

Mindfulness for Healthcare Professionals

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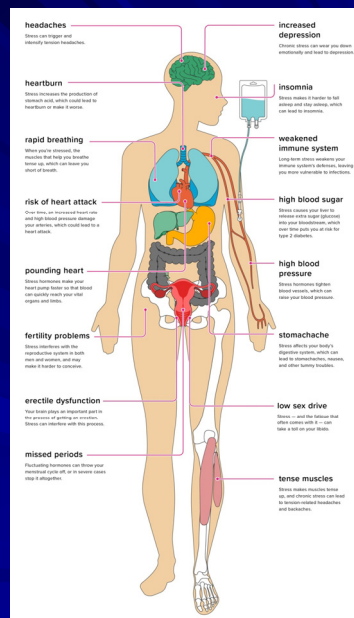
Objectives (not for CE)

- Outline the history and definition of mindfulness
- Describe the psychological, cognitive, and physical benefits of mindfulness-based stress reduction (MBSR)
- Discuss how mindfulness positively impacts the healthcare professional
- Provide a brief meditation and yoga practice

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Effects of Stress

- Mental
- Physical
- Behavior



<https://www.healthline.com/health/stress/effects-on-body>

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History of Mindfulness and Mindfulness-Based Stress Reduction (MBSR)

- Mindfulness
- Jon Kabat-Zinn (1982)
- MBSR

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Benefits of Mindfulness

“Between stimulus and response is space. In that space is our power to choose our response. In our response lies growth and freedom.”

–Insight Timer

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THE BENEFITS OF MINDFULNESS

Physical

- ✓ Boost energy levels
- ✓ Improves sleep
- ✓ Reduces chronic pain
- ✓ Improves heart function
- ✓ Helps with digestive problems

Mental

- ✓ Relieves stress
- ✓ Reduces anxiety
- ✓ Improves mood and happiness
- ✓ Boosts concentration and focus
- ✓ Improves self-esteem

<https://studenthealth.uconn.edu/mindfulness/>

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Benefits of Mindfulness

- Coronary artery disease
- Hypertension
- Cancer
- Chronic pain
- Fibromyalgia
- Diabetes-type 1
- Irritable bowel syndrome
- Anxiety
- Asthma/Respiratory disorders
- Psoriasis
- Headache
- Depression
- Multiple sclerosis
- Health-related QOL

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Mindfulness and the Healthcare Professional

- Development of resilience and compassion
- Improved patient outcomes
- Decreased burnout and employee turnover

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Summary

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

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Summary

- Negative impacts of stress
- Benefits of mindfulness
- Individual and system implications

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Meditation and Yoga



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Questions?

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