

Mindful Minutes

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Mindfulness

“Though its not an answer to all, it’s a powerful tool for positively influencing health & wellbeing. And its free!

Dr. Herbert Benson

Breathing

- ✓ A tool to put in your pocket.
- ✓ Available any time, anywhere, modifiable.
- ✓ 1 minute of mindful breathing.
- ✓ Standing in any line.
- ✓ At a stop light (safely), at home, at a party, literally anywhere.
- ✓ When in public – be safe, keep eyes open.



Stress

- ✓ Even mild stress stimulates the “sympathetic” nervous system.
- ✓ Elevates heart rate, blood pressure, and respiratory rate.
- ✓ Shallow chest breathing = less oxygenation circulated.
- ✓ Stress hormones.
- ✓ More narrow thinking.
- ✓ Elevated blood glucose.
- ✓ Leads to damage to our body over time.



Belly Breathing

- ✓ Sit in a comfortable position, or you can be standing.
- ✓ Take a slow & deep breath in through your nose – allow your abdomen to relax & pooch out.
- ✓ Let the breath out very slowly & feel the natural relaxation that flows out with the breath.



Results



Heart & respiratory rates should have gone down.



We innervated the “vagus” nerve, “put on the brakes” through the parasympathetic system.

Stimulation of the vagus nerve:

- ✓ Promotes calm.
- ✓ Lowers the pulse.
- ✓ Lowers the respiratory rate and blood pressure.
- ✓ Increased endorphins.
- ✓ Can lower emotional reactivity.
- ✓ According to research, it feels good most of the time.