


Mindfulness for Self-Care

Helen Kim, MD

UC San Diego, Center for Mindfulness



“Mindfulness means paying attention in a particular way:
on purpose, in the **present moment**,
and **nonjudgmentally**.”

- Jon Kabat-Zinn

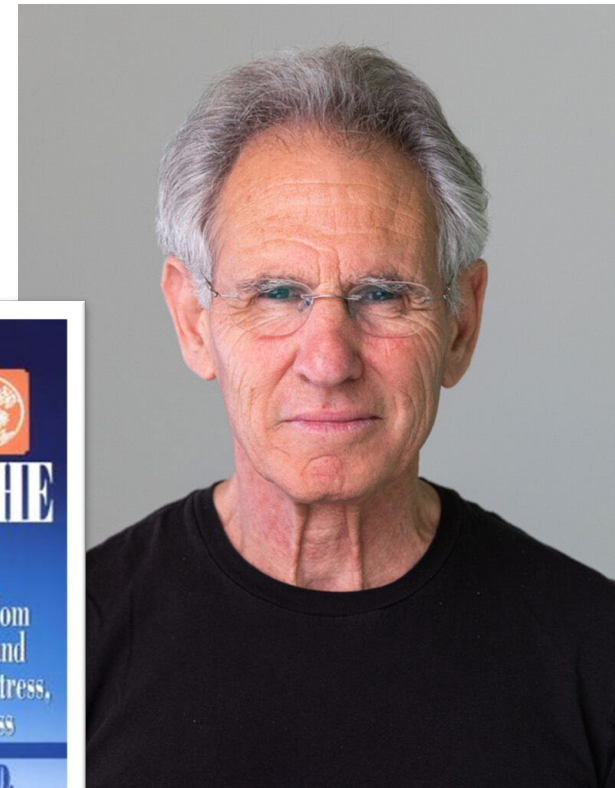
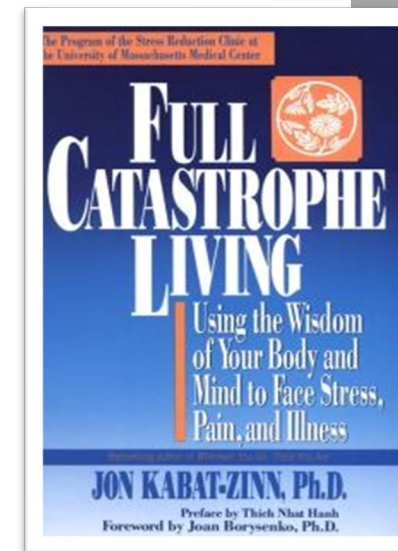
“Mindfulness shows us what is happening in
our **bodies**, our **emotions**, our **minds**, and in the **world**.
Through mindfulness, **we avoid harming ourselves and others**.”



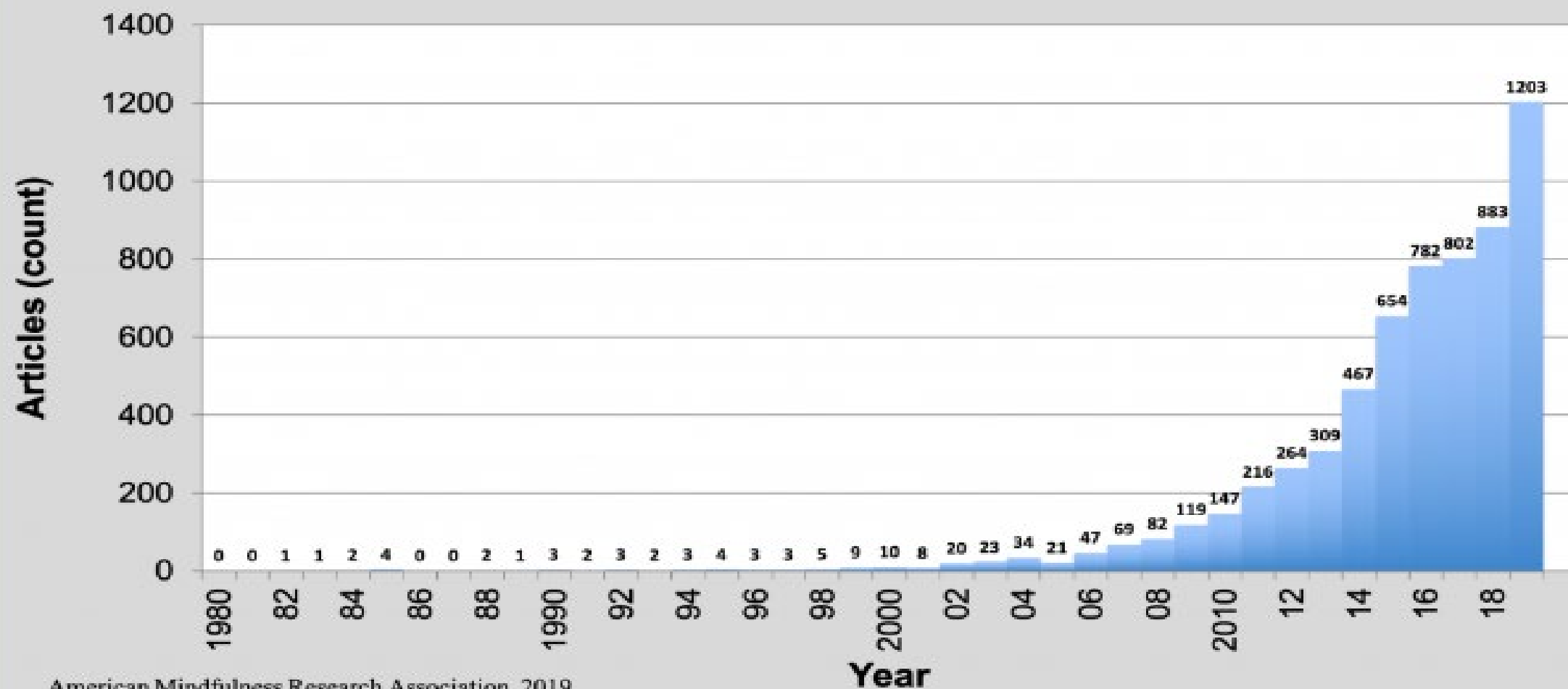
- Thich Nhat Hanh

Mindfulness-Based Stress Reduction

- Jon Kabat-Zinn, Ph.D.
- Introduced Stress Reduction and Relaxation at Univ. of MA Medical Center, 1979
- Mindfulness-Based Stress Reduction, 1990
 - 8-week experiential class
 - Formal and informal practices
- 2000 UCSD Center for Mindfulness



"Mindfulness" journal articles published by year: 1980-2019



American Mindfulness Research Association, 2019
Source: goAMRA.org

This image is free for reuse and reprint for research and teaching purposes but modifications to the image are not allowed. Data obtained from an ISI Web of Science search of the term "mindfulness" in academic journal article titles.

Benefits of Mindfulness

Physical Health

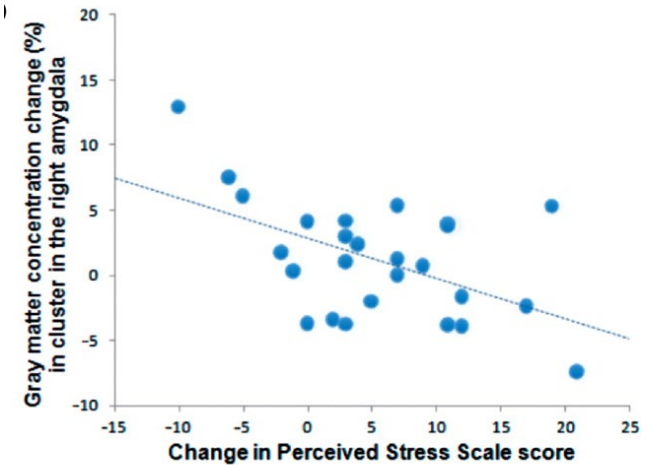
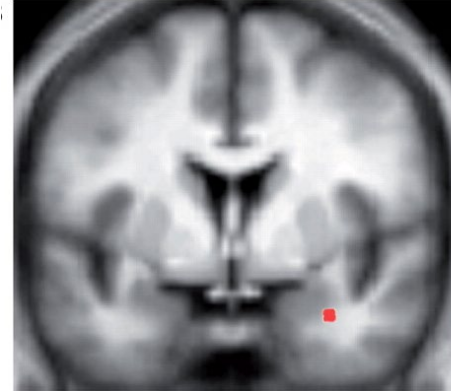
- Chronic Pain
- Blood Pressure
- Cardiovascular Disease
- Diabetes
- Chronic Fatigue Syndrome
- GI Distress
- Cancer
- Headaches

Mental Health

- Stress
- Depression
- Anxiety
- Substance Abuse
- Phobias
- PTSD
- Panic Attacks
- Eating Disturbances

Brain Benefits of Mindfulness

- Reduced amygdala density and activity
- Reduced fight/flight reactivity
- Quicker recovery from stress



Default Mode Network (DMN)

- **“A wandering mind is an unhappy mind”** (Killingsworth et al, 2010)
 - Area of the wandering mind
 - Rumination/Anticipation
 - Problem solving
- **Deactivation** with Mindfulness practice

Window of Tolerance



Ways to Practice Mindfulness

Formal Practice

- Sitting meditation
- Walking meditation
- Body scan meditation
- Mindful movement-yoga

Informal Practice

- Listening
- Driving
- Brushing your teeth
- Eating a meal
- Washing dishes
- Etc...

UCSD Center for Mindfulness

- MBSR
- MSC
- CCT
- SCHC
- MBCT
- For Teens and Kids
- Parenting





How does this apply to you?

Sx. of Burnout

Physical & emotional exhaustion

- Fatigue
- Insomnia
- Loss of appetite
- Anxiety and/or depression

Detachment

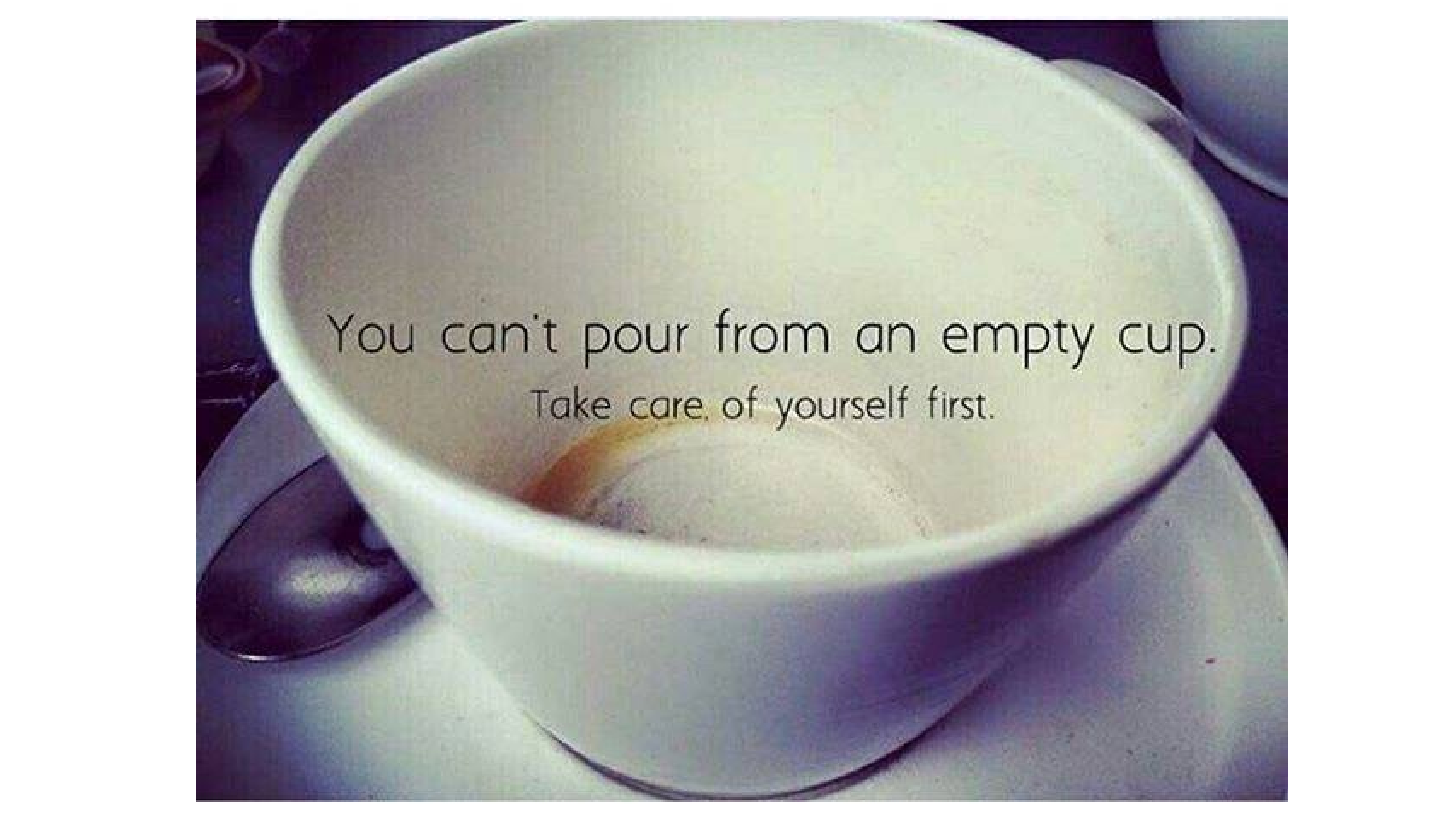
- Loss of enjoyment
- Pessimism
- Isolation

Ineffectiveness & lack of accomplishment

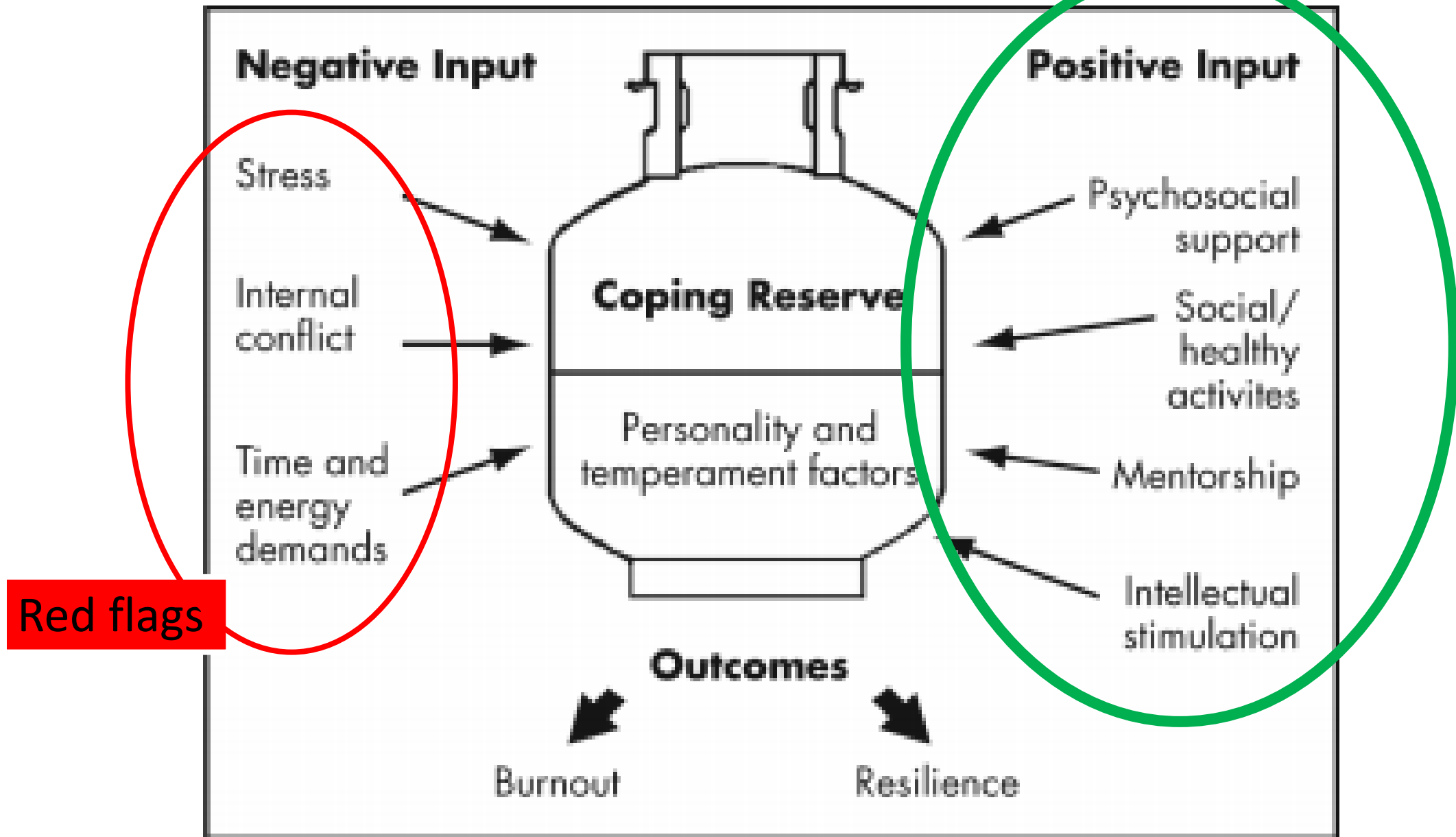
- Apathy and feelings of hopelessness
- Irritability
- Lack of productivity

Prevalence of Burnout

- 25-42% of Healthcare professionals
- 55% of front-line health care workers
- 75% reported negative impact on mental health
- 21% come to work angry

A close-up photograph of a white ceramic cup resting on a matching saucer. A silver spoon is placed on the saucer to the left of the cup. The cup is empty, with only a small amount of liquid residue visible at the bottom. The background is dark and out of focus. Overlaid on the cup is a two-line text message in a simple, black, sans-serif font.

You can't pour from an empty cup.
Take care of yourself first.



Moutier, C. Chapter 52: How to Have a Healthy Life Balance as an Academic Physician. *The Academic Medicine Handbook*, Laura Weiss (Ed.); New York: Springer: 2013. .

What is Self-Compassion?



Self-Kindness

Stop being so critical of yourself.
Embrace yourself as you are.
Treat and talk to yourself
as you would a good friend.



Common Humanity

We are all imperfect, and this
is a shared human experience.
You're not abnormal...maybe "special,"
but not alone :-)



Mindfulness

Recognize when are being
hard on yourself or self-critical...
then, let it f*cking go

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

- Viktor Frankl -





Q & A