



PROMOTING RESILIENCE THROUGH MINDFULNESS

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OBJECTIVES

- Blend mindful experiences into today's discussion
- Establish concept of resilience
- Explore components of, as well as benefits of and barriers to, mindfulness
- Discover existing mindfulness opportunities

MINDFUL MOMENT

- Take your “pulse”
- Eyes closed or soft unfocused gaze
- A bell will ring at completion



MEANING OF RESILIENCE

- Resilience is the capacity to respond to stress in a way such that goals are achieved at minimal psychological and physical cost; resilient individuals 'bounce back' after challenges while also growing stronger.
- Ability to adapt well in the face of adversity, trauma, or significant sources of stress; ability to tolerate disturbance without collapsing, rebuilding when necessary, and improving when possible.

Epstein, 2013, Sigma, 2020

MEANING OF RESILIENCE

- Personal resilience strategies involve acting on important values like awareness, gratitude, optimism, awe, humor, courage and connection.
- Research suggests that regularly engaging in personal resilience strategies causes us to feel happier and more energized, and also find more meaning in our lives.

UU Resiliency Center

COMPONENTS OF MINDFULNESS

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally,” says Jon Kabat-Zinn.
“And then I sometimes add, in the service of self-understanding and wisdom.”

Awareness

Without awareness,
we are not truly alive

Acceptance

Acceptance is about reality



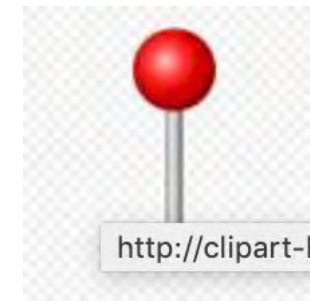
A STRESSED MIND

“You’re really only supposed to feel stressed in the five minutes right before you die” – Dr. Robert Sapolsky

- Chronic stressors decrease the body’s ability to recover from stress, creating mental and physical vulnerabilities
- Mentally, stresses influence otherwise normative aging in the immune system, and its effects with age are interactive
- Physically, chronic stress suppresses immunity
- Stress affects our decision making and emotional intelligence

VERSUS A CALM MIND

- Responds instead of reacts
- Clear and open hearted
- Possibilities expand
- Manage your energy
- The place creativity exists



BENEFITS OF MINDFULNESS

- Improves coping capabilities
- Reduces emotional reactivity
- Improves sleep quality
- Reduces loneliness
- Reduces depression
- Reduces anxiety
- Increases telomerase activity
- Reduces diastolic and systolic blood pressure
- Reduces PTSD symptoms
- Reduces A1C scores
- Improves positive affect
- Increases compassion
- Increases empathy



BARRIERS TO MINDFULNESS

- If you are comfortable doing so, please chat box a barrier
- Time
- Aversion
- No margins
- Inertia of implementation

GOOD NEWS

- Resilience strategies are easy to learn and can be seamlessly implemented



- 11 quick tips for things you already do

QUICK TIPS MORNING & NIGHT

- Waking
 - Alarm
 - Sound, Label
 - 2 minute mindfulness soak
- Bedtime
 - Scan your body from toes to top
 - Clearing that relaxes you both physically and mentally

THICH NHAT HANH THOUGHT

*Waking up this morning, I smile.
Twenty-four brand new hours are
before me. I vow to live fully
in each moment and to look at all beings
with eyes of compassion.*

QUICK TIPS GETTING READY

- Shower
 - Temperature,
 - Sound, Scent, Suds
 - "Rinse"

- Getting dressed
 - Movements
 - Feel of the material

QUICK TIPS FOCUS ON THE NOW

- Walking
- Climbing stairs
- Coffee/Tea
- Cooking
- First bite



THICH NHAT HANH THOUGHT

*Drink your tea slowly and reverently,
as if it is the axis on which
the whole earth revolves —
slowly, evenly,
without rushing toward the future.*

QUICK TIPS “THANK YOU”

- While saying thank you
 - Awareness of your gratitude
 - Connective qualities
- While being complimented
 - Absorb
 - Receive positively
 - Let the complimenter be heard

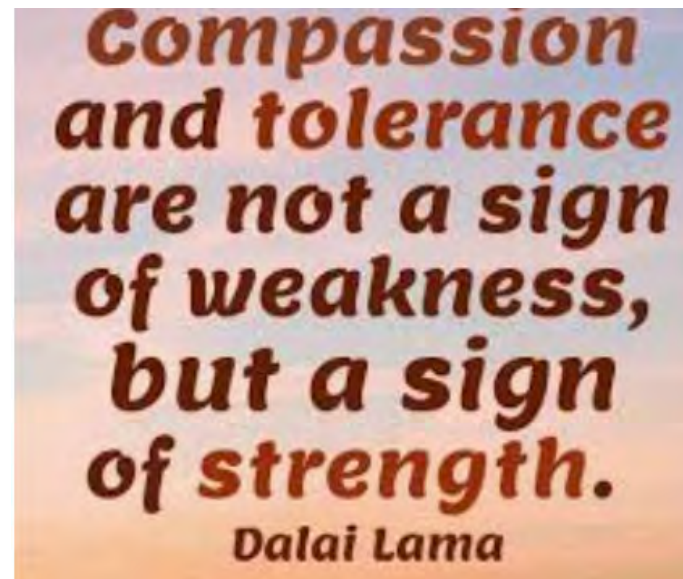
COMPASSION FOR SELF & OTHERS

- Self-compassion is a robust resilience factor
- Self-compassion involves treating oneself with care and concern when confronted with personal inadequacies, mistakes, failures, and painful life situations
- Self-compassion is associated with healthy relationships, emotional well-being, and better treatment outcomes

Warren, Smeets, and Neff, 2016

COMPONENTS OF COMPASSION

1. self-kindness vs self-judgment
2. a sense of common humanity vs isolation
3. mindfulness vs over-identification



Neff, 2003

STRETCH MORE STRESS LESS

- Chairs are really a problem
- Posture is meant to be dynamic
- Moving mindfully is moving safely



Dr Helene Langevin, Director of the National Center for Complementary and Integrative Health

QUESTION ANSWER

How much longer can we do this?

- What is “this”?
- What factors can we change?
- We can do it as long as it takes

METTA MEDITATION

TO PROMOTE RESILIENCE

May I be happy.

May I be well.

May I be safe.

May I be peaceful and at ease.

RESILIENCY WEBINARS

May 13, 2020 | 12 p.m. MT | Enhancing Resilience: Practicing Safe Stress and the Science of Sleep
Presented by Dr. J. Bryan Sexton

What should you eat on a stressful day? How long is a good nap? The answers might surprise you. Here we recognize, anticipate and respond to human limitations associated with sleep deprivation.

June 17, 2020 | Psychological Safety: The Predictive Power of Feeling Supported When Things Go Wrong

Presented by Dr. J. Bryan Sexton

“Better to say nothing and be thought the fool, than to open your mouth and remove all doubt.” This session demonstrates the concept of psychological safety, cultivating voice, and understanding what we can do to make it easier for others to speak up with concerns.

July 22, 2020 | Being Present: The Science of Mindfulness

Presented by Dr. Carrie Adair

The data are clear: Mindfulness matters. We demonstrate what it means to be in the “present moment” or mindful, review the research on mindfulness for well-being, and how mindfulness can help communication and relationships. An opportunity to practice mindfulness is offered, as well as strategies to boost everyday mindfulness.

August 19, 2020 | Relationship Resilience: The Science of How Other People Matter

Presented by Dr. Carrie Adair

This session describes how cultivating meaningful relationships is a health behavior, and how loneliness puts us at risk for lower satisfaction at work and in life, poorer immune system functioning, and even reduced longevity. Importantly, it is the quality, not the quantity, of our relationships that appears to matter most.

RESILIENCY WEBINARS

September 16, 2020 | Collaboration vs. Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork in a Work Setting Near You

Presented by Dr. Kyle Rehder & Dr. J. Bryan Sexton

This session guides you through the prevalence and severity of disruptive behavior, as well as its correlates and consequences. Institutional and individual strategies for dealing with difficult colleagues are discussed.

October 21, 2020 | Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy

Presented by Dr. J. Bryan Sexton

A feast for the eyes, this highly visual and image-driven webinar summarizes and demonstrates the benefits of the emotion of awe, including increased life satisfaction, greater sense of meaning, and a desire to connect with others.

November 18, 2020 | Positive WalkRounds: Leader Rounding to Identify What is Going Well – Links to Quality, Culture and Workforce Resilience

Presented by Dr. J. Bryan Sexton

Here we discuss an institutional intervention to enhance workforce resilience. We will demonstrate traditional WalkRounds to identify deficits, vs positive WalkRounds to identify bright spots, and how each contribute uniquely to quality and safety – but also to workforce resilience.

December 16, 2019 | Enhancing Resilience: Survival of the Kindest

Presented by Dr. J. Bryan Sexton

We summarize the research to explain that there are demonstrably powerful benefits to being altruistic, and provide a framework for how to use Random Acts of Kindness at the individual and work setting levels.

THANK YOU



May you be happy.

May you be well.

May you be safe.

May you be peaceful and at ease.