

Wellbeing and Resilience Resources for the People of UNC



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WELLBEING DISCLAIMER!!

Blue Tap: It is my responsibility to become an uber-resilient, burnout-proof, guru of mindfulness who is unaffected by policy and systemic issues (hint, not sustainable IMHO).

Red Tap: It is my responsibility to prioritize my wellbeing and resilience by developing some skills and practices to support that. Then I can remain present and effective in the parallel practices of working with immediate and longer term challenges. Many of these challenges will require being well enough to see and seize opportunities to become or liaise with agents of change, or change my priorities related to work and life integration generally.

Agenda and Objectives

- * **Brief Mindfulness Meditation linked to a compassion practice ~ 10 minutes**
- * **Objectives: Learn some wellbeing and resilience resources**
 - * **Five facets living**
 - * **A prescription to support wellbeing**



Lake. Russia 1900. Levitan (last unfinished painting)

Mindlessness & Evolutionary Baggage

- * Ellen Langer, PhD (ON BEING podcast)
 - * ‘Mother of Mindfulness’
 - * Humans come up with ideas mindfully then apply them mindlessly (e.g., work-life balance vs. work-life integration).
 - * Strategy: Direct Mindfulness – ***Notice new things in each moment and you can’t help but be in the present****

- * James Doty, MD (ON BEING podcast)
 - * Neurosurgeon and Director of Center for Compassion and Altruism Research and Education (CCARE), Stanford
 - * The brain cannot determine a difference between what is intensely imagined and what is real, and it always prefers what is familiar.
 - * Fight or flight fear response can be targeted with meditative and other practices that increase control, decrease inflammation w/practice.
 - * ***Separatist schisms secondary to fear can be targeted with compassion practices – the amygdala shrinks with practice.****

ACT: a third wave psychotherapy

- * Acceptance and Commitment Therapy (ACT)
 - * ***In this Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience*** (*available online through UNC libraries*)
 - * Psychological Distress and Fight or Flight circuitry
 - * Balancing act b/t regulatory and activating portions of the Autonomic Nervous System
 - * Acute activation → fight or flight
 - * Chronic mild arousal → Busy Mind (restless, fix-it, problem solving state of mind, effects of chronic cortisol exposure)

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ACT: a t

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- * *In this M*
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FIVE STEPS to
TRANSCENDING STRESS
USING MINDFULNESS
and NEUROSCIENCE



KIRK D. STROSAHL, PhD
PATRICIA J. ROBINSON, PhD

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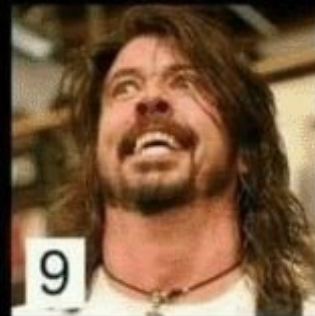
t, problem

in this moment

- * Quiet Mind*: calmness, tranquility, transcendent awareness, self-compassion, empathy, connectedness can come with extended activation of the regulating half of the Autonomic Nervous System, the Parasympathetic Nervous System
- * Types of Attention (Orienting, Focused, Shifting):
 - * Bottom Up attention – lizard brain
 - * Top Down attention – evolved brain

“If the pathway to suffering is being dominated by bottom up attention, then the ability to apply top-down attention is the doorway to ... radical change” - Strosahl

ON A SCALE OF GROHL HOW ARE YOU FEELING TODAY



“ODDLY, i AM well”

Five processing skills (facets) of mindfulness

- * **Observe** – paying attention to what is showing up inside (ppg 65-77)
- * **Describe** – nonjudgmentally describing what you notice, ‘horrible, messed up’ vs. ‘unfortunate, challenging’ (ppg 79-92)
- * **Distance** – allowing and accepting what’s present as it is and engaging a broader perspective (ppg 93-105)
- * **Love Yourself** – releasing from imperfections and to negative self-narratives (pp6 107-120)
- * **i (me)**
- * **Act Mindfully** – living life on purpose, based upon what’s important to you, rather than primarily in reaction to stress. This entails contacting often avoided painful experience while taking meaningful action (ppg 121-134)

Observe

- * Three perspectives: participant, participant-observer, observer – ***when stress shows up shift into observer then describe (next facet)***
- * Two qualities: centering (pulling out of distraction) and focusing (applying attention to one thing)
- * Some practices:
 - * Centering: Cleansing Breath
 - * Focusing:
 - * attending to your senses – hear, see, smell, taste, touch
 - * observing thoughts – I see my angry thoughts!
 - * describing emotions (putting emotions into words that can be observed, down regulates the amygdalar response!)

Describe

- * Naming stressors and emotional states, remaining non-judgmental
 - * describing inner experience while attending to your breath or heart-beat
 - * naming basic emotions: mad, glad, sad, afraid
 - * taking witness perspective – only objective facts
 - * use descriptive requests* (phrases to express what you want or need from others) – example exercise on next slide

Describe

* descriptive requests exercise:

Interpersonal stress	Desired outcome	Descriptive request
Boss is gonna requests I do extra work	Boss is pleased that I chip in a feasible amount	“I figured I could get us started with the spreadsheet then share it?”

Distance (detach)

- * Two main steps:
 - * Accept (see it as it is in this moment, allow to be what already is there)
 - * Zoom-out – engage a larger (eagle) perspective, staying in touch with the big picture of our life*
- * Practices:
 - * 4 cycles soft-belly breathing (deactivate fight-flight circuit)*
 - * labeling thoughts, “I’m having the thought that this is boring.”
 - * thanking your mind: Thanks mind, for repeated imposter syndrome bulletins!

Love Yourself (effective validation)

- * Core skills
 - * accepting, even celebrating your flaws
 - * distancing from self-defeating personal narratives – carrying them lightly rather than over-identifying with them
- * Practices:
 - * self-validation in the form of recalling that: *This (experience) is hard.*
 - * feeling love (recalling a time when you felt loved)
 - * breath in what you resist (e.g., self-doubt), breath out compassion for others struggling with the same thing
 - * you are awesome/flawesome (describe strengths/flaws and why you love them)
 - * gratitude practice (one in the beginning, and one in the end)

Act Mindfully

- * **Pay attention and act with intention!**
 - * **the one thing to remember if you forget all else from this talk**
- * Practices:
 - * identify who and what matters*
 - * check your compass regularly (heading in those directions?)
 - * state your intentions out loud
 - * 'deliberance' (doing tasks deliberately with presence)*

Rx PRESCRIPTION

NAME _____ AGE _____

ADDRESS _____ DATE _____

More Cowbell

Dr. Walken

An ideal prescription for you

1. Begin each day with intention
2. Integrate rigorous physical activity 15-30 minutes, 3+ times per week (ultimate goal 150 minutes per week) – practice simultaneous, nonjudgmental observing of your body movement/breath, 5 senses experience, thoughts, repeat
3. Bring mindfulness to your daily activities
 1. *Five facets (**ODDLY i AM**) – e.g., deliberance (ppg 126-127)*
 2. *Including developing/deploying rescue strategies for when the poo has hit the fan and you lost your shhh-tability*
4. End each day with intention

Begin your day with intention

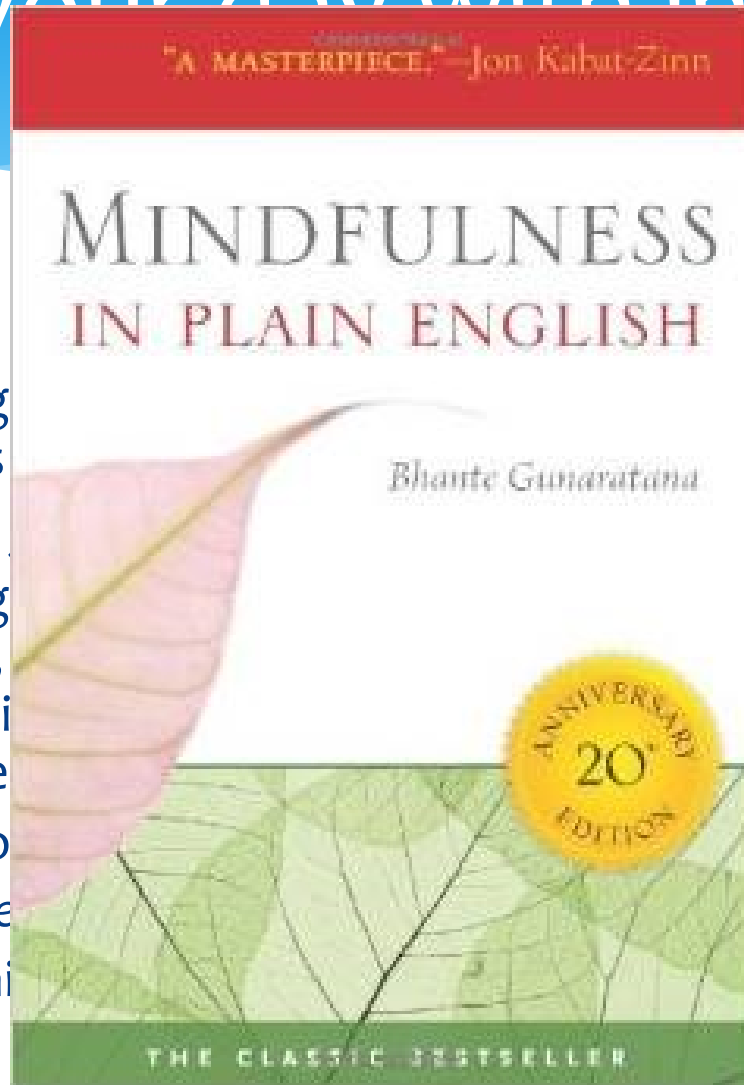
- * Daily, morning gratitude, *One in the Morning* (e.g., I am grateful for my eyes as I open them for the day)
- * Daily morning journaling a word of intention (e.g., *responsive*)
- * Daily, morning mindfulness practice where you attend to the moment (e.g., breakfast or other engaged time with family/kids, tea, brief meditation) even if only to notice your body and breath for a few moments when sitting on the edge of the bed
 - * If interested in meditation, work up to 10-20 minutes daily
 - * *Mindfulness in Plain English*, Bhante Gunaratana
 - * Combine mindfulness practice/activity and compassion practice

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- * Daily, morning meditation for my eyes as I wake
- * Daily morning meditation (e.g., 10 minutes)
- * Daily, morning meditation moment (e.g., 10 minutes, tea, brief meditation, breath for a few minutes)
- * If meditation is not your thing
 - * Mindfulness practice
- * Combine mindfulness with meditation practice



e.g., I am grateful

e.g., responsive)

attend to the
with family/kids,
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edge of the bed

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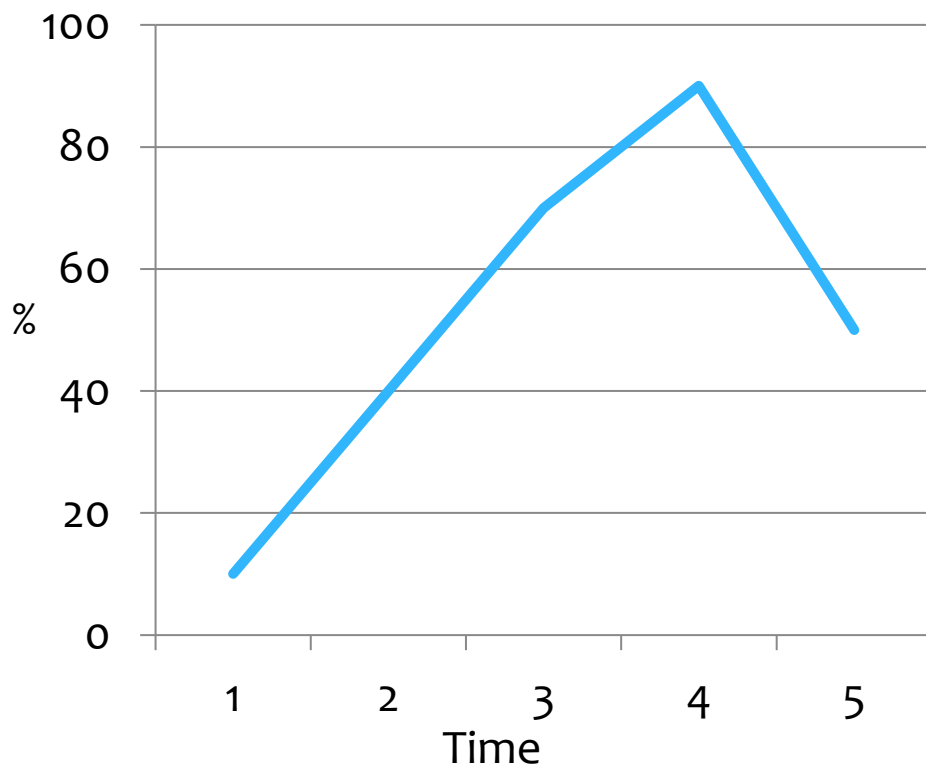
compassion

Bring mindfulness to your day

- * Play with your kids when you are playing, walk when you are walking, eat when you are eating
 - * Do each thing when you are doing it
 - * Observe, Describe, Detach, Love Yourself and Act Mindfully
- * Practice direct mindfulness – notice new things in every moment, ‘work-life integration,’ cognitive re-appraisal ‘exercise’
- * Take your ‘emotional pulse’ regularly throughout the day and use that information wisely

Taking your emotional pulse - *determining when you need a rescue strategy*

emotional distress



Being aware of where you are emotionally can help you know how to proceed in a given situation:
Emotions → cognitions → body sensations → actions

For example:

Between 50-70 one might be emotionally on edge, having difficulty concentrating, at 70 – 80 physical tension is significant, above 80 one acts out (e.g., directly blaming the patient, possibly right but not generally effective)

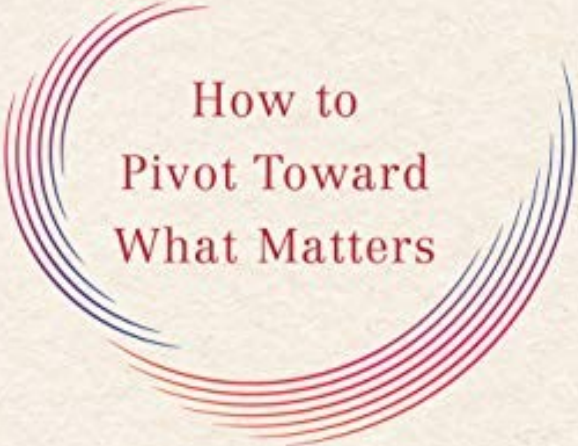
Rescue strategies.. be your own hero

- * Cleansing breath (deep belly inhale, long, slow exhale)
- * SiBerian North Rail Road
 - * Stop, Breath, Notice, Reflect, Respond
- * 3 minute Brief breathing meditation (guided/self-guided)
- * Behavioral activation
 - * Doing something pleasurable – a simple way of balancing personal well-being. Facetime with your peers to increase connectedness.
 - * Doing something you have mastered – can also support personal well-being as well as a larger goal.

End your day with intention

- * Engage your loved ones each evening with your full presence, noticing busy mind and inviting it to chill
- * Practice positive psychology – noting 3 good things before a negative experience from the day over dinner
- * *One in the Evening*, simple gratitude at bedtime (e.g., for my soft pillow, warm bed, my supportive partner, etc.).
- * Practice sleep hygiene and end day with brief compassion or loving kindness recitation or body scan while lying in bed just before sleep

A Liberated Mind



How to
Pivot Toward
What Matters

Steven C. Hayes, PhD

Originator of
Acceptance and Commitment Therapy

Boundless gratitude for your attention and everything you do

Please reach out for: references, links to resources and/or meditations, support, any and all questions.

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[Dropbox Link: Breathing Space and LKM](#)

