



# Mindfulness

**Deborah Howard**

**Acting Head of Joint Commissioning  
(Mental Health and Learning Disabilities)**

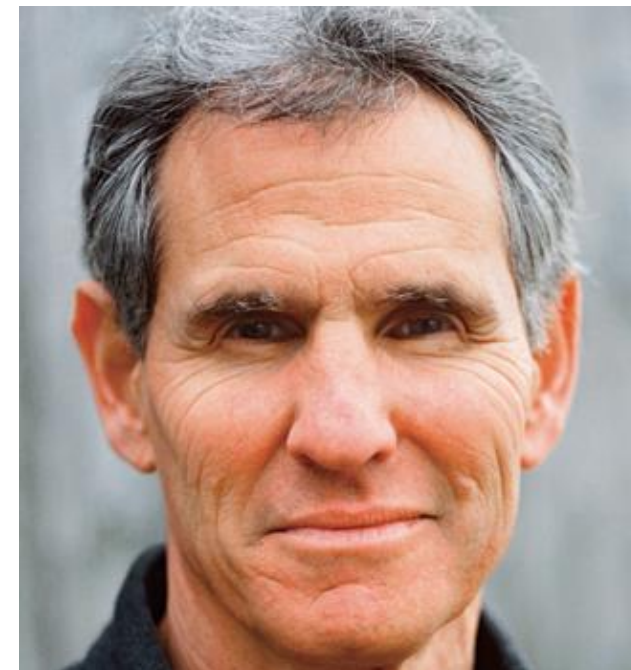
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# Definition

*“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally”*

Jon Kabat-Zinn - Professor of Medicine Emeritus & creator of the Stress Reduction Clinic & the Centre for Mindfulness in Medicine, Health Care, & Society at the University of Massachusetts Medical School



# About Mindfulness

- It's not new! Been around for thousands of years & has Buddhist origins
- Evidence for effectiveness in stress reduction, pain management, reducing anxiety, depression, also useful for general wellbeing. On NICE approved list of therapies
- Secular courses used in healthcare, schools & other settings - you don't need to follow a particular religion or to be spiritual to practice mindfulness!



# Research

- Over the last 40 years, mindfulness has been the subject of much research. Thousands of research papers have now been written on the applications of mindfulness, & its impact on people's lives
- Please see link below for more information



<http://www.mindfulnet.org/page4.htm>

# Why Practice Mindfulness?

## Benefits

Mind- FULL (default)		Mindfulness
Monkey Mind	vs	Mastery of the Mind
Future / Past Thinking	vs	Present Moment Focus
Autopilot	vs	Conscious Attention
Multi-tasking	vs	Mono-tasking
Stress Reaction	vs	Considered Response



Mind Full, or Mindful?

# What does Mindfulness Practice Involve?

- Sitting with your feet planted on the floor, spine upright, eyes closed or lowered gaze. Hands rest on the lap or knees
- The attention is gently brought to rest on bodily sensations - feet on the floor, the pressure on the seat & sensation of breathing
- Thoughts will of course arise, as thoughts continue, you return again & again to these physical sensations, gently encouraging the mind not to get caught up in the thought processes but to observe their passage
- Development of curiosity, acceptance & compassion in the process of patiently bringing the mind back to bodily sensations. Brief pause or 10 mins plus





# All- Party Parliamentary Group on Mindfulness Launched May 2014

- Review the scientific evidence & current best practice in mindfulness training
- Develop policy recommendations for government, based on these findings
- Provide a forum for discussion in Parliament for the role of mindfulness & its implementation in public policy



## Recommendations made for:

- ❖ Health
- ❖ Education
- ❖ Workplace
- ❖ Criminal Justice System



# Mindfulness at Work 1/5

## Sometimes we feel a bit like this....,





# Mindfulness at Work 2/5

- Somerset CCG - 4 week Introductory Course to Mindfulness-Based Stress Reduction. Part of Staff Health & Wellbeing Strategy
  - ❖ Week 1: What is Mindfulness?, Automatic Pilot – Noticing & Waking Up
  - ❖ Week 2: Keeping the Body in Mind & Responding Rather than Reacting
  - ❖ Week 3 Mindful Movement and Working with Thoughts
  - ❖ Week 4 Self Compassion and Using what we've learned
- Numerous examples of other organisations providing or purchasing Mindfulness courses for staff



# Mindfulness at Work 3/5

**Mindfulness Stress Reduction courses can assist staff in the personal and working lives....,**

*“Since the course I feel calmer and at work I’m not quite so quick to make decisions. If a problem doesn’t have an immediate solution, which in the past would have made me feel anxious, I can now stop and think about it. When I have frantic deadlines, sometimes I take a moment to look out the window in a mindful way which really helps.*

*It’s hard to put it into words, I just feel different. As a social worker you can end up carrying around so much pain from others, including anxiety from fellow professionals. While some of this is beyond your control, you can learn to deal with your own stress, ....., it has made me a more resilient worker, which is beneficial to me, my clients and my colleagues”*

Extract from The Guardian, Abigail Bryning, Social Worker at East Sussex County Council, 11 May 2015.

# Mindfulness at Work 4/5

- Cultural shift in Health & Social Care
- Focus on improving patient/SU experience
- Creating compassionate environments for patients/customers/service users & for staff

## The 6 C's:

- *Care*
- *Compassion*
- *Competence*
- *Communication*
- *Courage*
- *Commitment*



# Mindfulness in Schools 1/2



STOP, BREATH & BE

10-week course for young people aged 11-18, delivered in the classroom or in small groups.



Primary school version of .b for children aged 7 -11.



## Mindfulness in Schools 2/2

- **.b** and **Paws b** are not therapeutic interventions; they are curricula designed to introduce young people to the potential benefits of mindfulness in the safety of the school classroom
- Taught by well-trained teachers **.b** and **Paws b** offer a toolkit of practices, most of between about 1 and 10 minutes, which aim to dip children's toes into mindfulness in ways which they find helpful and enjoyable
- To have a significant impact these curricula should sit within a school's broader frameworks of social and emotional learning, safeguarding and pastoral support



- [Fun clip on Mindfulness Meditation](#)



<http://www.bing.com/videos/search?q=animation+mindfulness&&view=detail&mid=0EC2225477CD654388CE0EC2225477CD654388CE&FORM=VRDGAR>

