

Cultivating Resilience Through Mindfulness Techniques

Jordan Potter

PharmD Candidate 2019



College of
Pharmacy

Kent Brouwer

RN-BSN, DNP Candidate 2022



College of
Nursing



*Stressors are Constant,
Stress is Not*

Why is Stress so Important?

1 out of 6 college students are depressed

1 out of 3 college students are on mental health medications

400 physicians take their lives every year

82% of nurses in healthcare systems are stressed

Alterations in Brain and Immune Function Produced by Mindfulness Meditation

RICHARD J. DAVIDSON, PhD, JON KARAT-ZINN, PhD, JESSICA SCHIMACHER, MS, MELISSA ROSENKRANZ, BA,
DANIEL MULLER, MD, PhD, &
KATHERINE BONUS, MA, AND

Evidence for a mental health crisis in

Cultivating mindfulness in health care professionals: A review of empirical studies of mindfulness-based stress reduction (MBSR)

Julie Anne Irving^{a,*}, Patricia L. Dobkin^b, Jeeseon Park^a

^a Department of Educational and Counselling Psychology, McGill University, Montreal, Quebec, Canada

^b Department of Medicine, McGill Programs in Whole Person Care, Montreal, Quebec, Canada

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student stress, depressive Nurse Leader Mindfulness Meditation t both

Program for Stress Management

Mind

Zahra Daya & Jasmine Heath H

A systematic review of the A Randomized Controlled Trial

A Randomized Controlled Trial of Koru: A Mindfulness Program for College Students and Other Emerging Adults

Jeffrey M. Greeson, PhD^{1,2}, Michael K. Juberg, BA^{1,2}, Margaret Maytan, MD², Kiera James^{1,4}, and Holly Rogers, MD^{2,3}

¹Duke Integrative Medicine, Duke University Medical Center, Durham, North Carolina

Purposeful Pause

Mindfulness technique conducted by intentionally pausing for 30 seconds or so.

How: Take some calming breaths and feel your body – noticing any tension and allowing your body to relax with each breath cycle. Then establish an intention to come to the next activity or interaction with presence and care.

Best For: A quick reset when you are stressed.

Benefits: Allows you to bring yourself back to the present moment and helps realign your focus to the task at hand.

Example: During hand-washing, stand still and pause. Pay attention to the moment: reaching for the soap, spreading it on your hands; the motion, the feel of the soap, the temperature, the texture. Stay with the experience and not your thoughts.

The Escape Artist

Mindfulness technique conducted by physically removing yourself from a situation.

How: Recognize yourself in an overwhelming situation and step away from it. As you move away, acknowledge the emotions that you feel and then let them pass. Use your breathing or the sensation of walking as your focus point.

Best For: Handling a high stress environment with many distractions.

Benefits: Allows you to escape and reconnect your body and mind.

Examples: Go to the bathroom, get a drink of water, go for a short walk.

The 45 Second Timeout

Mindfulness technique conducted by pausing to acknowledge and process emotional experiences

How: Pause and reflect. Ask yourself, what am I feeling right now? Why am I feeling this way? Tell yourself, it's normal that I have these feelings. Then let those feelings pass with each exhaled breath.

Best For: Emotionally charged experiences such as the death of a patient, a long-stressful day, or anxiety about something in the future.

Benefits: Allows closure after an emotional experience and revitalizes the mind to give its attention to the current moment.

Examples: Before class to focus your attention or after a stressful day to process and let pass the emotional burden of the day.



Headspace



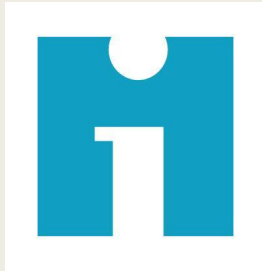
Calm



Buddhify



Insight
Timer



IHI Online
Course



Mindfulness at
UK



Well
Kentucky

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jmpo228@uky.edu

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krbr2461@uky.edu

