Be Here Now: Mindfulness Works!

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Staying well and calm in the midst of the COVID-19 storm

Evidence-based tactics that work!
Skill-Building from Session # 2:

1. Breathe and Stretch everyday
2. Find a new way to increase your steps at home
3. Create one weekly SMART Goal
4. Ignite or find a new movement pattern
3 Reasons Mindfulness is Really Important

We are really distracted.

- What are you doing right now?
- What are you thinking about right now?
- How are you feeling right now?

We are really stressed out.

We are not very good at managing our stress.
Isolated

Community

Pandemic Affect
1. What types of things do you typically judge and criticize yourself for?
2. What language do you use with yourself when you notice a flaw or make mistakes?
3. How could you reframe your language to be more kind, supportive and understanding to remember that you’re only human, and to acknowledge things as they are without blowing them out of proportion?
"If your compassion does not include yourself, it is incomplete."

~Jack Kornfield.

If you can't ask for help without self-judgement, you cannot offer help without judging others.

~Brené Brown

transitioning.me
“Butterflies can’t see their wings. They can’t see how truly beautiful they are, but everyone else can. People are like that as well.”

~ Naya Rivera ~
Do your thoughts overwhelm and confuse you? Do you wish your mind had an “off” button? Much of our suffering stems from the fact that we think our thoughts are the core of our being. We identify with our thoughts and allow them to dictate how we feel. As our thoughts are often “noisy,” negative and chaotic, it’s no wonder we struggle. The solution lies not in trying to get rid of our thoughts altogether but in stopping our habit of identifying with them. Simply observe your thoughts without judgment and let them go. You do not have to be a slave to your thoughts and feelings. What gives them fuel and makes them real is the attention you bring to them. Take away that attention, and that thought or feeling ceases to exist.

How to Be Mindful
Ann Barnes
(2018)
Circus Books
Mindfulness

An evidence-based strategy for reducing stress and anxiety, bringing calm to the present moment
Strength of Evidence: Mindfulness & Meditation

- Evidence it improves employee psychological functioning
- Possible effects on specific markers of inflammation, cell-mediated immunity, and biological aging
- Decreases stress, anxiety, and depression and improve mindfulness, mood, self-efficacy, and empathy in health profession students
• Improves nurses’ mental health significantly
• Improves pain and depression symptoms and quality of life, for chronic pain
• Changes in insula, plausibly impacting awareness of internal reactions ‘in-the-moment’
Strength of Evidence References


The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.

Jon Kabat-Zinn
The real meditation is how you live your life.

— Jon Kabat-Zinn
Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
• Focusing on the essence and peace of the present moment.

• The quality or state of being conscious or aware of something.
• Cultivating the ability to be fully present, aware of where we are and what we’re doing
• Not overly reactive or overwhelmed by what’s going on around us
• Aim is to experience life as it unfolds moment by moment.
The Challenge: Making the Evidence Useful

Formula For Success

Effective Innovations $\times$ Effective Implementation $\times$ Enabling Contexts $=$ Socially Significant Outcomes
Mindfulness Practice

5 Essential Elements for Developing Practice

1. Prepare yourself
2. Bring your heart into it
3. Forgive yourself
4. Thank yourself
5. Find a buddy
Types of Mindfulness Practices

- Body Scan
- Mindful Movement
- Sitting Practice
- Walking Practice
Meditation Focuses

Calming & creating
Living mindfully
Healing body, mind & spirit
Getting you moving
Generating love & compassion
Solving your problems
Manifesting your dreams
Connecting to the divine
Mindfulness Meditation Practice
Mindfulness Meditation Practice
Mindfulness is not something you achieve overnight; it is a habit which is developed gradually over time. The best approach is to take baby steps. Start by picking one or two opportunities to treat with a mindful attitude every day. You might decide to be mindful every time you brush your teeth, walk to the car, open a door or make a cup of tea, for example. Whichever action you choose, make sure you give your whole attention to it. When you open a door, watch your hand grasp the doorknob, feel the weight of the door as you pull it open, and hear the sounds of whatever is on the other side of the doorway... If you do this every time you open a door, you will be amazed at how automatic this process becomes. This simple ritual will allow mindfulness to establish a foothold in your life. All you need to do is take baby steps and commit to being mindful for a few seconds several times a day.
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: [https://go.osu.edu/calmandwellsurvey](https://go.osu.edu/calmandwellsurvey)

This will be sent via email to all registrants.
Next week

April 29, 2020 12:30 - 1:00 pm

Sleep Soundly During the COVID Pandemic: You Can Do It!

Alice Teall and Kim Joo
Resources from Everyday Health

- A Complete Guide to Meditation
- 7 Ways Meditation Can Help You Stick to Healthy Habits During the Coronavirus Pandemic
- 8 Dos and Don’ts for Beginning Meditators
- A Guide to 7 Different Types of Meditation