

Mindfulness

Longevity Clinic Coach Session 2

Objectives

At the end of this talk participants should be able to:

- Define “mindfulness”
- Relay the benefits of mindfulness on our health and well-being
- SMART Goals for Mindfulness
- Mindfulness Practice



What is Mindfulness?

“Mindfulness is paying attention in a particular way, on purpose, in the present moment, without judgment.”
- Jon Kabat-Zinn

GETTING OUT OF AUTOPILOT

CULTIVATE
AWARENESS

Try to notice and
address one's
"monkey mind"

CULTIVATE
ACCEPTANCE

Try to observe in a
non-judgmental
manner

PRACTICE
WITH
INTENTION

Mindfulness
requires heartfelt
intention to move
toward greater
awareness





THE SEVEN PILLARS

- **Non-judging.** Be an impartial witness to your own experience. Become aware of the constant stream of judging and reacting to inner and outer experience
- **Patience.** A form of wisdom, patience demonstrates that we accept the fact that things sometimes unfold in their own time. Allow for this
- **Beginner's Mind.** Remaining open and curious allows us to be receptive to new possibilities and prevents us from getting stuck in the rut of our own expertise
- **Trust.** Develop a basic trust with yourself and your feelings. Know it's OK to make mistakes
- **Non-Striving.** The goal is to be with yourself right here, right now. Pay attention to what is unfolding without trying to change anything
- **Acceptance.** See things as they are. This sets the stage for acting appropriately in your life no matter what is happening
- **Letting Go.** When we pay attention to our inner experience, we discover there are certain thoughts, emotions and situations the mind wants to hold onto. Let your experience be what it is right now



Benefits of Mindfulness

Reduction in depression, anxiety

Reduction in pain & chronic pain

Reduction in illness-related distress

- Cardiovascular disease (Decreased SPB, stress, anger)
- Diabetes (Veterans; Decreased HgbA1C; improved self-efficacy)
- HIV/AIDS (Improved CD4 counts)
- Irritable Bowel Syndrome (Reduced symptoms)
- Transplanted organs (improved QOL, decreased anxiety/depression)

The Science Behind Mindfulness and Longevity

Stress Reduction

- Chronic stress is linked to numerous health issues, including heart disease, high blood pressure, and a weakened immune system.
- Mindfulness practices reduce the production of stress hormones like cortisol, promoting a state of relaxation and well-being.

Telomere Health

- Telomeres are protective caps at the ends of chromosomes that shorten with age and stress.
- Studies show that mindfulness can preserve telomere length, potentially slowing the aging process at the cellular level.

Improved Mental Health

- Regular mindfulness practice reduces symptoms of depression and anxiety, enhancing overall mental health.
- Positive mental health is associated with better physical health and longevity.

Physical Health Benefits

Cardiovascular Health

- Mindfulness lowers blood pressure and improves heart rate variability, leading to better cardiovascular health.
- Research indicates a reduced risk of heart attack and stroke among those who practice mindfulness regularly.

Enhanced Immune Function

- Mindfulness boosts the immune system, making the body more resilient to infections and diseases.

Better Sleep Quality

- Mindfulness meditation improves sleep patterns, which is crucial for physical recovery and longevity

Social and Behavioral Benefits

Better Relationships

- Mindfulness enhances empathy, communication, and emotional regulation, leading to healthier relationships.

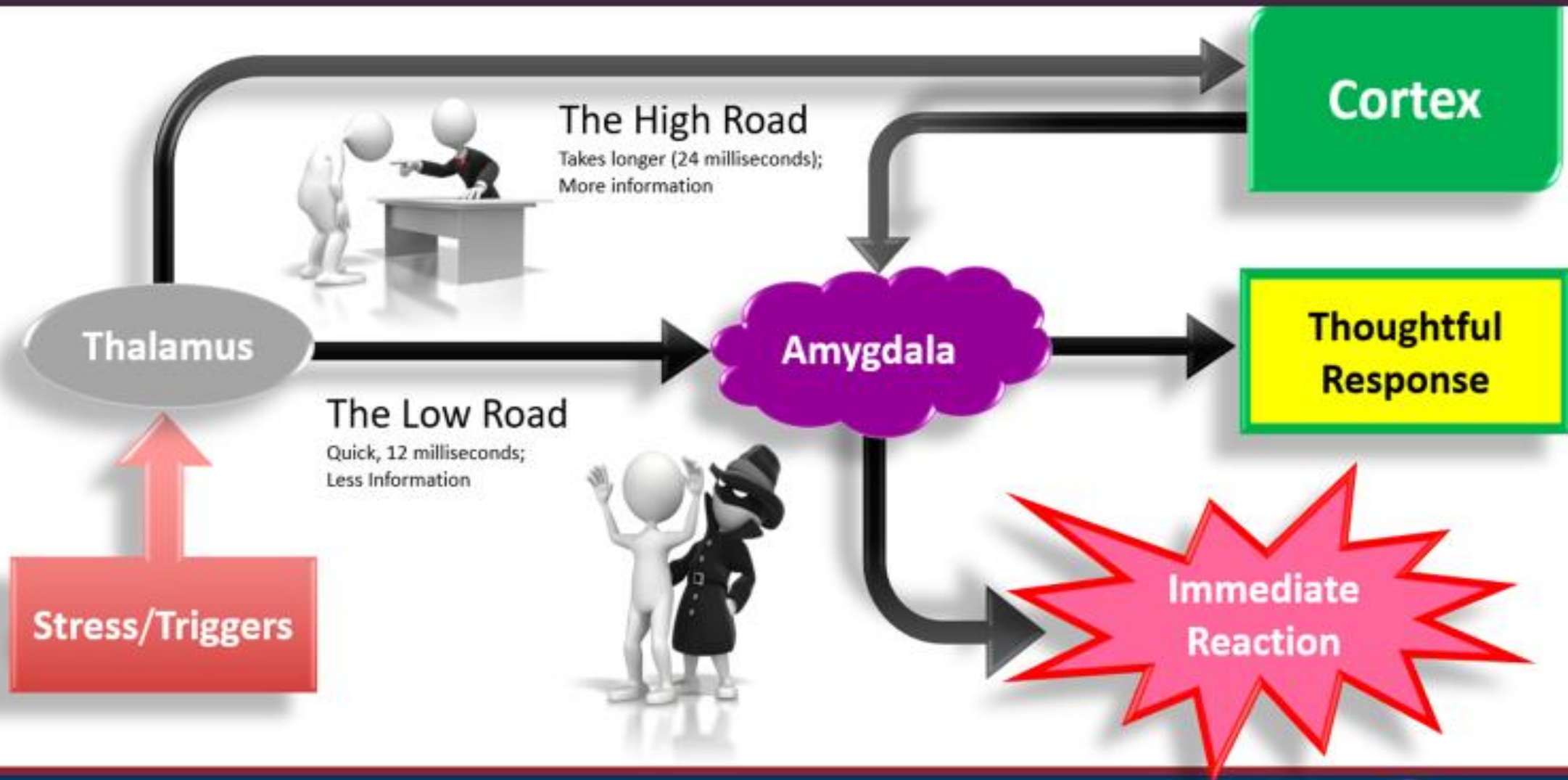
Healthier Lifestyle Choices

- Mindful individuals are more likely to engage in healthy behaviors such as regular exercise, balanced diet, and avoiding harmful habits like smoking and excessive drinking.

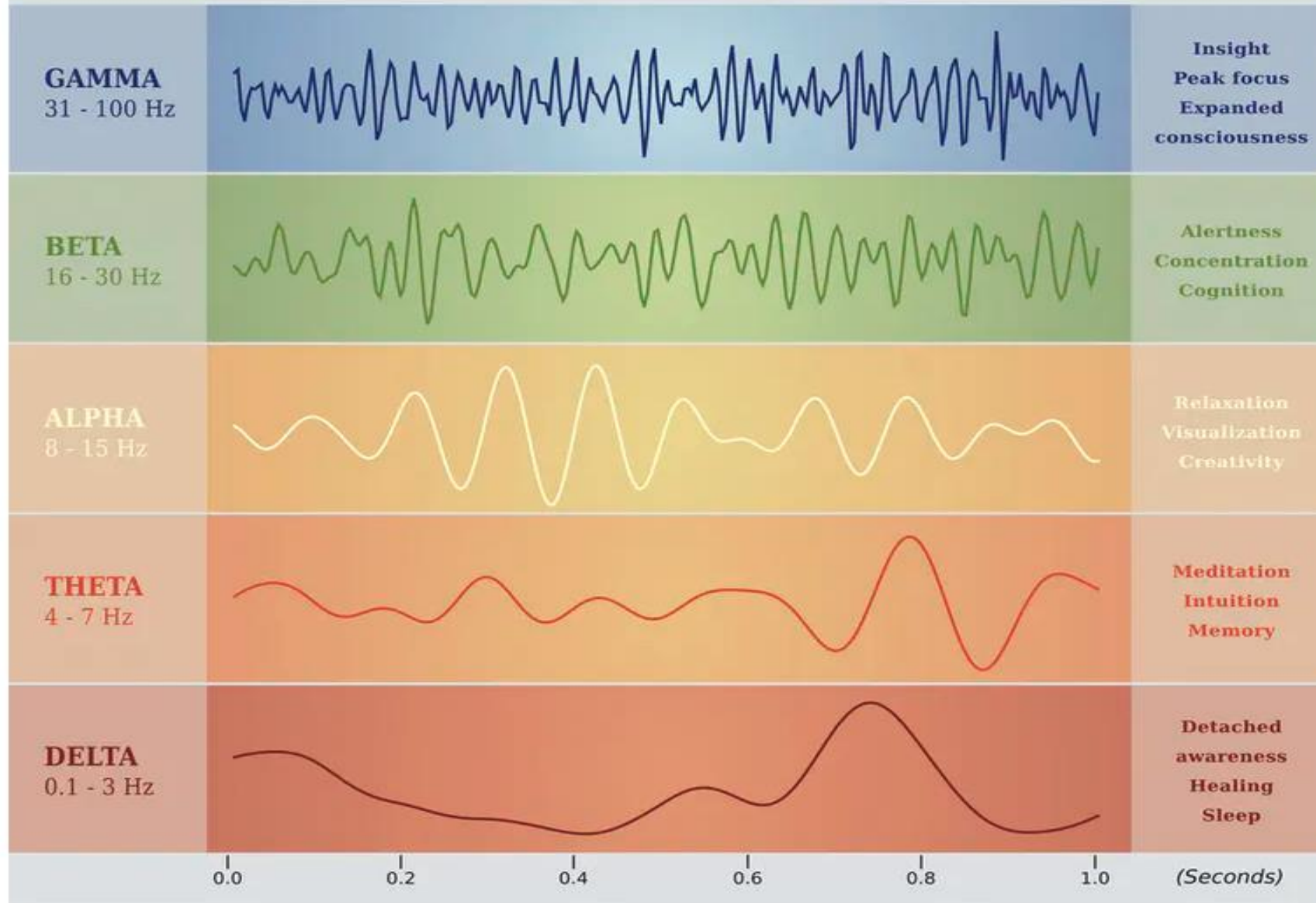
Community and Support

- Participating in mindfulness groups creates a sense of community and social support, which is linked to longer life expectancy.





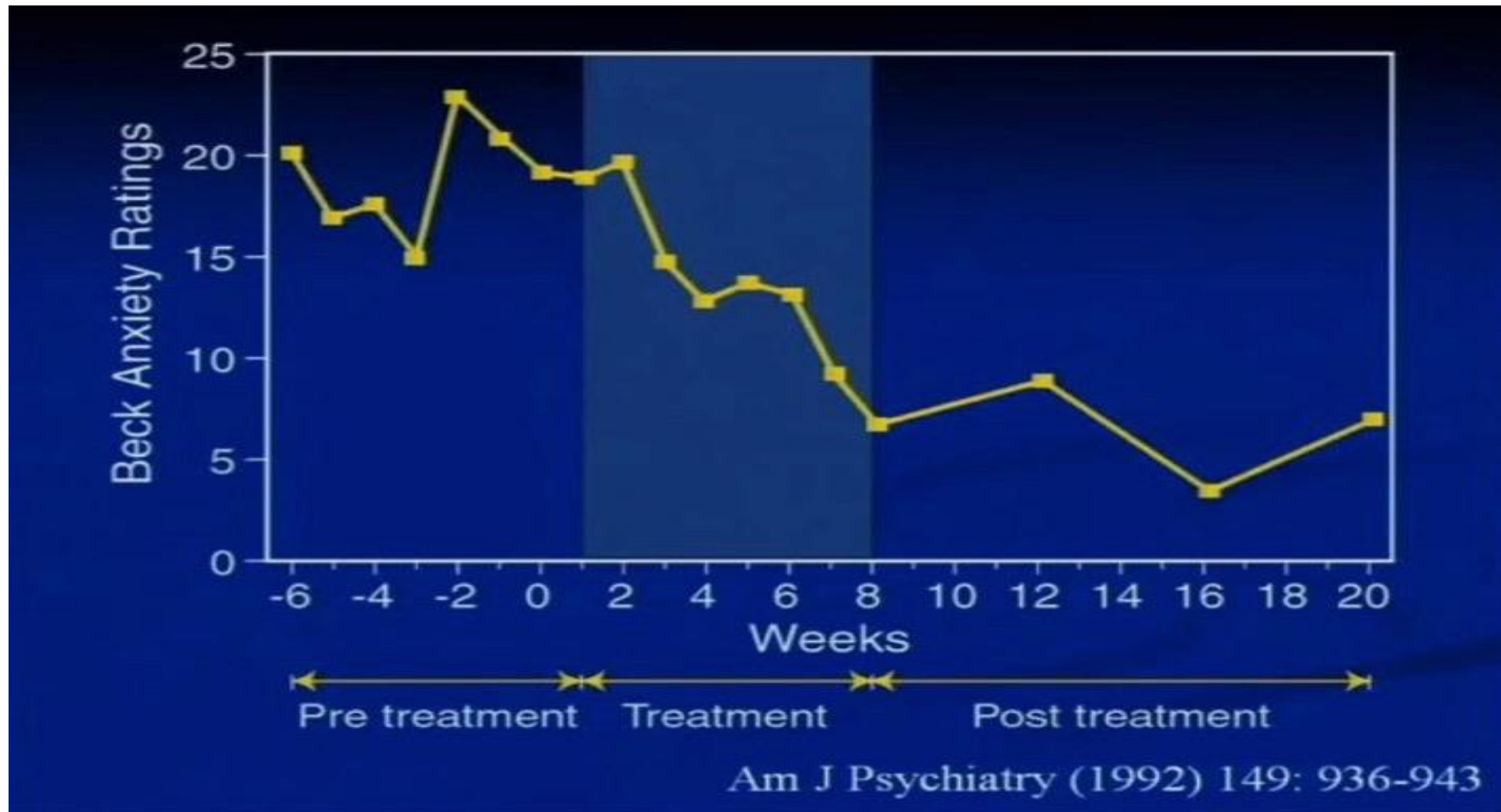
HUMAN BRAIN WAVES



INCREASING THETA BRAINWAVES DURING MBSR

Benefits:

- deepens breathing
- lowers blood pressure
- lowers heart rate
- reduces stress hormones
- improves concentration
- improves focus
- strengthens immunity



1992 – Zinn JK, et al.

N = 22; GAD or Panic Disorder; Self-rated and Therapist-rated assessments

Conclusion: Mindfulness Meditation reduces symptoms of anxiety and panic

Common Barriers

- “It didn’t work”
- “I didn’t do it right”
- Boredom, physical discomfort, increase in negative emotion, avoidance, frustration
- Overthinking
- Judgement
- Attachment
- Expectation





TYPES OF MINDFULNESS

What to do when your mind wanders (and it will!) SOLAR

- **Stop**
- **Observe** the thought without judgment
- **Let it go**
- **And**
- **Return** to the object of focus



Bringing mindfulness into daily activities



You can be mindful at any time of the day

Make your Goals SMART

S= Specific

M= Measureable

A= Action Oriented

R= Realistic

T= Time Specific

EXAMPLE

Mindfulness Activity Goal:

I am going to have an awe walk 5 days a week starting today.

Made SMART:

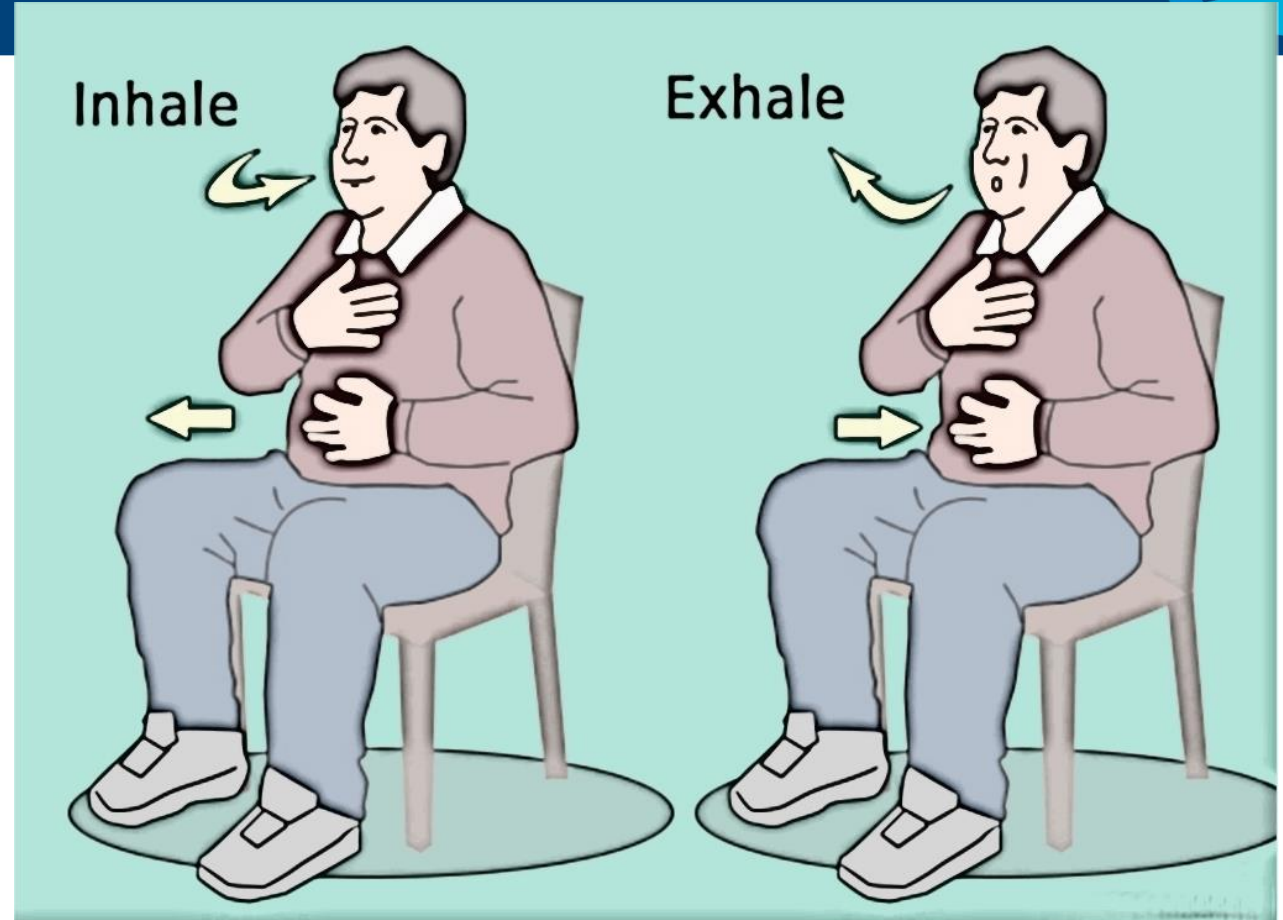
I will do a mindfulness practice focusing on my breathing while walking at least once a day, 5 days a week starting Monday and continue for 3 months.



WHAT HAPPENS IN VAGUS...

Instructions for Learning Abdominal Breathing

1. Place one hand, palm side down, on your chest. Place the other hand, palm side down on your stomach
2. Breathe in through your nose to a slow count of 4 (one...two...three...four...). Notice the motion of each hand. When you breathe in, does the hand on your chest move? Does the hand on your stomach move?
3. Now exhale through your nose, again to a slow count of 4. Notice again how each of your hands moves.



Thank You

