

Advanced Mindfulness Techniques

Rewire Depression, Anxiety and Toxic Lifestyle Habits

Welcome!

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Mindful Living Newsletter

MindfulPractices.com

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

The Mindfulness Toolbox

101 Mindful Ways to Build Resilience

Clearing Emotional Clutter

Mindfulness Training
Consultation ● Speaking

Today's Roadmap

Breath Awareness for Emotional Regulation

- Core Mindfulness; Affect Labeling and Prefrontal Cortex
- Practice: 3-Dimensional Breathing
- Practice: The 3-Minute Stress Detox

Research & Useful (& Free) Web Resources

- Mindfulness Research, Affect Labeling
- Brain Resources
- Mindfulness Apps

Today's Roadmap

Stress and Epigenetics

- Stress Instruments
- Brain Basics and Pre-frontal Cortex Functions

Overcoming Cravings, Negativity and Toxic Habits

- Practice: S-T-O-P Stress Grounding Technique
- Be the Pebble Practice

Today's Roadmap

Lifestyle Self-Care and Balance

- 5-Steps of G-R-E-A-T Mindful Self-Care

Mindfulness for Pain and Anxiety

- Practice: Body Scan

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 as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

Breathing Awareness

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 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

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 Percived 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

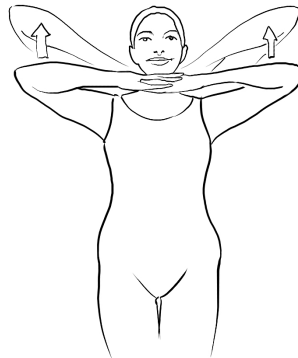
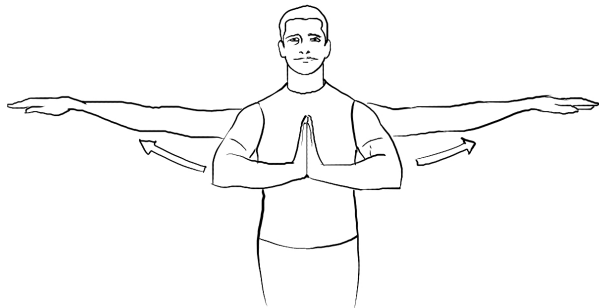
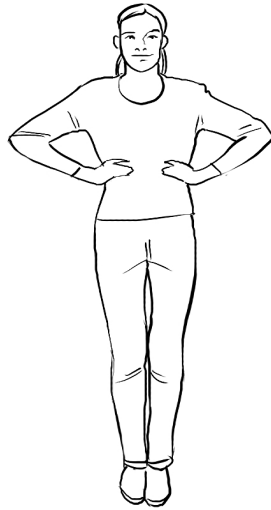
The Power of Breath

- Shallow Breath
 - 40-50 cubic inches air
- Full Breath
 - 400-500 cubic inches air
- Bio-feedback Method to Observe Your Breath

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

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.

3-Minute Stress Detox with Affirmation

Rewire Fear and Anxiety
with
Breath and Loving Kindness
Affirmation

- Diaphragmatic Breathing to Turn on Parasympathetic Nervous System
- Integrate the 3 Min. Stress Detox with Loving Kindness Affirmation

Stress Detox Practice

- **1-minute focus on body**
- **1-minute focus on breath**
- **1-minute guided breath to release stress, tension, worry**
- **OPTIONAL:** Use a single word, such as “safe” “connected” “secure” “peaceful” “energized” “compassion” with each in and out breath.

Part 1: The 3-Minute Stress Detox

Find a quiet place. Then focus on the following things:

Minute: #1: Notice your body and posture. Sit up in a posture that allows for easy breathing. Notice your feet on the floor, the position of your legs, knees, arms, hands. Erect but relaxed.

Part 2: The 3-Minute Stress Detox

Find a quiet place. Then focus on the following things:

Minute: #2: Place your attention on the breath.

Observe each in-breath and out-breath. Find a normal rhythm... *it's perfect just as it is!* Imagine each breath rising and then ebbing... like a wave on the ocean. Exhale slowly, noticing how nice it is to let go.

Part 3: The 3-Minute Stress Detox

Find a quiet place. Then focus on the following things:

Minute: #3: For this last 60 seconds, watch for any tightness, tension, worry or negativity in the body. We're going to use guided visualization to notice the next breath coming in from the crown center in the head.

Picture this as a white or golden light of harmony and balance. Let it to to any part of the body where there's tension or anxiety, and with your exhale, let the breath carry this down, down the body and out through the bottom of your feet into the earth for recycling. With each exhale feel the body grow more relaxed and at peace.

OPTIONAL: The 3-Minute Stress Detox with Priming Word

- **Minute: #3:** Use a safe priming word, such as “May I be safe....
“May I be peaceful” “May I be happy,” etc., as you breathe in.
- With each exhale, send the affirmation to others, such as “May
others be safe... May others be peaceful... May others be
happy....

The 3 Minute Question

ARE YOU WORTH THREE MINUTES A DAY
TO CLEANSE YOUR MIND
OF EMOTIONAL CLUTTER?

Pair Belly Breathing with Other Pleasant Activities

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

Intro to Mindfulness & Research

- Core Mindfulness Practice
 - Noticing the Body, Breath, and Mind
- Website Resources
- Compassionate Presence

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)

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 2015) doi: [10.1177/0956797615578863](https://doi.org/10.1177/0956797615578863)

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 anti-depressants 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).

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

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

Mindfulness Slows Progression of Mild Cognitive Impairment (MCI) in Adults

- Subjects 55-90 yrs. with (MCI) meditated 15-30 min. daily for 8 weeks.
- 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.

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

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.

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 Razzaque, Emmanuel Okoro, Lisa Wood

Useful (& Free) Web Resources

- Brain Resources
- Mindfulness Websites

Mindfulness Resources/Research

- National Telecenter for Health and Technology
www.t2health.dcoe.mil/apps/breathe2relax
- Greater Good; The Science of a Meaningful Life
www.GreaterGood.berkeley.edu
- Center for Investigating Healthy Minds:
<http://www.investigatinghealthyminds.org>
- MARC, The Mindful Awareness Research Center
www.marc.ucla.edu/body.cfm?id=38&oTopID=38
- Mindfulness Research Monthly for new mindfulness research that is being published. goamra.org
- DANA.Org Dana Foundation Brain Research [Dana Foundation](http://DanaFoundation)
- MindGains.Org [Global Assoc. Interpersonal Neurobiology](http://GlobalAssoc.InterpersonalNeurobiology)
- TCME.Org [The Center for Mindful Eating](http://TheCenterforMindfulEating)

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?

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.

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 (2013). *Stress in America*. From: <http://www.APApractice.org>

Stress-Related Illness

- 25 Million Americans suffer from a stress-related illness, including:
 - Chronic Fatigue Syndrome
 - Back Pain
 - Auto-Immune Disease
- 8 of 10 commonly used drugs treat symptoms of stress
- Cost is 30% of total US mental health services
Journal of Clinical Psychology, 1999

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

Stress Scale Instruments

- **The Perceived Stress Scale (PSS)**
10-question inventory developed by psychologist Sheldon Cohen (mindgarden.com).
- **The Epstein Stress-Management Inventory (ESMI-i)** is a 28-question inventory for individuals (mystressmanagementskills.com)
 1. Manage Sources of Stress
 2. Prevent or Avoid Stress
 3. Practice Relaxation Techniques
 4. Manage Thoughts

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

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>

Brain Basics & Emotional Regulation

- Visual Brain Model for Patients
- Mindfulness Module of Brain

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.

Your Brain on Stress

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.

Reflect Module of Brain: Highly Integrative Pre-frontal Cortex

Regulate the Body

Attune and Empathize

Emotional Balance

Impulse Control

Self-Soothing

Inner Appraisal (ethics and wisdom)

Selective Attention

Emotional Style (approach or avoid)

Mindfulness for Relapse and Cravings

- Impulse Control Craving Control with Inner-Outer Grounding
- Practice: S-T-O-P Grounding and Emotional Regulation Technique

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.

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.

Browse: Urge Surfing Alan Marlatt

Alcohol Research & Health . Relapse Prevention:
Mary E. Larimer, Ph.D., Rebekka S. Palmer, and G.
Alan Marlatt, Ph.D.

Interrupt Craving, Triggers and Negativity with S-T-O-P Stress Grounding Practice

In the next minute, you could...

S-T-O-P *for Awareness*

Transitions

Anxious Thoughts

Rumination

Reactivity

Craving and Urges

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

Interrupt Craving with S-T-O-P Stress Grounding

Uses All 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.)*

From: Seeking Safety by Susan Najavits

S-T-O-P Stress Grounding Practice

S- STAND and SLOW DOWN

Take two or three calming breaths.

PHYSICAL GROUNDING

The Mindfulness Toolbox by
Donald Altman

S-T-O-P Stress Grounding Practice

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**

S-T-O-P Stress Grounding Practice

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

S-T-O-P Stress Grounding Practice

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, POSSIBILITY and

POTENTIAL *from Pre-frontal Cortex. Look at how to go forward right now—not reactively, but with choice.*

S-T-O-P Stress Grounding Practice

1) Journal Your Experience of the S-T-O-P Stress Pause Practice.

What did you notice?

2) How could this be useful for you or others?

How could you use this with clients?

Be the Pebble Centering Practice

- **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

Weapons of Mass Distraction: How Much Screen Time?

- The average adult spends over 5 hours a day watching screens.
- 8-18 year-olds devote an average of 7 hours and 38 minutes to using entertainment media across a typical day*
 - This equals more than 53 hours a week).

* *Generation M2: Media in the Lives of 8- to 18-Year-Olds*; Kaiser Foundation, Jan. 2010
<http://kff.org/other/event/generation-m2-media-in-the-lives-of/>

Loss of Emotional and Facial Cues

- Preteens were tested for their ability to recognize non-verbal emotion and facial cues
 - Subjects were low in ability to identify emotions
- 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.

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

Multi-Tasking and Focus in Students

Middle, high school, and college students were asked to “study something important” for 15 minutes. Results found:

- “On task” behavior declined after just 2 minutes.
- Only 65% of the time was spent studying.
- Multi-tasking while learning produced more shallow understanding and poor memory of learned material.
- Student using Facebook had lower GPAs than those who avoided it during the task. *

* *Facebook and texting made me do it: Media-induced task-switching while studying;* Larry Rosen, *Computers in Human Behavior*, Vol. 29:3, pp. 948-958, May 2013.

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.

5-Steps to G.R.E.A.T. Mindful Self-Care*

- 5 Mindful Self-Care Strategies
 - **G**-ratitude & Attitude
 - **R**-elationships
 - **E**-ating & Sleeping
 - **A**-ctivity
 - **T**-une-Up with Mindfulness Practices

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

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 good things
 - Savor the ordinary
 - Attitude of kindness

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*

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

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.

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 the following behaviors:
- Smoking
- Alcoholism
- Obesity

*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.1000316>

Building Relationships

- Identify different segments of one's social network:
 - Work, family, friends, caregivers, church/spiritual, hobbies
- Address how to build one's network
- Address how to identify and utilize one's network of resources and mentors, etc.
- Visualize or mentally rehearse social interactions

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

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, 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
 - Technology, time, etc.
 - Medical factors affecting sleep
 - Problem solving sleep issues, even bad mattresses
 - 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

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
- Set start date/start time
- Start small
- 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.

Pleasant Activities

- Identify simple, realistic and achievable pleasant activity to implement.
- Don't reinvent the wheel; use activities that have worked in the past
- Select date and time to do activity.
- Have backup time to set the pleasant activity if it does not get completed.
- Noticing Pleasantness is also a pleasant activity
 - a favorite color, a favorite sound, a favorite object, etc.

Control Your Depression by Peter Lewinsohn

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

- What mindfulness practice do you like?
 - Calming Breath
 - Physical Grounding
 - Gratitude Practice
 - Yoga, Tai chi, prayer,
or other focused
attention practice

Weapons of Mass Distraction

- Setting Technology Boundaries and Slowing Down
- Face-to-Face Contact Wires Brain
- Practice: Exploration of Time Spent with Technology

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.

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?

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?

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