

RECLAIMING REFLECTION AND THE POWER OF PAUSE

HOW TO HELP CLIENTS BE MORE PRESENT

ON DEMAND | AVAILABLE UNTIL MARCH 1, 2020

WORKSHOP AGENDA

Session 1

- Benefits of Present Moment Awareness
 - Decreases negative mind wandering
 - Useful for working with CBT
- The Brain's Integrative Here and Now Module
- Research & Website Resources
 - Metacognition
 - Reflecting Inwardly- helps reinforce CBT
- Reflective Breath Practice
 - Opening Awareness to the Body, Breath, and Mind
- Practices for Presence
 - Grounding with Palm the Present Nature- restores depleted mental focus
 - Reflecting on Joy with Others- enhances relationships

Session 2

- Mind Wandering
 - Effects on telomeres
- Practices for Presence
 - Grounding with Palm the Present Nature- restores depleted mental focus
 - Reflecting on Joy with Others- enhances relationships
- Non-Judging Awareness for Chronic Pain

Session 3

- 5 G.R.E.A.T. Self-Care Strategies for Mental Clarity, Response Flexibility, Regulation, and Resources/Relationships
 - Gratitude & Attitude
 - Relationships & Resources
 - Eating/Sleeping
 - Activity- Pleasant and Exercise
 - Tech boundaries & Tune-up with Mindfulness Practices
- Present Moment Focus on Safe Anchors
 - Nature
 - Attention Restoration Theory
 - Life Stages and Symbols as Safe Anchors
- Sharing a Story of Joy

LEARNING OBJECTIVES

- Maximize therapy during and between sessions
 - Decrease negative mind wandering
 - Use selective attention to interrupt craving, impulsivity and negativity
 - Implement a powerful body-based grounding intervention
 - Utilize 5 self-care skills that boost clarity and presence
 - Integrate reflection with CBT
 - Engage present moment safe anchors for greater calm and emotional regulation
 - Enhance relationships in the moment through story-telling
- In a world with little time to “stop and smell the roses,” reclaiming reflection might be one of the most beneficial ways you can help clients take greater control over their lives.



Donald Altman, M.A., LPC, was a staff writer for an EMMY-Award winning children's television show (“The Magic Door,” CBS Chicago), won an American Medical Writer's Association Award and has had articles appear in New Age Journal, the Los Angeles Times, and Independent Business Magazine. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives.

Reclaiming Reflection
and the Power of Pause
How to Help Clients be More Present

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*Reflect: Awaken to the Wisdom of the Here and Now
101 Mindful Ways to Build Resilience*

Mindful Living Newsletter: MindfulPractices.com

Mindfulness Training ● Consultation ● Speaking

Session 1 of 3

Session 1 Road Map

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"The greatest riches are found in your natural state of grace and awe."
 -- Donald Altman, *Reflect: Awaken to the Wisdom of the Here and Now*


Mindfulness Warm-Up

Part 1: Move around the perimeter your space for a brief period of time. You're not trying to do anything in particular, just walk.


Mindfulness Warm-Up

Part 2: Move around your space with **full intention**. (turn off all technology devices)


When you take a step, know you are taking a step.
 When you pause, know you are pausing.
 When you turn, set the intention to turn.
 Be aware of the breath.
 Set the intention to notice any small, new thing you might have never seen before in your environment.
 Stay connected with the body as you intentionally move about.

 Mindfulness Warm-Up

Part 3: Journal or share with another your experience of moving with intention. How did this change things for you?
How present did you get?

 “ ...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* ”

William James

 “ *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

Is Technology Hindering Reflection?

- Less Time in Nature
- Loss of Face-to-Face Communication
- Expectation of Speed and Instant Response Time
- 24/7 Instant Gratification
- Working Across Time-Zones
- Sleep Deficits

Reflective Awareness Practice
Get Curious about the...

body as it is
(Rooted, Posture)

breath as it is
(Physical Contact Point)

mind as it is
(Non-judging Labeling)

space as it is
(Soft, compassionate presence)

Research and Resources

Mindfulness Based Exposure Therapy for PTSD

- Combat veterans with PTSD used body scan, breathing, and self-compassion practices.
- Connections increased 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. (2014). 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

Mindful Reflection for Reducing Cravings

- Attention that brings mindful acceptance to cravings breaks the maladaptive cycle of desire by helping people mentally disengage from ongoing cravings.
- Acceptance lets people observe ongoing cravings as transient events that will eventually fade, rather than by trying to suppress them.
- Mindful attention acts as a brake between urge and reaction.
- Work of Alan Marlatt on Mindfulness-Based Relapse Prevention and Urge Surfing practice.

Appetite, 2010 Aug;55(1):160-3. *Coping with food cravings*, Alberts, Mulken, Smeets, & Thewissen

Affect Labeling and the Brain

Integrates brain: labeling good for emotional regulation.
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.

Neural Correlates of Dispositional Mindfulness During Affect Labeling
J. David Creswell, et. al., *Psychosomatic Medicine* 69:560-565 (2007)

Emotional Regulation Produces Long-Lasting Effects on 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.

Long-Lasting Effects of Emotion Regulation on Amygdala Response. Brian T. Denney, et. al., Psychological Science, July 2015J doi: 10.1177/0956797615578863

Alters Physical Brain Structure

- Meditation alters brain structures in 8 weeks, in brain regions associated with memory, sense of self, empathy and stress.*
- 4-Day Meditation Training Improves Cognition and Reduces Anxiety and Stress**

*Massachusetts General Hospital, "Mindfulness Meditation Training Changes Brain Structure in 8 Weeks."
<http://www.massgeneral.org/about/pressrelease.aspx?id=1329>
(accessed January 30, 2011).

**Mindfulness meditation improves cognition: evidence of brief mental training. Journal Consciousness and Cognition, June 2010; 19(2):597-605

Pause 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 (Reinforces CBT)
- 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.

The Mindful Therapist

- How Does a Clinician's Mindfulness Affect Therapy?
- Positive correlation between clinician's mindfulness and the therapeutic alliance
- Non-judgmental acceptance and openness to experiences were predictors of a strong therapeutic relationship

Mindfulness in Clinician Therapeutic Relationships, Mindfulness, August 2013, Russell Razaque, Emmanuel Okoro, Lisa Wood

Enhancing Therapy with Present Moment Reflection

- Leave a minute or two at the end of session for client to reflect on one idea from therapy that could be put into action during the week; or one idea that was meaningful
- Homework assignment: Think of one thing from the session that was useful or could be put into use during the week. Write this down for discussion on the next visit.

Reflection Reinforces CBT

- Have clients set aside time to reflect on thinking styles they notice each day: how many "shoulds," how many "catastrophizing thoughts" etc.
- Take short reflection breaks to find alternative evidence, ideas and broaden out thinking.
- At the beginning and end of the day, have clients reflect on a kinder, more compassionate balanced view of themselves.

It's all MY fault that things didn't go flawlessly. I should have known better.

Mindfulness Resources/Research

Military Health System
<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/mHealth-Clinical-Integration>
<https://health.mil/News/Gallery/Photos/2015/09/11/VirtualHopeBox>

- Center for Investigating Healthy Minds:
<http://www.investigatinghealthyminds.org>
- MARC, The Mindful Awareness Research Center
www.marc.ucla.edu/body.cfm?id=38&atopID=38
- Mindfulness Research Monthly for new mindfulness research that is being published. goamra.org
- DANA.Org Dana Foundation Brain Research Dana.Foundation
- MindGains.Org Global.Assoc./Interpersonal.Neurobiology
- TCME.Org The.Center.for.Mindful.Eating

**Reflective Awareness:
Opening to the Body, Breath and Mind**

Why Worry About Stress?

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

- Stress hormone cortisol ripples through your brain and body in response to daily stress and stressful interactions with others.

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

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

** 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.*

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

Mindful Breathing

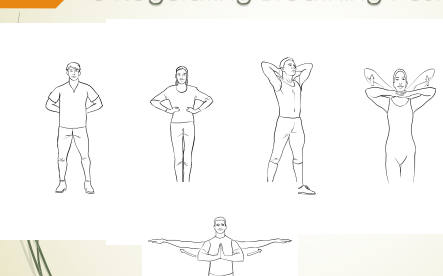
- **Rewiring the Stress Response with Breath**
 - 20-30 sec. to turn down stress volume
 - 10x increase in oxygen
 - Lower B.P., respiration
 - Increase alpha waves
 - Increase serotonin

Brief Reflective Breath Practice Reduces Stress and 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 Macierfi, 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

5 Regulating Breathing Postures



Teaching Belly Breathing

- 1) Explain the 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

Breathing with Deep Peace

Deep peace Of a running wave to you
Deep peace Of the flowing air to you
Deep peace Of the quiet earth to you
Deep peace Of the shining stars to you
Deep peace Of the gentle night to you
Moon and stars
Pour their healing light on you
Deep peace to you

Reflective Breath/Awareness Follow-Up

Journal or share your experience of reflective awareness with your partner:

- ❖ How did it feel to sit in this way?
- ❖ What did you notice in your own breath, body and mind?
- ❖ What did you learn about opening awareness in this more reflective way?

Session 2 of 3

Session 2 Road Map

- Mind Wandering
 - Effects on telomeres
- Practices for Presence
 - Grounding with Palm the Present
 - Nature- restores depleted mental focus
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 - Non-Judging Awareness for Chronic Pain

Mind Wandering: 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

A Wandering Mind Is an Unhappy Mind. Matthew A. Killingsworth and Daniel T. Gilbert. Science 12 November 2010; 330 (6006), 932.

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)

Calm and Clarity Practice: Sense Grounding

- Directs attention to the present moment.
- Dropping into the body quiets the brain's default mode network that spins negative stories.
- Brings greater body and emotional awareness.

• Good for spatial, tactile, visual learning styles

Palm the Present 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

Palm the Present Reflection

What was your
experience with
Palm the Present?

How could you use
this practice with
groups or
individuals?

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

Selective Present Moment Attention

- Attentional Practices for Shifting Affect and Well Being
 - Savoring the Ordinary
 - Savoring an Accomplishment
 - Being a Benefactor
 - Sharing a Story of Joy with Another

Saint Teresa's Mindfulness Prescription

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.

Savoring 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.

A "Present for the Future: The unexpected value of rediscovery; Psychological Science, published online, August 29, 2014; Zhang, et. al.

Practice: Savoring the Ordinary

PART 1: Write down using the categories below, 1-3 "small things," as Mother Teresa referred to them.

- ◆ **Identify One Small Thing from This Week**
 - Things cherished or appreciated, like reading the paper, coffee, giving a hug or kiss to someone special, noticing the feel of the water in the shower, etc.
- ◆ **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.
- ◆ **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.

Practice: Savoring the Ordinary

PART 2: Savor your "small, ordinary daily" experience in detail for the next 5 minutes. Keep in mind the following:

How do these small, ordinary things add value or meaning to your day?

What is one thing in your life or relationships that would change by giving more emphasis and appreciation to these ordinary moments?

How could this become part of a daily awareness practice?

Attitude and Hope Practice: Savoring a Past Success

- 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.

Journal of Happiness Studies: Savoring: A New Model for Positive Experience, 2007

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.

Savoring Practice

During the next five 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.)

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.

Psychological Science, 2012

Benefactor Practice

For the next five 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 Metacognition

Journal, or with partners, discuss the following:

What was your experience of savoring?

How did it make you feel in the body?

How did it make you feel about yourself?

What words would you use to describe the character strengths that helped you reach your goal?

Sharing Joy as a Present Moment Practice

Joy as a Strength

- The original meaning for joy is "to rejoice"
- Expressing joyfulness has a long history, including "sympathy of joy"—*mudita*—which means having joy for the happiness and success of others.
- Experiencing and sharing joy is a coping skill and a form of altruism and giving.

Study on sharing happiness and joy demonstrated how:

- Connections and secure attachment are enhanced
- Sense of well-being improves
- A smile strengthens connections with others

Journal of Personality and Social Psychology, 2011

Presence & Sharing a Story of Joy

1) Journal or share a story with a partner(s) of how you connect with and find joy in your life. In other words, how do you rejoice or play? What most gives you the experience of being alive?

- Friends
- Pets
- Nature
- Activities
- Creative Endeavors

Metacognitive Reflection

- What was it like to experience someone through a story of joy?
- What did this feel like in the body?
- How present did you feel?
- How did you know you were present?
- How could you introduce this practice to clients?
- How could you adapt this practice with clients?

Mindfulness for Chronic Pain

- Introduction to the Body Scan
- Changes Perception of Pain
- Practice: Surf the Body

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

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 Metacognition

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?

➤ Entering a Meal with Intention Practice

- For Today's Meal (Optional):
- **Entering the meal.** notice any emotions or tension. Breathe or use Sense Grounding to let these go.
- Notice the type of food your body is hungry for and order as much as will satisfy this hunger.
- From time to time, put down the utensil and take a breath break between bites.
- **Leaving the meal.** think about how you are letting go of the meal and transitioning to your next experience.

➤ Eating (or daily meal) Practice

- **Moment by Moment Awareness**
- Awareness of Body (posture, body movement, chewing, hunger, satiety, etc.)
- Awareness of sensations (tastes, textures, smells, sights, sounds, likes, dislikes, neutral)
- Awareness of mind (thoughts, desire, perceptions, judgments, opinions, memories, etc.)

➤ Session 3 of 3

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 - Nature
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G.R.E.A.T. Self-Care Strategies help to Nurture Resiliency

- The Adverse Childhood Experiences Study showed that having an abusive, neglectful or dysfunctional family in childhood resulted in various health risks as an adult, including lack of activity, alcoholism, depression, obesity, etc.
- Self-care is a protective buffer that builds efficacy, mental clarity, and builds relationships and personal resources and positive self-identity.

5 Mindful Self-Care Strategies

- **G**-ratitude & Attitude
- **R**-elationships
- **E**-ating & Sleeping
- **A**-ctivity
- **T**-ech Boundaries and Tune-Up with Mindfulness Practices

**G.R.E.A.T. Self-Care Strategy #1:
Gratitude and Attitude**

- ▶ Brain wires up by what is in the field of focused attention
- ▶ Focus on the positive things
- ▶ Attitude of kindness

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

www.GreaterGood.berkeley.edu

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. Results showed 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.

*Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life—Robert Emmons and M. McCullough, Journal of Personality and Social Psychology, 2003, Vol. 84, No. 2, 377–389

Four Kinds of Gratitude...
1) Basic Gratitude, Necessities

Four Kinds of Gratitude...
2) Personal Gratitude

Four Kinds of Gratitude...
3) Relational Gratitude

Four Kinds of Gratitude...

4) Paradoxical Gratitude

...AKA Silver Lining Gratitude

Relational Gratitude Practices

INTERPERSONAL GRATITUDE PRACTICE #1:

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

Be sure to include *why* you were grateful for this because it deepens the story.

Relational Gratitude Practices

INTERPERSONAL GRATITUDE PRACTICE #2:

Write a Gratitude Letter about something positive that another person did for you, and present that individual with the letter or share that story in person.

G.L.A.D.* for Present Moment Awareness

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

G - find one **Gratitude** that you are thankful for today.
L - find one new thing you **Learned** today.
A - find one **Accomplishment** you did today.
D - find one **Delightful** thing you experienced today.

Journal or write these on an index card and share with another.

*The Mindfulness Toolbox by Donald Altman

Gratitude Metacognition

Journal or explore the following with a partner:

What was your experience of writing down and sharing gratitude and G.L.A.D. for a partner, friend, work associate, etc?

How could you use gratitude and G.L.A.D. as a resilience practice to maintain positive emotions and equilibrium with another?

G.R.E.A.T. Self-Care Strategy #2: Relationships

- ▶ Relationships enrich and give meaning to life
 - Help us to learn and grow
 - Sharing stories broadens understanding and coping skills
 - Resources increase resilience and give hope

Relationships

- ▶ Research shows influence of a social network is as much a mortality risk factor as smoking, drinking and obesity.*
- ▶ Identify your social network
 - ▶ the Face-to-Face social network
 - ▶ Work associates, family, friends, caregivers, church/spiritual, hobbies/activities
- ▶ How to build and expand one's network
- ▶ How to best utilize one's resources, mentors, etc.

* Holt-Lunstad, Smith, and Layton, *Social Relationships and Mortality Risk: A Meta-analytic Review*; PLOS Medicine, July 27, 2010
<https://doi.org/10.1371/journal.pmed.1001933>

G.L.A.D.* for Building Relationships

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

- G** - find one **Gratitude** about a partner, friend, or other person that you are thankful for today.
- L** - find one new thing you **Learned** about another today.
- A** - find one **Accomplishment** made by your partner (friend, etc.) today.
- D** - find one **Delightful** experience related to your relationship today

Journal or write these on an index card and share with each other.

*The Mindfulness Toolbox for Relationships by Donald Allman

G.R.E.A.T. Self-Care Strategy #3: Eating/Sleeping

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

Healthy Eating & Nutrition

What are your eating patterns?

- Identify meal skipping or mindless eating
- Protein to help with mood, attention and motivation
- Drugs and alcohol patterns
- Role of caffeine with depression/anxiety
- What one small change can you 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, thought 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, such as technology
 - Light entering the eyes from cell phones, TV and computers and impede production of melatonin by 1-2 hours!
- Medical factors affecting sleep
- Developing a healthy sleep ritual

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

* *Sleep and Emotional Memory Processing*, Matthew Walker; Els van der Helm, *Sleep Medicine Clinics*, Vol. 6, No.1, pages 31-43; March 2011

Eating and Sleeping Metacognition

With your partners, discuss how you can work with clients to accomplish the following:

- Assessing for nutritional needs
 - What can you ask during intake?
- Developing a healthy sleep ritual
 - What elements could you include in a sleep ritual?

<https://sleepfoundation.org>

G.R.E.A.T. Self-Care Strategy #4: Activity

- 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.*

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

Exercise and Movement

- Identify medically appropriate exercise: type and amount
- Start Small; Set start date/start time
- Utilize Factor "P" –William Morgan and Purposeful Physical Activity
 - Adding Factor P produced 100% adherence to an exercise program
 - Walking the dog; walking or biking to work; creating a garden or path
- Exercise produces a substance known as "brain-derived neurotrophic factor," or BDNF, which encourages neurons to grow and make connections and is associated with learning and emotional control.*
- Exercise stimulates the production of a host of neurotransmitters and hormones that safeguard against anxiety, depression, ADHD, dementia, aging, and obesity.*

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

Pleasant Activities

- Noticing Pleasantness is a best practice and awareness of what makes us feel safe and good.
- Don't reinvent the wheel; use activities that have worked in the past
- Select date and time to do activity.
- Even noticing one favorite thing is a pleasant activity– a favorite color, a favorite sound, a favorite object, etc.

**G.R.E.A.T. Self-Care Strategy #5:
Tech Boundaries and Tune-Up with
Mindfulness Practices**

- 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

Drop in Empathy in College Students

Study by U. of Michigan Institute, Association for Psychological Science, Annual Mtg, 2010
 14,000 students analyzed over 30 years
 Biggest drop in empathy occurred after year 2000
 Today's college students display **40% less empathy than students of 20 or 30 years ago.** (measured by standard tests of personality traits and combined results of 72 different studies)

Potential Causes: Increase in media exposure; violent media; social media; rewiring of empathic brain; quicker response time and less reflective time for pausing.

Managing WMDs— Weapons of Mass Distraction

- Setting Technology Boundaries and Slowing Down
- Face-to-Face Contact Wires Brain
- Light from computer screens, phones and TV reduce melatonin

Technology Intake Questions

- On average, how much time each day do you...
 - ...use technology (at work and at home)?
 - ...engage in uninterrupted face-to-face time with significant others?
 - ...bring work home?
 - ...spend around nature or noticing nature?
 - ...exercise, walk or do a favorite activity?
- If problems sleeping, do you...
 - ...look at TV, phone, or a computer before sleep?
 - ...stay awake worrying about pressures and deadlines?
 - ...have few nighttime boundaries with technology?

Mindful Exploration of Time Spent Copyright © 2014 by Donald Altman

Time Spent Daily (average)	Self-Care: personal activity, hobby, or relaxation	Face-to-Face without interruption: partner and friends & family	Technology Not at work: TV, CD, Cc, DVDs, Internet, e-mail, games, etc.	Exercise and other physical activity	Appetite Food and meals	Craving and Desire Browsing and shopping	Travel and Scheduling Planning, organizing and transitions	Reflection Contemplation: Exploration thought, personal growth	Sleep	Work
15 min. or less										
15 min. to 30 min.										
30 min. to 1 hour										
1 to 2 hours										
2 to 3 hours										
3 to 4 hours										
4 to 5 hours										
5 to 6 hours										
6 to 7 hours										
7 to 8 hours										
8 to 9 hours										
9 to 10 hours										
10+ hours										

Tune-Up with Mindfulness

- ▶ What mindfulness practice help you get resilient in the way you need it?
 - Calming Breath
 - Physical Grounding or Savoring
 - Gratitude Practice
 - Self-Compassion Practice
 - Yoga, Tai chi, prayer, visualization or other focused attention practice

The 3 Minute Question

ARE YOU WORTH THREE MINUTES
A DAY TO DO A MENTAL FLOSSING?

**G.R.E.A.T. Self-Care Strategies:
Metacognition with a Partner**

- ▶ What one small change could you make in one of these areas?
- ▶ How might this make a difference in your work or personal life?
- ▶ How could it assist in your own resilience with patients and others?
 - G-ratitude & Attitude
 - R-relationships
 - E-ating & Sleeping
 - A-ctivity
 - T-une-Up with Mindfulness Practices

Present Moment Anchoring:
Nature, Life Stages and Symbols

- Attention Restoration Theory;
 - Nature Restores Depleted Mental Energy
 - Nature Engages and Immerses Attention
- Life Stages and Symbols as Safe Anchors

“ It sometimes happens that I cannot easily shake off the village. The thought of some work will run in my head and I am not where my body is; I am out of my senses... What business have I in the woods if I am thinking of something out of the woods? ”

Henry David Thoreau

Nature in Therapy

- *Nature restores energy in the workplace and reduces stress.
- *Reduces aggression and anger
May reduce mild depression
- **Scenes of nature calmed drivers and reduced frustration

*A Plasma Display Window, Journal of Environmental Psychology, 28 (2008) 192-199, Kahn, Friedman, et. al.
**Natural Scenes Calm Drivers More than City Views, Journal Environment and Behavior, Nov. 2003; Jack Nasar.

Nature in Healing

Study looked at gall bladder surgery patients who had a natural view vs. a view of a brick wall.

Restorative effects of those with a natural view included:

- Shorter post-operative hospital stays
- Fewer negative evaluative comments from nurses
- Patients required less doses of strong pain relievers, and more frequently using aspirin or acetaminophen.
- Fewer postsurgical complications

View through a window may influence recovery from surgery; Science, 1984; Roger Ulrich

Savor Nature Reflection

For 3 minutes, recall in great detail an experience you had with nature, where you felt, calm, safe, and at peace.

Or, Read the following poem or another while sitting in nature.

Symbols act as Anchors to Integrate Our Experience

Anchors in the environment, 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 Our 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 Our Experiences

- Even a single breath can slow things down and be a safe anchor
- Reinforce the anchor by noticing a positive feeling in the body or breathing while noticing the anchor.

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.

Anchor Practice: Savoring an Anchoring Symbol

For 10 minutes: Journal or Visualize different favorite anchor symbols from childhood, young adulthood, and adulthood.
Chose one symbol from each life stage and journal your favorite memories of these in detail. How and when could these help you to cope and get energized or inspired? How do they differ?

Anchors: Metacognitive Reflection

Explore the following in a group:

- Either describe your experience of identifying and anchoring with a symbol or share what the process was like for you.
- How might you use anchoring with clients with the following:
 - Calming or affirming word
 - Body Movement
 - Anchor Memory
 - One Small Breath
 - Sense object
 - Life Stage Anchor

BOOKS:

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WEB SITE RESOURCES
 Donald Altman's mindfulness websites: *Mindfully Speaking* Newsletter at: MindfulPractices.com
 Dana Foundation, brain and immunology info and free newsletter: www.dana.org
 Hope Foundation, Professional Development for Educators: www.hopetfoundation.org
 The Mindful Awareness Research Center: www.marc.ucla.edu
 Mindfulness Research Monthly: www.mindfulexperience.org
 Center for Investigating Healthy Minds: Richard Davidson, www.investigatinghealthyminds.com
 Scientific American Mind magazine: www.SciAmMind.com
 Social Cognitive Neuroscience Laboratory, UCLA: www.scn.ucla.edu
 Global Assoc. for Interpersonal Neurobiology Studies: www.mindgains.org
 The Center for Mindful Eating: www.TCME.org
