



How Best to Help Caregivers and Ourselves?
Practice Mindfulness

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**MINDFUL
MOMENT**





*what is
mindfulness?*

Mindfulness is **Not**

- panacea or a cure for every ill
- a religion
- a state of bliss
- an empty mind
- controlling the mind
- mind control
- something to harass yourself about
- an assurance that you will always be happy, well, safe, and stress-free.

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

Mindfulness **Is**

- a practice.
- choosing to feel what we feel.

In order to change negative notice them.

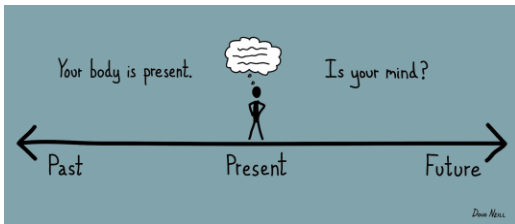
To be in relationship with what to hold it, and, in some sense to the healing lies.



Jon Kabat-Zinn

Mindfulness **Is**

- being aware of our pattern to become entangled in our stories, lost in our incessant thinking and doing.



47% of the time we are lost in thought
What's the Problem?



The tendency to think about what is NOT happening comes with an emotional cost.

“Some terrible things have happened in my life, some of which have actually happened.”

~Mark Twain

Mindfulness **Is**

- observing our impulses and feelings in order to skillfully respond moment by moment.
- the practice of creating space (pause) between the stimulus and our response.

When it feels like we are having a 'failure to communicate moment', I know it is time to slow down, hold hands, and just BE.

Rosalie

Mindfulness is simply

being aware of what is happening right now without wishing it were different.

*Enjoying the pleasant without holding on when it changes.
(which it will)*

*Being with the unpleasant without fearing it will always be this way.
(which it won't)*
- James Baraz

I find calm when I stop trying so hard to make things different.

Mindfulness **Is**

- focused attention on the 'Now' (many ways)



Benefits



- Activates parasympathetic nervous system.
- Reductions in depression, anxiety, substance abuse, eating disorders, stress, and pain.
- Increased immunological response, reduced blood pressure and cortisol.
- Increased psychological well-being and enhanced cognitive functioning.
- Improves empathy, coping, and emotional control.
- Brain is 'Plastic' – Plasticity

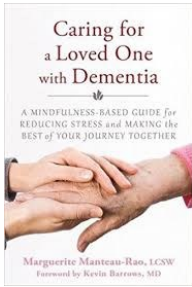
Compassion Practices Change The Brain

Emory/Tibet Partnership

...study was the first to use functional magnetic resonance imaging (fMRI) to indicate that positive emotions can be learned in the same way as playing a musical instrument or being proficient in a sport.

The scans revealed that brain circuits used to detect emotions and feelings were dramatically changed in subjects who had practice compassion meditation.

Mindfulness-Based Dementia Care



Model first created by Marguerite Manteau-Rao & implemented in CA (2013); Replicated in Michigan – **Coming to MN this Spring!**

Innovative Mindfulness-based training for family care partners

Only Mindfulness program designed to meet the unique needs of dementia caregivers

8-week program

Results in sustained attitudinal changes aimed at helping care partners *thrive*

Loving Kindness Meditation

