



Mindfulness Programs for Mental Wellness in Memphis

DR. BROOK HARMON

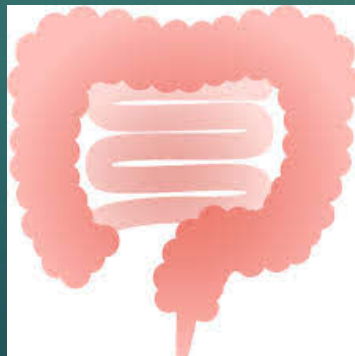
DR. ROBIN PUETT

What is Mindfulness?



Why Mindfulness?

- We spend 47% of our time thinking about other things than what we are doing.
- How much time do you spend thinking about the past?
Contemplating the future?
 - Fear, Worry, Anger, Stress – All rooted in the past or the future
- When we spend more time in the present, we are happier and see reductions in chronic conditions (high blood pressure, IBS) as well as pain and anxiety



What Happens When You Practice?

- Regulation of our responses to Emotions and Pain
- Wandering Mind No More –More focused Attention as well as increased Awareness and Cognition

How?

- Neuroplasticity - ability of the networks in the brain to change through growth and reorganization of connections
 - Quicker recall
 - Easier to learn new material
- Activation of our Parasympathetic Nervous System
 - Calming affect when activated – think easier, clearer

History and Notables

1970
MBSR

1987
Mind
and Life
Institute

2002
MBCT

2005
Search
Inside
Yourself

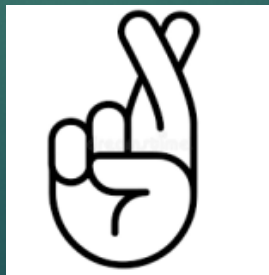
2010
US
Military

Present
LOTS of
Options

Memphis Projects

PEP – Mindfulness and Chronic Disease

- March – June 2020
- Recruited 16 adults managing a chronic condition
- Asked them about:
 - Stress related to disease management and life
 - Experience with mindfulness
 - Did a mindfulness exercise
 - Asked them about developing a program that used mindfulness to assist with chronic disease self-management
- Submitted a grant to NIH

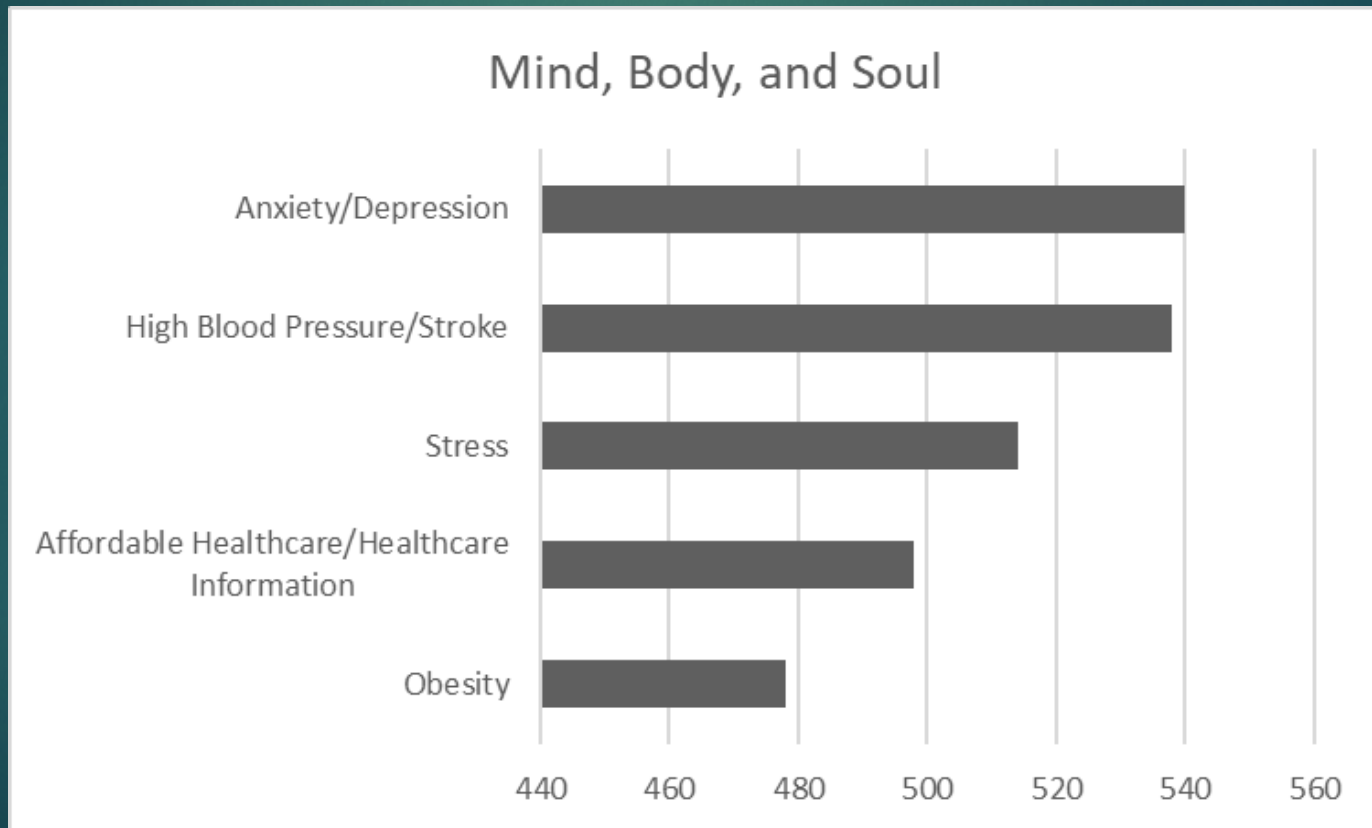


What Did We Learn?

- 6-weeks with Hands-on and Visual ways to learn
 - Follow-ups or check-ups afterwards
- Classes held virtually or a combination of virtual and face-to-face.
 - COVID-19 pandemic
 - Individuals with chronic conditions may have trouble navigating locations (e.g., walking long distances, seeing at night)
- Evidence-based research information
- Approachable instructors
- Avoid using self-help terms (i.e. “stress management”)

Presence and Prayer

- Mid-South Congregational Health Needs Assessment (2019-2020)
- N= 828 surveys, Top 5 Needs



Presence and Prayer

- 3 Weeks: The Breath, Trust in the Devine, Deep Relaxation

Class 1 Outline

- **Arrival Exercise**
- **Opening scripture and prayer**
- **Introduction to mindfulness and one another**
- **Mindfulness exercise introduction: The Breath**
 - **Scriptures related to breath**
 - **Breath in mindfulness**
 - **Science behind why breath as a point of attention is important**
- **Coherence breathing exercise**
- **Guided breath meditation**
- **Home practice review**
- **Closing scripture and prayer**

Mindful at Methodist

- 8 weeks; 2 ¼-hour classes; 1-day retreat
- Taught by Michael Burnham
- Free through Methodist Le Bonheur Healthcare's Wellness Program
- Open to all Methodist network associates; Their adult family members; Any adult patient (network hospital, clinic, physician group)
- January 2021 enrolling now:
 - Zoom sessions
 - January 12 – April 2, 2021 (Tuesday evenings; Thursday afternoons)
- <https://mindfulatmethodist.org/about-the-program>



Let's Practice

How to Meditate or Do Centering Prayer

- ❑ Find a quiet space where you will not be disturbed
- ❑ Get comfortable
- ❑ Close your eyes (you don't have to, but it helps to reduce distractions)
- ❑ Open your heart and clear your mind
 - ❑ Every time you become aware of a thought, acknowledge it, and let it go
 - ❑ You could also use a centering word or focus on your breathing
- ❑ 20-45 minute practice (depending on who you talk to)

Tracing Fingers

- ❑ **Video of the Exercise:** <https://www.youtube.com/watch?v=a41YoeCUDuw>
- ❑ To start, place one hand in front of you, palm facing towards you or away.
- ❑ Take a deep breath in and a deep breath out.
- ❑ Then place one finger from your other hand at the outside and bottom of your thumb.
- ❑ Breathing in you move your finger up your thumb.
- ❑ Breathing out you move your finger down your thumb.
- ❑ Breathing in and up
- ❑ Breathing out and down.
- ❑ Breathing in and Breathing out. Tracing each finger to the rhythm of your own breath.
- ❑ When you get to the bottom of your pinkie finger, notice how you feel? What thoughts are you having?
- ❑ Take another deep breath in and a deep breath out

Resources

- *Mindfulness Center at Brown School of Public Health* -
<https://www.brown.edu/public-health/mindfulness/class/three-community-mindfulness-meditation-sessions-available-zoom-and-telephone>
- *UCLA Mindful Awareness Research Center* -
<https://www.uclahealth.org/marc/mindful-meditations>
- *The Garrison Institute* -
<https://www.garrisoninstitute.org/programs-retreats/community-programs/>
<https://www.garrisoninstitute.org/care-for-caregivers/>
- *The Contemplative Society* -
<https://www.contemplative.org/groups/prayer-study-groups/>

Contact Information



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Thank you for your time!