



MINDFUL MINUTES

Bridget Hahn, OTD, OTR/L
ILOTA OT Month
April 13th 12:00-12:30



Mindfulness

"Experiencing the here and now, non-judgmental way"

-Jon Kabat Zinn

Practice of cultivating an awareness of bodily sensations, emotions and thoughts

TYPES OF MINDFULNESS PRACTICES/MEDITATIONS: THE SHORT LIST

Mindfulness Meditation/Focused Attention

- Bodily Sensations
 - Contact points, body scan, movement, breath
- Thoughts
- External
 - Sounds, Sights

Reflection/Cog/Socio-affective

- Loving-Kindness Meditation
- Mantra
- Guided Imagery/Visualization



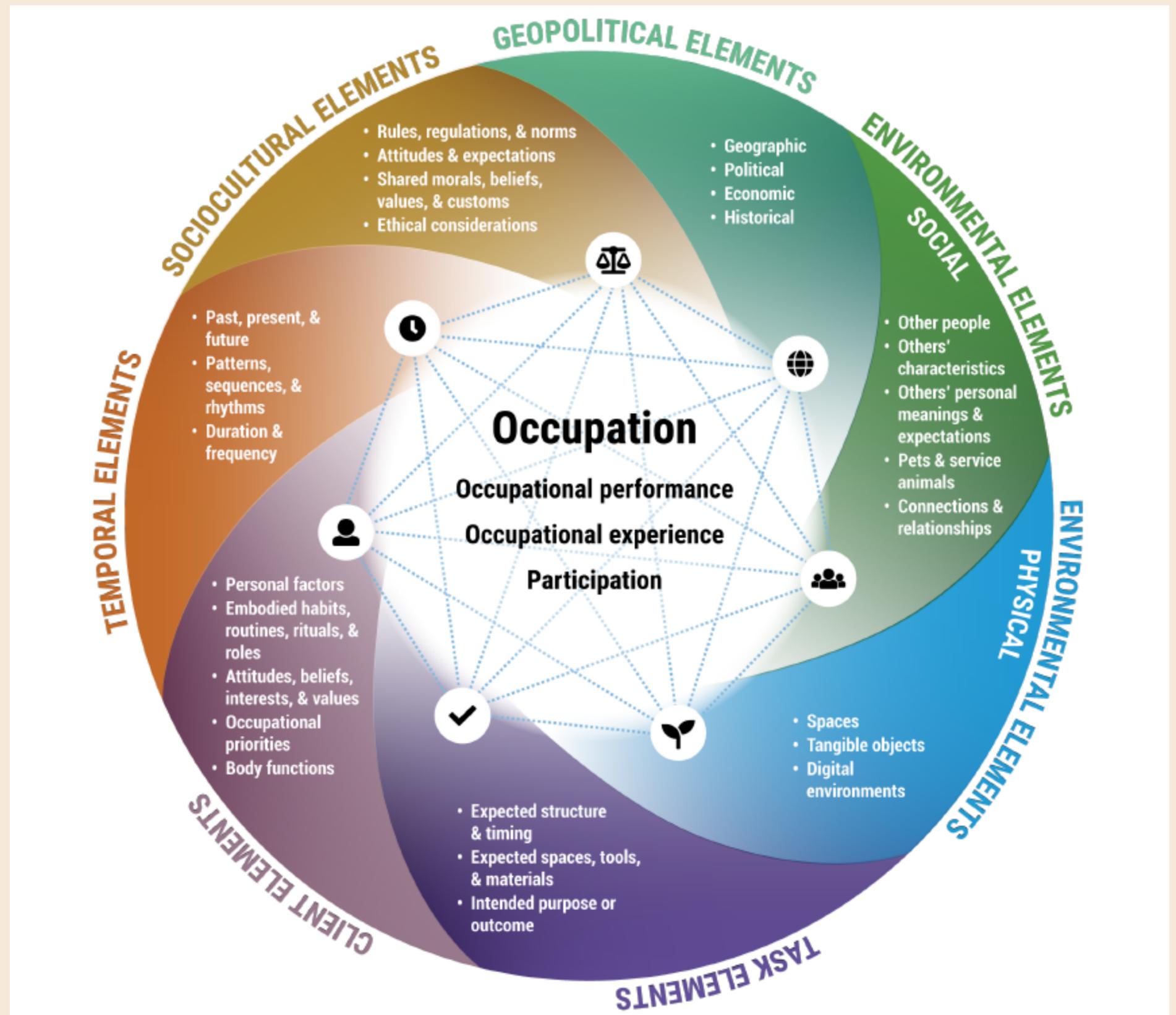


MINDFULNESS & MEDITATION BENEFITS

- Decreases physiological stress
- Structural changes to brain
- Increases telomere length
- Awareness of mental & physiological processes
- Increases prosocial behavior
- Cognitive performance and attention
- Decreased negative emotional states
- Reduction of burnout

MINDFULNESS & THE TRANSACTIONAL MODEL OF OCCUPATION

MINDFUL MINUTES | 2021



From Fisher, A. G., & Marterella, A. [2019]. *Powerful practice: A model for authentic occupational therapy*. Fort Collins, CO: Center for Innovative OT Solutions.



Let's Practice



APPS

Headspace

Insight Timer

Calm

Unwinding Anxiety

MINDFULNESS COURSES

[Mindfulness-based Mind Fitness Training Program](#)

Mindfulness-Based Stress Reduction

[Emmy Vадnais Holistic OT](#)

[40 Day Personal Revolution](#)

PROFESSIONAL RESOURCES/ORGANIZATIONS

[Emmy Vадnais Holistic OT](#)

[Association for Contemplative Mind in Higher Education](#)

[SJSU Mindfulness-Based Healthcare and Human Services](#)



BOOKS

Brach, T. (2020). *Radical compassion: learning to love yourself and your world with the practice of Rain*. Penguin Life.

Fisher, A. G., & Marterella, A. (2019). *Powerful practice: A model for authentic occupational therapy*. Fort Collins, CO: Center for Innovative OT Solutions

Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Bantam Books.

Stanley, E. A. (2021). *In Widen the window: Training your brain and body to thrive during stress and recover from trauma*. London: Yellow Kite.

Williams, J. M. (2020). *Stay woke: A meditation guide for the rest of us*. Boulder: Sounds True.

PODCASTS

[Being Well](#)- Dr. Rick Hanson & Forrest Hanson
Sounds True [Insights at the Edge](#): Tami Simon
[On Being](#) with Krista Tippett

RESEARCH ARTICLES

Berry, D. R., Hoerr, J. P., Cesko, S., Alayoubi, A., Carpio, K., Zirzow, H., ... Beaver, V. (2020). Does Mindfulness Training Without Explicit Ethics-Based Instruction Promote Prosocial Behaviors? A Meta-Analysis. *Personality and Social Psychology Bulletin*, 014616721990041. doi: 10.1177/0146167219900418

Engert, V., Kok, B. E., Papassotiriou, I., Chrousos, G. P., & Singer, T. (2017). Specific reduction in cortisol stress reactivity after social but not attention-based mental training. *Science Advances*, doi: 10.31231/osf.io/8d7ez

Gibson, J. (2019). Mindfulness, Interoception, and the Body: A Contemporary Perspective. *Frontiers in Psychology*, 10:2012. doi: 10.3389/fpsyg.2019.02012

Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). Mindfulness-based stress reduction for healthy individuals: A meta-analysis. *Journal of Psychosomatic Research*, 78(6), 519-528. doi: 10.1016/j.jpsychores.2015.03.009

Pascoe, M. C., Thompson, D. R., Jenkins, Z. M., & Ski, C. F. (2017). Mindfulness mediates the physiological markers of stress: Systematic review and meta-analysis. *Journal of Psychiatric Research*, 95, 156-178. doi: 10.1016/j.jpsychires.2017.08.004

Schutte, N. S., Malouff, J. M., & Keng, S.-L. (2020). Meditation and telomere length: a meta-analysis. *Psychology & Health*, 1-15. doi: 10.1080/08870446.2019.1707827

Suleiman-Martos, N., Gomez-Urquiza, J. L., Aguayo-Estremera, R., Fuente, G. A. C. D. L., Fuente-Solana, E. I. D. L., & Albendín-García, L. (2020). The effect of mindfulness training on burnout syndrome in nursing: a systematic review and meta-analysis. *Journal of Advanced Nursing*. doi: 10.1111/jan.14318





Questions?

Contact Me

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HOW COULD YOU USE MINDFULNESS?

- It starts with YOU
- Appropriate for most OT clients
- Apply caution with clients who have:
 - Schizophrenia, active hallucinations
 - Major depression/suicidal ideations
 - Trauma history (breathing)
 - Consult with primary provider if unsure

