

One-Minute Mindfulness, Resilience & Interpersonal Neurobiology

*Practical Daily Tools for
Managing Emotions and Stress*

Welcome!

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Simply Mindful

The Mindfulness Toolbox

101 Mindful Ways to Build Resilience

Mindfulness Training - Consultation - Speaking

Overview

Core Themes: Integrating IPNB, Mindfulness, and Resilience

- Mindfulness as an Attentional Coping Skill
- The 3 “R’s” of Interpersonal Neurobiology
- Understanding Resilience

New View of Stress

- Why Stress Matters
- Technology and the Brain
- Neuroscience of Mindfulness
- Perceived Stress Scale

The Mindfulness Antidote

- Mind Wandering and Telomeres
- Palm the Present Moment Experience

Overview

Safe Anchors for Balance and Safety

- Anchors through the Life Span
- Practice: Safe Anchors

Understanding Resilience

- Hope and Resilience
- Tools for Willpower and Waypower

Gratitude and IPNB

- Gratitude as an attentional practice
- 5 Kinds of Gratitude

Overview

Gratitude and IPNB (cont.)

- 4 Psychological Reasons Why Gratitude is Good
- G.L.A.D. Technique for Positive Emotions

Identifying and Applying Strengths

- Learn Your 24 Top Strengths
- Practice: Savoring Practice

One-Minute Mindfulness Affirmation

- Loving-Kindness for Overcoming Fear, Anxiety and Building Relationships

The 3 “R’s” of Interpersonal Neurobiology

- The 1st R: The Brain Is Profoundly **Relational**.
 - It is key to developing healthy, attached relationships.

The 3 “R’s” of Interpersonal Neurobiology

- The 2nd R: The Brain Is Profoundly **Reflective**.
 - It is key to developing having insight, morality, and ethics.

The 3 “R’s” of Interpersonal Neurobiology

- The 3rd R: The Brain Is Profoundly **Regulatory**.
 - It is key to pausing, developing impulse control and modulating responses to the inner and outer environment.

Plus, IPNB Shows that...

- The Brain Is Profoundly **Symbolic**
 - It integrates, organizes and safely anchors us through narrative, story and memories.

One-Minute Mindfulness = Getting Off Auto-Pilot

Develop the flexibility and adaptability to respond to conditions in the moment.

- Break addictive, reactive, habitual patterns, moods, and behaviors.

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.
- Important to pause in session to help integrate what clients 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.

Meta-Analysis of Mindfulness Interventions

- Mindfulness meditation led to significant improvements in both lessening:
- Symptoms of depression and anxiety after therapy and for up to 3 month 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

Alters Physical Brain Structure

- Meditation alters brain structures in 8 weeks *
- Meditation strengthens connections between the frontal cortex and the insula**

*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).

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

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*)

Resilience: One of 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.

Mindfulness and IPNB Utilize the APA's Four Factors in Resilience

1. The capacity to make realistic plans and take steps to carry them out. (**Mental Clarity**)
2. A positive view of yourself and confidence in your strengths and abilities. (**Identifying Strengths**)
3. Skills in communication and problem solving. (**Response Flexibility, Interpersonal Skills**)
4. The capacity to manage strong feelings and impulses. (**Emotional Regulation Skills**)

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)

Stress & Mindfulness Research

Stress...“occurs when an individual perceives that the demands of an external situation are beyond his or her perceived ability to cope with them.” –Richard Lazarus, 1966, stress pioneer

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

Stress in America

APA Survey

- **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.

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

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.

Mindfulness & IPNB Resources/Research

- **Greater Good: The Science of a Meaningful Life**, features the science of altruism, gratitude, mindfulness, subjective well-being, etc. <http://greatergood.berkeley.edu>
- **Mindful Awareness Research Center**, or MARC at UCLA. Features a useful bibliography for researchers, psychologists, etc. <http://marc.ucla.edu/body.cfm?id=38&oTopID=38>
- **Mindfulness Research Monthly** is a free newsletter of all the new mindfulness research that is being published. [American Mindfulness Research Association](#)
- **Dana Foundation Brain Research Foundation** [Dana Foundation](#)
- **Center for Investigating Healthy Minds**, research on training the brain for compassion, mindfulness in education: investigatinghealthyminds.org
- **MindGains.Org** [Global Assoc. Interpersonal Neurobiology](#)
- **The Center for Mindful Eating** [TCME.Org](#)

Benefits of Mind-Body Connection

- *“The ego is first and foremost a bodily ego.”* –Sigmund Freud
- Body Awareness interrupts mind wandering and the brain’s Default Mode Network (DMN)*
- Strengthens brain networks that connect us to the body, sensing emotions and strengthens connections between the frontal cortex and the insula **

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

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

Mind Wandering

- 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)

*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

“...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.” — *William James, The Principles of Psychology, 1890*

Practice: Palm the Present Moment

Palm the Present Moment Reflection

What was your
experience with Palm
the Present?

How might you adapt it
so it works better for
you?

Palm the Present Moment

Practice:

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

Teaching: Palm the Present Moment

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

Suggestions for Self-Care

- Think of this as a portable tool for stress and rumination.
- Schedule Times for Use.
- Use before or after transitions.
- Do the quick 1-Minute Palm the Present Moment between sessions.

Focusing on a Safe Anchor

- Mindfulness as a Present Moment Anchor
- Brings focus to present context
- Context specific awareness

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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 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 center? How do they differ?

Practice: Finding a Safe Anchor

Find a safe anchor in the present moment- such as:

- Be the Pebble word
- Body Movement
- Anchor Memory
- One Small Breath
- Sense object
- Life Stage Anchor

Reinforce Safe Anchors

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

Anchors: Reflection

- What was your experience of identifying and anchoring with a symbol like for you?
- How might you use anchoring with clients?

Resilience and Hope Connection

- Psychological Hope is defined as the sum of:
 1. The energy and positive thinking one has in relation to goals (Goal-Directed Energy or Willpower)
 2. 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: _____

(Add Agency and Pathways scores: **Total Hope Score:** _____

40 – 48: hopeful

48 – 56: moderately hopeful

56 or higher: high hope

Developing 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.*

Developing 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.*

Practice: Willpower and 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)”

Web Resources for Resilience

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

<http://t2health.dcoe.mil/apps/provider-resilience>

Web Resources for Resilience

- 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

<https://health.mil/News/Gallery/Photos/2015/09/11/VirtualHopeBox>

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/mHealth-Clinical-Integration>

However, we sometimes forget to have
Gratitude for things... such as...

Consistent Gratitude Practice

PHYSICAL

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

PSYCHOLOGICAL

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

SOCIAL

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

Gratitude for Depression

Depression Intervention:

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

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*

Mindful Gratitude

A second study revealed:

- *“The gratitude group reported significantly bigger increases in their happiness levels from before to after the intervention.” It was only necessary for participants in this study to do the practice once a week, such as on a Sunday night, for the benefits to be felt.”*

---Sonja Lyubomirsky in her book, *The How of Happiness*

Gratitude for the Ordinary Study

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

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

Five Kinds of Gratitude...

- 1) Basic Gratitude, Necessities
 - 2) Ordinary Gratitude
 - 3) Personal Gratitude
 - 4) Relational Gratitude
 - 5) Paradoxical Gratitude
- ...AKA Silver Lining Gratitude

Humility and Lessons from the Earth

Basic Gratitude for the Day

- Use a “basic gratitude” practice to acknowledge all that the Earth provides for you each day:
 - Fresh Water
 - Sunlight for warmth
 - Materials for making a home
 - Energy (electricity, gas, oil, etc.)
 - Food from the Earth

Ordinary Gratitude: Saint Teresa's 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.

One-Minute G.L.A.D. Technique*

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

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

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

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

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

Journal or write these on an index card

***G.L.A.D. Technique © by Donald Altman, from
THE MINDFULNESS TOOLBOX**

Using G.L.A.D. at Home

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

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

Questions and Hypotheticals...

How could you introduce a gratitude practice to clients?

How could anyone integrate this into the day?

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*

Stories Reveal Our Strengths

- 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.

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

Online Intervention

- Subjects who used the 3 exercises below for a week, showed significantly reduced depressive symptoms and increased happiness vs. the placebo
 - “Use Your Strengths” exercise
 - Gratitude Visit
 - The Three Blessings 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>

Selective Attention for Mood Management and Resilience

- Selective Memory of Savoring Past Success
- Selective Memory of Helping Others
- Practice: Savoring; Being a Benefactor

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.

Practice: Savoring Success

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

Practice: Being a Benefactor

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.

Questions and Hypotheticals...

- How might you use or adapt either of these interventions with clients?
- Also, consider savoring other memories, such as times with others, as well as favorite objects that anchor you to a positive memory or person.

Loving Kindness to Heal Trauma

- Fredrickson's *Broaden and Build* Theory for Positive Emotions
- Compassion Research and Security Priming
- 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 Kring

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, Kring, 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

Questions and Hypotheticals...



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PALM THE PRESENT MOMENT

by Donald Altman, M.A., LPC

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

HANDOUT: Palm the Present Moment

***Instructions:** Use this portable grounding meditation whenever you find yourself getting anxious, worried, feeling overwhelmed, lost in negative thoughts, or feeling uncertain about the future while transitioning from one place to another. Spend as much time as necessary to do this the first time.*

Once you're familiar with how to Palm the Present Moment, you can shorten the process and do this in just one-minute, if desired.

Sit in a comfortable chair and take a couple of nice, long, calming breaths. Now, just raise your hands up to the height of the heart center, with the palms facing one another—about a foot or so apart. Notice how much tension there is in just holding the arms and hands up in the air.

Next, ever so slowly, bring the hands closer until you feel even the slightest or subtle sensation of energy, pressure, heat, or warmth. Stop when you feel this, and just notice this for a few moments. Observe closely this sensation. Is the heat, warmth, energy, or pressure constant? Or, does it vary slightly moment to moment?

Now, gently move the palms closer until just the fingertips come together with the most feathery, lightest touch. Imagine that the molecules from the fingertips of your right hand are dancing with the molecules of the fingertips of your left hand. You might even think about what dance they are doing... the foxtrot, the samba, the tango, or the jitterbug!

Now, you continue to bring your palms together until they lightly touch. As you do this, notice how the fingers straighten out and how more heat builds up between the palms. With your palms together, this is a good time to reflect for a few moments on the body, which is a precious gift that we possess.

(Rest in silent appreciation for 5-10 seconds)

Let's see what it's like to tense, then relax the body. Keeping your palms touching, raise your elbows up to the side. Press with only ten percent of the total pressure you could exert. Now, press your hands together even harder—up to twenty percent of total pressure. (Stop pressing if you feel any pain. Press only as hard as you experience no pain or discomfort.)

Again, observe how far up your arm the tension goes. Does it extend to the wrists, the elbows, the shoulders, the shoulder blades, the back, the chest? Maybe you feel more heat building in the palms of your hands? Which muscles are tense? After about five seconds of this, let your shoulders and elbows relax and fall. Release all this tension. Notice how nice it is to let go of tightness and tension in the body.

Finally, very slowly open your palms, like flower blossoms opening to the morning sun. Sense the coolness in your palms as the heat dissipates. Finally, let the weight of gravity tug on your hands and arms, letting these gently fall like leaves from a tree, until they come to rest on your lap or legs. Take a nice, long inhale, and as you exhale, imagine all the remaining stress draining out with the exhale down your legs and out of the bottom of your feet—where it will flow into the Earth for recycling.

If you want, just sit for a few more moments in appreciation for the body that follows your commands and carries your consciousness so you can achieve your life goals. How marvelous!

* this practice is excerpted from *The Mindfulness Toolbox* by Donald Altman