

Mindfulness in Uncertain Times

Cultivating calm and clarity

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The mindfulness program of



Harvard Pilgrim
HealthCare

Preview

welcome

science

mindfulness

meditation

practice

tools & resources



We are all weathering the same storm, but in different boats.

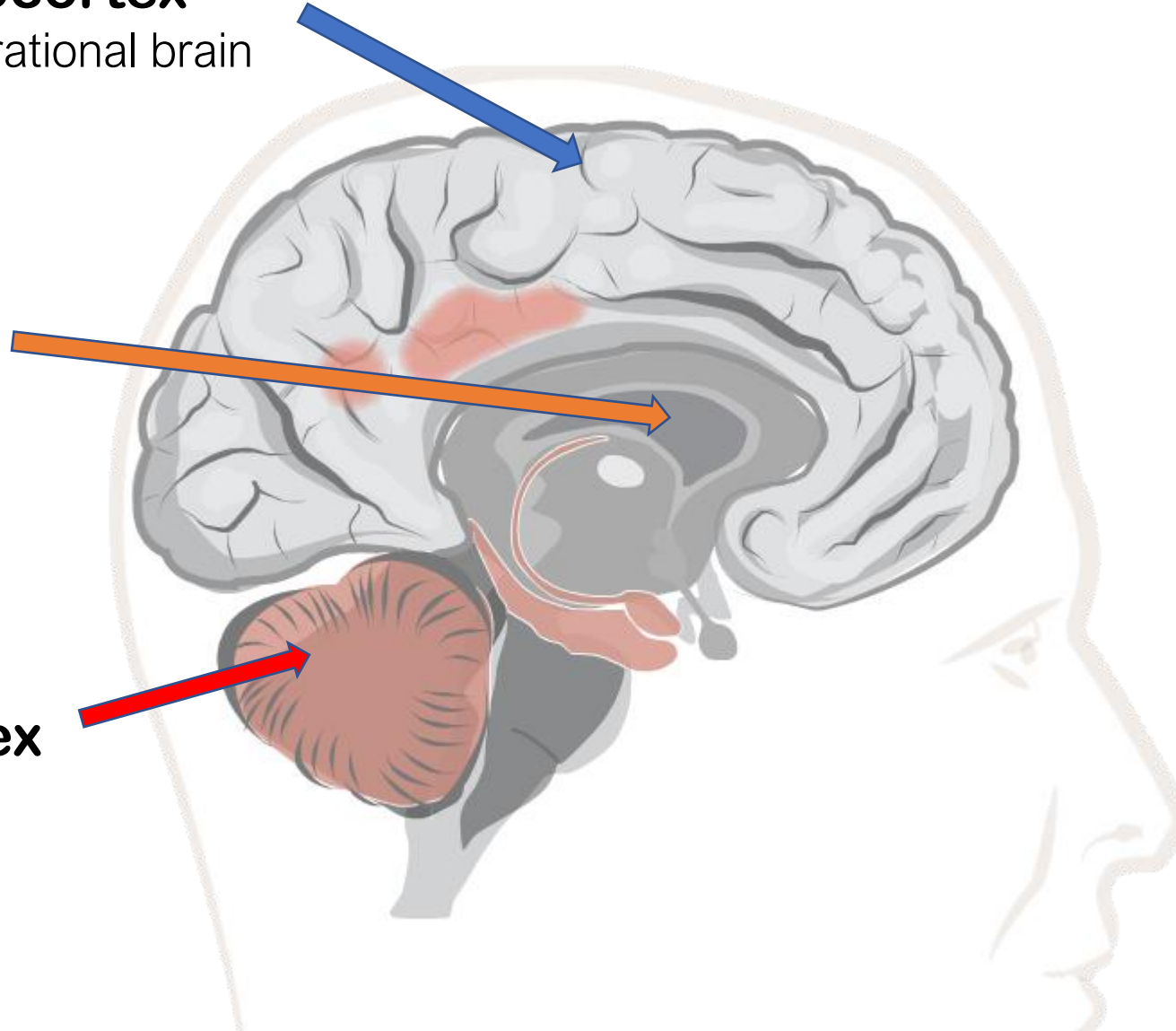


fear + uncertainty = anxiety

Neocortex
The rational brain

Limbic System
The emotional brain

Reptilian Complex
The instinctual brain

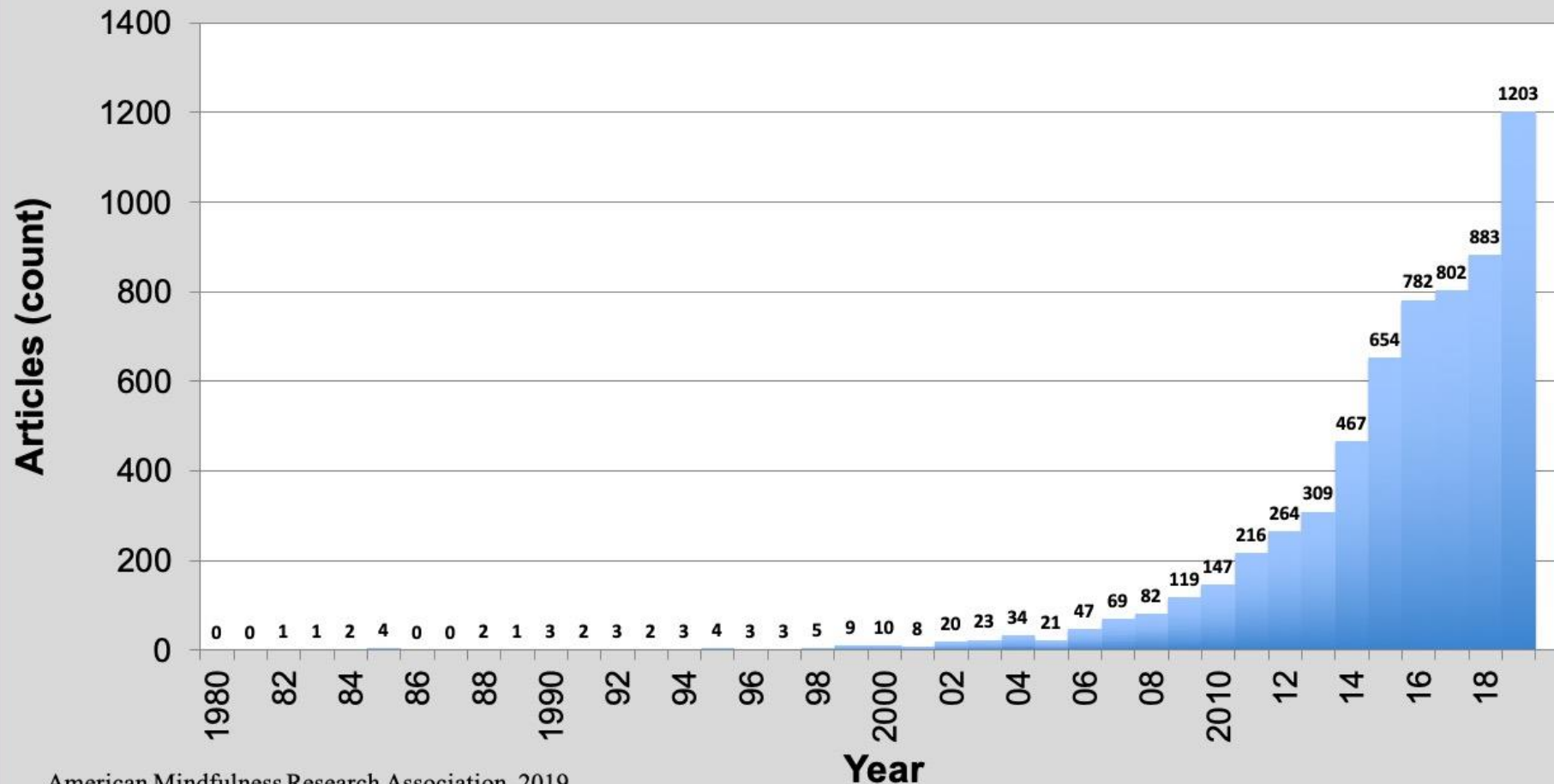




“Meditators have more gray matter in regions important for attention, emotion regulation, and mental flexibility.”

Prof. Eileen Lueders, University of Auckland

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



American Mindfulness Research Association, 2019
Source: goAMRA.org

Between 1980 and 2009, there were **407** peer reviewed papers on mindfulness.

Between 2010 and 2018 there were **4,460**.



Less prone to distraction –
better able to focus attention on
competing demands

Better listening and collaboration skills

Greater job satisfaction

Less burn-out

Perceive stressors as less stressful

Improved mood and sleep quality

“Contemplating Mindfulness at Work: An Integrative Review”

Mindfulness/meditation is not...

passive

a relaxation technique

creating a special state

trying to figure things out

trying to stop your thoughts

What is mindfulness?

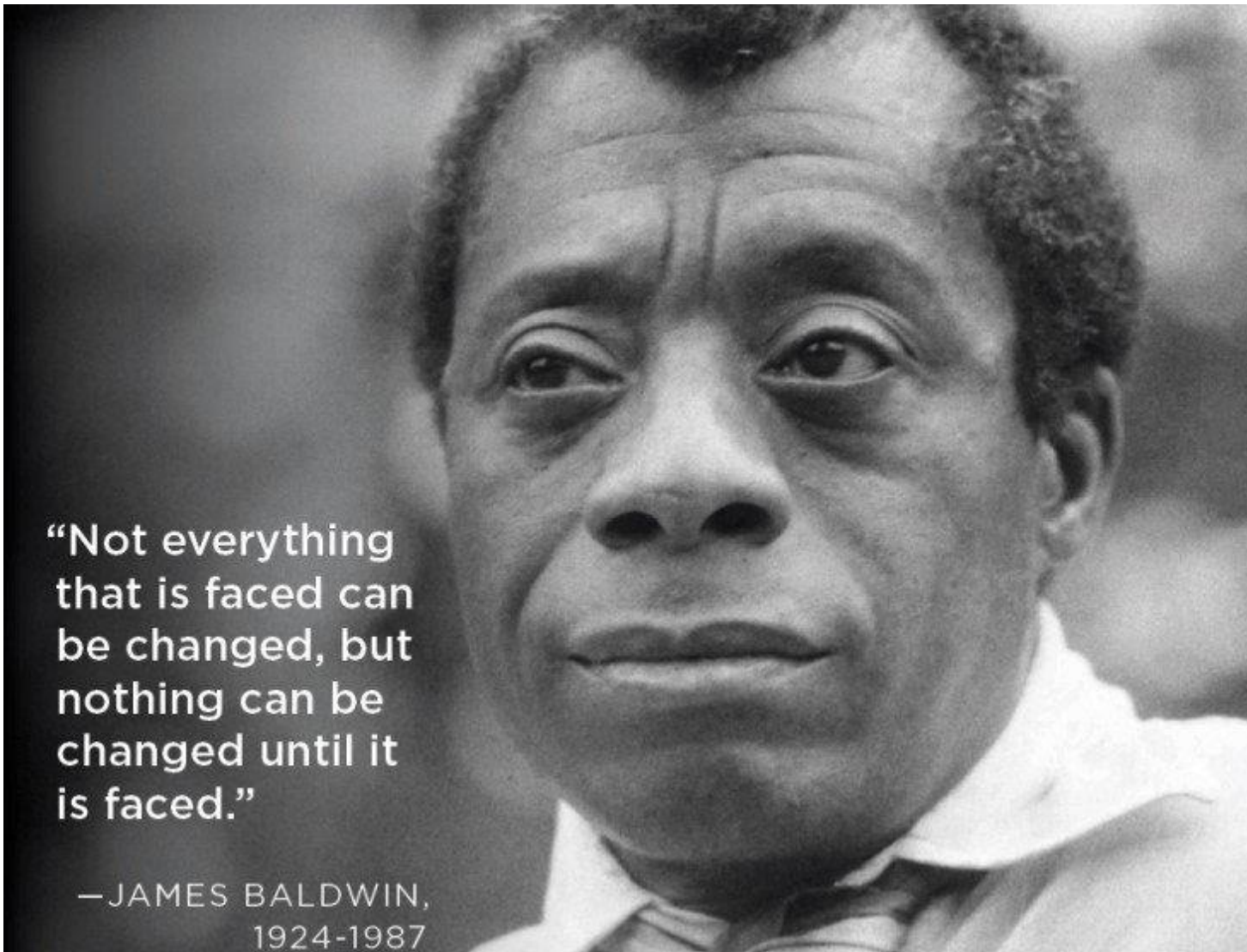
A quality of mind that is
awake and aware
and that knows it



you are like a scientist—
curious, open, receptive, patient

Mindfulness is a quality of mind that is awake and aware, with an attitude of receptivity, curiosity and interest.

Essentially, a willingness to meet whatever experience you are having and let it be as it is – allow for it.



“Not everything
that is faced can
be changed, but
nothing can be
changed until it
is faced.”

—JAMES BALDWIN,
1924-1987

What is mindfulness meditation?

Think of it as a fitness routine for the mind.



Meditation is the intentional regulation of attention.

This helps steady or calibrate the mind,
so mindfulness can do its job most effectively.



You are doing it right!

Each time you...

...return to your anchor, you build concentration.

...focus on your anchor, you detach from your thought stream.

...notice the mind is wandering, that **is** a moment of mindfulness.

...are kind to yourself when your mind wanders, you build the muscles of compassion.

...notice **where** the mind is wandering to, you gain important insight into your habits and patterns.

Adapted from the work of Chris Willard.

drchristopherwillard.com



- *How does what you have heard align with your understanding or ideas about mindfulness?*
- *What are your insights?*
- *In what way might mindfulness be useful to you and your organization?*



5 x 5 x 5

minutes
5 times per week
for 5 weeks

Supports for practice

1. *Set the intention.*

Dedicate yourself to testing what you've learned over the course of three weeks.

2. *Create the time and space for practice.*

Ask yourself, "What small things can I give up in order to create a few minutes for practice?" This might include spending a little less time watching TV or surfing the web.

Try to practice at the same time each day, for about the same length of time, and in the same location. Though this is not mandatory, aspiring to this sort of consistency is a great way to build and support a practice.

3. *Create reminders.*

Set an alarm on your phone to remind you when it's time to practice. Post quotes that you find capture the spirit of mindfulness in your workspace. Check in with friends or colleagues who are undertaking practice as well.

Supports for practice

Work with resistance.

Practice during the time you've set aside even if you do not want to—resistance is common and to be expected.

When you experience resistance, observe how it manifests in the body.

Where is there tightness, tension, tingling, other sensations?

Trust

Consistency

Patience

STOP



Stop

Take a breath

Observe thoughts, emotions, body sensations

Pause or proceed

A person wearing a grey sweater is looking down at a smartphone held in their hands. The background is a blurred indoor setting, likely a cafe or office, with tables and chairs visible. The word "WAIT" is overlaid in large orange letters.

WAIT

Why Am I Tweeting?

Why Am I Texting?

Why Am I Talking?

Cultivating Well-Being

- Up intake of arts
- Exercise
- Doing and noticing acts of generosity
- Nature
- Reframing
- Friendliness towards oneself
- Returning to the present moment
- Book, movies, podcast

Emotions are contagious





“When the crowded refugee boats met with storms or pirates, if everyone panicked, all would be lost. But if even one person stayed calm, it was enough. It showed the way for everyone to survive.”

–Thich Nhat Hanh



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Mind the Moment: A Coffeehouse in the Cloud

*Live, guided mindfulness sessions
and discussion*

Tuesdays and Thursdays
8:30 a.m. to 9:00 a.m. ET

Visit harvardpilgrim.org/mindfulness
to learn about these sessions and more





harvardpilgrim.org/mindfulness

Free resources for the public, including:

- Instructional videos
- Guided meditation mp3s
- Virtual communities
- Mindfulness for pain management
- Lists of our favorite books and apps

