

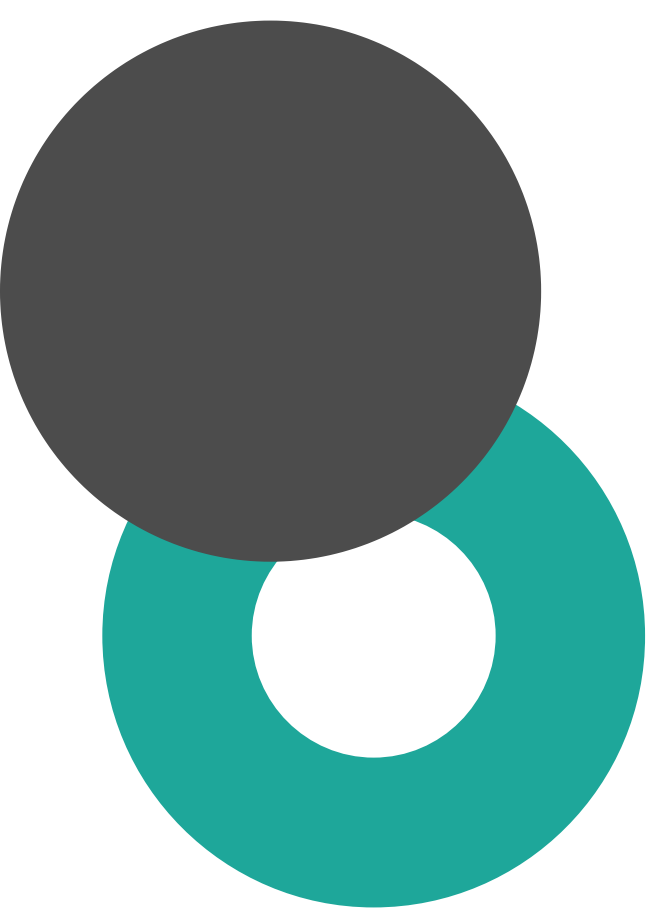
Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:
What is Mindfulness?



Speaker:
Kevin Kraska, MSW, LISW-S

About the Speaker:

Kevin Kraska
MSW, LISW-S



Kevin is also the author of *Coming Home To Yourself ~ Lovingkindness for the Wounded Heart*, a guided meditation practice for self-compassion. In addition, Kevin has extensive experience facilitating mindfulness in the clinical setting. Through his private practice of the past 25 years in central Ohio, he has spent over 20,000 hours introducing hundreds of clients to mindfulness in their pursuit of optimal mental health. Kevin is known for his gentle, strong leadership and enjoys bringing spaciousness, humor and music into his facilitation of mindfulness programs.

Mindfulness is not...

- Relaxation spelled backwards
- Guided imagery or hypnosis or subliminal conditioning
- Something that can be learned quickly in a book, a weekend seminar or lecture
- About avoiding what we don't like or holding onto what we do

Mindfulness is...

- Paying attention, on purpose, without judgment, in the moment, with compassion
 - – Jon Kabat Zinn
- Aka “present moment awareness” or “engaging the moment” with compassion
- Observing things ‘as they are’ without adding ‘layers’ to them
- Enlists courage in moving ‘toward’ what is in our lives rather than moving away, distracting or avoiding
- A way of being that ultimately creates space

How Mindfulness Works

- Attention Regulation
- Somatic Regulation
- Emotional Self-regulation
- Change in Perspective of Self
- Interpersonal Attunement/Regulation

Why People Seek Out Mindfulness

- Learn how to reduce/manage stress/tension
- “Self-improvement”
 - reduced anxiety, depression, anger
 - increased patience, self-awareness, attention regulation, focus and acceptance
- Improve coping with emotions and managing reactions
- Enhance/improve relationships
- Improve quality of sleep
- Increase pain management
- Create a balance and a sense of peace and ease in life
- Find a more relaxed state
- Improve general health or a variety of specific medical conditions
- Find greater happiness and life satisfaction
- Become more self-aware

Coronary Artery Disease

The addition of meditation training to standard cardiac rehabilitation regimens has been shown to reduce mortality (41% decrease during the first two years following, and 46% reduction in recurrence rates) morbidity, psychological distress, and some biological risk factors (plasma lipids, weight, blood pressure, blood glucose) (Linden 1996, Zammara 1996). Meditation practice alone has been shown to reduce exercise-induced myocardial ischemia in patients with coronary artery disease (Zamarra 1996, Ornish 1983).

Hypertension

Meditation training has been shown to reduce blood pressure in amounts comparable to the changes that are produced by medication and other lifestyle modifications such as weight loss, sodium restriction, and increased aerobic exercise (Schneider 1995, Linden & Chambers 1994, Alexander 1994).

Cancer

A randomized trial with cancer outpatients showed Mindfulness-Based Stress Reduction (MBSR) was effective in significantly decreasing mood disturbance (65%), including depression, anxiety, anger and confusion, and also in decreasing the symptoms of stress such as cardiopulmonary and gastrointestinal symptoms (Specia 2000). These changes were sustained at six month follow up (Carlson 2001). Survival rates of both melanoma and metastatic breast cancer patients have been significantly improved by relaxation and meditation training (Fawzy 1993, Speigal 1989) and psychological distress was lessened in women with early breast cancer (Bridge 1988).

Chronic Pain

Mindfulness meditation has been shown to reduce both the experience of pain and its inhibition of patients' everyday activities. Further, mood disturbance and psychological symptomatology (including anxiety and depression) are also reduced. Pain-related drug utilization was decreased and activity levels and self esteem increased. This was in marked contrast to a traditional pain clinic comparison group, which showed no change on these dimensions (Kabat-Zinn 1982, 85). These gains were nearly all maintained at four-year follow-up (Kabat-Zinn 1987).

Fibromyalgia

Mindfulness training resulted in clinically significant improvements in physical condition and both psychological and social spheres (Kaplan 1993, Goldenberg 1994, Weissbecker

Diabetes - Type I

Meditation training significantly lowered glucose levels in patients with poorly controlled type I diabetes (McGrady 1991).

Irritable Bowel Syndrome

Meditation training has been shown to be effective in improving this condition (Blanchard 1992).

Anxiety

Mindfulness training has been shown to clinically reduce symptoms of anxiety, psychological distress and secondary depression (Kabat-Zinn 1992). These changes were maintained at 3-year follow-up (Miller 1995).

Asthma/Respiratory Disorders

Relaxation training has been shown to improve the psychological well-being, functional status and frequency of attacks of asthma patients as well as adherence to treatment (Devine 1996). It has also been shown to have a beneficial effect on dyspnea and psychological well-being among adults with obstructive pulmonary disease (Devine & Percy, in press).

Psoriasis

Recently published research has shown that mindfulness meditation increases skin clearing rates four-fold when used in conjunction with phototherapy and photochemotherapy (Kabat-Zinn 1998).

Headache

Meditation has been shown to decrease headache activity (Anastasio 1987).

Depression

The skills derived from mindfulness training and cognitive therapy have been shown effective in significantly reducing the recurrence of major depressive episodes in patients who have been treated for depression (Teasdale 2000).

Multiple Sclerosis

Training in mindfulness of movement resulted in MS patients reporting improvement over a broad range of symptoms, including balance (Mills 2000).

Health-Related Quality of Life

MBSR has been shown to significantly improve health-related quality of life. (functional status, well-being, reduced physical symptoms, psychological distress) (Reibel 2001).


Mindfulness Meditation



Working with Thoughts

“ The day you decide that you are more interested in being aware of your thoughts than you are in the thoughts themselves – that is the day you will find your way out. ”

— MICHAEL SINGER



“You can’t help that birds will fly over your head, but you can stop them from building nests in your hair.”

- Zen Proverb

Mindfulness Meditation





Mindful Movement

“If you miss the present moment, you miss your appointment with life. It’s so clear. Mindfulness is the energy and practice that helps you go back to the here and now so that you encounter life.”

Thich Nhat Hanh, *The Art of Power*



MINDFULNESS HOUR

EMPOWERED BY KNOWLEDGE

STRENGTHED BY ACTION

SUSTAINED BY COMMUNITY

Join us as we explore ways to connect meaningfully in today's culture. You will engage in a blend of practices including meditation, relaxation, contemplative questions, mindful movement, and an opportunity to share your experience, struggles, or wisdom.



When:

First and Third Wednesdays at 9am

Where:

Register at cancersupportohio.org

Participants will receive a zoom link once registered

For more Information:

614.884.HOPE (4673)

CancerSupportOhio.org

All programs and groups are offered at no cost to those affected by cancer. Online registration is required at CancerSupportOhio.org. For more information, call 614.884.HOPE (4673).



1200 Old Henderson Road | Columbus OH 43220 | 614.884.HOPE (4673) | www.CancerSupportOhio.org

Mindfulness Hour

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OhioHealth Mindfulness Program

OhioHealth Mindfulness Programs

Experiential offerings providing relief from stress-related symptoms and promoting enhanced well-being and peace of mind

- **MBSR 8-week Course**
- **Mindfulness-Based Short Course**
- **One-time Presentations**
- **Mindfulness Consultations**-individualized sessions available as Employee Assistance Program (EAP) benefit
 - confidential counseling for associates and dependent family members
 - No cost to you
 - 6 sessions each per calendar year
- Call (614) 566.4414, or email mindfulness@ohiohealth.com

Virtual Sessions

Registration required (via email mindfulness@ohiohealth.com) to receive link via email. Free to all. No experience necessary!

Class Times

Mindful Moment (WebEx)-Wednesdays, 12-12:30pm

Learn simple practices to help you develop mindful awareness in brief moments throughout your busy week. Each class features a new theme and helpful strategies for continued self-care. Sessions are recorded and available to view later.

Practice Times

Mindfulness Meditation (WebEx)-Tuesdays, 5-5:30pm

Settle into stillness with extended mindfulness meditation. The time will be lead with minimal verbal guidance and longer periods of silence to support reducing stress, anchoring attention, and developing sustained practice.

Mindfulness Mini-Break (WebEx)-Fridays, 8:30-8:45am

Drop by for a mindfulness break. Simple guidance. Short practice. Brief sit.

Videos

- *"Coming to Our Senses"-Jon Kabat-Zinn (9 min.)* <https://www.youtube.com/watch?v=XNvZkepAiMo>
- *"Life is Right Now"-Jon Kabat-Zinn (7 min.)* <https://www.youtube.com/watch?v=EU7vKitN4R0>
- *"Befriending the Body"-Jon Kabat-Zinn (4 min.)* <https://www.youtube.com/watch?v=eFAsnamhIEE>
- *"All it takes is 10 Mindful Minutes"-Andy Puddicombe (10 min.)* <https://www.youtube.com/watch?v=qzR62JJCMBQ>
- *"Measuring Mindfulness"-Judson Brewer (7 min.)* <https://www.youtube.com/watch?v=wp9JD4APjSs>

Books

A Beginner's Guide to Meditation: Practical Advice and Inspiration from Contemporary Buddhist Teachers

The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day

by Andy Puddicombe

How to Meditate by Pema Chodron

MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction

by Elisha Goldstein PhD and Bob Stahl PhD

Mindfulness for Beginners by Jon Kabat-Zinn

Mindfulness Apps

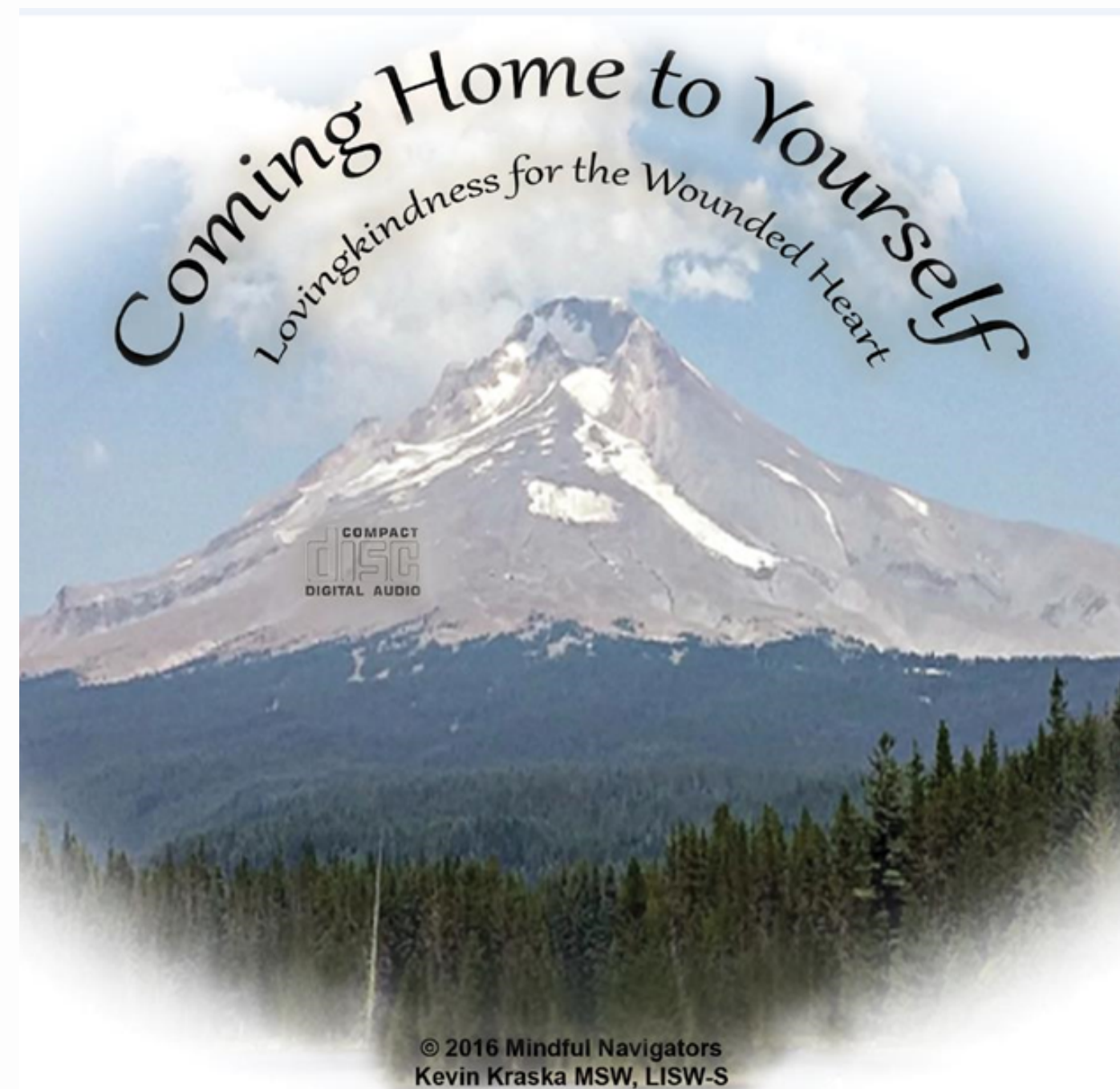
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|-----------|-----------------|------------------------|
| • Abide | • Headspace | • Stop, Breathe, Think |
| • Aura | • Insight Timer | • Ten Percent Happier |
| • Breathe | • Liberate | |
| • Calm | • Omvana | |



OhioHealth Mindfulness Programs

Coming Home To Yourself Guided Meditation

available on iTunes, Amazon Music, Spotify & more!



What is Mindfulness?



Copyright Penny Dewhurst

**Thank you for
being here today!**

THANK YOU

