



### Mindfulness

Claire Cheminade November 2023



Joining the dots across health and care

#### What we are going to look at:

- Definition of mindfulness
- Background
- Evidence and research
- About the dimensions of mindfulness:
  - Autopilot and awareness
  - Working with difficult thoughts, emotions and experiences
  - Noticing the good and gratitude
  - 'Kindfulness'
  - Social connectedness of mindfulness



#### What does mindfulness mean to you?



Mindfulness is
paying attention on
purpose, in the
present moment, and
nonjudgmentally, to
the unfolding of
experience moment
to moment.

~ Jon Kabat-Zinn



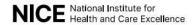


Mindfulness practices are not new and have origins in the contemplative traditions of Asia, especially Buddhism.

In the last 40 years they have been formulised into the therapies of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), traditionally delivered in eight-week classes.



#### Mindfulness Evidence and Research





# Depression in adults: treatment and management

NICE guideline Published: 29 June 2022

www.nice.org.uk/guidance/ng222

#### Mental health

- 58% reduction in anxiety levels
- 57% reduction in depression
- 40% reduction in stress
- 25% decrease in rumination
- 26% reduction in fatigue
- 33% improved sleep quality

Physical health - Pain

From www.bemindful.co.uk





#### MINDFUL NATION UK

Report by the Mindfulness All-Party Parliamentary Group (MAPPG)

October 2015

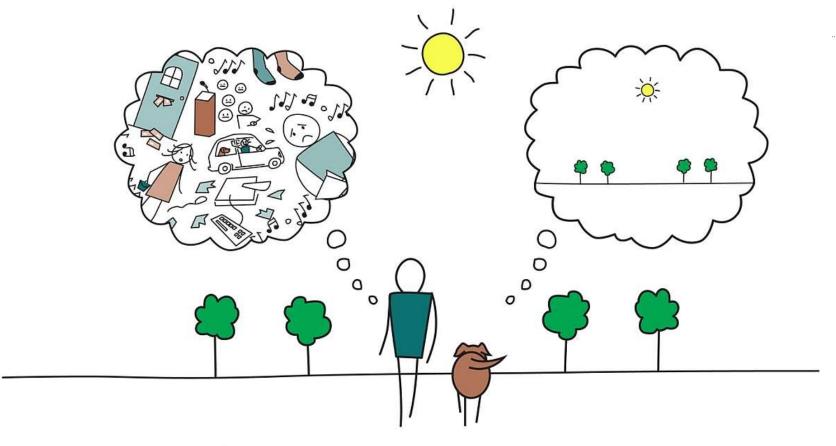




# Research shows about 47% of waking hours spent thinking about what isn't going on

A wondering mind is an unhappy mind Matthew Killingsworth – Harvard





Mind Full, or Mindful?







A is for awareness - Becoming more aware of what you are thinking and doing – what's going on in your mind and body.

B is for "just Being" with your experience - Avoiding the tendency to respond on auto-pilot and feed problems by creating your own story.

C is for seeing things and responding more wisely - By creating a gap between the experience and our reaction to, we can make wiser choices.

Juliet Adams, Founder of Mindfulnet.org & Director A Head for Work





Mindfulness doesn't prevent us from feeling stressed or anxious but to accept the feelings and thoughts we layer on top of experiences



"You can't stop the waves but you can learn surf"

Jon Kabat-Zinn



## Bringing a sense of curiosity..... take notice, connect with what is going on around us







#### **Connecting with others.....**





SHARED HUMAN

EXPERIENCE

1111





#### For any questions, please contact me: Claire.cheminade2@nhs.net





#### Links and further reading

http://www.breathworks-mindfulness.org.uk/mindfulness-courses

http://bemindful.co.uk/

http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx

http://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-

Report Mindful-Nation-UK Oct2015.pdf

https://mrsmindfulness.com/ted-talk-happiness-is-mindfulness/

Insight Timer - #1 Free Meditation App for Sleep, Relax & More

http://self-compassion.org/

https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/

Depression in adults: treatment and management (nice.org.uk)

