive, behavioral and mindfulness skills

- Make this a partner practice sharing all the **G.L.A.D.** elements you noticed that related to a significant person in your household. Then, they share their **G.L.A.D.** with you.
- At mealtime, go around the table as each person takes one letter from **G.L.A.D.** and shares that with others.
- Keep a **G.L.A.D.** journal that you can look back on and review.

Skills for Bouncing Back from Adversity

- Mindfulness as a Selective Attention Tool for Distancing from Negativity and Triggers
 - 2 Kinds of Savoring Memories for Building Positive Affect and Enhancing Social Identity
 - Savoring a Past Success or Accomplishment
 - Savoring Times of Helping Others
 - Anchoring in the Environment

Savoring a Past Success or Accomplishment

- Recalling past successes or good times can boost feelings of positivity.
- Extending a positive memory for a longer period of time, known as “savoring” can produce feelings of well-being.

Savoring for Older Adults

- Older adults associate tranquility and contentment with life-satisfaction.
- Use a Savoring Exercise with Tranquility as the focus.
- Have client make a list of ways they feel content in their life to help them experience a life well-lived.

Practice: Savoring a Past Success

During the next 4 minutes, savor a favorite memory, a past success, or something you are proud of, that makes you feel joyful.

You can either write this down or just savor the memory in great detail.

(Use tranquility and contentment as a focus if you want.)

Savoring Times of Being a Benefactor

Reflecting on voluntarily giving or being a benefactor produces:

- Increased positive affect and greater pro-social behavior than when reflecting on receiving.
- Stronger self-identity as a capable and caring contributor.

Practice: Being a Benefactor

For the next 4 minutes, write about a recent experience at work or in your life in which you volunteered or made a contribution that enabled other people to feel grow, flourish, or feel grateful.

Write down your experience of being a benefactor in as great detail as you can.

Savoring Reflection

Use Chat Function to Share:

- What was it like to do both of these?
- Which appealed to you most? Why?
- How might this practice have a positive impact on your day, work, or relationships?
- How might you use or adapt either of these interventions with clients?

Anchoring in the Environment

Ordinary Symbols and Objects are Anchoring, such as:

- Shapes, such as a circle, a ring, etc.
- Sounds or musical instruments
- A comforting color or object in nature
- A favorite object or family keepsake.

Anchors from Daily Experience

- Name of a Favorite Sports Team
- Smell of Lavender
- Childhood toy or favorite object
- Non-verbal gestures, postures
- Geographic safe place, nature

Anchors from Various Life Stages

Children relate to grounding symbols, such as:

- * Favorite childhood books
- * Chair in their room
- * Pets and animals
- * Favorite comics; game cards
- * Dolls, Pokemon, model trains, etc.
- * Cap and gown are symbols at graduation
- * Plants are symbols for life, death, and rebirth
- * Adult symbols are family keepsakes, cultural holidays, flags, Mother's and Father's Day, etc.

Practice: Here and Now Anchor

Finding Pleasantness

Ask the question:

**What one thing can I find that is pleasant
in my environment right now?**

Colors

Objects

Sounds

Shapes

Sensations

Smells

Textures

Anchors: Questions for Clients

- What was your experience of identifying and anchoring with a symbol like for you?
- What object(s) connect you with family in a positive way?
- How might you use anchoring during the day to lift your mood and get you focused on the positive?

Practice: Savoring the Ordinary

Using the categories below, choose 1-3 “small things,” as Mother Teresa referred to them—to savor for the next 5 minutes.

1) Identify One Small Thing from This Week

- Things cherished or appreciated, like reading the paper, sipping coffee, giving a hug or kiss to someone special, feeling of water in the shower, etc.

2) Observe One Ordinary Good Thing in Your Surroundings

- Take a mental snapshot of how you’re sitting in a nice chair, watching your kids play, interacting with a friendly person, or seeing the sunlight coming in through a window.

3) Remember One Kindness from Today

- Did you help someone today? Did someone help you? Bring to mind that ordinary (yet special) word of encouragement you shared with another or vice versa. Remember even the smallest act of kindness—a pat on the back, a smile, etc.

Time for Reflection and Metacognition...

Coping Skills for Optimal Brain/Body Health

- Required for optimal cognition and learning
 - Thinking brain needs protein
 - Brain's glymphatic system
 - Sleep enhances learning

* from: *Simply Mindful: A 7-Week Course and Personal Handbook for Mindful Living* by
Donald Altman

Healthy Eating & Nutrition

Identify eating patterns and strategies

- Identify meal skipping or mindless eating
- Protein to help with mood, attention and motivation
- Drugs and alcohol patterns
- Role of caffeine with depression/anxiety
- Identify: simple, realistic and achievable goals
 - “What is one small change you can make today?”

<http://www.caffeineinformer.com>

Healthy Eating & Nutrition

- Foods for Attention and Motivation
 - Neurotransmitters **Norepinephrine** and **Dopamine**: synthesized from tyrosine; sources include almonds, lima beans avocados, bananas, dairy, pumpkin and sesame seeds
- Foods for Calm, Mood Regulation, Mental Flexibility
 - Neurotransmitter **Serotonin**: synthesized from tryptophan; sources include brown rice, cottage cheese, meat, turkey peanuts, and sesame seeds
- Foods for Thought and Memory
 - **Acetylcholine** (not made from amino acids): Choline belongs to the B family of vitamins is found in lecithin. Foods include salmon, egg yolks, wheat germ, soybeans, organ meats, and whole wheat products.

Sleep Hygiene

- Brain and Sleep: The Glymphatic System
- How much sleep do you need? How much sleep do you get? What is your daily sleep deficit?
- Factors of life style affecting sleep
 - Technology, time, etc.
- Medical factors affecting sleep
- Problem solving sleep issues, even bad mattresses
- Develop a healthy sleep ritual

* 2011 Study shows that chronic sleep problems commonly found in anxiety and depression can produce more negative thoughts and memories.

At the Movies..23 ½ Hours: *What is the Single Best Thing?*

Exercise and Movement

- Physical Exercise and Pleasant Activities boost mood and reduce anxiety
 - Exercise produces brain-derived neurotrophic factor (BDNF) good for brain and learning
 - Movement stimulates the production of a host of neurotransmitters and hormones that safeguard against anxiety, depression, ADHD, dementia, aging, and obesity.*
- Identify simple, realistic and achievable pleasant activity to implement.
- Don't reinvent the wheel; use activities that worked in the past
- Select date and time to do activity.

* *Spark: The Revolutionary New Science of Exercise and the Brain*— James Ratey and Eric Hagerman New York: Little, Brown and Co., 2008

Coping Skills for Chronic Pain

Introduction to the Body Scan

Changes Perception of Pain

Practice: Surf the Body

Body Scan for Pain Reduction

- Four 20-min. sessions of mindfulness meditation reduced pain unpleasantness by 57% and pain intensity by 40% *
- Engages multiple brain mechanisms that alter the subjectively available pain experience.

* "Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation,"
The Journal of Neuroscience, 6 April 2011, 31(14): 5540-5548

Practice: Body Scan

- Non-judging awareness and acceptance with the Body Scan
 - Used in Mindfulness Based Stress Reduction (MBSR) and
 - Mindfulness Based Cognitive Therapy for Depression (MBCT)

Body Scan Reflection

How can the Body Scan be part of a daily practice?

What obstacles could get in the way?

What would be the best time and place to incorporate the Body Scan into your day?

How could you adapt this practice?

How will you know if the Body Scan is being effective?

Loving Kindness to Heal Trauma

- Fredrickson's *Broaden and Build* Theory for Positive Emotions

- Asserts that positive emotions broaden attention and thinking in response to diverse experiences, not narrowly focused threats.
- Positive emotions increase connection, trust, and openness.
- Positive emotions build relationships and resources.
- Loving-kindness Meditation (LKM) increased daily positive experiences and broadened personal resources and life satisfaction, and altered response to negative, depression-inducing emotions.

Open Hearts Build Lives: Positive Emotions, Induced Through Loving-Kindness Meditation, Build Consequential Personal Resources, J Pers Soc Psychol . 2008 November ; 95(5): 1045–1062. doi:10.1037/a0013262, Fredrickson, Cohn, et. al.

Loving Kindness Affirmation

- *May I be safe*
- *May I be happy*
- *May I be healthy*
- *May I be at peace*
- Optional to add: “May I be...Secure, Loved, Forgiven, Accepted, etc.”

Loving-kindness and compassion meditation: potential for psychological interventions ,
Hoffman, Grossman, and Hinton, et. al., Clinical Psychological Review, 2011
Nov;31(7):1126-32. Epub 2011 Jul 26.

Loving Kindness Affirmation

After practicing sending these warm feelings to yourself, you can extend these to others:

- Teachers, mentors, guides

- Family and friends

- Neutral persons

- Unfriendly persons

- To all persons without discrimination

Deepening: Loving Kindness Intervention

This is an adaptation of Loving Kindness Meditation. It has been shown to be helpful to those in the military, law enforcement, and others. It based on the idea of using honor to grow compassion toward yourself and others (who served with you or who were lost).

- * Tested on Veterans, at Oklahoma VA, 2013, as part of MBSR, and found they were more likely to practice Loving Kindness using this honor meditation

Loving Kindness Honor Meditation

- *I honor myself for my service.*
- *I honor the strengths that made my service possible.*
- *I honor the person I am.*
- *I acknowledge and value my life.*

Traditional:

- *May I be safe.*
- *May I be happy.*
- *May I be healthy.*
- *May I be at peace.*

Loving Kindness Honor Meditation

- *Rest with these intentions then think of someone who you have strong positive feelings for, who showed you thoughtfulness, helped you, or even acted to defend and protect you.*
- *I honor _____ for their service.*
- *I honor the role _____ played in my life.*
- *I honor _____ for the person they are.*
- *I acknowledge and value of _____ life.*

Loving Kindness Honor Meditation

- *Continue to extend these intentions to the following person or groups.*
 - *Groups or persons neither liked nor disliked.*
 - *Unfriendly persons.*
 - *All persons and beings.*

1-Minute Loving-Kindness + Breath Practice

- **1-minute: Breath in loving kindness for yourself; exhale it for all other beings**
- OPTIONAL: Use a single word, such as “safe” “connected” “secure” “peaceful” “energized” “compassion” with each in and out breath.

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