

MINDFULNESS PRACTICE

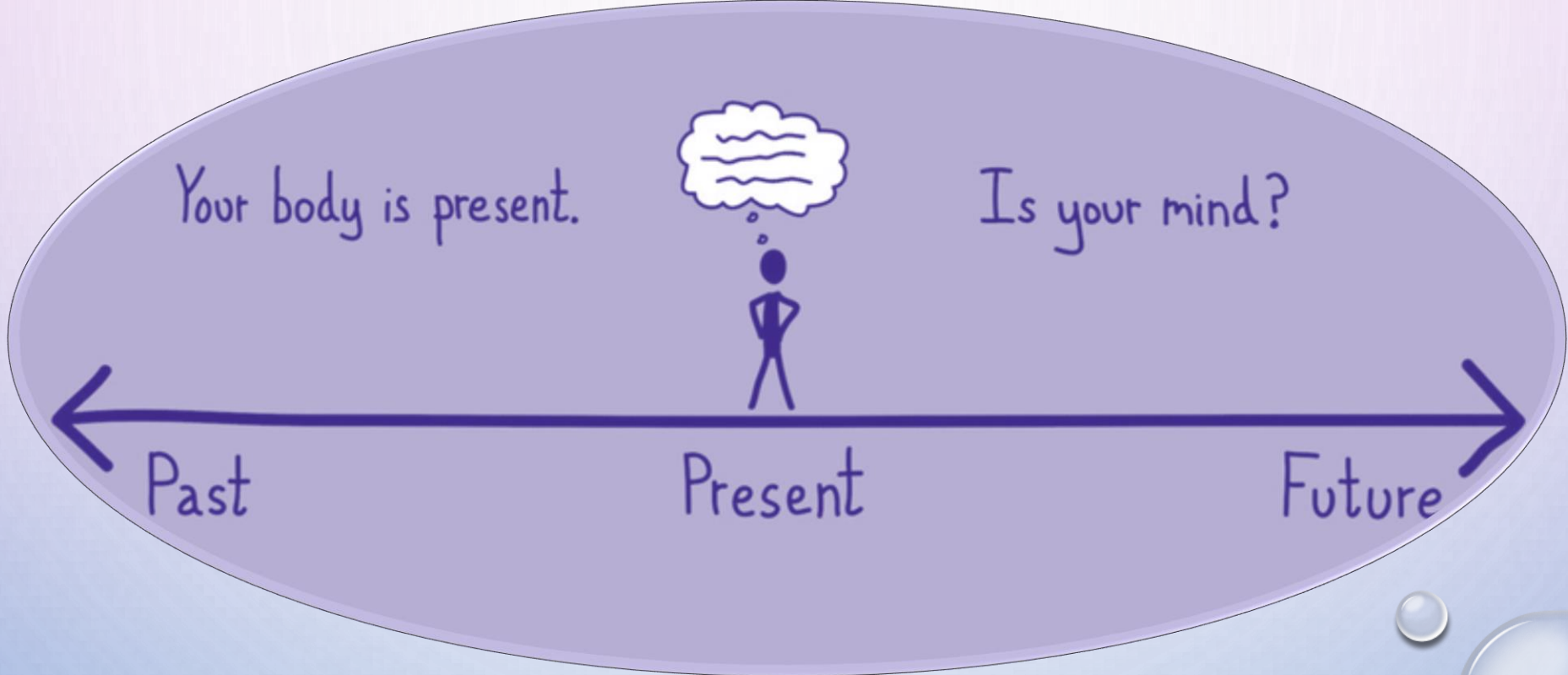
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FOR THE
CARDIOVASCULAR WELLNESS
PROGRAM



WHAT IS MINDFULNESS?

It can be defined as engaging with full awareness in ourselves and our present experience.

Being attentive to our current emotional, physical, and psychological state of being.





WHAT
BENEFITS
DOES IT
PROVIDE US
WITH?

Better regulation and self-reflection of our own emotions

Decrease rumination (repetitive negative thoughts)

Lessens the effects of stress, anxiety and depression

Positively affects the structure and functional capacity of the brain

Increased attention and informational processing speed

Higher levels of empathy and compassion

Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198-208. doi:10.1037/a0022062

INCREASED EMOTIONAL REGULATION

- ❖ The results of a community-based study showed that a mindfulness program established in a community led to decreased levels of stress and greater self compassion.



Galla, B. M., O'Reilly, G. A., Kitil, M. J., Smalley, S. L., & Black, D. S. (2015). Community-Based Mindfulness Program for Disease Prevention and Health Promotion: Targeting Stress Reduction. *American journal of health promotion : AJHP*, 30(1), 36–41. <https://doi.org/10.4278/ajhp.131107-QUAN-567>

SELF REFLECTION AND STRESS REDUCTION

- ❖ The results of this study showed significant impacts on stress reduction as early as the second week of the Mindfulness-based course, and significant decreases in stress were seen in week four.
- ❖ In addition, this study found that stress reduction was achieved by individual's improvement and growth of mindfulness skills.

Baer, Ruth A, Carmody, James, & Hunsinger, Matthew. (2012). Weekly Change in Mindfulness and Perceived Stress in a Mindfulness-Based Stress Reduction Program. *Journal of Clinical Psychology*, 68(7), 755–765. <https://doi.org/10.1002/jclp.21865>



PSYCHOLOGICAL AND PHYSICAL WELLBEING



❖ The results of this study showed that across 20 different studies, the benefits for individuals spanned across both physical and mental wellbeing:

- ❖ Decrease in depression and anxiety
- ❖ Improvement of coping skills
- ❖ Support for symptoms related to illness and sensory pain
- ❖ Support for physical chronic illness
- ❖ Reduction of stress

Grossman, Paul, Niemann, Ludger, Schmidt, Stefan, & Walach, Harald. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57(1), 35–43. [https://doi.org/10.1016/S0022-3999\(03\)00573-7](https://doi.org/10.1016/S0022-3999(03)00573-7)

MINDFULNESS WITHIN CWP

- ❖ Tai-Chi sessions with David Sady
- ❖ Mindfulness Practice with Linda Larsen
- ❖ Stress Management with Dr. Yiaslas
- ❖ Additional Resources online!!

<https://cardiovascularwellnessprogram.org/>



TAI-CHI PRACTICE



- ❖ Improves balance and other functional abilities
- ❖ Decreases blood pressure levels
- ❖ Provides both physical benefits, such as exercise, and a movement-oriented form of meditation
- ❖ <https://cardiovascularwellnessprogram.org/tai-chi-resources>

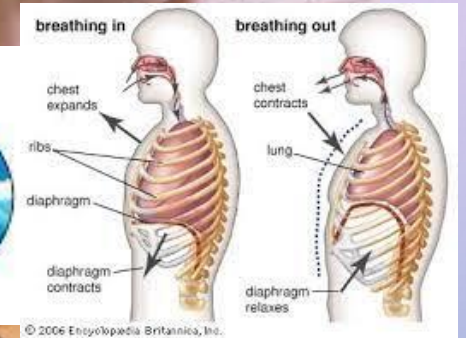


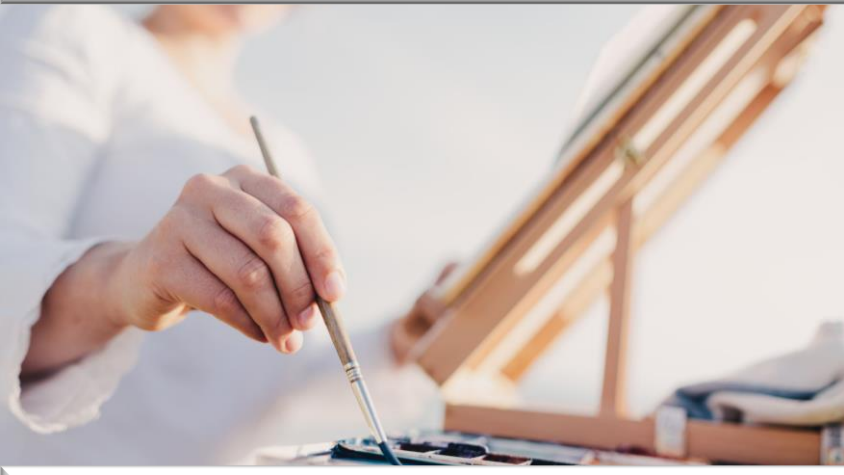
MINDFULNESS PRACTICE WITH CWP

- ❖ Practice mindfulness through activities such as yoga, journaling, meditation, breathing exercises, body scanning, and other forms self-care
- ❖ Online there are additional resources to guide your mindfulness practice, such as recorded mindfulness sessions (with Linda Larsen), self-reflection worksheets/ and handouts, and an 8-week guide to practicing mindfulness.

MINDFULNESS PRACTICE WITH CWP

- Breathing techniques
- Imagery
- Meditation
- Body Scan
- Physical Poses/Stretching
- Deep Relaxation
- Resources & Group support





IMMERSING YOURSELF IN MINDFULNESS

- ❖ Mindfulness Practice can take on the form of many different activities, even activities which may be usual for us such as going for an early walk in our neighborhood. The key to mindfulness is allowing ourselves to fully immerse within what we are presently doing.

The background features a dark, moody atmosphere with several lit candles. The candles are in various stages of being lit, with some showing bright flames and others just starting. The light from the candles creates a warm, golden glow. Scattered throughout the scene are numerous water droplets of various sizes, some in sharp focus and others blurred, giving a sense of movement and freshness. The overall aesthetic is serene and calming.

MINDFULNESS EXERCISE WITH LINDA

REFERENCES

- ❖ Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198-208. doi:10.1037/a0022062
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- ❖ Harvard. (2017, April 25). Harvard researchers study what causes falls among elderly. Retrieved from <https://www.youtube.com/watch?v=6-v5ZPRPI4I>
- ❖ Galla, B. M., O'Reilly, G. A., Kitil, M. J., Smalley, S. L., & Black, D. S. (2015). Community-Based Mindfulness Program for Disease Prevention and Health Promotion: Targeting Stress Reduction. *American journal of health promotion : AJHP*, 30(1), 36–41. <https://doi.org/10.4278/ajhp.131107-QUAN-567>
- ❖ Baer, Ruth A, Carmody, James, & Hunsinger, Matthew. (2012). Weekly Change in Mindfulness and Perceived Stress in a Mindfulness-Based Stress Reduction Program. *Journal of Clinical Psychology*, 68(7), 755–765. <https://doi.org/10.1002/jclp.21865>
- ❖ Grossman, Paul, Niemann, Ludger, Schmidt, Stefan, & Walach, Harald. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57(1), 35–43. [https://doi.org/10.1016/S0022-3999\(03\)00573-7](https://doi.org/10.1016/S0022-3999(03)00573-7)

A person with long hair, wearing a black and white striped blanket, is seen from behind, looking out over a body of water. A faint rainbow is visible in the distance. The scene is overlaid with several realistic water droplets of various sizes, some in the foreground and some in the background. The overall mood is serene and contemplative.

THANK YOU FOR WATCHING

QUESTIONS?