

MINDFULNESS TOOLS FOR RESILIENCE

ESSENTIAL TOOLS AND TECHNIQUES TO HELP CLIENTS BOUNCE BACK FROM ADVERSITY

ON DEMAND | AVAILABLE UNTIL MARCH 1, 2020

WORKSHOP AGENDA

Session 1

Mindfulness Warm-up

Introduction to Resilience & Mindfulness

- Resilience Factors & Four Resilience Skills
Mental Clarity
Attitude & Strengths
Relationships & Response Flexibility
Emotional Regulation
- Mindfulness Meditation for Resilience
Calm, Clarity, Non-judging
Awareness
- Psychology of Hope for Resilience
Willpower and Waypower;
Brainstorming

Centering Word Practice for Overcoming Stress

Session 2

Cravings and Impulse Control Practices

- Portable “Resilience S-T-O-P Practice” for the Three “Rs”
Regulation, Response Flexibility, Resources
- Laughter for Resilience
Laughter Overcomes Adversity
Laughter and the Body’s Stress System
- Finding Strengths Through Stories, Symbols and Metaphors
24 Strengths and Strengths Intervention

Session 3

Resilience Roadmap through the Hero’s Journey

- Treatment or Therapy as a Journey
Initiation, Departure, Return
- Using Story to Locate Coping Skills and Strengths

“One’s Joyful Future Self” Journaling Practice

Relationship Resilience

- Rituals for Building Relationships
The Ritual Miracle Question
- Loving-Kindness Meditation
Affirmation as a Security Priming

LEARNING OBJECTIVES

- Explore psychological hope and its role in resilience.
- Cultivate response flexibility in-session
- Identify strengths and implement a strengths intervention
- Implement a powerful body-based grounding intervention
- Use a portable pause practice for reducing reactivity
- Explain to clients the benefit of laughter for adversity
- Appraise when to use a security priming for safety and calm

When clients apply these techniques, they generate the energy and enthusiasm needed to move forward—regardless of how often they may be blocked from their goals. *Helping clients gain resilience is not only life affirming, it makes hope, healing and well-being real and attainable.*



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.

Mindfulness for Resilience
Mindfulness-based Tools for Helping Clients Bounce Back from Adversity

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

Mindful Living Newsletter: MindfulPractices.com

Mindfulness Training • Consultation • Speaking

Session 1 of 3

Session 1 Road Map

- Mindfulness Warm-up
- Introduction to Resilience & Mindfulness
 - Resilience Factors & Four Resilience Skills
 - 1) Mental Clarity
 - 2) Attitude & Strengths
 - 3) Relationships & Response Flexibility
 - 4) Emotional Regulation
 - Mindfulness Meditation for Resilience
 - Calm, Clarity, Non-judging Awareness
 - Psychology of Hope for Resilience & Research
 - Willpower and Waypower; Brainstorming
- Centering Word Practice for Overcoming Stress

APA Disclosure: Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law & beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

Mindfulness Warm-Up

- déjà vu vs. vujà dé
- **Part 1:** Purposefully calm yourself by finding something soothing in the environment.... A sound, object, favorite color, stretching the body, taking a calming breath, etc.

Mindfulness Warm-Up

- **Part 2:** Journal or share your experience of calm as with another.
- Journal or share why you came to this workshop and what resilience means to you.

Resilience Defined

- The APA: Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress— such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.
- Resiliency is an immunization process for dealing with barriers of all kinds. (Handbook of Hope, ed. Snyder)
- Resilience reflects the ability to maintain a stable equilibrium. (*Loss, Trauma and Human Resilience*, Bonanno, *The American Psychologist*)

<http://www.apa.org/helpcenter/road-resilience.aspx>

Your Brain on Stress

- A message sent to the hypothalamus signals the pituitary, which then activates the adrenal glands to release cortisol and adrenaline into the bloodstream and prepare the body for flight or fight.
- With chronic stress, cortisol puts the brakes on the immune system.

■ The stress response actually shunts blood flow away from the brain's "thinking" cortex. This more ancient brain system constantly scans the environment and can be "turned on" chronically through repeated stress or memory provoking events.

Brain and Body Need to Recover from Stress

- Diaphragmatic Breathing is one way to reduce cortisol load by turning on the parasympathetic nervous system.

Four Learned Skills of Well-Being

- From the *2015 World Happiness Report* identified the following necessary components of happiness:
 1. Sustained positive emotion
 2. Resilience
 3. Empathy, altruism and pro-social behavior
 4. Mindful attention

This report included writings from mindfulness researcher Richard Davidson on the neuroscience of happiness.

Four Factors in Resilience

1. The capacity to make realistic plans and take steps to carry them out.
2. A positive view of yourself and confidence in your strengths and abilities.
3. Skills in communication and problem solving.
4. The capacity to manage strong feelings and impulses.

<http://www.apa.org/helpcenter/road-resilience.aspx>

Four Resilience Skills

The capacity to make realistic plans and take steps to carry them out.

1) Mental Clarity Skills- cultivate calm, clarity and goal-setting (intentionality)

A positive view of yourself and confidence in your strengths and abilities.

2) Attitude and Strengths Skills- enthusiasm, optimism, and awareness of one's strengths and one's journey

Skills in communication and problem solving.

3) Relationship and Response Flexibility Skills- listening, communication, and open mindset for problem solving

The capacity to manage strong feelings and impulses.

4) Emotional Regulation Skills- self-acceptance, distancing from negativity, and generating hope

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.

Neural Correlates of Dispositional Mindfulness During Affect Labeling
 J. David Creswell, et. al., Psychosomatic Medicine 69:560-565 (2007)
 0.73; p. 481.2

Emotional Regulation Produces Long-Lasting Effects on Amygdala

- Amygdala has built-in negativity bias
- Study showed "evidence that cognitive regulation can create long-lasting changes in the ability of stimuli to elicit affective responses."
- Amygdala response was low a week after reappraisal training.

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

Prefrontal Cortex Functions Support Mindful Resilience

- Regulate the Body and Stress Response
- Affine with Others (attachment/connection)
- Emotional Balance (neither rigidity nor chaos)
- Impulse Control (pause, respond not react)
- Ability to Calm Fears (inhibitory GABA fibers)
- Insight (self-knowing awareness)
- Empathy (looking within at one's inner state)
- Morality (ethics, larger social good)
- Intuition

- Selective Attention
- Emotional Style (Approach or Avoidance)

The Emotional Life of Your Brain
by Davidson and Begley

“
Hope without an object cannot live.
”

Samuel Coleridge, 1912

“
 The secret to bouncing back from obstacles is to know in advance that things rarely go according to plan. So you need to be open to having another plan.”
 —anonymous

Resilience and Hope Connection

- Psychological Hope is defined as the sum of:
 - The energy and positive thinking one has in relation to goals (Goal-Directed Energy or Willpower)
 - The capacity for problem solving to overcome obstacles in order to reach one's goals (Pathways thinking or Waypower)

Hope = Willpower + Waypower

Resilience and Hope Connection

- High-hope individuals have fewer negative emotions than do low-hope persons when blocked from goals.
 - Do not attach to past negative outcomes or try to avoid them
- High hope individuals know they can generate more alternative pathways to obstacles, and have the positive thinking (agency) to activate themselves.
 - Focus is on the motivation to move forward and increase response flexibility toward a goal
- Adult Hope Scale (see: *The Psychology of Hope* by C.R. Snyder)

Adult Hope Scale

Select the number that best describes you and put that number in the blank space
FALSE: 1=Definitely False 2=Mostly False 3=Somewhat False 4=Slightly False

TRUE: 5=Slightly True 6=Somewhat True 7=Mostly True 8=Definitely True

- ___ 1. I can think of many ways to get out of a jam.
- ___ 2. I energetically pursue my goals.
- ___ 3. I feel tired most of the time.
- ___ 4. There are lots of ways around any problem.
- ___ 5. I am easily downed in an argument.
- ___ 6. I can think of many ways to get the things in life that are most important to me.
- ___ 7. I worry about my health.
- ___ 8. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 9. My past experiences have prepared me well for my future.
- ___ 10. I've been pretty successful in life.
- ___ 11. I usually find myself worrying about something.
- ___ 12. I meet the goals that I set for myself.

Adult Hope Scale Scoring

Add Scores on items: 2, 9, 10 and 12. Scores range from a 4 to a 32. Higher scores reflect higher agency.

Agency: _____

Add scores on items: 1, 4, 6 and 8. Scores range from a 4 to a 32. Higher scores reflect higher pathways thinking.

Pathways: _____

Total Hope Score: _____ (Add Score for Agency to the Score for Pathways)

- 40 – 48: hopeful
- 48 – 56: moderately hopeful
- 56 or higher: high hope

Willpower Enhancement Checklist

- ✓ Praise yourself or others for having determination for a goal
- ✓ Pay attention to your strengths
- ✓ Recognize that obstacles are a normal part of life
- ✓ Learn how others have overcome challenges
- ✓ Recharge when you feel drained
- ✓ Obstacles are challenges, not proof of failure
- ✓ Enjoy the process of reaching a goal
- ✓ Give yourself time off from focusing on the goal
- ✓ Use laughter to deal with difficulties
- ✓ Recall previous successes and roadblocks you have overcome
- ✓ Think about the stories and quotes that inspire you.

The Psychology of Hope, C.R. Snyder

Waypower Enhancement Checklist

- ✓ Understand that building skills necessary to attain any goal
- ✓ Clearly write down your goals.
- ✓ Know that any goal is dependent upon completing many necessary steps, or smaller goals.
- ✓ Be consistent in your effort. Know that failure to reach a goal is often due an ineffective strategy.
- ✓ Be prepared to revise a plan over and over when roadblocks occur.
- ✓ Don't be afraid to communicate and ask others for help.
- ✓ To reach goals (shared or personal) be flexible and willing to think out of the box.
- ✓ Be aware of your perception of competence. (one may have the skill, but not believe it)
- ✓ Mentally visualize yourself using the skills to reach your goal.
- ✓ Use others who have succeeded at similar goals as models.

The Psychology of Hope, C.R. Snyder

Willpower & Waypower Brainstorming

- ✓ Write down additional ideas for helping clients tap into Willpower and Waypower. Make a separate list for each of these.
- ✓ Use metaphors to reach the population you are working with. For example, use technology metaphors for adolescents, sports for those who are into sports, etc.

Sports example:
Willpower: "How would your coach or star player get you psyched up for the big game?"
Waypower: "What are a few different ways that can you keep your eye on the ball? (the goal)"

Useful (& Free) Resources

- Resilience Research
- Brain Resources
- Mindfulness Websites

Mindfulness and Resilience

- Individuals with higher levels of mindfulness had greater levels of resilience, thus increasing life satisfaction and subjective well-being.
- According to researchers, "Mindful people... can better cope with difficult thoughts and emotions without becoming overwhelmed or shutting down (emotionally)."
- Mindfulness weakens the links of associations that keep people focused on problems and failures, which increases the likelihood they will try again.

Mediating role of resilience in the impact of mindfulness on life satisfaction and affect as indices of subjective well-being. Badri Bajaj, et. al., *Personality and Individual Differences*, April 2016, Vol. 93, Pages 63-67 <https://doi.org/10.1016/j.paid.2015.09.005>

Mindfulness & Resilience from Biological Stress

Study examined: Could mindfulness help one tolerate daily stress and help biological recovery from stressful events?

- Marines underwent Mindfulness-Based Mind Fitness Training (MMFT)– emphasizes awareness of body and emotional states, attentional control, tolerance of present-moment experiences.
- Study measured biological mechanisms of resilience:
- Subjects who learned MMFT showed:
 - Enhanced recovery with heart rate
 - Lower plasma neuropeptide Y concentration (indicator of reduced sympathetic activation)
 - Better functioning in the insular cortex (emotional processing and regulation)

Modifying resilience mechanisms in at-risk individuals. Douglas Johnson, et. al., *Am Journal Psychiatry*, Aug 2014. doi: [10.1176/appi.ajp.2014.13040502](https://doi.org/10.1176/appi.ajp.2014.13040502)

As Effective as Anti-depressants for Relapse of Depression

- Depression patients in remission who underwent mindfulness therapy did as well as those who took an anti-depressant.
- Up to 40% of people who come out of depression do not take their prescribed antidepressants to prevent relapse *

* Archives of Gen. Psychiatry, Segal, Zindel, and Bieling, Peter, et. al.; Vol. 67 (No.12) Dec. 2010 <http://archpsyc.ama-assn.org/cgi/reprint/67/12/1256> (accessed January 18, 2012).

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

Meta-analysis of Mindfulness Interventions

Mindfulness meditation led to significant lessening of:

- Symptoms of depression and anxiety after therapy and for up to 3 months after the treatment *

The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A Meta-Analytic Review; Hoffman, et. al, J Consult Clin Psychol, April 2010

Mindful Breathing Awareness

- Ability to stay in contact with the breath decreases mind wandering
- Watching breath reduced rumination, repetitive negative thinking, and depression
- Less fearfulness related to bodily sensations

The Healthy Quality of Mindful Breathing: Associations With Rumination and Depression, Jan M. Burg and Johannes Michalak; *Cognitive Therapy and Research Journal*, 2011, April, Volume 35, Number 2, 179-185

Stress Effects: Amygdala Activity Related to Cardiac Events

First study to link over active amygdala with arterial inflammation and heart disease- heart attacks and strokes- in a longitudinal study

"amygdalar activity independently and robustly predicted cardiovascular disease events" in 293 persons, median age 55

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)31714-7/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31714-7/fulltext) published Jan 11, 2017

Relationship Enhancement

- Couples experiencing "attachment anxiety had higher levels of cortisol and reduced immune response. *
- Mindfulness-based relationship training favorably impacted: couple's satisfaction, closeness, acceptance, and reduced psychological distress **
- "Attachment Anxiety Is Linked to Alterations in Cortisol Production and Cellular Immunity", Psychological Science published online 10 January 2013, Jaremka, Lisa, et. al.
- ** "Mindfulness-based Relationship Enhancement." Behavior Therapy, 35, 471-494, 2004, Carson, James, et. al.

Power of Pause: Mindful Metacognition

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

Benefits of Pausing:

- Develops more accurate judgment about our abilities and boosts 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.

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

Web Resources

- Provider Resilience App
 - Quality of life
 - Burnout
 - Compassion Satisfaction
 - Secondary traumatic stress
 - Resilience Tools (inspirational cards, stretches, restful breaks, comics, etc.)

<http://2health.dcoe.mil/apps/provider-resilience>

Web Resources

- Virtual Hope Box App
 - Greater ability to cope with Unpleasant emotions and thoughts than control group
 - More helpful than written educational materials
 - Useful for stress and coping with suicidal thoughts

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>
- > <http://www.investigatinghealthyminds.org>
- > The Mindful Awareness Research Center
www.marcc.ucla.edu/body.cfm?id=38&aTonID=38
- > Mindfulness Research Monthly <https://goamra.org>
- > DANA.Org [Dana Foundation](#)
- > MindGains.Org [Global Assoc. Interpersonal Neurobiology](#)
- > TCME.Org [The Center for Mindful Eating](#)

**Anchoring with a Word Practice:
Be the Pebble**

- Meditation and ADHD
 - ADHD symptoms in middle school children with 2x daily practice
 - After three months, researchers found over 50 percent reduction in stress and anxiety and improvements in ADHD symptoms

*online journal Current Issues in Education, Dec. 2008

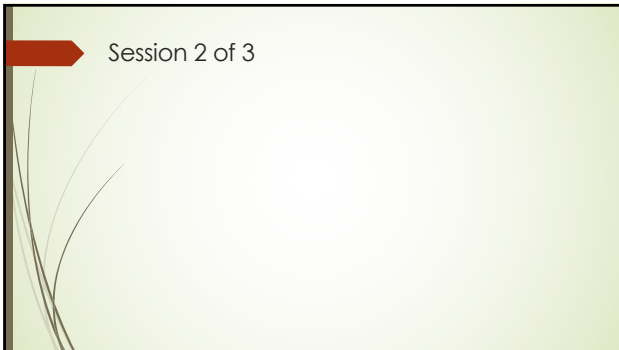
Choose a Calming Word or Image

- Find a quiet surrounding
- Sit up, place 15% of attention on the breath, eyes closed
- Gently pay attention to the calming word—don't force it
- When sensations or thoughts come, know that this is normal. Simply favor your word or image over other thoughts or feelings.
- If any emotion or feeling gets so strong that you can't focus on the word, just sit and breathe. Your mind will be drawn to the feeling, and you can wait until it lessens or leaves. Then return to the word/image. If any feeling is too hard to tolerate, open your eyes and rest.

Guidelines

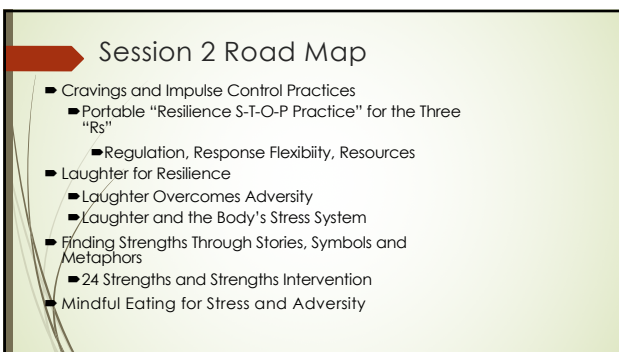
- If you need to change position, do so with mindful awareness
- Time yourself for 5, 10, or 15 min. 1x a day, or 2x daily if desired.
- When finished, stop repeating the word and sit silently for a minute or two before opening your eyes.

Session 2 of 3



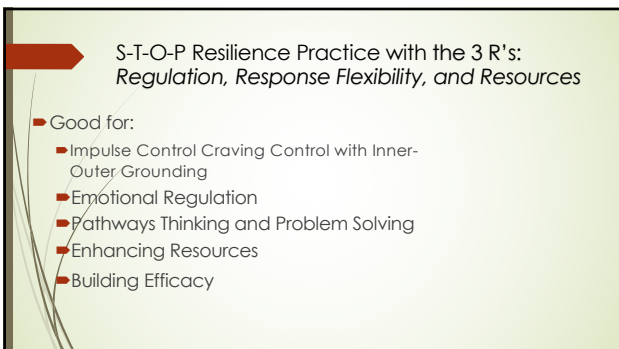
Session 2 Road Map

- Cravings and Impulse Control Practices
 - Portable "Resilience S-T-O-P Practice" for the Three "Rs"
 - Regulation, Response Flexibility, Resources
- Laughter for Resilience
 - Laughter Overcomes Adversity
 - Laughter and the Body's Stress System
- Finding Strengths Through Stories, Symbols and Metaphors
 - 24 Strengths and Strengths Intervention
- Mindful Eating for Stress and Adversity



S-T-O-P Resilience Practice with the 3 R's:
Regulation, Response Flexibility, and Resources

- Good for:
 - Impulse Control Craving Control with Inner-Outer Grounding
 - Emotional Regulation
 - Pathways Thinking and Problem Solving
 - Enhancing Resources
 - Building Efficacy



Mindful Acceptance of 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.

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

Mindfulness-Based Relapse Prevention (MBRP)

- More effective than AA and Psychoeducational follow-up
- Urges and cravings are precipitated by psychological or environmental stimuli.
- Ongoing cravings may erode the client's commitment to maintain abstinence as desire for immediate gratification increases
- Build mindful awareness of relapse episodes, dreams, or fantasies to identify situations that make coping difficult.
- Urge Surfing Techniques helps to manage urges and cravings. It replaces the desire for the urge to go away with a sense of curiosity and interest in the experience.

<http://www.mindfulness.org.au/urge-surfing>
Alcohol Research & Health . Relapse Prevention: Mary E. Larimer, Ph.D., Rebekka S. Palmer, and G. Alan Marlatt, Ph.D.

**Engage S-T-O-P for the 3 R's:
Regulation, Response Flexibility and Resources**

*Transitions
Anxious Thoughts
Rumination
Reactivity
Trauma
Craving and Urges*

*S-T-O-P Stress Grounding Practice from
The Mindfulness Toolbox by Donald Altman

S-T-O-P Uses 3 Kinds of Grounding

PHYSICAL (*Focus on Body*)

MENTAL (*Observe Emotions or Note things in Environment*)

SOOTHING (*Use Senses to Focus on Favorite Color, Sound, Texture, etc.*)

Further Resource: Seeking Safety by Susan Najavits

S-T-O-P Practice for the 3 Rs

S- STAND and SLOW DOWN
Take two or three calming breaths.

PHYSICAL GROUNDING

The Mindfulness Toolbox by Donald Altman

S-T-O-P Practice for the 3 Rs

S- STAND and SLOW DOWN
Take two or three calming breaths.

T- TUNE IN to the body.
Scan from toes to head. Breathe into into tension, Name Emotion and let it go. Let thoughts go. Breathe it out.

PHYSICAL & MENTAL GROUNDING

The Mindfulness Toolbox by Donald Altman

S-T-O-P Practice for the 3 Rs

S- STAND and SLOW DOWN
Take two or three calming breaths.

T- TUNE IN to the body.
Scan from toes to head. Breathe into into tension, Name Emotion and let it go. Let thoughts go. Breathe it out.

O- OBSERVE surroundings.
Find novel or pleasant things (colors, shapes, sounds, etc.)

SOOTHING GROUNDING

The Mindfulness Toolbox by Donald Altman

S-T-O-P Practice for the 3 Rs

S- STAND and SLOW DOWN
Take two or three calming breaths.

T- TUNE IN to the body.
Scan from toes to head. Breathe into into tension, Name Emotion and let it go. Let thoughts go. Breathe it out.


O- OBSERVE surroundings.
Find novel or pleasant things (colors, shapes, sounds, etc.)

P- PREPARATION, PATHWAYS, POSSIBILITY
and POTENTIAL RESOURCES from Pre-frontal Cortex. *Look at how to go forward with choice.*

Resilience S-T-O-P Practice for the 3 R's:
Regulation, Response Flexibility, and Resources


1) Journal Your Experience of the S-T-O-P Stress Pause Practice.
What did you notice?
How could this be useful for you or others?
How could you use this with clients?

2) Discuss your findings with others.




Laughter for Resilience

- Biochemistry of Laughter & Laughter in Therapy



“
Humor is tragedy plus time.
”

—Mark Twain



“
*A merry heart doeth good
like medicine.*
”

—Proverbs 17:22

Laughter Overcomes Adverse Events

- Laughter or positive emotion has been shown to be a coping mechanism for overcoming adversity.*
- Positive emotions reduce distress that follows aversive events by quieting or reversing negative emotion.**
- Laughter has been shown to be inconsistent and incompatible with anxiety and fear.
- Invokes creates new internal imagery and a more open, flexible, playful and experimental state of mind.***

* Bonanno, Noll, et al., 2003, Predicting the willingness to disclose childhood sexual abuse from measures of depressive coping and dissociative experiences. *Child Maltreatment*, 8, 1-17.

** Fredrickson, et al. (1998). Positive emotions speed recovery from the cardiovascular sequelae of negative emotions. *Cognition and Emotion*, 12, 191-220.

*** Steve Andreas, author, *Transforming Your Self and Transforming Negative Self-Talk*

Mindful Laughter Benefits

- The stress hormones cortisol, dopac, and epinephrine decreased after the volunteers watched funny movies.
- Researchers found an average decrease in these stress hormones of 39%, 38% and 70% respectively.
- Humor significantly boosted the levels of endorphins and human growth hormone in test subjects—two beneficial regulators of the body's immune system.

Berk, L.S., et al. (1989, December). Neuroendocrine and stress hormone changes during mirthful laughter. *The American Journal of the Medical Sciences*, 298(6).

Mindful Laughter Benefits

- Smiling during periods of stress decreases cardiovascular arousal back to baseline levels

Fredrickson & Levenson, (1998) Positive emotions speed recovery from the cardiovascular sequelae of negative emotions. *Cognition and Emotion*, 12, 191-220.

- Even perceiving a smile in others releases dopamine in the viewer.

Depue & Morrone-Strupinsky, (2005) A neurobehavioral model of affiliative bonding. *Behavioral and Brain Sciences*, 28, 313-350.

Mindful Laughter Benefits

Study Measured Effect of Humor on Anxiety

- The Humor group read comics before a difficult math test; the non-humor group read poems or nothing.
- Humor group had significantly less anxiety before test and scored significantly higher on the math exam.

Ford, T. E., Ford, B. L., Boxer, C. F., & Armstrong, J. (2012). Effect of humor on state anxiety and math performance. *Humor*, 25, 59-74.

Laughter Study for the Elderly

- Laughter therapy shown to be useful and cost-effective
- Easily-accessible intervention for elderly
- Significant positive effects on depression, insomnia, and sleep quality

Effects of laughter therapy on depression, cognition and sleep among the community-dwelling elderly. Ko, H.J., and Youn, C.H., *Geriatr Gerontol Int.* 2011 Jul;11(3):267-74.

Mindful Laughter

Journal Studies on Laughter: The American School of Laughter Yoga

LaughterOnlineUniversity.com

The Humor Project: Therapeutic Laughter Training

LaughterYoga.org

Mindful Lightening Up Intervention:

What do you take too seriously?

This practice will help you notice where you are reacting seriously, and help you to lighten up.

Part 1: Make a list of "Things I Spend Too Much Time Worrying About"
 Examples: Things that push your buttons, critical comments, what others think, personal demands and expectations, lack of control over certain situations or aspects of your life.

Part 2: Make an executive decision to laugh it off, let it go. Yes, you can decide that!

Part 3: Write down a "lighter view" or each of the roadblocks you face, and evidence that worry has been counterproductive.

Part 4: Find out what and who makes you laugh (LRP- Laughter Resource Person). Use them as role models.

Laughter Metacognitive Reflection:

Journal or share with a partner/others the following:

How have you used laughter in your work as a tool for helping counter adversity?

How have you introduced laughter as a topic? What might help frame laughter as a resilience tool?

Find Strengths and Develop Resilience through Symbolism, Stories & Metaphors

- Strengths Intervention for Resilience
- 24 Core Strengths
- Practice: Sharing a Story of Hope and Identifying Strengths

The Story Brain

- History & Story Brain
- Relationship & Resources Brain
- Environmental Brain (Inner Outer Stress)
- Body Brain

ARAS (Archive for Research in Archetypal Symbolism) *The Book of Symbols*, Taschen, 2010

Story Attunes and Attaches

- Stories can redefine problems and organize us toward feeling states.
- Stories can stimulate ideas and motivation.
- Find and tell stories that express strengths (even a difficult one).
- What story supports safety and calm?
- Story sharing make sense of our experiences and shapes our memory.

Healing the Mind through the Power of Story: The Promise of Narrative Psychiatry by Lewis Mehl-Madrona, Bear and Co., 2010

The Strengths Book: Be Confident, Be Successful, and Enjoy Better Relationships by Linley, Willars, and Biswas-Diener, CAPP Press..2010

Lewis Carroll

"I can't believe that!" said Alice.

"Can't you?" the Queen said in a pitying tone.

"Trying again: Draw a long breath, and shut your eyes."

Alice laughed: "There's no use trying," she said; "one can't believe impossible things."

"I daresay you haven't had much practice," said the Queen. "When I was younger, I always did it for half an hour a day. Why, sometimes, I've believed as many as six impossible things before breakfast."

—from *Through the Looking Glass*

Metacognitive Reflection

- Explore the following questions:
- What stories (books, films, etc/) support safety and calm?
- What stories support hope or resilience that might resonate with clients?
- How can clients become more aware of how they are using their stories?

Online Intervention

- Subjects who used the strengths exercise for a week, showed significantly reduced depressive symptoms and increased happiness vs. the placebo
 - "Use Your Strengths" exercise
- Effects lasted for 6 months with the Strengths exercise

Seligman, M.E.P., Rashid, T., & Parks, A.C. (2006). Positive psychotherapy. American Psychologist, 61, 774-788.

Use Your Strengths Exercise

- Subjects take the VIA-IS strengths questionnaire to assess their top 5 strengths, and think of ways to use those strengths more in their daily life.
- <http://www.viacharacter.org>
- Free strengths survey takes 15 minutes.
- Research:
 - <http://www.viacharacter.org/www/Research/Research-Findings#nav>

Finding Strengths through Awareness of One's Daily Story

Journal or share with another your story of taking this workshop.

Include such things as your **history, stressors, moods and thoughts, body, habits, and centering rituals.**

The listener listens without interruption, and with empathy

- 1) The listener identifies the strengths they hear in the story and then reflects **these back to the storyteller.**
- 2) After hearing your strengths, tell your partner what it was like for you to hear your strengths. (affirming, rewarding, etc.)
- 3) After both partners share their story and hear their strengths, discuss what it was like to connect through the lens of strengths?

Help Clients Find Strengths through Awareness of One's Daily Story

Have clients share a simple story—such as coming to your office. Have them include such things as their **history, stressors, moods and thoughts, body, habits, and centering rituals.**

The clinician is the listener, listening with empathy.

- 1) After hearing the client's story, reflect the strengths you heard back to the client.
- 2) Ask the client what it was like for them to hear their strengths. Process this experience with them.
- 3) Explore how they would feel about noticing more things through the lens of strengths. How might they go about creating a plan to do this?

Metacognitive Reflection on Strengths

- 1) What was it like to become aware of your own strengths through a story?
- 2) How did these strengths help you cope or overcome obstacles present in your story?
- 3) How could you introduce this to clients individually or in a group?

4-Mindfulness Bite Method

I call on a dream that reminds us to focus on our fingertips, on the shape of our hand, on blood and bone and a thousand nerve endings as we raise an apple to our mouths.

—Oriah Mountain Dreamer

4-Mindfulness Bite Method

- This method is known as the S-T-O-P method. Think of it as **STOPPING** for mindfulness. A good start is to use **the first four bites** of any meal to devote your attention to food. Yes, it is possible to be mindful of every bite of every meal, but it takes practice.
- For the next few minutes you will eat a raisin. If that seems like a long time, consider that you will eat this raisin as you have (possibly) never eaten a raisin before.

* This lesson is copyrighted by DayOne Publishing in Director Mindful Eating and was modified with authors' permission.

4-Mindfulness Bite Method

- **S** is the first bite and S stands for **SELECT**. Be purposeful in gathering this bite. You might imagine this is a food you have never tasted before. Select this bite, notice all of the colors, texture, and shapes. Choose a bite that is able to fit in your mouth easily. It is not too small or too big to chew, but just the size to savor the bite.

4-Mindfulness Bite Method

- **T** is the second bite and T stands for TASTE. Your mind is fully on the sensation of eating. With this bite, you notice all the tastes that develop during the bite. Your mind is fully on the sensation of eating. You chew slowly, deliberately, and fully, swallowing with intention only when the food is completely chewed up.

4-Mindfulness Bite Method

- **O** is the third bite and O stands for OBSERVE. With this bite, allow your mind to travel with this food around your mouth, down your throat and into your stomach. Notice your hunger without anxiety or fear. It is simply hunger. Observe yourself placing the fork down. Become aware of the movement of your hand, arm, and mouth. You are eating with purpose, full of poise and grace.

4-Mindfulness Bite Method

- **P** is the fourth bite and P stands for PAUSE. With this bite, add an extra pause just before you put the food in your mouth. Then, during the bite, you pause in the middle of your chewing, just for a short moment. And when you're done with the bite, you add yet one more pause before taking the next morsel of food.

Metacognitive Reflection

Questions to consider:

- How was this experience different from eating raisins in the past? How was the flavor different? How many raisins would you typically eat during this length of time? What has this experience taught you?
- How could you use the S-T-O-P method with clients? What are ways that you could "frame" this...such as "mindfully slowing down," "paying attention to food," "being curious," etc.

Lunch (or daily meal) Practice

For Today's Lunch (Optional):

- Rate hunger level (1-10) before, during and after the meal. What food that will satisfy this hunger?
- Give yourself permission to order (and eat) as much food as you think will satisfy the body's hunger (as opposed to ordering by your appetite)
- Intentionally leave some food on the plate.
- Take three diaphragmatic breaths before eating.
- Spend the first 5-minutes of your lunch in silence.

Session 3 of 3

Session 3 Road Map

- Selective Attention for Resilience
- Resilience Roadmap through the Hero's Journey
 - Treatment or Therapy as a Journey
 - Departure, Initiation, Return
 - Using Story to Locate Coping Skills and Strengths
- "One's Joyful Future Self" Journaling Practice
- Relationship Resilience
 - Rituals for Building Relationships
 - The Ritual Miracle Question
 - Loving-Kindness Meditation
 - Affirmation as a Security Priming

Selective Attention 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.
- What strengths did you use to overcome obstacles and reach your goal?


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


Savoring Practice

During the next five minutes, savor 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.

What was involved in this success? What obstacles did you face? How did you get motivated? How did you problem solve?

 *The Hero's Journey
as a Resilience Roadmap*

 **The Hero's Journey**

- Joseph Campbell's Archetypal story about the resilience of the human experience when entering new territory.
- The Hero's Journey is undertaken when:
 - Entering Treatment
 - Getting a new job/Starting school
 - End or beginning of a relationship
 - An illness or health issue
 - Any challenge

 **Transitions of the Hero's Journey**

- Major life changes are transitional. It's unsettling because it's like being in a foreign 'land'—and you are neither here nor there!
- Transitions generally produce:
 - A period of loss or grief for what you are leaving behind
 - A period of uncertainty, which author William Bridges calls "the neutral zone."
 - A time of readjustment, learning and attachment to the new situation
 - A period of personal change with new boundaries for the new situation.

The Hero's Journey

The Hero often:

- Enters the journey unwillingly, often refusing the initial call to take the journey.
- Sometimes a wise person urges or supports hero's need to take the call.
- Hero enters an extraordinary, unfamiliar world.
- Hero undergoes difficult tests and supreme ordeal.

The Hero's Journey

The Hero often:

- Goes through an initiation or find a missing key or tool that helps them move forward.
- Hero gains special skills or elixir and is transformed by the end of the story.
 - Transformed emotional and physical boundaries
 - Transformed values and beliefs about self
- Hero returns to ordinary world ready to share knowledge and wisdom.

Hero's Journey Worksheet Practice

Name one of your favorite heroes:

What did this hero seek for or need?

What trials and challenges did they face?

Who were friends and enemies?

What did this person learn/discover along the way?

How was this person changed by the end of the story?

**Hero's Journey
Metacognitive Reflection**

Reflect with others on The Hero's Journey

- How did this resonate with you?
- How could you use this in your work?
- How could this roadmap offer someone a broader view of resilience?

Writing "Your Best Possible Self" as a Trauma Intervention

2 studies examined the effects of writing down the story of "one's best possible self" as opposed to journaling about a trauma.

- The "best possible self" group showed a significant increase in mood and happiness levels, and health benefits when compared to the trauma writing group.

Personality and Social Psychology Bulletin, 2001, King
Lyubomirsky, (2007) The How of Happiness

Letting Joy Guide You Toward "Your Joyful Future Self"

Part 1: Locate and Connect with Joy

Think of a time you felt joyful or were passionate about something.

Visualize how you looked and felt at that joyful time. Feel the hope and optimism that you felt. What does this feel like in your body?

If negative thoughts creep in, notice these with a sense of acceptance but without identifying with them. Then, let yourself return to experiencing the essence of joy.

If you don't remember what it was like to be joyful, simply imagine that you are joyful by picturing yourself being and acting in a joyful way.

Letting Joy Guide You Toward "Your Joyful Future Self"

Part 2: Stay with Your Joy as You Imagine Your Future

Maintaining that feeling of joy, imagine what your joyful future self might look like in one, five, or ten years.

Let go of expectations about which direction your joy might lead you. Connect your present experience of joy with your journey toward future joy.

If desired, you can set the intention to imagine how joy could lead you toward reaching a realistic goal, your personal potential, or a life dream.

Letting Joy Guide You Toward "Your Joyful Future Self"

Part 3: Visualize and journal

For 10 minutes, visualize and write how your Joy guides you forward.

- For 10 minutes, visualize, then write the story of how joy helped you move toward your future.
- Notice character strengths that accompanied your joyful self. How did these help you on your journey to your future?
- Each week, re-visualize how joy moves you toward being your best future self. Fill in missing steps that help you reach your best potential future.
- Remember— your future self is an expression of the joy you feel now. Don't get too attached or worried about a future outcome.

Reflections for Clients on "Your Joyful Future Self"

- How did finding your joy help you to think differently about the future that you create?
- How did this practice help you connect with or think about your strengths?
- How can connecting with joy in the here and now assist you you in the present and the future?

Relationship Resilience through Rituals of Coming and Going

Coming and Going are Transitions

- Period of uncertainty
- Physical transitions
- Emotional transitions
- Transitions are important because they can either support or diminish the relationship

Relationship Resilience through Rituals of Coming and Going

Coming and Going are Transitions

Coming into a Space

- Safety
- Recognition
- Inclusion and Attachment

Leaving a Space

- Attunement/Joining
- Closure
- Secure Attachment

Relationship Resilience through Rituals of Coming and Going

When you leave your home (or other space) do you?...

- Say goodbye or extend a caring sentiment?
- Make physical contact (hug or kiss)?
- Let others know how you will be in touch?
- How do others respond when you leave?

Likewise, when others leave your home or space, how do you behave to let other feel a sense of closure and connection?

Relationship Resilience through Rituals of Coming and Going

When others come home, do you?...

- Stop what you're doing (such as get off the computer) and go to greet them?
- Do you make physical contact (hug or kiss)?
- Do you show positive emotion?

Likewise, when YOU come home, how do others respond to make you feel welcomed, included, and safe?

Relationship Ritual Miracle Question

Suppose you woke up tomorrow, and you noticed that your partner did one little different thing in terms of words or actions-- for you in the morning-- so that when you left the house it gave you a sense of secure and safe transition.

What would that one, little different thing be? (Such as getting out of bed, giving you a kiss or hug, wishing you have a good day, etc.)

Relationship Ritual Metacognitive Reflection

Journal or with a partner, reflect on the following:

What rituals have been useful in your own life and work?

How could a ritual help with relationships in the workplace or other settings?

How could rituals be put into place if they haven't been used?

Loving Kindness to Heal Trauma

- Fredrickson's *Broaden and Build* Theory for Positive Emotions
- Compassion Research and Safety Primings
- Practice: Loving-Kindness Affirmation

Broaden and Build Theory of 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 to Heal Trauma

Journal of Clinical Psychology, May, 2009, Ann Krüing

Loving Kindness Intervention

- *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 Meditation to Enhance Recovery from Negative Symptoms of Schizophrenia, Johnson, King, Brantley, et. al., Journal of Clinical Psychology Vol 65(5) 499-509(2009)

Loving Kindness Intervention

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

Loving Kindness Intervention for Military and Law Enforcement

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.*

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

Putting It All Together

- Analyze Willpower and Waypower
- Bundle Practices to Create a Personalized Template or Plan
- Schedule Resilience Practices
- Follow-up and Reinforce

Cultivate Calm, Clarity, and Non-judging Awareness

OBSERVE

BODY as it is
(Rooted, Posture, Sensation.)

BREATH as it is
(In-breath, pause, out-breath)

MIND as it is
(non-judging labeling)

Mindful Resilience Helps Deal with Life's Impermanence and Suffering

Mindfulness of the Cycles of Life

- Discovery
- Destruction
- Despair
- Openness
- Hope
- Renewal

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WEB SITE RESOURCES

Donald Altman's mindfulness websites: MindfulPractices.com

Dana Foundation, brain and immunology info and free newsletter: www.dana.org

Greater Good; The Science of a Meaningful Life: www.GreaterGood.berkeley.edu

Hope Foundation, Professional Development for Educators: www.hopfoundation.org
The Mindful Awareness Research Center: www.mar.cucla.edu

Mindful Website: www.mindful.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
