



Mind Full, or Mindful?

An Introduction to Mindfulness

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Objectives

- Describe the origin, definitions and elements of Mindfulness
- Evaluate the scientific evidence base for the potential benefits of Mindfulness
- Describe various informal and formal practices of Mindfulness and apply in personal life and professional practice
- Undergo a brief Mindfulness practice

If you can sit quietly after difficult news;

If in financial downturns you remain perfectly calm;

If you can see your neighbors travel to fantastic places without a twinge of jealousy;

If you can happily eat whatever is put on your plate;

If you can fall asleep after a day of running around without a drink or a pill;

If you can always find contentment just where you are:

You are probably a dog.



Jack Kornfield

JACK BLACK



Disney
KUNG FU PANDA

THE KUNG FU PANDA
PANDAMONIUM BEGINS JUNE 6

Kung Fu Panda: Master Oogway



**“Yesterday is history,
tomorrow is a mystery,
and today is a gift...
That's why they
call it
the PRESENT”**

Mindfulness

The Power of “NOW”

- Tao parable (Derek Lin. *The Tao of Everyday Living*.)
- “Remember the strawberry”



A cartoon panel showing Charlie Brown and Snoopy sitting on a wooden dock by a lake. Charlie Brown is on the left, wearing his signature yellow shirt with a black zigzag pattern. Snoopy is on the right, a small white dog with black ears and a black nose. They are both looking out over a blue lake towards a distant shoreline with green trees under a clear blue sky. Two vertical wooden posts are on either side of them on the dock. Two speech bubbles are floating above them.

One day, we will
die Snoopy...

Yes, but every
other day we will
live...

What Is Mindfulness?

Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally. *Jon Kabat-Zinn*

Mindfulness - Formal

- Foundational practice
- Time set aside for mindfulness practice
- Types:
 - Breath-focused meditation
 - Body scan – focusing on body sensations
 - Mindful yoga
 - Walking meditation
 - And others

Mindfulness - Informal

- “Truly experiencing your life moment to moment as it unfolds with curiosity and acceptance”
- Being fully present while
 - Eating
 - Cooking
 - Doing dishes
 - Walking
 - Showering
- Brief moments of Mindfulness multiple times throughout the day

Acceptance

- Recognizing and acknowledging our reality (often unpleasant or negative) without resistance. **Not the same as giving up.**
- Life is stressful; can never be stressor free
- Suffering/distress depends on how we respond to stressors

$$\text{Distress} = \text{Stress} \times \text{Resistance}$$

Our thoughts, not our
circumstances, create most of
our stress

Raging River of Thoughts

We are not trying to stop our thoughts. Simply changing our relationship to them.



Mindfulness is a skill

Mindfulness is not a destination or goal; it is simply living and accepting your life in the moment with kindness and non-judgment

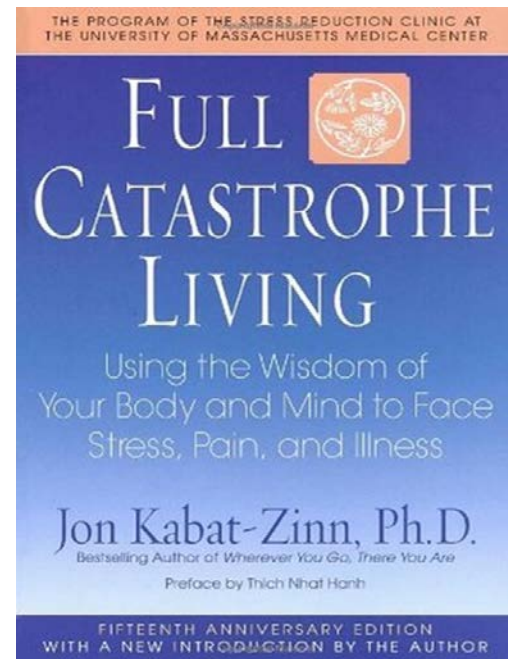
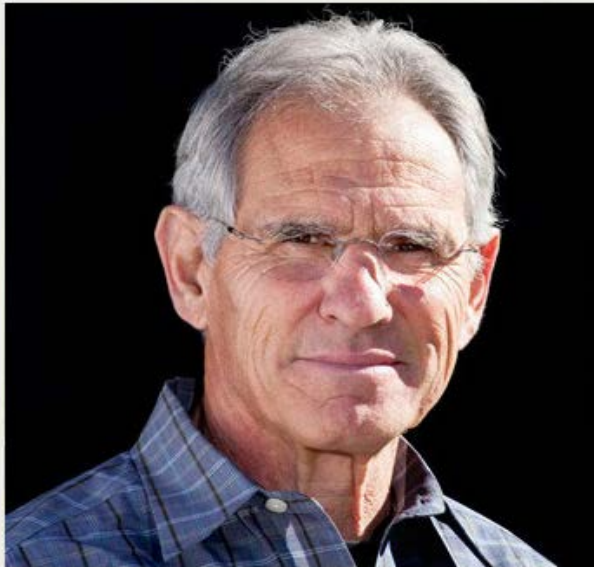
Origin and Scientific Basis of Mindfulness



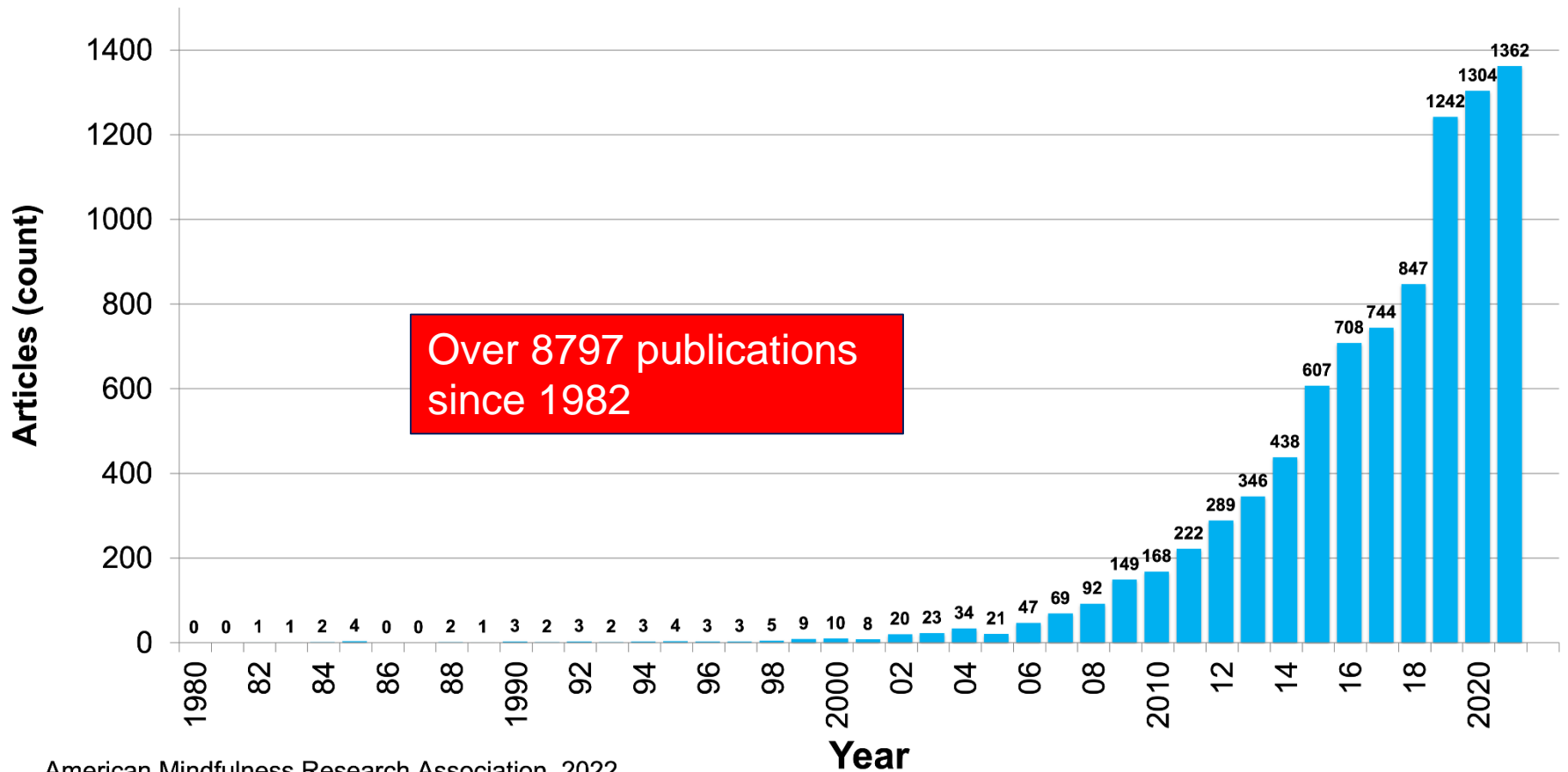
Mindfulness in Buddhist tradition was meant to alleviate suffering and cultivate compassion

First Published Study of MBSR in a Medical Journal

- Mindfulness Based Stress Reduction Program (MBSR)
- 50% of 51 chronic pain patients reported 50% improvement in pain. Also improvement in mood symptoms (*Gen Hosp Psychiatry* 4;33-47, 1982)



"Mindfulness" journal article titles published by year: 1980-2021



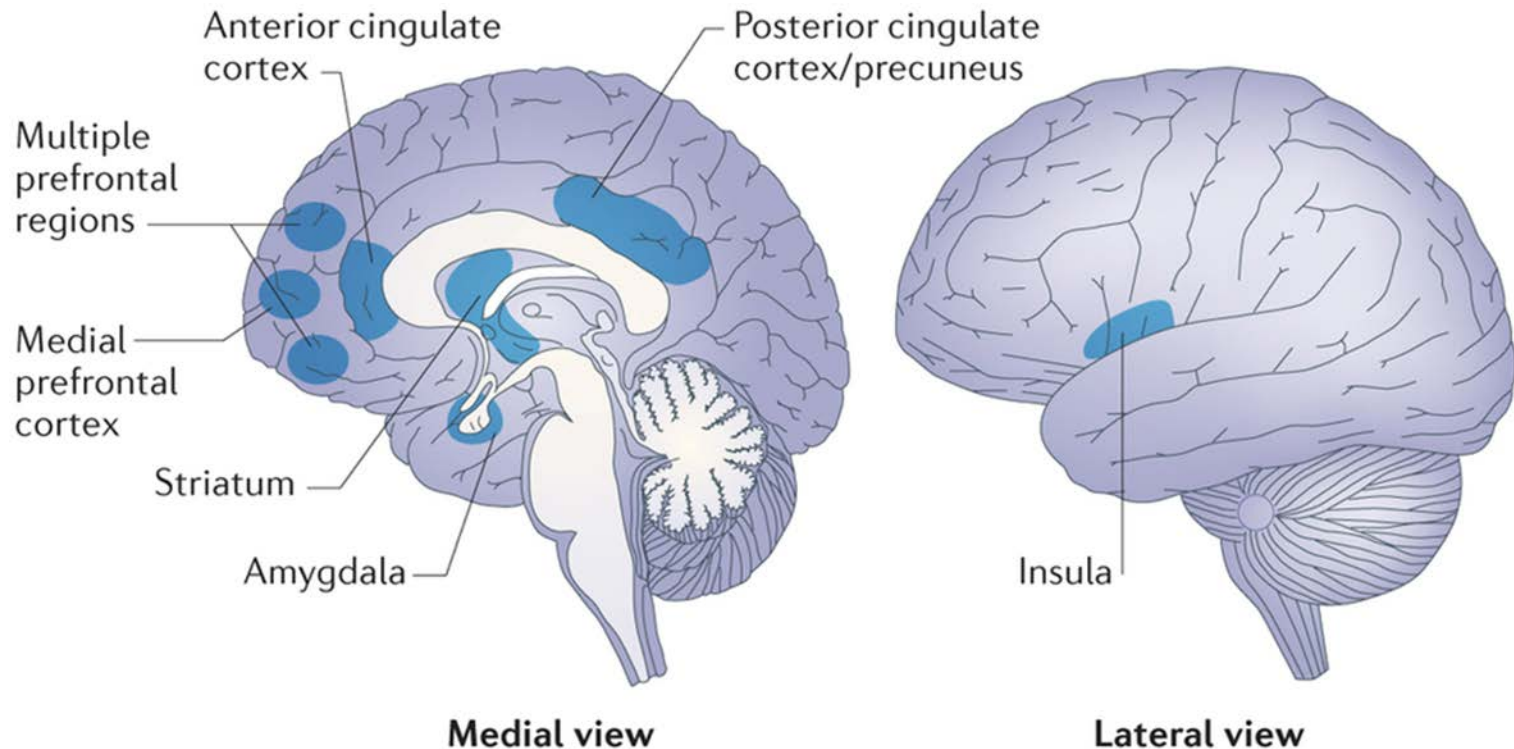
American Mindfulness Research Association, 2022
Source: goAMRA.org

Mindfulness

- Strong scientific evidence supporting beneficial effects:
 - As an adjunct to traditional medical therapies: cancer, MS
 - In weight management, smoking cessation, chronic pain
 - In mental health disorders: depression, anxiety
 - To reduce stress and burnout in otherwise healthy populations
- Wide spread **secular** practice
- Found in most academic centers, universities, corporations, and in almost all walks of life, including Congress

Why Mindfulness Works

- **Biological:** **Neuroplasticity** – postulated changes in the structure and function of brain regions involved in regulation of attention, emotion, and self-awareness
- **Psychological:** Being in the “present” in a non-judgmental way helps calming attitude with better coping skills



Nature Reviews | **Neuroscience**

Brain regions involved in components of mindfulness meditation. Schematic views of some of the brain regions involved in attention control (anterior cingulate cortex and the striatum), emotional regulation (multiple prefrontal regions, limbic regions, and the striatum), and self-awareness (the insula, medial prefrontal cortex, and posterior cingulate cortex/precuneus)

Tang. *Nature Reviews/Neuroscience*. April 2015;16:213-225

Research Findings on Benefits of Mindfulness

Stress

- Meditation or mindfulness-based therapies seem to positively (Mehrmann and Karmacharya 2013)
 - Affect cellular processes that are influenced by stress and linked to disease
 - Impact biomarkers of stress regulation, such as cortisol secretion, quality of sleep, and ability to remain mindful
- A meta-analysis of 45 RCTs demonstrated that meditation is associated with reduced physiological markers of stress, as demonstrated by decreased BP, cortisol, HR and cytokine levels, compared to an AC, namely relaxation, exercise or education. (Pascoe et al. *J Psych Research* 95; 95:156 -178, 2017)

Mindfulness and Chronic Pain

- Hilton *et al.* Mindfulness Meditation for Chronic Pain: Systematic Review and Meta-analysis. *Ann Behav Med.* 51:199-213, 2017
- To evaluate efficacy and safety of mindfulness meditation interventions for the treatment of chronic pain in adults
- 38 RCT, n=3536
- Conclusions: Mindfulness meditation improves pain and depression symptoms and quality of life; effect sizes small

Obesity

- Carriere K, Khoury B., Gunak MM, Knauper B. Mindfulness-based intervention for weight loss: a systematic review and meta-analysis. *Obesity Reviews* 19, 164-177, February 2018
- To evaluate the efficacy of MBIs on weight loss and eating behaviors
- 19 studies; n=1,160 4 Pre-post; 15 Randomized trial
- Conclusions: MBIs effective in reducing weight and improving obesity related eating behaviors. Larger effects seen in studies with combination of formal and informal meditation practice

Smoking Cessation

- Maglione *et al.* Efficacy of mindfulness meditation for smoking cessation: A systematic review and meta-analysis. *Addictive Behaviors* 69:27-34, 2017
- To synthesize RCTs of mindfulness meditation interventions for smoking cessation
- 10 RCTs; n=1192
- Conclusions: Although suggestive of efficacy, effects of mindfulness meditation on smoking cessation and reduction did not differ significantly from comparator controls

UAMS Mindfulness Program

<https://mindfulness.uams.edu>



Mindfulness Program

UAMS Health Jobs Giving

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KORU Mindfulness

Now open to the public! Our four-week introduction course, KORU Mindfulness, is a great place to start your Mindfulness journey. Enroll in one of the Spring courses now!

[Course Information](#)

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KORU Mindfulness

The best introduction course for those new to

Resources

Mindfulness-Based Stress Reduction Program

Do
Mindfulness Program

COVID-19 questions? Talk
with our Virtual Assistant.



Live Online Mindfulness Sessions

- Free, daily live Mindfulness session online via Zoom.
- **Open to all**
- Monday – Friday at 12:00 Noon
- To get the Zoom link, email UAMSMindfulnessProgram@uams.edu
- Recorded Sessions are available: [Mindfulness Session Library](#)

Koru Mindfulness

- Simplified Mindfulness course developed in Duke University
- Four sessions lasting 75 minutes each; one every week; class size is up to 12-15 participants
- Free app to practice the Mindfulness skills, log entries, and communicate with the instructor
- We have **completed 70+ Koru Mindfulness courses with over 800 participants at UAMS since Jan 2019.**
- We offer courses to the general public for free. We do accept donation to support the program.



Ted Scott

Mindfulness Based Stress Reduction (MBSR)

- Gold standard
- 8 week, intensive course; meets 2.5 hrs/week; one day retreat; practice 45 min/day
- Dr. Pele Yu, a certified MBSR instructor, leads this course
- Fee based and open to UAMS and public at large.
- Offered every quarter. Completed 5 courses.
- Next MBSR course starts in early July

Other Mindfulness Resources

- Mindfulness Apps:
 - **Commercial**
 - Headspace
 - CALM
 - 10% Happier
 - **Free**
 - Mindfulness Coach - developed by the VA
 - Insight Timer
 - Many others
- Websites: www.korumindfulness.org
<http://www.umassmed.edu/cfm>
- Google or Youtube “Mindfulness “- numerous sites with great content with different emphasis.

Closing Thoughts

- Growing body of scientific evidence supporting beneficial effects of Mindfulness meditation
- Evidence supports role for Mindfulness meditation in many medical and psychiatric condition and stress
- Mindfulness is a widespread, secular practice
- A skill that can be learned and always available to us



Plant the seed of Mindfulness; Cultivate Mindfulness



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Thank You!

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