



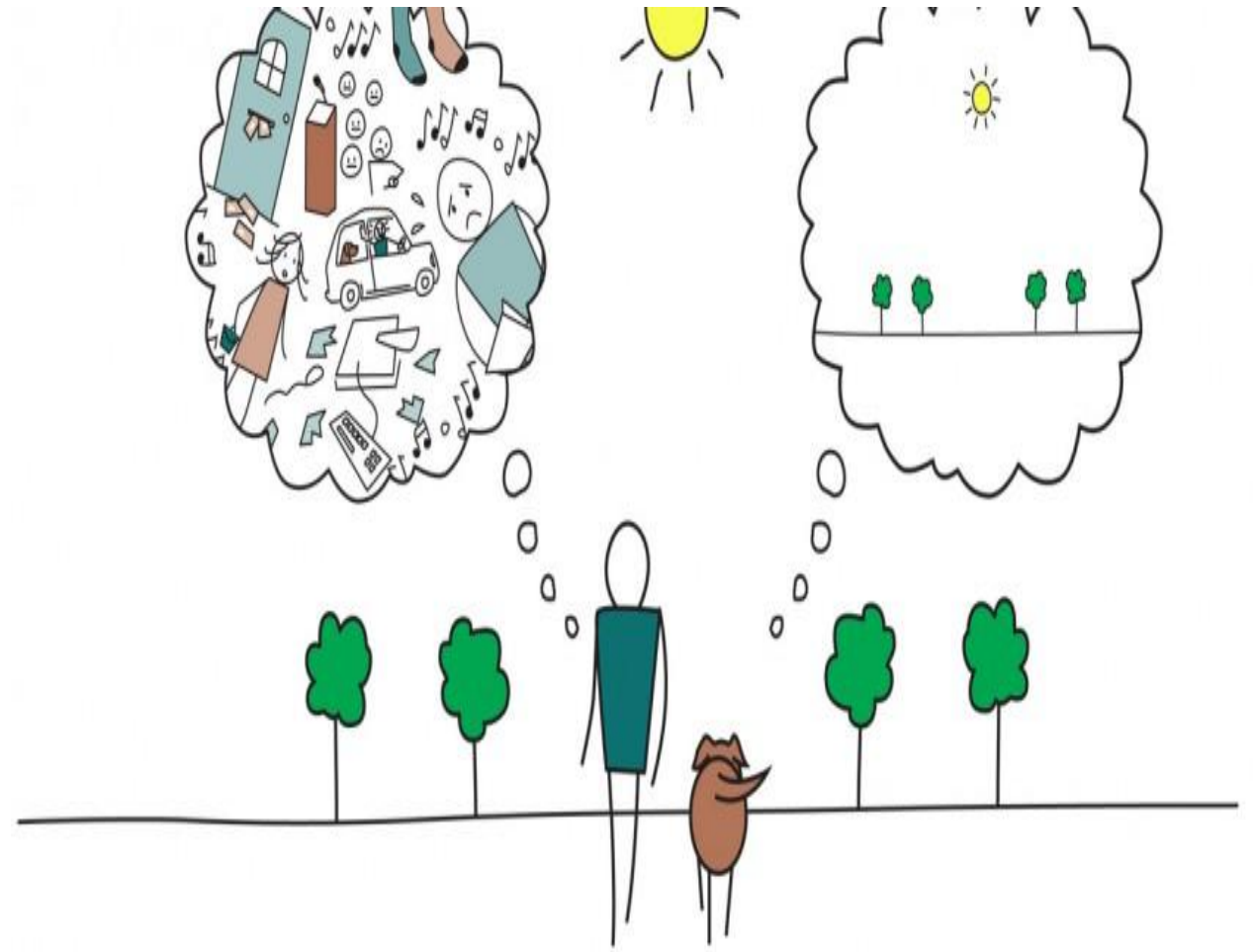
BUILDING RESILIENCY THROUGH MINDFULNESS



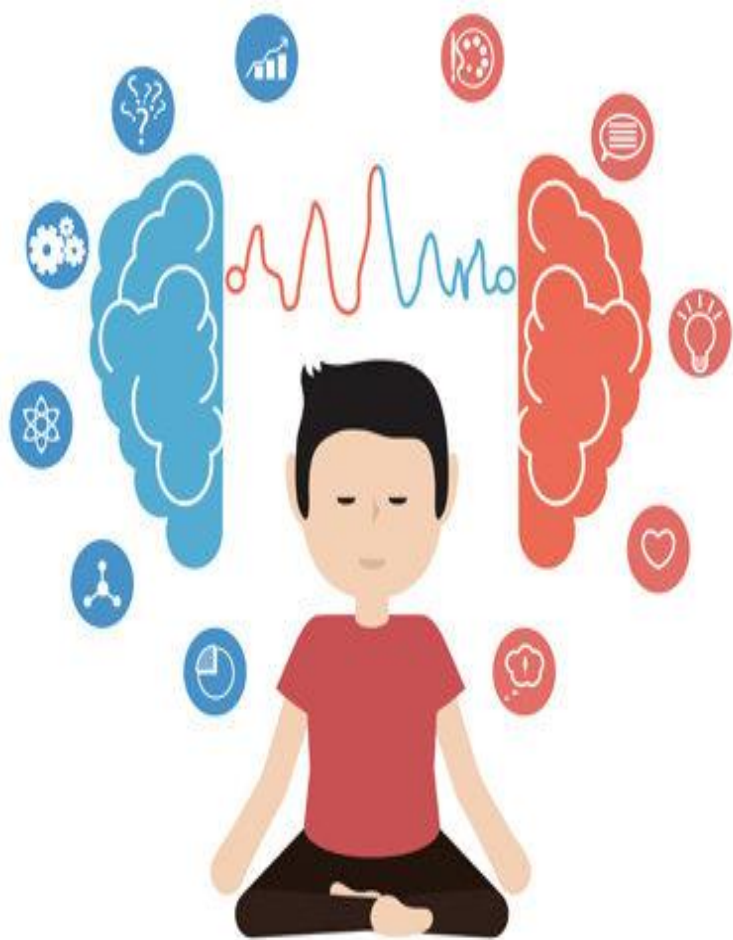
Mindfulness

“Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally”

~ Kabat-Zinn, 2012, p. 1



Mindfulness



“Just by becoming aware of what is occurring within and around us, we can begin to untangle ourselves from mental preoccupations and difficult emotions”

~Siegel, Germer, Olendzki, 2009

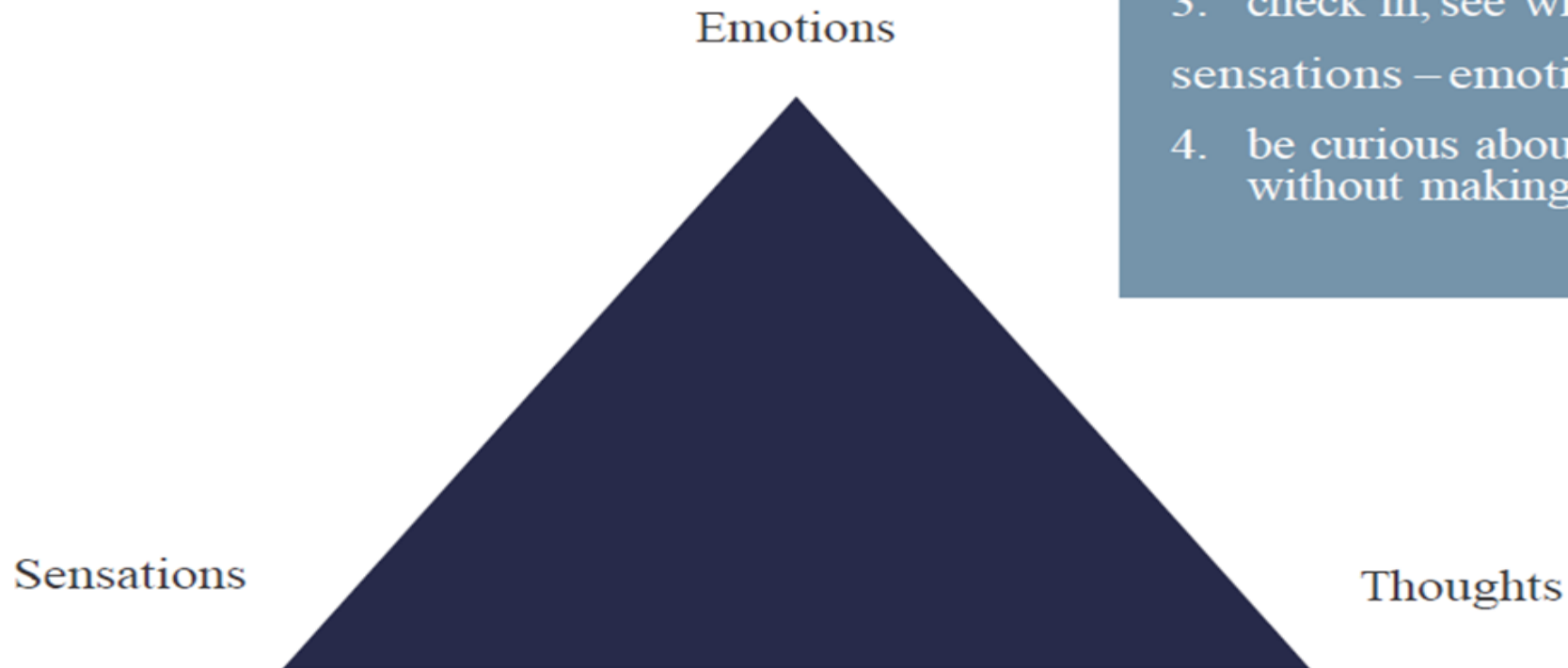
7 Attitudes of Mindfulness

1. **Non-Judging:** Notice, and then let go of your judging.
2. **Patience:** Be patient with yourself and with the process
3. **Beginner's mind:** Remain open and curious
4. **Trust:** Trust in ourselves
5. **Non-Striving:** Don't try too hard
6. **Acceptance:** Accept the present moment as it is
7. **Letting Go:** Notice, and then let go of attachments



Triangle of Awareness

Triangle of Awareness



PAUSE PRACTICE

1. stop
2. take 3 deep belly breaths
3. check in, see what is here now
sensations – emotions - thoughts (SET)
4. be curious about what you notice
without making judgments

Formal Mindfulness Practices

Mindful Listening

- Tune attention inward & then outward
- Give speaker undivided attention, respect & confidentiality

Sitting Practice

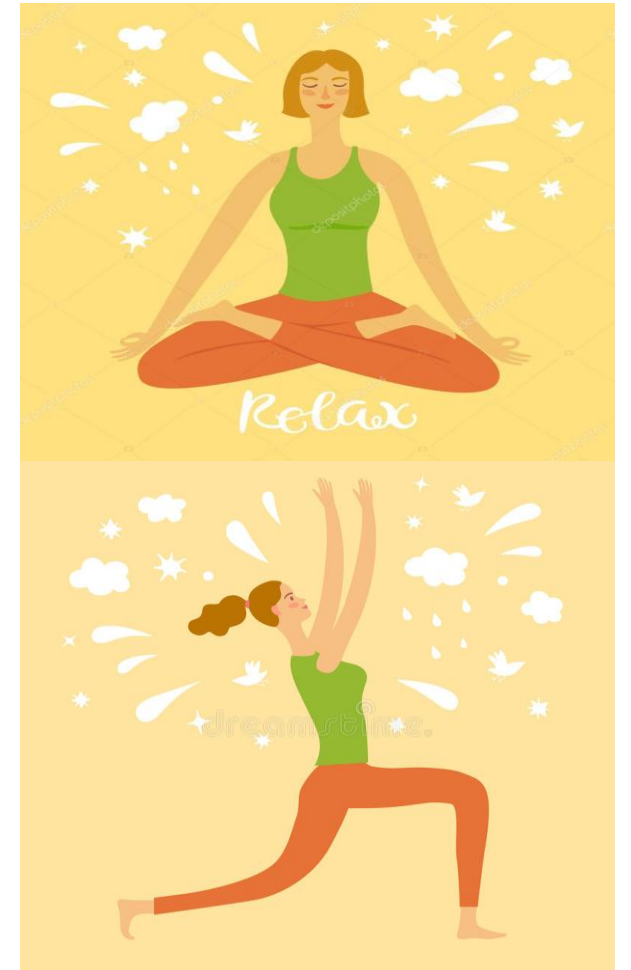
- Focused attention (breath)
- Open awareness (thoughts, sensations, sounds, emotions)

Mindful Movement

- Standing, lying, walking
- Focus on sensations, proprioception

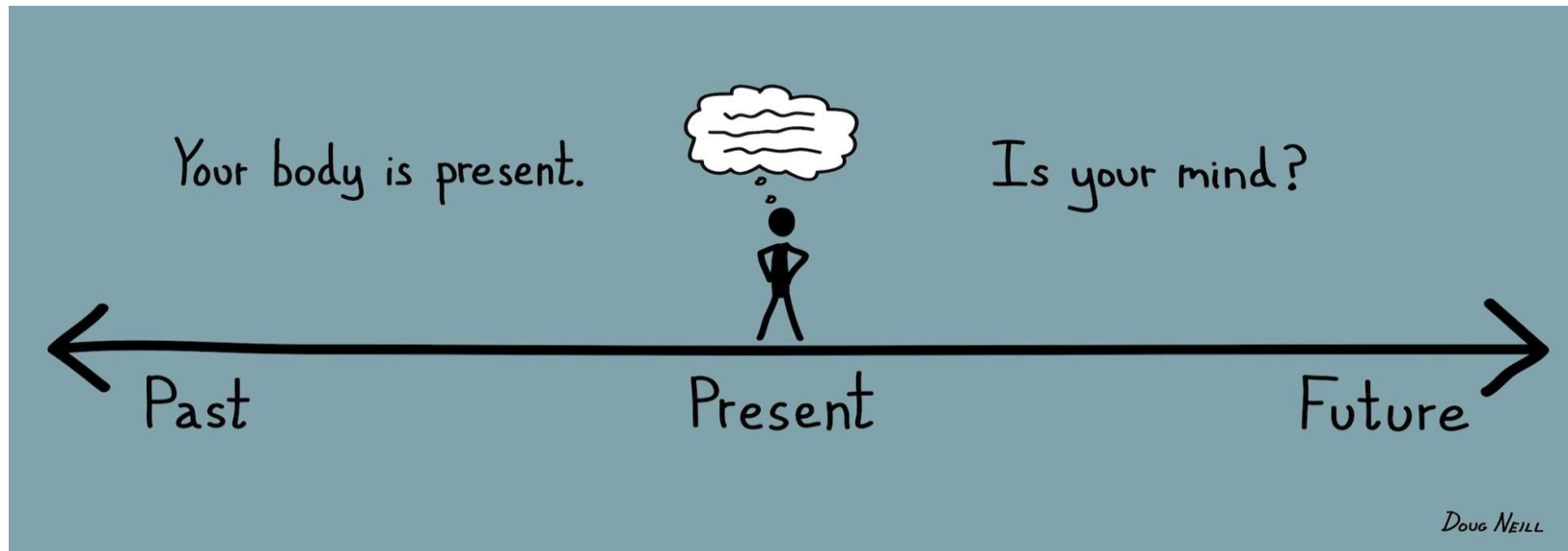
Body Scan

- Focus on physical sensations in the body



Informal Mindfulness Practice

- Practicing mindfulness in day-to-day moments and experiences...
- This is done by bringing your full attention to the present moment, and engaging your senses



Widely Researched

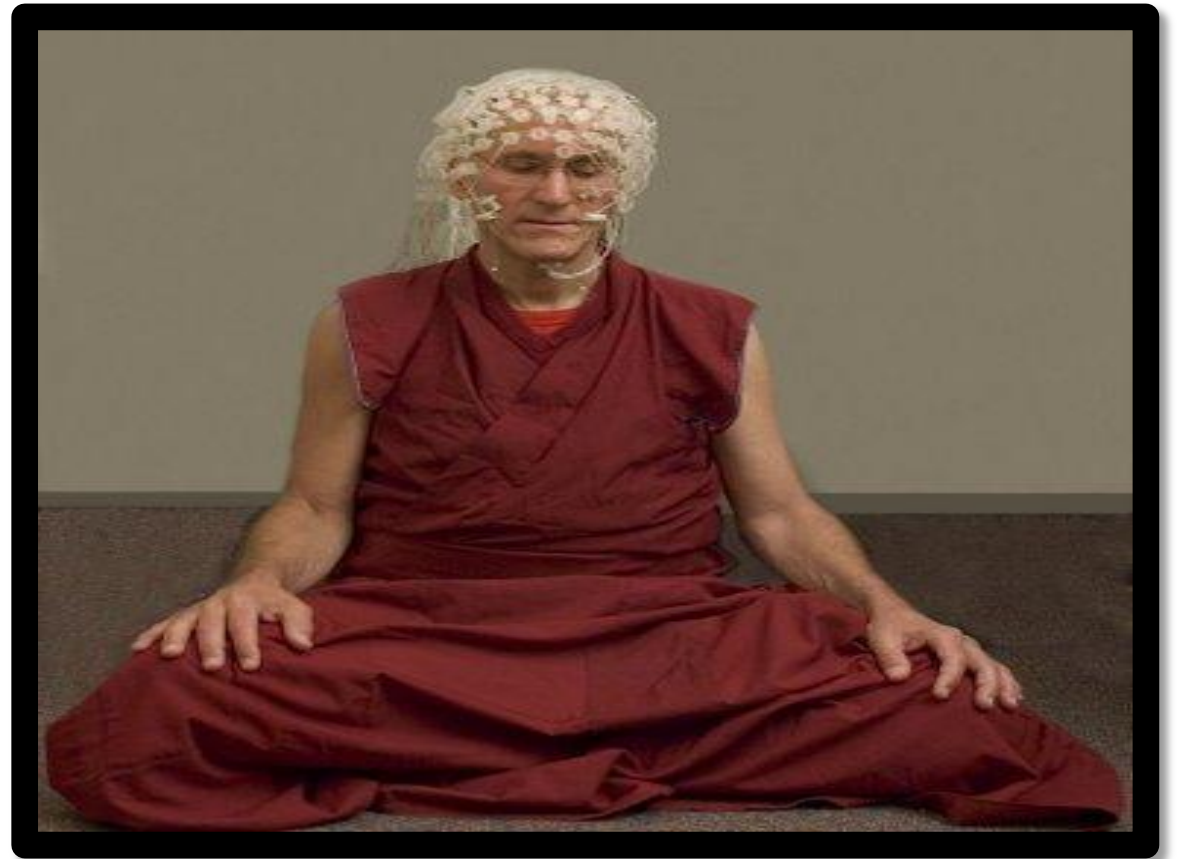
30 years of research proves mindfulness:

- Improves mental health & well-being
- Promotes positive relationships
- Develops concentration & attention (patient safety)
- Develops executive function (planning, decision making and impulse control)
- Develops emotional balance, pro-social behavior and compassionate action
- Improves academic achievement



The Neuroscience of Mindfulness

Neuroscience of Mindfulness



Princeton, Stanford, UCLA, Umass, Berkley, Columbia, McGill, UWashington, UPenn, UFla, Europe, Netherlands....etc...

Mindfulness & Neuroplasticity

Anterior cingulate cortex – Controls executive function

- Increases in size and density (more grey matter)

Insula – Interoceptive awareness

- Increases in size and grey matter
- Provides a sense of what is happening within your body

Amygdala – Fight or flight response

- Grey matter shrinks
- Inactive during meditation



Mindfulness & Neuroplasticity

Posterior cingulate cortex – responsible for mind wandering

- Decreased activation during meditation
- Posterior cingulate works with anterior cingulate

Prefrontal cortex – Executive order functions

- Increases in size and density
- Responsible for decision making, planning and abstract thinking
- Over time your ability becomes improved



Neuroplasticity

Dr. Sarah Lazar



Why Is This Relevant?

We know...

- healthcare providers are stressed, anxious & overwhelmed
- the healthcare profession is challenging, demanding & complex
- healthcare providers work in dynamic, fast-paced healthcare settings & are faced with environmental, organizational, and personal challenges daily
- **Mindfulness practice is effective!** We can *learn to Respond* to stress *rather than React*



Research for Healthcare Professionals

- Improved well-being and reduced levels of stress & burnout
- Reduced sense of feeling overwhelmed
- Improved ability to remain present with patients & engage more effectively (more accurate assessments)
- Improved attention & focus during patient interactions & care
- Greater sense of acceptance and letting go
- Increased awareness & attentiveness to both patients & colleagues
- Improved working environment (more harmonious & supportive)
(Barratt, 2017)
- Increased self-compassion and empathy for patients (Rabb, 2014)



The smartNursing Program

- In 2007 the Impact Foundation developed the Stress Management and Resiliency Techniques (SMART) program for educators
- UBC Okanagan initially offered the SmartEducation course
- It was then adapted for nursing students- smartNursing course
- Foundations of course are mindfulness-based stress reduction (MBSR) program; Emotional theory training; and Forgiveness & compassion training



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



UNIVERSITY OF ALBERTA
FACULTY OF NURSING

Our Story

- The University of Alberta, Faculty of Nursing, partnered with UBC Okanagan...
- Spring of 2018, 8 faculty members began the smartNursing facilitator training
- Fall 2018, 206 first year nursing students took part in a weekly 2 hour lab for 12 weeks

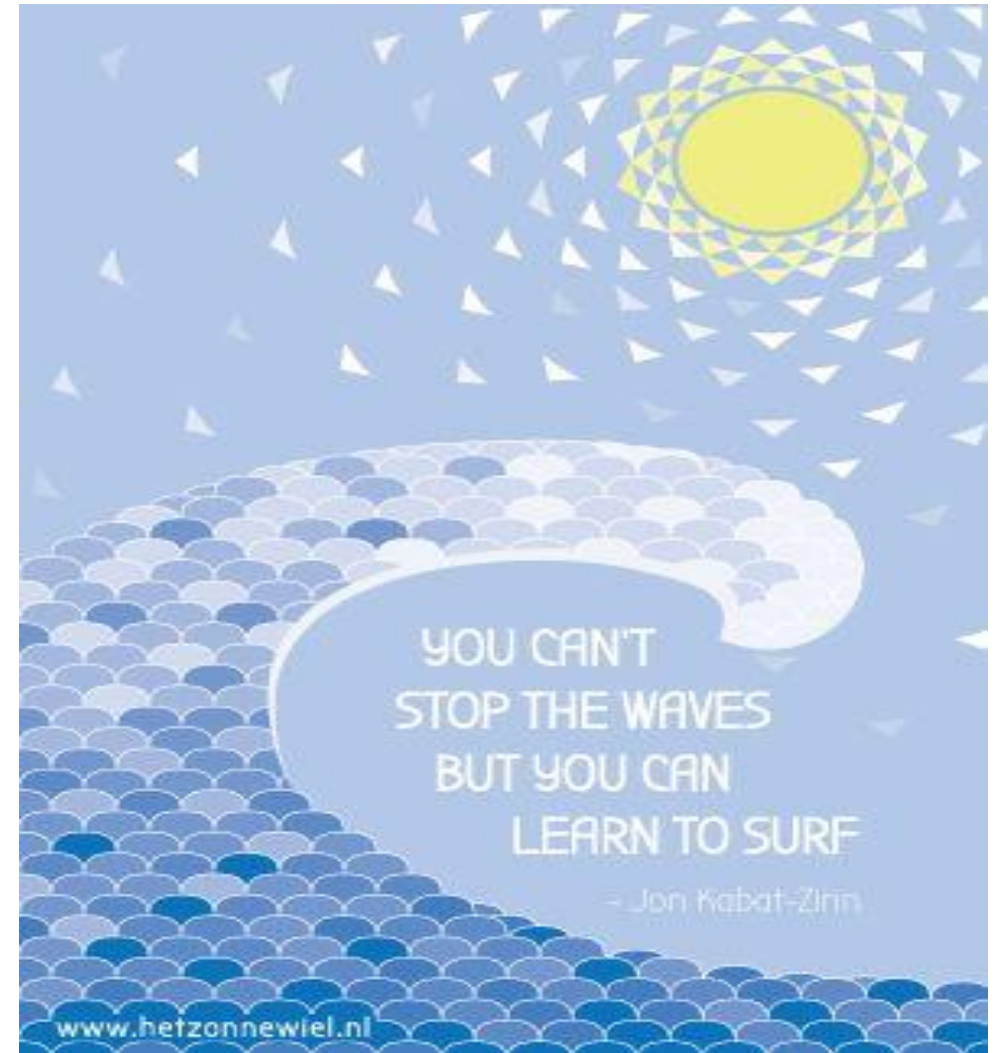


What We Found...



Resources To Get Started

- Remember to PAUSE...
- Local mindfulness centers & communities
- Online resources & communities
- Many books available
- Many APPS available
- Headspace....BREATHE....Insight Timer...etc.
- Opportunity for workplace course (Edmonton, Kelowna)





Pause.

Questions?



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