



**How Best to Help Caregivers and Ourselves?**  
**Practice Mindfulness**

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**MINDFUL  
MOMENT**



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*what is  
mindfulness?*

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### 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.

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

Jon Kabat-Zinn

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### Mindfulness **Is**

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

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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

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### Mindfulness **Is**

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

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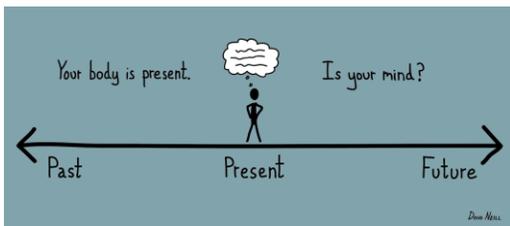
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47% of the time we are lost in thought  
**What's the Problem?**

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

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

~Mark Twain

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### 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.

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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

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**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

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

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## Mindfulness **Is**

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




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## 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

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## 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.

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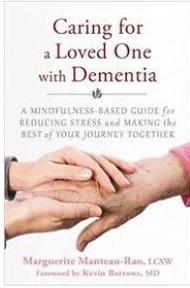
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## Mindfulness-Based Dementia Care



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*

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## Loving Kindness Meditation




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