Benefits of Living Mindfully Before and After Retirement

UK Retirement Planning Conference
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October 9, 2015

Mindfulness Handouts
- Definitions
- 7 Attitudinal foundations of mindfulness (JKZ)
- Practicing mindfulness on the go- 26 Ways
- Present moment, wonderful moment
- 5 Progressive mindfulness exercises (JKZ)
- 26 Scientific reasons to start meditating today
- Recommended mindfulness-related resources

Mindfulness Definitions
Paying attention,
on purpose,
in the present moment,
non-judgmentally
(as if your life depended on it)
Jon Kabat-Zinn PhD
Founder of Mindfulness-Based Stress Reduction
MBSR
### 3 Primary Practices of MBSR
**Mindfulness Based Stress Reduction**

**Formal Practice**
1. Mindful yoga
2. Body scan
3. Mindfulness meditation
   - Sitting practice / Awareness of breathing
   - Mindful walking
   - Mindful eating

### Informal Practice

**Non-judgmentally paying attention with curiosity, openness and acceptance**
- Anywhere, anytime
  - physical sensations, sense perceptions
  - thoughts, images, memories, plans
    - feelings and emotions

Intentionally or *spontaneously in daily activity*

### What is Stress?

“While everyone can’t agree on a definition of stress, all of our experimental and clinical research confirms that the sense of having little or no control is always distressful – and that’s what stress is all about”

American Institute of Stress

**Signs and Symptoms of Stress**

headaches, grinding teeth, stuttering, tremors, neck and back pain, muscle spasms, faintness, dizziness, ringing sounds, blushing, sweating, cold hands and feet, dry mouth, rashes, itching, colds, infections, herpes sores, unexplained “allergy” attacks, heartburn, nausea, belching, flatulence, constipation, diarrhea, changes in appetite, difficulty breathing, panic attacks, chest pain, palpitations, frequent urination, decreased libido, anxiety, worry, anger, hostility, depression, mood swings, sleep disturbance, difficulty concentrating, racing thoughts, forgetfulness, confusion, difficulty making decisions, feeling overwhelmed, crying spells, suicidal thoughts, feeling lonely or worthless, nervous habits, frustration, irritability, overreacting, accidents, obsessive or compulsive behavior, reduced work efficiency/productivity, defensiveness, suspiciousness, social withdrawal, isolation, tiredness, fatigue, weight gain or loss, increased smoking, alcohol or drug use, gambling, impulse buying

*American Institute of Stress*

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**Mindfulness Definitions**

We propose a two-component model of mindfulness. The first component involves the **self-regulation of attention** so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. The second component involves adopting a particular orientation toward one’s experiences in the present moment, an orientation that is characterized by **curiosity, openness and acceptance**


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**Mindfulness Definitions**

A naturally occurring human experience that can be approached in many ways including a variety of meditation traditions, sports and physical activity, educational methods and music

Mindful Practice Curriculum
*University of Rochester School of Medicine and Dentistry*

(I add pets, nature, young children)
Mindfulness Definitions
University of Rochester
The capacity for lowering one’s own reactivity (paying attention to experiences without reacting to them)

The ability to notice and observe sensations, thoughts and feelings even though they may be unpleasant

Acting with awareness and intention (not being on automatic pilot)

Focusing on experience, not the labels or judgments we apply to them

Feeling an emotion rather than wondering if it is OK to feel that emotion

Mindfulness Foundation #1
Non-Judging

— Taking the stance of an impartial witness to your own experience

— Noticing the stream of judging mind... good / bad / neutral... not trying to stop it but just being aware of it

Mindfulness Foundation #2
Patience

— Letting things unfold in their own time
— Practicing patience with ourselves
— “Why rush through some moments in order to get to ‘better’ ones? Each one is your life in that moment”
— Being completely open to each moment and accepting its fullness
**Mindfulness Foundation #3**

**Beginner’s Mind**

- We often let our knowledge, training, thinking and beliefs stop us from seeing things as they really are.
- Cultivating a mind that is willing to see everything as if for the first time.
- Being receptive to new possibilities... not getting stuck in a rut of our own expertise.
- Try it with someone you know – next time, ask yourself if you are seeing this person with fresh eyes, as he/she really is? Try it with problems... with the sky... with the dog... with the man in the corner shop.

**Mindfulness Foundation #4**

**Trust**

- Developing a basic trust in yourself and your feelings.
- Trusting in your own authority and intuition, even if you make some ‘mistakes’ along the way.
- Honor your feelings.

**Mindfulness Foundation #5**

**Non-Striving**

- Meditation has no goal other than for you to be yourself. The irony is you already are.
- Paying attention to how you are right now – however that is. Just watch.
- The best way to achieve your own goals is to back off from striving and instead start to really focus on carefully seeing and accepting things as they are, moment by moment.
Mindfulness Foundation #6

Acceptance
- Seeing things as they actually are in the present. If you have a headache, accept you have a headache.
- We often waste a lot of time and energy denying what is fact. We are trying to force situations to be how we would like them to be. This creates more tension and prevents positive change.
- You have to accept yourself as you are before you can really change.
- Acceptance is not passive; it does not mean you have to like everything and abandon your principles and values. It does not mean you have to be resigned to tolerating things. It does not mean that you should stop trying to break free of your own self-destructive habits or give up your desire to change and grow.
- Acceptance is a willingness to see things as they are. You are much more likely to know what to do and have an inner conviction to act when you have a clear picture of what is actually happening.

Mindfulness Foundation #7

Letting Go
- Letting go is a way of letting things be, of accepting things as they are.
- We let things go and we just watch...
- If we find it particularly difficult to let go of something because it has such a strong hold on our mind, we can direct our attention to what “holding” feels like. Holding on is the opposite of letting go. Being willing to look at the ways we hold on shows a lot about its opposite.
- You already know how to let go... Every night when we go to sleep we let go.

Mindfulness Research

- Agency for Healthcare Research and Quality (AHRQ)
- Meditation Programs for Psychological Stress and Well-being
  A Systematic Review and Meta-analysis JAMA, Jan 2014 (AHRQ)
- National Center for Complementary and Integrative Health
  https://nccih.nih.gov/taxonomy/term/228
- Center for Investigating Healthy Minds
  (Richard Davidson) U Wisconsin
  http://www.investigatinghealthyminds.org
- American Mindfulness Research Association https://goamra.org
2 Conceptual Models of Mindfulness
Neuroscientific and Faith-Based

  - Open plane of possibility
  - Plateaus of probability
  - Peaks of activation

- Symington and Symington
  The two-screen method (front screen and side screen)
  *A Christian model of Mindfulness*
  *J of Psychology and Christianity* 2012

Self-Care and Self-Awareness Practices in the Workplace

- Take half a minute of silence
- Before going into the next patient’s room, pause and bring your attention to the sensation of your breathing for 2 to 5 breaths
- Use the suggested 20 seconds of hand washing in creative ways, pay attention to the sensation of the water on your skin and allow yourself to sink into this experience; make this an act of conscious receiving by acknowledging to yourself “I am worthy of my own time”

*Self-care of physicians caring for patients at the end of life: Being connected... A key to my survival*
Kearney MK et al, JAMA 2009, 301(11), 1155-64

Beyond Religion

Though mindfulness comes from Buddhist background he has adapted it to his own faith tradition

30 minute daily practice session consists of:
- Taking my seat aware of breath and posture
- Aware of body sensations
- Aware of the flow of thoughts
- Aware of feelings, mood and tone
- Aware of enlarging open spaces between thoughts

*Mindfulness Practice*
Neth, J of Pastoral Care and Counseling
Spring-Summer 2008 v 62, no 1-2, 143-144
Mindfulness Exercise

*Raisin Meditation*
https://www.youtube.com/watch?v=tYDXQQBojk8
Bob Stahl

Recommended Resources

*Full Catastrophe Living - Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness*
Jon Kabat-Zinn (2013 revised version)
Morris Books discount
*Wherever you go, there you are*
Mindfulness meditation in everyday life
Jon Kabat-Zinn 1994
Morris Books discount
*A Mindfulness-Based Stress-Reduction Workbook for Anxiety*
Stahl, Meleo-Meyer, Koerbel (2014)

Mindfulness for Depression
Mindfulness-Based Cognitive Therapy

MBCT = MBSR plus Cognitive Behavior Therapy

*Mindfulness- An Eight Week Plan for Finding Peace in a Frantic World*
(book by Williams and Penman 2011)

The Mindful Way through Depression - Freeing Yourself from Chronic Unhappiness
(audio CD by Williams, Teasdale, Segal, Kabat-Zinn)
2007
Mindfulness Exercise

The 3-Minute Breathing Space


Recommended Resources

The practicing happiness workbook- How mindfulness can free you from the 4 psychological traps that keep you stressed, anxious and depressed

Ruth Baer, PhD- UK Dept of Psychology
1. Rumination
2. Avoidance
3. Emotion-driven behavior
4. Self-criticism

The Guest House by Rumi

This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice. meet them at the door laughing and invite them in.

Be grateful for whoever comes. because each has been sent as a guide from beyond.
The Positive and Negative Seeds Inside You

- Zen master Thich Nhat Hanh
- These seeds are innate by virtue of a “precious human birth”
- *Watering the positive seeds with*
  - Regularity
  - Intentionality
  - Long term dedicated practices
- Also owning and caring for the negative seeds

The Two Wolves Inside You

- Cherokee grandfather and grandson
- Two wolves fighting inside me (and everyone)
- Bad wolf- mean, selfish, untrustworthy
- Good wolf- kind, selfless, trustworthy
- “Which one wins Grandpa”
- “The one I feed”

Your Innate Attributes
“Original Goodness”

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Loving Kindness (Metta) Practice

- Golden Rule
- Confucianism
- Judaism
- Islam
- Christianity
- Yoga *Ahimsa* (non-violence)
- Hippocrates *Primum non nocere*, First do no harm

Self Compassion

3 core components: self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus overidentification, when relating to painful experiences. Research demonstrates self-compassion is related to psychological flourishing and reduced psychopathology.

Forgiveness Research


Forgiveness- Theory, research and practice. McCullough, Pargament, Thoreson, Guilford Press 2000


Diblasio FA, Proctor JH, Therapists and the clinical use of forgiveness, Amer J of Family Therapy; 1993, 21(2)

Gratitude

Expanding the science and practice of gratitude
Greater Good Science Center- UC Berkeley
http://greatergood.berkeley.edu/expandinggratitude/

Research links gratitude to personal and relational well-being
Judaism, Christianity, and Islam emphasize the development of gratitude and prescribe approaches for practicing

Gratefulness.org
Brother David Steindl-Rast
http://www.gratefulness.org/brotherdavid/

Mindfulness Exercise

Loving kindness (metta) practice
https://www.youtube.com/watch?v=IM56gjdSiNg
Mindfulness Classes

UK Wellness Program
1) Mindfulness-Based Stress Reduction – 8 week series
   Orientation Monday October 12th 6:00-7:30 PM
   8 consecutive Mondays Oct 26th – Dec 14th
   Includes an all day silent retreat Saturday Dec 5th
2) Day of Mindfulness for Body, Mind and Heart (stand-alone)
   Saturday Oct 24th 9AM-4PM

Community
1) Mindfulness and Relaxation for Health Wednesdays 6:30-8:00 PM
2) An Afternoon of Mindfulness, Meditation and Deep Rest
   Sunday Oct 25th from 1:30-5:30 PM
   All classes at Mind Body Studio 517 Southland Drive
   www.mindbodystudio.org