

CORD 2017: Mindfulness Lecture & Workshop Handouts

Extensive research demonstrates physical, psychological, and cognitive benefits from mindfulness meditation (see link below to the American Mindfulness Research Organization as well as major research findings on the other side of this handout).

Best results will occur with a formal course and 5-10min of daily practice, but even occasional use has been shown to be beneficial. Professional guidance/leadership is strongly recommended.

The 4 Pillars of Mindfulness Practice:

1. Breathing meditation
2. Body Scan meditation
3. Loving Kindness/Compassion Meditation
4. Yoga postures

Free Resources:

Websites:

- American Mindfulness Research Organization: <https://goamra.org/>
- UMass Medical School: <https://community.cfmhome.org/c/video-room>
- UCSD: <https://health.ucsd.edu/specialties/mindfulness/resources/Pages/default.aspx>
- UCLA: <http://marc.ucla.edu/>
- Cleveland Clinic: <http://my.clevelandclinic.org/health/articles/diaphragmatic-breathing>
- Andrew Weil: <https://www.drweil.com/videos-features>
- Deepak Chopra: <http://www.chopra.com/ccl/guided-meditations>
- Palouse: <http://palousemindfulness.com/index.html>
- Happify: <http://www.happify.com/>
- Emindful: <https://www.emindful.com/>

iTunes Apps:

- Relax Lite by Andrew Johnson
- Calm
- Headspace
- Happify
- Breath

Research Studies on Mindfulness

Workplace benefits:

- Review of 10 studies: Mindfulness training for healthcare professionals. *Irvin et al., 2009.*
 - Increased mood, positive affect, and satisfaction
 - Decreased emotional exhaustion and burnout
- Engagement: employees intellectually & emotionally invested. *Kahn, 1990; Leroy et al. 2013.*
- Employee satisfaction, lower turnover, and increased performance. *Saks, 2006; Dane et al., 2013.*
- Coping with organizational change:
 - Higher levels of job control at work. *Bond and Bunce, 2003.*
 - Lower levels of ego-defensive reactivity under threat. *Brown et al., 2008.*

Cognitive benefits:

Improved:

- Attention, focus, awareness, and processing. *Kilpatrick et al., 2011.*
- Executive functioning: processing, working memory capacity, & cognitive tasks. *Chambers, Lo, and Allen, 2008; Zeidan et al., 2010; Jha et al., 2010; Roeser et al., 2013; Anicha et al., 2012.*
- Decision making and ability to resist cognitive bias. *Hafenbrack et al., 2014. Fiol et al., 2003; Hayes, 2004; Shapiro, Carlson, Astin, and Freedman, 2006.*
- Prefrontal cortex activity and gray matter density. *Davidson et al., 2003; Hölzel et al., 2011.*
 - Learning and memory, affective processing, emotional regulation, perspective taking, and adaptive response to stress.
- Anterior cingulate cortex activity. *Jha et al., 2007.*
 - Self-regulation of attention, and navigation.

Psychological benefits:

Improved:

- Mental health and emotional intelligence. *Chu, 2010.*
- Self-compassion. *Orzech et al, 2009.*
- Relationships with others (mainly due to reduced reactivity). *Baer, 2003.*
- Mood and affect (in individuals without clinical depression in high stress jobs, including healthcare professionals). *Davidson et al, 2003; Galantino et al, 2005.*
- Positive attitudinal change + behavioral modifications, while decreasing the negative impact of daily hassles, sustained at 3-month f/u. *Williams, 2006.*

Reduced:

- Stress (across various job types, mindfulness trainings, and employee stress levels). *Chu, 2010; Davidson et al., 2003; Foureur et al., 2013; Galantino et al., 2005; McCraty, 2003; Roeser et al., 2013.*
- Emotional exhaustion in high-stress occupations. *Galantino et al., 2005.*
- Global psychological distress. *McCraty, 2003; Williams, 2006.*
- Anxiety. *Davidson et al., 2003; Orzech et al., 2009; Roeser et al., 2013.*
- Depressive symptoms *Farb et al., 2010; McCraty, 2003; Roeser et al., 2013.*
 - 8-week Mindfulness-Based Cognitive Therapy program (MBCT) more effective at reducing long-term depression than anti-depressant drugs. *Kuyken et al., 2008.*
- Experience of negative emotional responses on fMRI. *Modinos et al., 2010.*

Physical benefits:

Reduced:

- BP, HR, RR, CRP, and cortisol. *McCraty, 2003; Nykliček et al., 2013; Wolever et al., 2012.*
- Chronic pain & symptoms of RA, MS, fibromyalgia, psoriasis, and HIV. *Chiesa and Serreti, 2010.*