

**Bringing Mindfulness Into
Practice**

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— AUTHOR —
LYNN ROSSY
— PHD —

Overview

- Identify three key elements of mindfulness
- List key research findings on the benefits of mindfulness
- Identify four ways of practicing mindfulness
- Identify the differences between formal and informal practices
- Provide resources for home practice

LYNNROSSY.COM — AUTHOR —
LYNN ROSSY
— PHD —

Mindlessness

*“the average person
looks without seeing,
listens without hearing,
touches without feeling,
eats without tasting,
moves without physical awareness,
inhales without awareness of odor or fragrances,
and talks without thinking”*

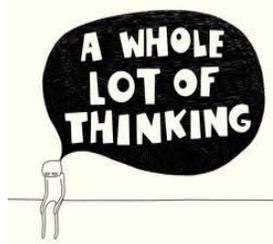
Leonardo da Vinci

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LYNN ROSSY
— PHD —

A Wandering Mind is an Unhappy Mind

- People spend approximately 47% of time lost in thought
- This is a direct cause of unhappiness, lack of attention, and decrease in cognitive control

Killingsworth & Gilbert, Science (2010)



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Mindfulness to the Rescue

Paying attention in a particular way—

- on purpose (**intention**)
- in the present moment (**attention**)
- nonjudgmentally (**attitude**)

(Jon Kabat-Zinn, 1994; Shapiro, Carlson, Astin, and Freedman, 2006)

Mindfulness is a skill that can be learned



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Mindfulness Meta-Analysis

- RCT, 3515 participants
- Mindfulness-Based Interventions just as effective as exercise, progressive muscle relaxation, and CBT for anxiety, depression, and pain
- Effect sizes comparable to those of antidepressants
- Recommends physicians be prepared to talk to their patients about the role of meditation in addressing stress

(Goyal, et al., 2014, JAMA Internal Medicine)

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Mindfulness Interventions: Annual Review of Psychology

- Improves stress-related physical health outcomes (chronic pain to immune system functioning)
- Superior to CBT for pain
- Strong RCT evidence indicates that mindfulness interventions reduce depression relapse rates in at-risk individuals and improve the treatment of drug addiction
- Mounting RCT evidence indicates that mindfulness interventions can improve attention-related outcomes (e.g., sustained attention, working memory) and affective outcomes (e.g., reducing rumination)

Creswell, 2017

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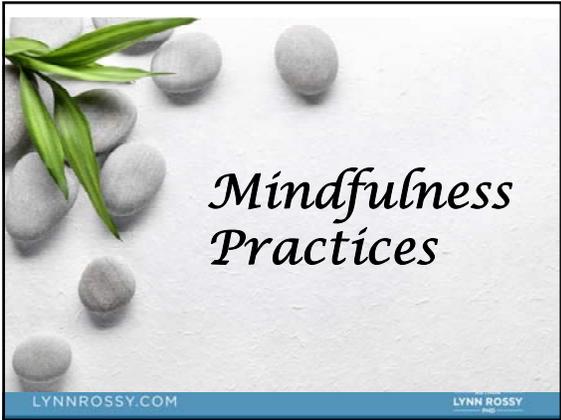
How Mindfulness Works

- Awareness increases – more sensory information available to you.
- Habitual patterns are seen and acknowledged (less imprisoned by your past, your habits, your expectations)
- Reduced emotional arousal in the face of stress
- Appraisal of inner resources
- More flexible in how you respond to the world
- Marked by more cognitive control and attentional stability
- Greater engagement in health-promoting behaviors
- Increases with practice

Chiesa & Serretti, 2010; Hölzel et al, 2011

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Before Work Starts...(or once a day)

- Spend 5 -15 minutes before work to sit and be aware of your breath and your body
- Free recordings at www.LynnRossey.com
- Insight Timer App

A photograph of two female nurses in blue scrubs sitting cross-legged on a light-colored floor in a hospital hallway, practicing meditation. They have their eyes closed and hands resting on their knees in a mudra position.

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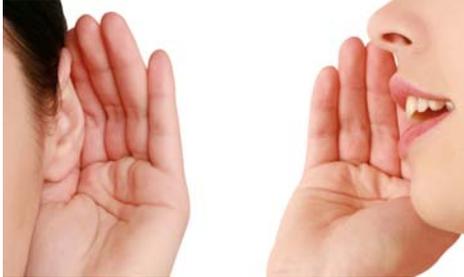
When Stressed

A large red octagonal sign with the word "STOP" written in white, bold, capital letters.

S – Stop
T – Take a Breath
O – Observe
P – Proceed

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Listen Mindfully



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Components of Mindful Listening

- **Listening** – give full attention to the speaker
 - **Looping** – close the loop by demonstrating you heard what the speaker said
 - **Dipping** – check in with yourself to know how you're feeling about what you heard
- ~Chade-Meng Tan (Search Inside Yourself)

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“Being listened to
is so close to being loved
that most people
don’t know the difference.”

~David Augsburger

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The BASICS of Mindful Eating
Simple Steps to Take Each Time You Eat

B Breathe and Belly Check for Hunger
A Assess Your Food
S Slow Down
I Investigate Your Fullness and Satisfaction
C Chew Thoroughly
S Savor

Bush, et al., 2014; Rossy, 2016

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Self-Compassion Break

When you are faced with a difficult situation...remember self-compassion.

It has three components

- This is a moment of suffering
- Suffering is a part of life
- How can I be kind to myself?
- <https://self-compassion.org/>

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Ways to Practice

<p>Formal Practices</p> <ul style="list-style-type: none"> • Awareness of breath & body • Walking Meditation • Mindful Yoga • Body Scan • Self-Compassion • Lovingkindness 	<p>Informal Practices</p> <ul style="list-style-type: none"> • Anything you do from the minute you wake up <ul style="list-style-type: none"> - Brushing your teeth - Taking a Shower - Washing the dishes - Driving the car - Walking into your office - Drinking a cup of tea/coffee - Cooking / Eating - Pausing before you go into a patient room
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Suggestions for Starting a Practice

- Set Your Intention
- Do it every day! Be consistent.
- Just do it!
- Be flexible
- Pick a doable time and space
- When you miss a day, start over (without judgment)

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Resources

- www.LynnRossy.com Audio/video recordings to download or use at your computer
- Facebook: Tasting Mindfulness
- Twitter: @DrLynnRossy
- Insight Timer App - 1,000s of recorded meditations
- Book: The Mindfulness-Based Eating Solution

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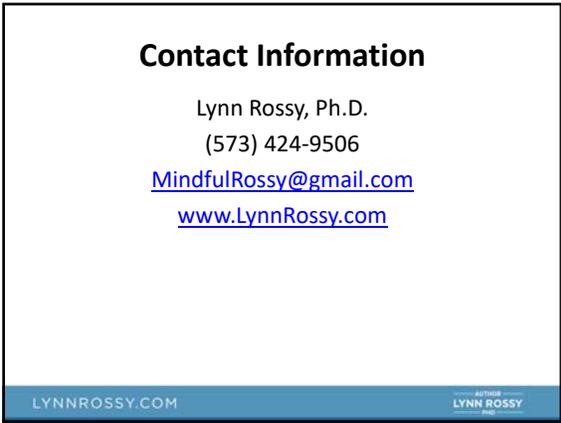
Coming Up

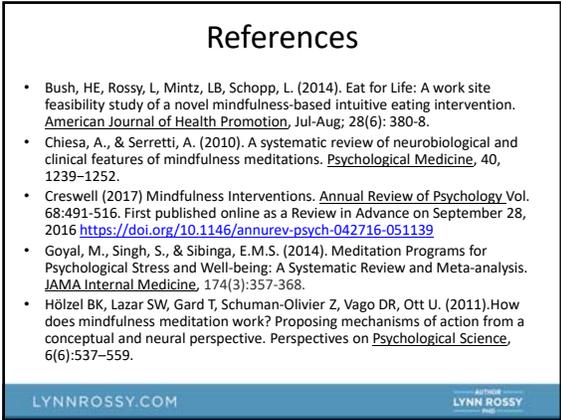
- Eat for Life Classes (Live Online) – starting the first week of September
- Costa Rica Yoga and Mindfulness Retreat – February 2020
 - Informational Meeting – May 30, 2019
 - Email me for more information
 - MindfulRossy@gmail.com

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References

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