

Introduction to Stress and Mindfulness in Healthcare

Jordan Potter, PharmD Candidate 2019

Jenna Ferrante, PharmD Candidate 2019

Kent Brouwer, RN-BSN, DNP Candidate 2022



Beyond the Script

Disclaimer: I am no expert!

Objectives

Introduce the idea of mindfulness and debunk some of the myths that may keep us from using the practice

Explain the benefits of mindfulness practice and mindfulness in healthcare

Introduce and practice simple mindfulness activities that can be incorporated into your daily lives as students

Discuss several ways to integrate mindfulness into your practice as nurses

Provide you with tools to dive deeper into mindful practice

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light to dark, creating a modern and dynamic visual effect.

*Stressors are Constant.
Stress is Not.*

So why do we care...?

- **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

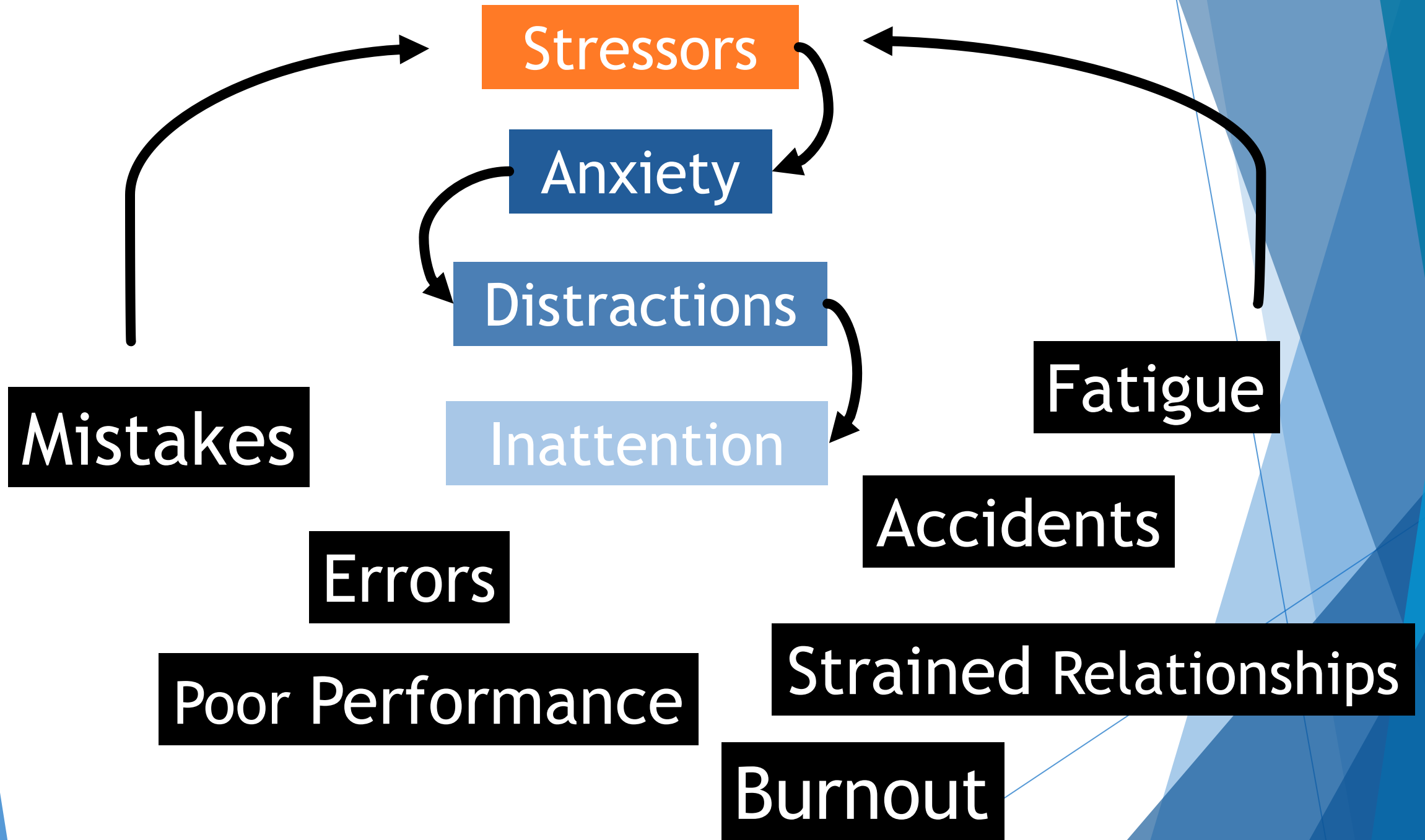
When stress is consuming you
but you're acting chill



Me ignoring my
responsibilities

And if that wasn't enough...

- Fight or flight response
- So you want to talk science?
 - Telomere length
 - One episode of anger increases your chance of a heart attack by 230% in the next 2 hours (regardless of how fit)
 - With a single happy thought, there is a 23% increase in circulation throughout the entire body (no drug does this)
- Current you vs. Future you



Stressors as Students

Exams

Family

Community Service

Group Projects

Friends

Organizations

Quizzes

Pre-Work

Meetings

Having Fun

Stressors as Clinicians

Challenging
Patients

Family

Endless
Metrics

Meetings

Emails

Organizations

Community Service

Friends

Student
Loan Debt

Continuing
Education

Stressors are Constant, Stress is Not

- ▶ Distress vs. Eustress
- ▶ Acting by stress
- ▶ Mindfulness allows the extremes of emotions, can prevent you from jumping to them




Mindfulness: The Super Power You Didn't Know You Needed



<https://www.youtube.com/watch?v=w6T02g5hnT4>

mind·ful·ness

/ˈmīn(d)f(ə)lnəs/ 

Institute for Healthcare Improvement

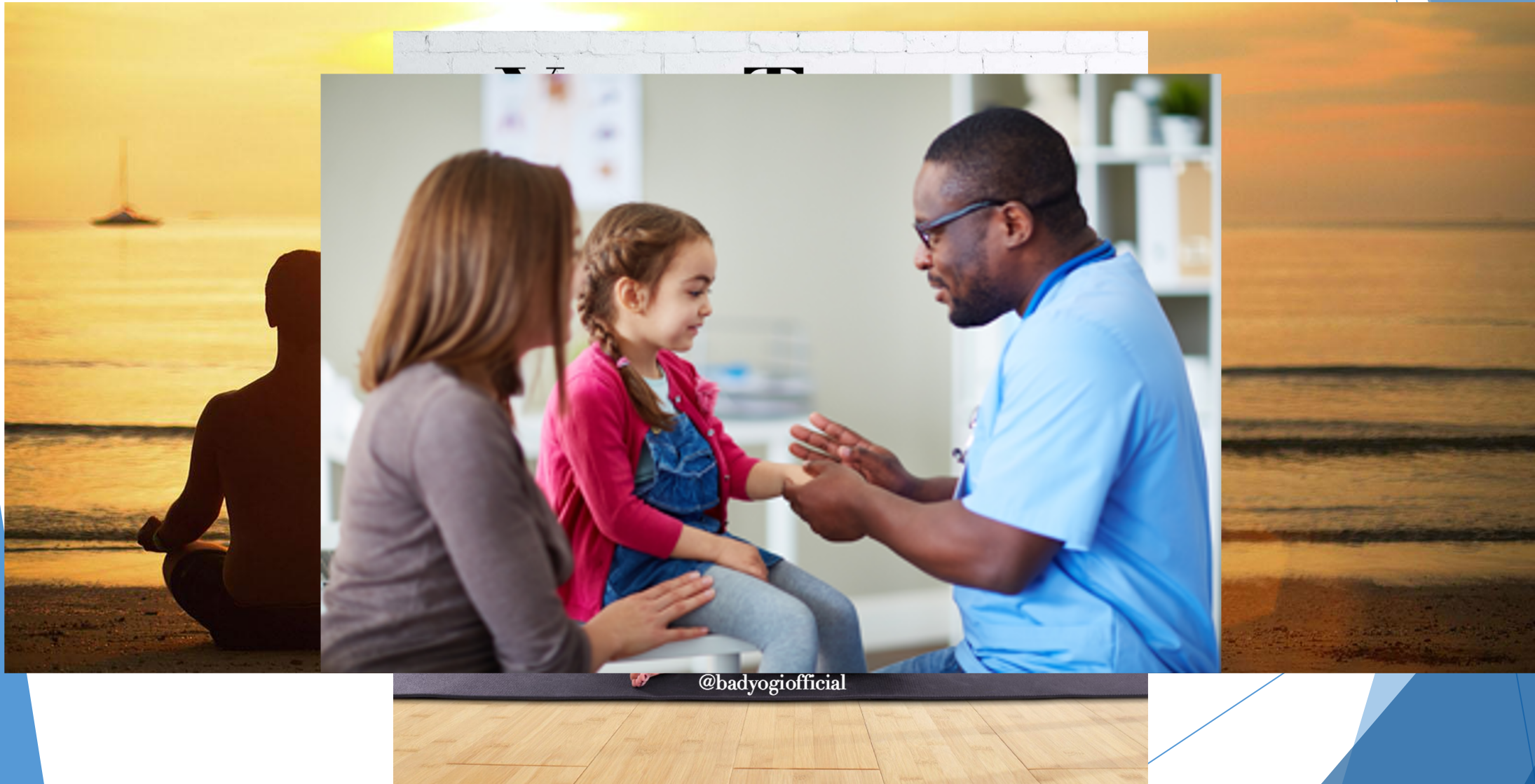
- *Mindfulness is paying deliberate attention to the present moment, with an attitude of non-judgment, acceptance, and awareness.*

Ronald Epstein, M.D.

- Mindfulness = Attention + Presence - Preconceptions

MINDFULNESS is when the **MIND** and the **BODY**
are in the **SAME PLACE** at the **SAME TIME**

Mindfulness Misconceptions



Alterations in Brain and Immune Function Produced by Mindfulness Meditation

RICHARD J. DAVIDSON, PhD, JON KARAT-ZINN, PhD, JESSICA SCHUMACHER, MS, MELISSA ROSENKRANZ, BA,
DANIEL MULLER, MD, PhD, S
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

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

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

A systematic review of their impact on medical

student stress, depression, fatigue and burnout

tion:

than L Vanderford^{4,5}

survey should prompt both

Mind

Zahra Daya & Jasmine Heath Hea

A systematic review of the

Nurse Leader Mindfulness Meditation

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

Up and Coming...

Investigating the impact of structured mindfulness training in first year pharmacy students

▶ Jenna Ferrante

A Proposed Project on An Interprofessional Approach to Promote Resiliency Through Mindfulness and Self-Care Practices in the Acute Care Setting

▶ Kent Brouwer

Benefits of Mindfulness in Healthcare

- Increased sense of trust
- Feeling more understood
- Feeling better taken care of
- Increased safety

Patients



- Increased sense of purpose
- Decreased stress, anxiety, depression, and pain
- Greater acceptance of what is beyond one's control

Clinicians



Clinician Resilience

- Improved Mood
- Lower Burnout

Mindful Practice

Quality of Care

- Increased Safety
- Greater Patient Satisfaction
- Better Care

Quality of Caring

- Empathy
- Compassion
- Responsiveness

Stressors

Mindfulness

Anxiety

Mindfulness

Mindfulness

fulness

Inattention





Meditation is like pressing the
pause button
and stopping all this madness.

Formal Mindfulness Practices

Yoga

Guided
Imagery
Meditation

Body Scan

Mindful
Walking

Belly
Breathing

Chakra
Meditation

Dynamic
Breathing

Gatha
Meditation

Mindful
Eating



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.

Breathe



<https://www.youtube.com/watch?v=c1Ndym-lsQg>

Advice

- The goal of mindfulness is to bring your mind into the present moment
- Let go of judgment
- Keep it Simple
- Your Mind will wander and that is OK!
- Establish a formal practice of at least 10 minutes a day
- Make it Part of Your Routine



Headspace



Calm



Buddhify



Insight Timer



IHI Online Course



Mindfulness at UK



Well Kentucky



ZenHabits

MINDS of healthcare

- ▶ New student organization
- ▶ Launching in January
- ▶ Promote student mental health and well-being



Closing Thoughts

Mindfulness is bringing the mind and body back to the same place and the same time

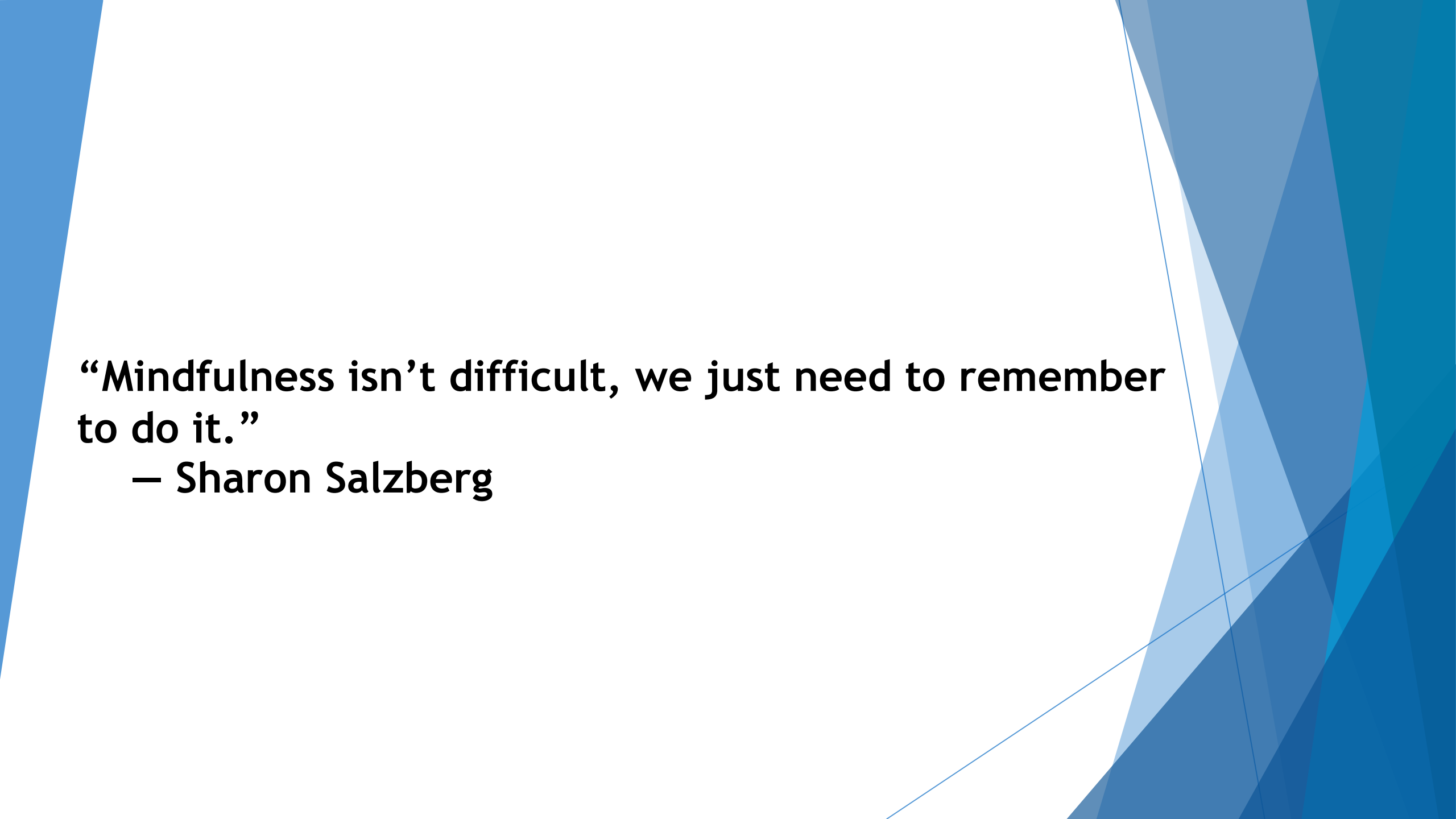
Mindfulness is available to us in every moment

Mindfulness is not a goal, a task, or a burden

Mindfulness is not something that you can fail at

Keep it simple, make it part of your routine

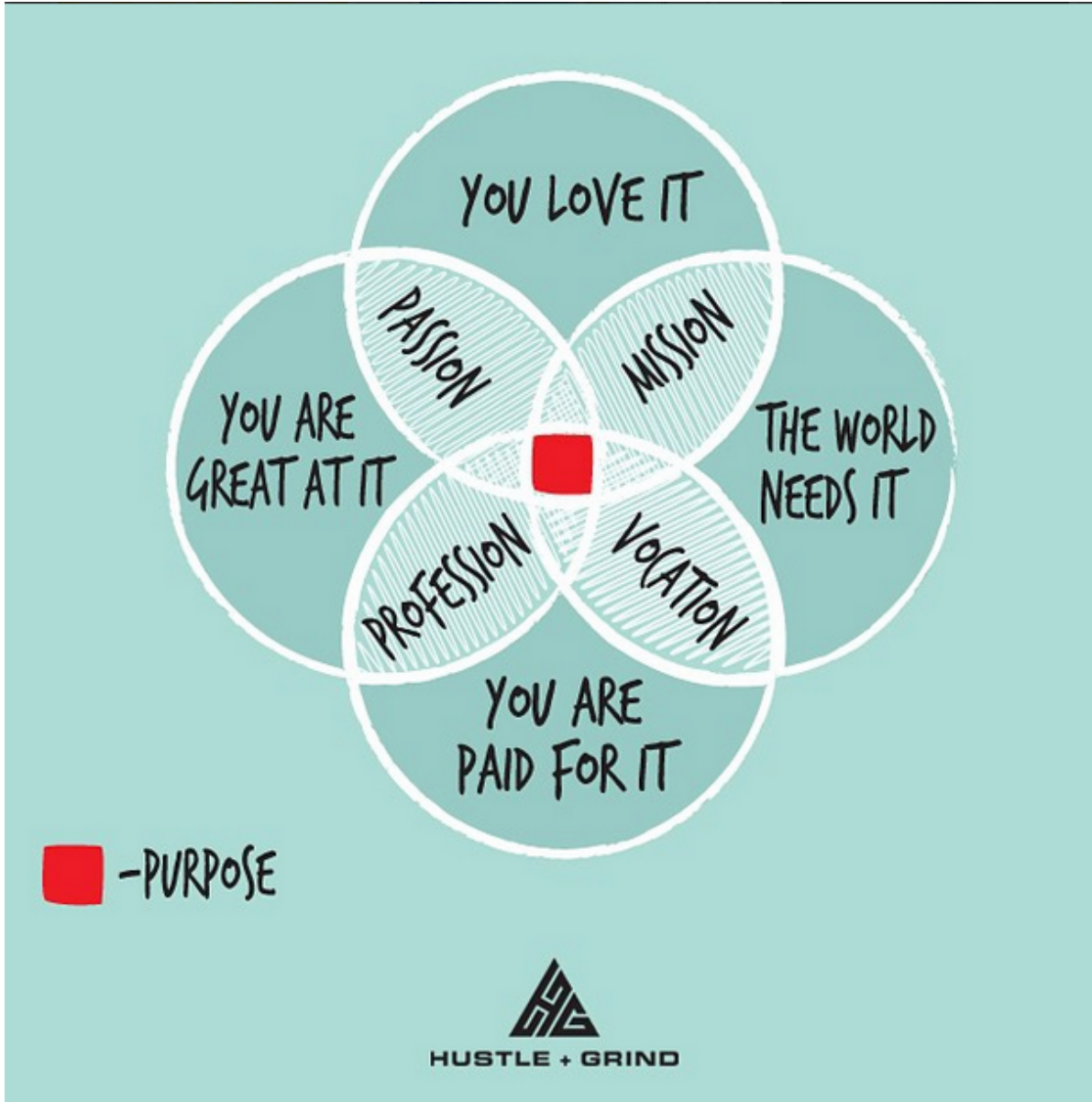
Combine it with other forms of self-care too

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“Mindfulness isn’t difficult, we just need to remember to do it.”

— Sharon Salzberg

Questions?



Jordan Potter, PharmD Candidate 2019

▶ jmpo228@uky.edu

Jenna Ferrante, PharmD Candidate 2019

▶ jafe225@uky.edu

Kent Brouwer, RN-BSN, DNP Candidate 2022

▶ krbr2461@uky.edu