



MIND-BODY TOOLS FOR RELAXATION, RESILIENCE, AND FOCUS

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MINDFULNESS-BASED STRESS REDUCTION TEACHER
BROWN UNIVERSITY MINDFULNESS CENTER



No disclosures or any financial interests.



SAVE THE DATE

First Annual
IDA Be Well Summit

Oct 4-5, 2024

Produced by the Be Well Subcommittee of the
Dental Practice Committee

Keynote speaker

Dr. Brett Kessler

ADA President-Elect



The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.

And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry



Mind Full, or Mindful?



GOALS

- INTRODUCE YOU TO MIND-BODY TOOLS TO ACTIVATE THE RELAXATION RESPONSE
- SHARE SCIENCE BEHIND THE PRACTICES
- HOW THEY CAN SUPPORT YOU IN WORK AND LIFE!
- SHORT PRACTICES



MIND-BODY TOOLS

- CONSCIOUS BREATHING
- MEDITATION/VISUALIZATION
- MINDFUL MOVEMENT
- PROGRESSIVE MUSCLE RELAXATION



MIND-BODY TOOLS

- NUTRITION
- ATTITUDE OF GRATITUDE
- HUMOR

A decorative graphic on the left side of the slide, consisting of a network of white lines and small circles on a blue background, resembling a circuit board or neural network.

MIND-BODY TOOLS

- WHY ARE YOU HERE THIS MORNING?



MIND-BODY TOOLS

- WHY AM I HERE?



NORTHWESTERN
UNIVERSITY







Wheel of Health



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75% of chronic disease (diabetes, cancer, heart disease) is preventable through lifestyle and behavior.

HEALTH PROMOTING BEHAVIORS

- NUTRITION
- MOVEMENT/EXERCISE
- REST AND SLEEP
- BALANCE – HARNESSING STRESS



*THE WIND
DOES NOT
BREAK THE TREE
THAT BENDS*

TANZANIAN PROVERB



WHY IS IT IMPORTANT
TO ADDRESS THE STRESS
RESPONSE?



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SO



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MUCH



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NOISE



The background is a blue gradient with decorative white circuit-like lines in the corners. The text is centered and consists of four lines. The first line has a red 'F' followed by 'ALSE'.

F ALSE

E VIDENCE

A PPEARING

R EAL

STRESS IMPACTS

BODY

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Sex drive
- Stomach upset
- Sleep problems

MOOD

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

MALADAPTIVE BEHAVIOR

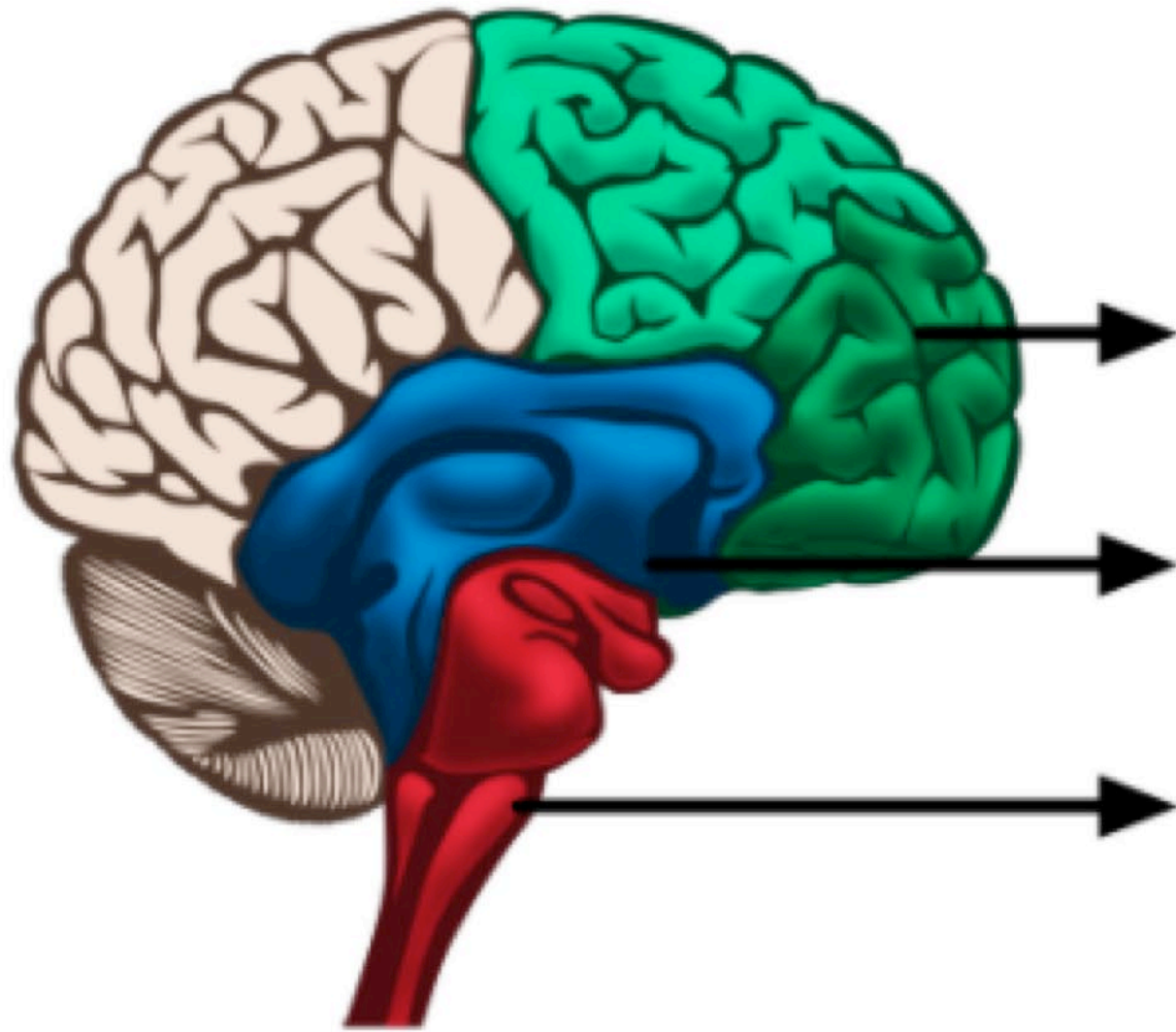
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often
- Online bingeing



Herbert Benson, MD
Harvard Medical School

“RELAXATION RESPONSE”

A physical state of deep rest that changes the physical and emotional response to stress...the opposite of the fight of flight response.



Executive State

Prefrontal Lobes

What can I learn from this?

Emotional State

Limbic System

Am I loved?

Survival State

Brain Stem

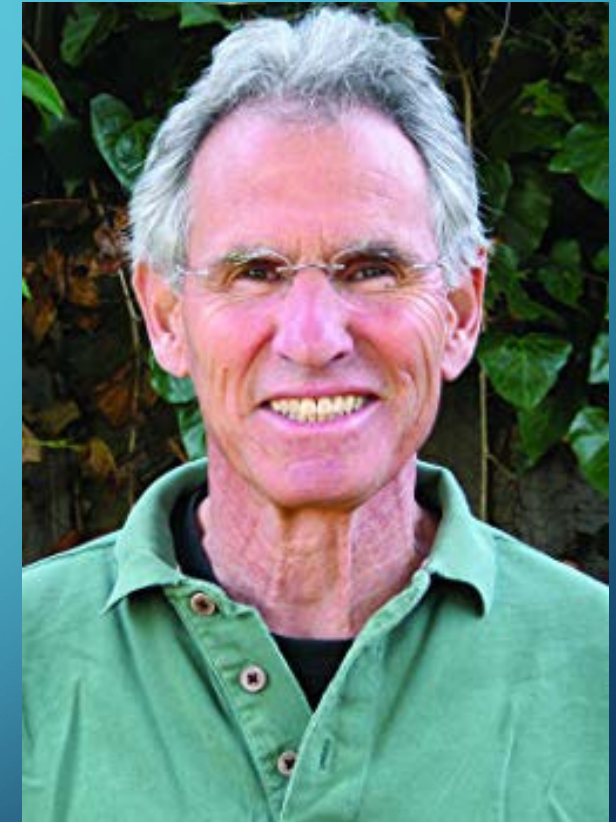
Am I safe?

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines and small circles connecting them.

MINDFULNESS

JON KABAT-ZINN, PHD

- MOLECULAR BIOLOGIST AT MIT. APPLY PRESENT-MOMENT AWARENESS TO CLINICAL PRACTICE
-
- CREATED STRESS REDUCTION CLINIC AND THE CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY AT THE UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL
- RESEARCH: STRESS, PAIN, PSORIASIS, ANXIETY, ADDICTION, BRAIN FUNCTION, AND IMMUNE FUNCTION
- CREATED MINDFULNESS-BASED STRESS REDUCTION PROGRAM, OFFICERED BY MEDICAL CENTERS, HOSPITALS, INSURERS, EMPLOYERS



MINDFULNESS IS
PAYING ATTENTION,
ON PURPOSE,
IN THE PRESENT, AND
NON-JUDGMENTALLY
TO THE UNFOLDING OF EXPERIENCE
MOMENT BY MOMENT.”

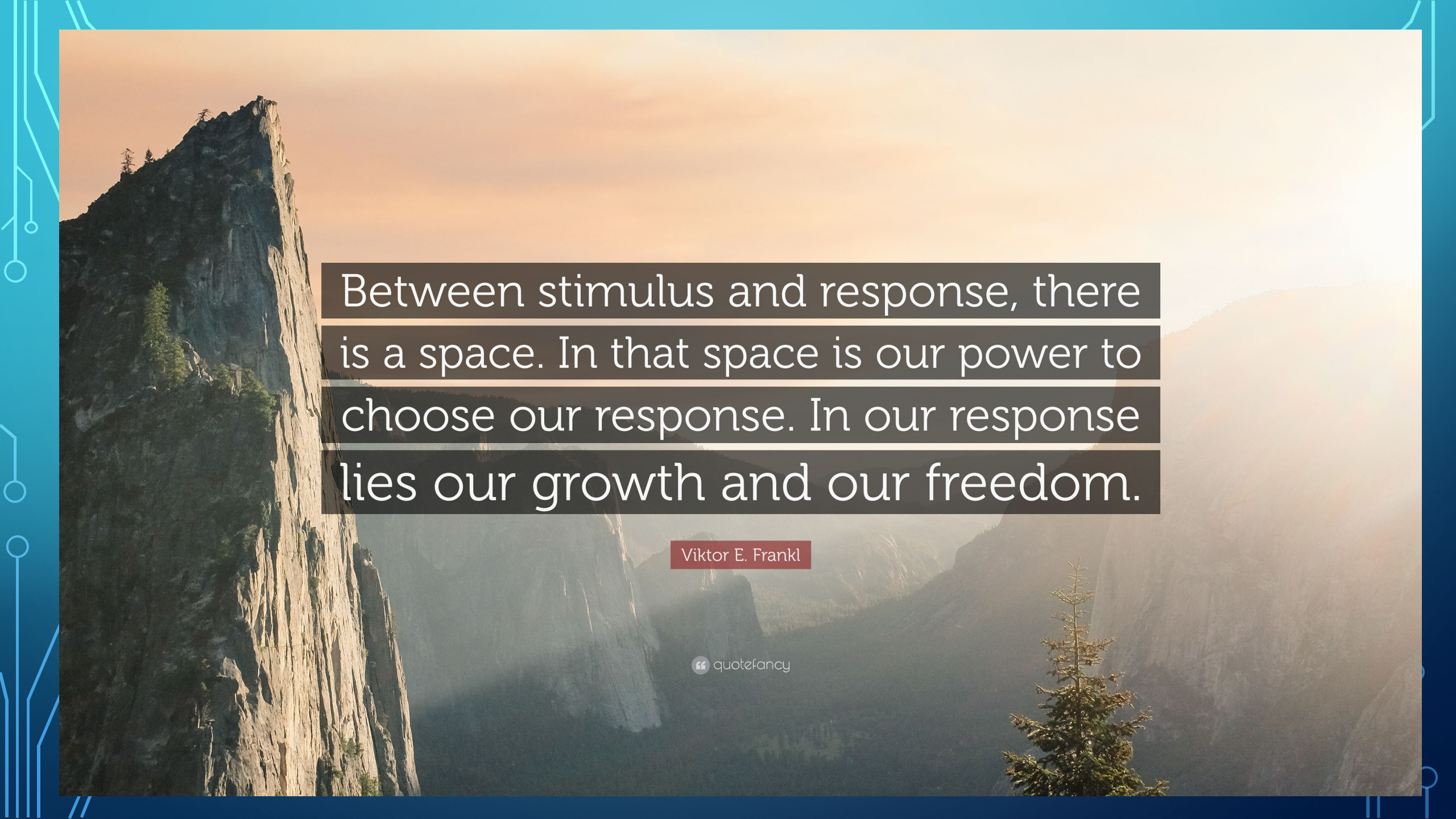
JON KABAT-ZINN, PHD

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

FOCUSED AWARENESS

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THE PAUSE

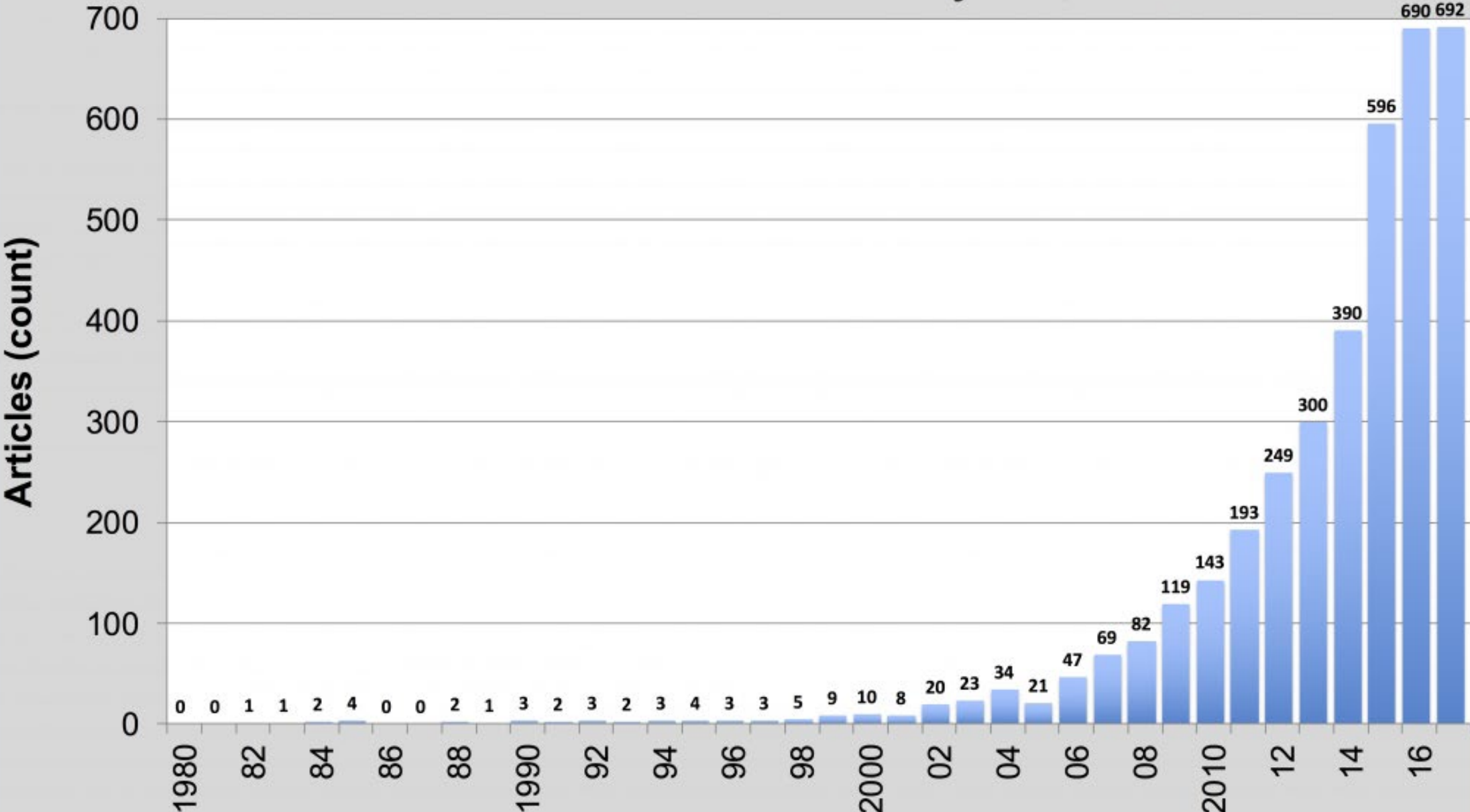


Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

quote fancy

Mindfulness Journal Publications by Year, 1980-2017

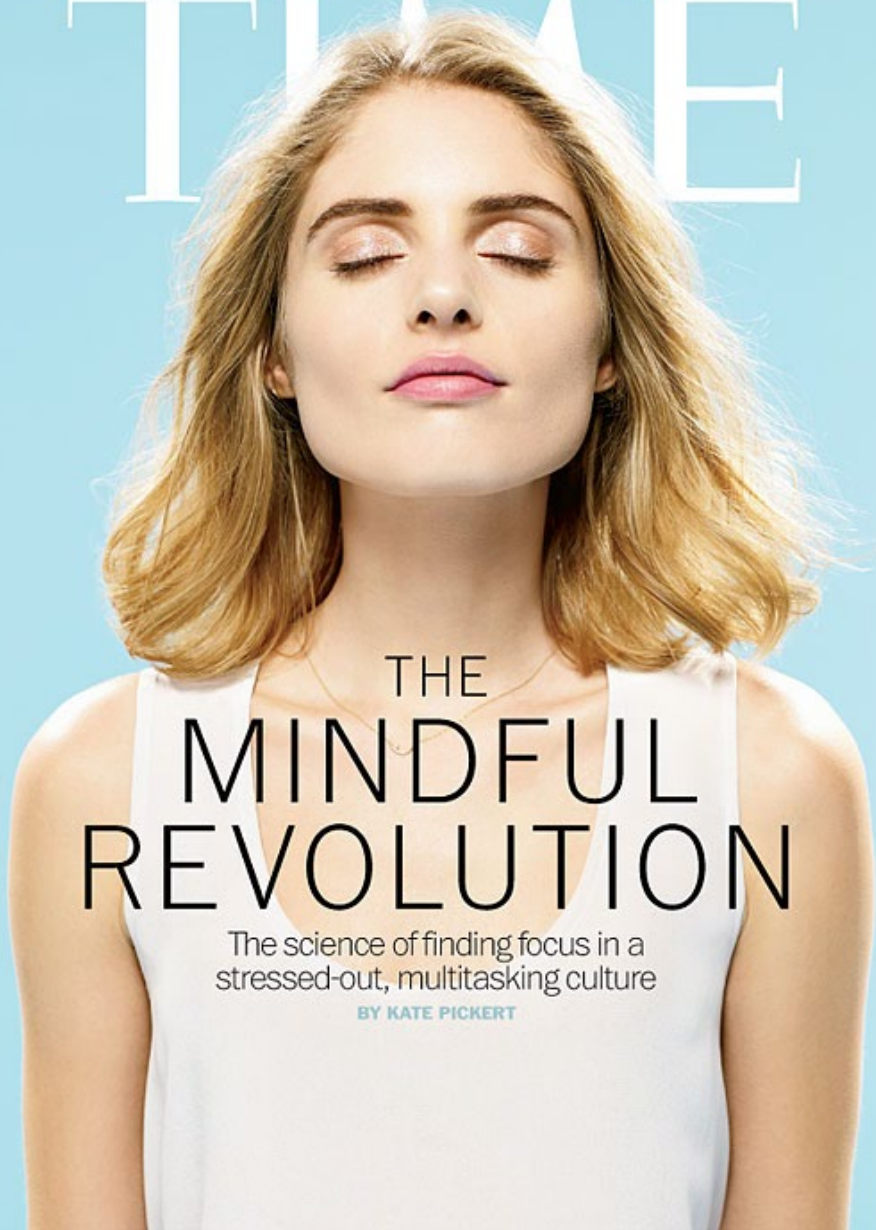


American Mindfulness Research Association, 2018
Source: goAMRA.org

FEBRUARY 3, 2014

Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME



THE MINDFUL REVOLUTION

The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT

time.com

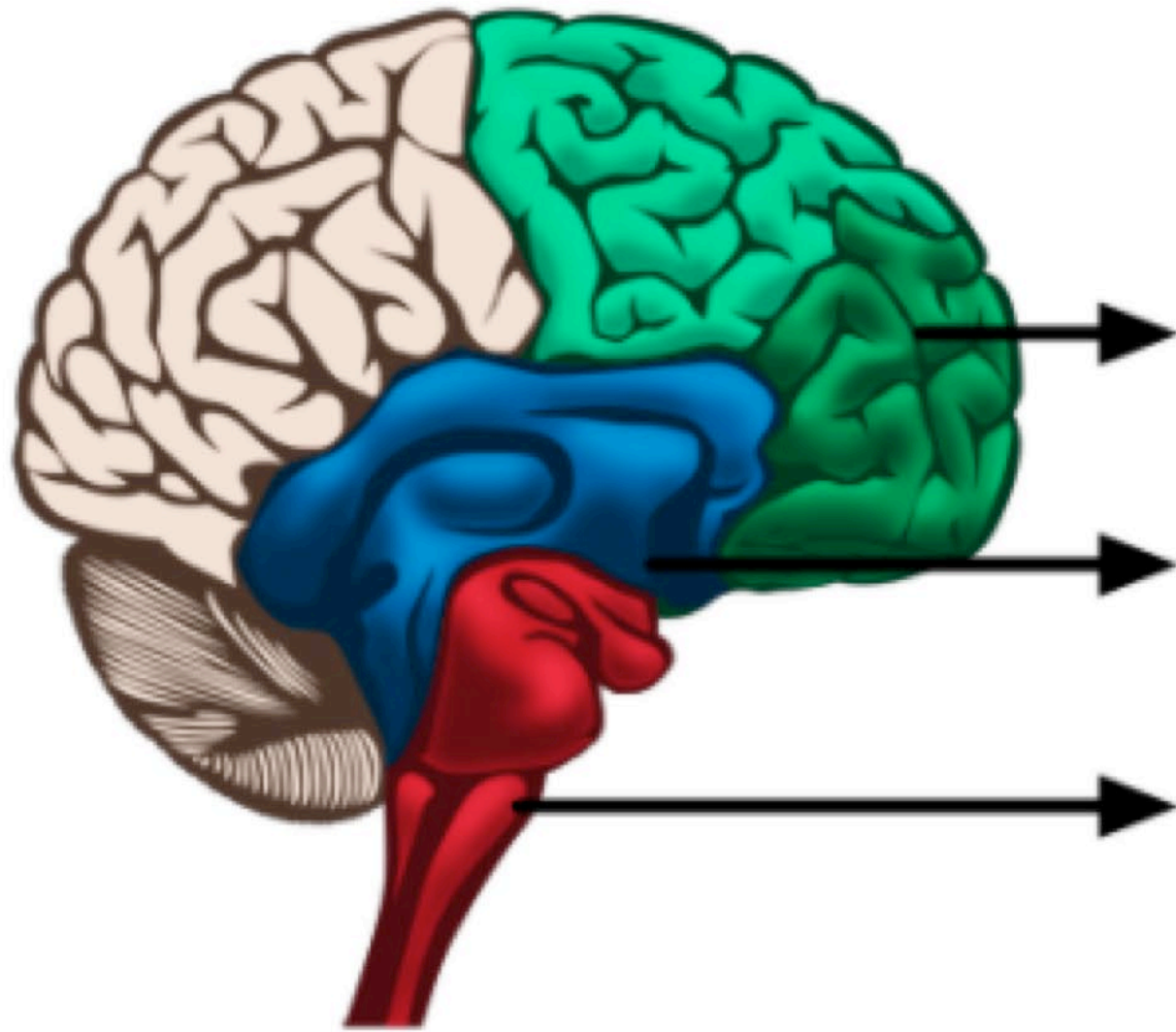
TIME MAGAZINE

Feb. 3, 2014

Good for business!

- Chief Mindfulness Officers
- Increases creativity, clarity, communication, productivity and the bottom line





Executive State

Prefrontal Lobes

What can I learn from this?

Emotional State

Limbic System

Am I loved?

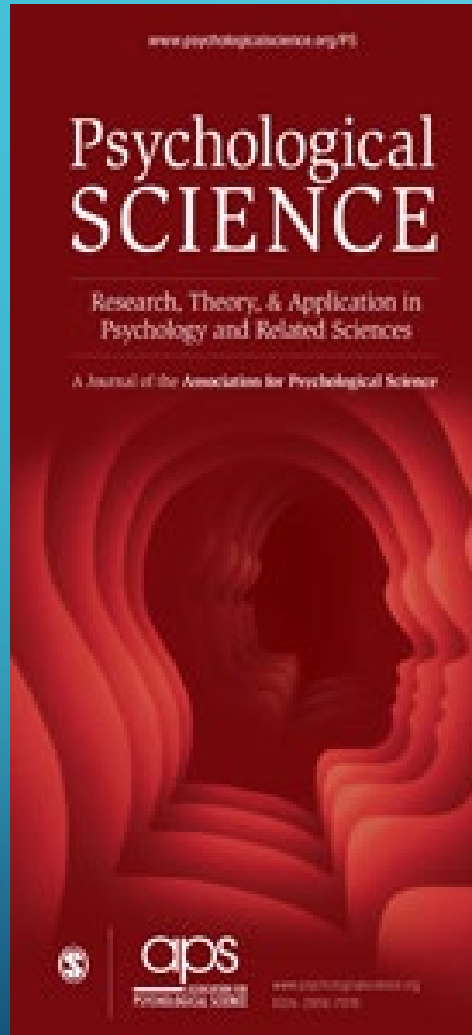
Survival State

Brain Stem

Am I safe?

BENEFITS OF MINDFULNESS PRACTICES ON THE BRAIN

- INDUCES THE RELAXATION RESPONSE, WHICH LEADS TO:
 - ✓ **Higher brain functioning**
 - ✓ **Increased awareness**
 - ✓ **Increased attention and focus**



MINDFULNESS TRAINING IMPROVES WORKING MEMORY CAPACITY AND GRE PERFORMANCE WHILE REDUCING MIND WANDERING

JOURNAL OF PSYCHOLOGICAL SCIENCE 2013


Mindfulness training improved both GRE reading-comprehension scores and working memory capacity while simultaneously reducing the occurrence of distracting thoughts during completion of the GRE and the measure of working memory.

BENEFITS OF MIND-BODY PRACTICES ON THE BODY

- ✓ **Increased immune function (reduced cortisol + inflammation)**
- ✓ **Lowered blood pressure**
- ✓ **Lowered heart rate**

BENEFITS OF MIND-BODY PRACTICES ON THE EMOTIONS


- ✓ **Lowered anxiety**
- ✓ **Experience of being calm and internally still**
- ✓ **Experience of feeling connected to yourself and others**



**MINDFULNESS TOOL #1:
THE BREATH
ACTIVATING THE
RELAXATION RESPONSE**

A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or a neural network diagram. The lines are vertical and horizontal, with some diagonal connections, and the circles are placed at various points along these lines.

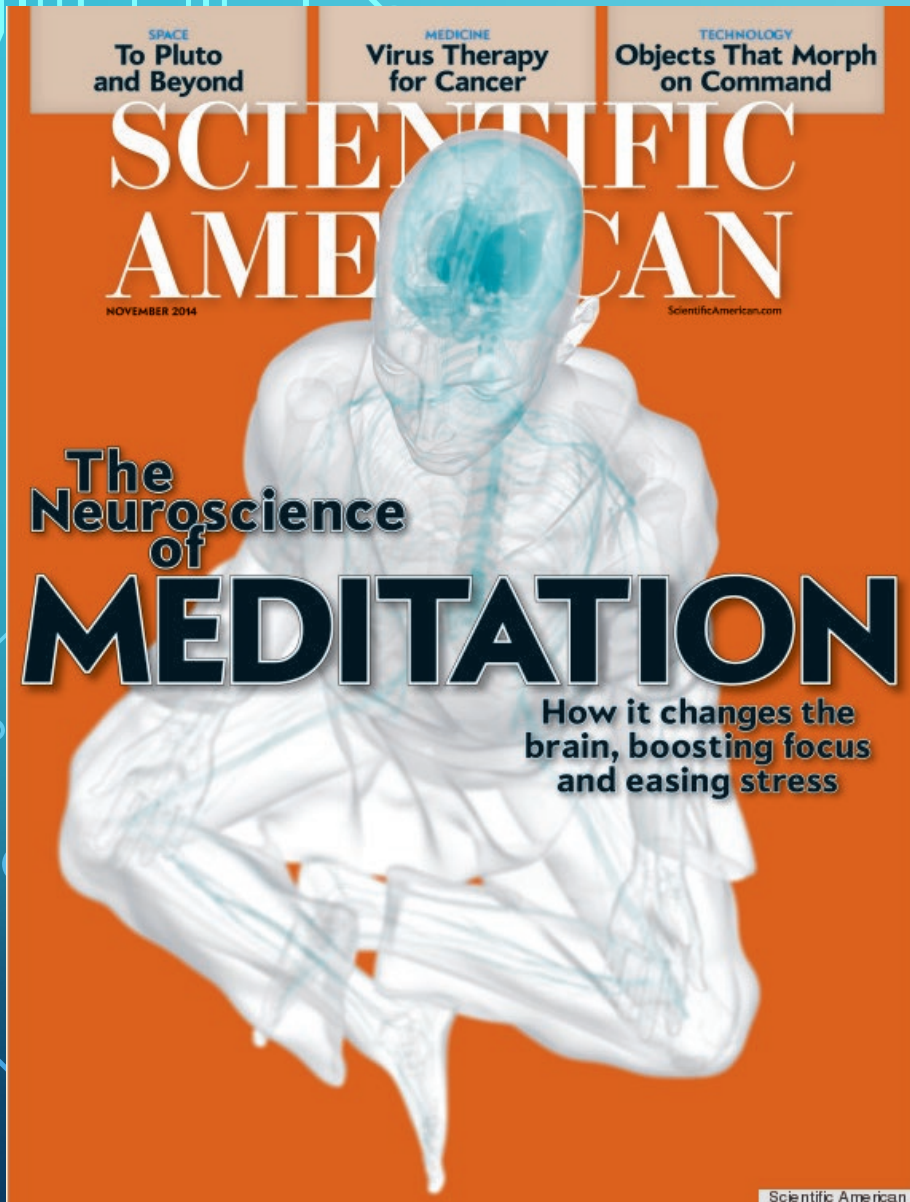
SHALLOW BREATHING VS DIAGRAPHMATIC BREATHING



4-7-8 BREATHING TECHNIQUE

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MINDFULNESS TOOL #2: MEDITATION



MEDITATION BENEFITS

ANOTHER TOOL TO INDUCE RELAXATION RESPONSE

SHRINKS THE AMYGDALA

THICKENS THE PRE-FRONTAL CORTEX

REDUCES BIOMARKERS OF STRESS AND INFLAMMATION

HELPS WITH SYMPTOMS OF DEPRESSION, ANXIETY CHRONIC PAIN, IBS, CANCER, HIV, AGING



MEDITATION AND VISUALIZATION



The background is a blue gradient with white circuit-like lines in the corners. The word "NUTRITION" is centered in white, bold, uppercase letters.

NUTRITION



NUTRITIONAL PSYCHIATRY:

What you eat directly affects the structure and function of your brain and, ultimately, your mood.



NUTRITIONAL PSYCHIATRY:

Although serotonin is well-known as the feel good **BRAIN** neurotransmitter, it is estimated that **90 PERCENT** of the body's serotonin is made in the digestive tract.

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit boards or neural networks, with lines connecting to small circles.

Good for the Brain and Body:

**REAL FOOD – IT CAME FROM THE
GROUND OR ATE FROM THE
GROUND**

Good for the Brain and Body:

(Organic when possible)

- **Vegetables**
- **Fruits**
- **Beans**
- **Whole grains**
- **Fats from seeds, nuts, avocado, olives**
- **Happy meats** (no added hormones or steroids)

Bad for the Brain:

TOO MUCH OF THE STANDARD AMERICAN DIET

- **The Whites: potatoes (fried), rice, sugar**
- **Refined foods: baked goods**
- **Trans Fats: fried foods, chips**

WATER

1/2 WEIGHT IN OZ.

150 LBS/75 OZ =

9+ GLASSES A

DAY



The background is a dark teal gradient. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

EXERCISE/ MOVEMENT

EXERCISE/MOVEMENT

- PROFOUNDLY POSITIVE IMPACT ON MENTAL HEALTH:
DEPRESSION AND ANXIETY
- ADD AND ADHD
- STRESS
- MEMORY
- SLEEP
- LOWER RISKS OF ALL CHRONIC DISEASES, ESPECIALLY
HEART DISEASE AND CANCER

EXERCISE/MOVEMENT

CDC GUIDELINES/PUBLISHED IN JAMA

- 150 minutes/week; about 20-25 mins per day – can be cumulative
- Moderate aerobic activity
- Muscle-strengthening activity on 2+ days/week
- Yoga, Tai Chi: combines deep breathing and movement

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JOURNALING

FEAR INVENTORY

FEAR/FAITH

FEAR/REALITY

GRATITUDE JOURNAL

LAUGHTER

RELEASES
ENDORPHINS

HIJACKS WORKING
MEMORY – HELPS
REMEMBER
CONCEPTS



OTHER TOOLS

✓ SMILE AND PRACTICE CULTIVATING JOY
RELEASES FEEL-GOOD NEUROTRANSMITTERS –
DOPAMINE, ENDORPHINS, SEROTONIN; LOWERS
HEART RATE AND BLOOD PRESSURE

✓ PRAYER AND DEVOTION

OTHER TOOLS

✓ AROMATHERAPY

✓ TECHNOLOGY SABBATH

✓ VITAMIN N → NATURE → VITAMIN D



"Waking up this morning, I smile.
Twenty-four brand new hours
are before me.

I vow to live fully in each
moment and to look at all
beings with eyes of
compassion."

- Thich Nhat Hanh

Mind-Body Tools for Relaxation for Dental Providers Summer

Option #1: Friday, 12-1 pm ET, June 14-July 26, 2024 (skip 7/5)

- OR -

Option #2: Saturday, 9-10 am ET, June 15-July 27, 2024 (skip 7/6)

www.leslieaflowers.com

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RELAXATION RESPONSE + MINDFULNESS RESOURCES

Meditation Apps:

https://www.huffingtonpost.com/entry/best-meditation-apps-for-iphone-ipad-and-android_us_58d9a5b2e4b0f805b3231621

10% Happier, Calm, Headspace, Insight Timer

YouTube: free guided meditations – search for what you need. Recommended search terms: “Guided mindfulness meditation”; “Mindfulness meditation;” “Guided meditation for relaxation”

4-7-8 Relaxation Response Breathing Technique

https://www.youtube.com/watch?v=YRPh_GaiL8s&t=38s

Now and Zen: How mindfulness can change your brain and improve your health

<https://hms.harvard.edu/sites/default/files/assets/Harvard%20Now%20and%20Zen%20Reading%20Materials.pdf>

RESEARCH

[Int J Behav Med](#). 2013 Sep;20(3):385-96. doi: 10.1007/s12529-012-9241-6.

Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: a randomized wait-list controlled trial. [Zernicke KA](#)¹, [Campbell TS](#), [Blustein PK](#), [Fung TS](#), [Johnson JA](#), [Bacon SL](#), [Carlson LE](#).

21 Feb 2017: Kuo B, Bhasin M, Jacquart J, Scult MA, Slipp L, et al. (2017) Correction: Genomic and Clinical Effects Associated with a Relaxation Response Mind-Body Intervention in Patients with Irritable Bowel Syndrome and Inflammatory Bowel Disease. PLOS ONE 12(2): e0172872. <https://doi.org/10.1371/journal.pone.0172872> [View correction](#)