Managing Stress Through Mindfulness

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Today's Presentation

• Stress and IBD
• Brief Practice
• What is Mindfulness / Meditation?
• Longer Practice
• Benefits and Tips
• Center for Chronic Illness
• Resources

codecondo.com/to-do-list-open-source-web-apps/
“You can't stop the waves, but you can learn to surf.”
- Jon Kabat-Zinn
what is that?

oh, just my mind
What is Stress?
Stress and IBD

- Stress does not cause IBD; may exacerbate symptoms or create difficulty in coping
- Mixed messages about impact of stress on IBD patients due to personal beliefs about IBD or stress, immune system or biological impact, indirect factors (poor medication adherence, smoking)
- 2013 study – patients do not report IBD as a cause of stress when disease is inactive, but with disease activity patients report stress around family, work, and finances as well as IBD caused stress
- IBS
Stress and IBD

• Ongoing health challenges
• Body image or self esteem
• Unexpected life changes/loss
• Social isolation
• Relationship challenges (role reversals, caregiving, fear of sexual inadequacy)
“I’m learning how to relax, doctor — but I want to relax better and faster! I want to be on the cutting edge of relaxation!”
“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”
- Jon Kabat-Zinn
“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
MINFULNESS
What is Mindfulness?

“Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.” (Greater Good Science Center UC Berkeley)

- Breathwork, Noting, Curiosity, Gentleness, Compassion
- Informal Practice – Awareness
- Formal Practice - cultivate an emotional state such as love or compassion, develop a specific mode of thinking or mental state, relax the body, deal with negative experiences and reduce stress
How Not To Meditate

www.sunship.com

Center for Chronic Illness
Meditation

• One form of meditation (mindfulness, transcendental, loving kindness, guided, qigong)
• Sitting quietly with the goal of cultivating an emotional state such as love or compassion, develop a specific mode of thinking or mental state, relax the body, deal with negative experiences and reduce stress
• Religious vs. Secular
Other Ways to Practice Mindfulness

- Nature
- Music
- Eating
- Walking
- Life events
- Technology
- Routine
TAKE A DEEP BREATH. START AGAIN.

Benefits of Mindfulness

- Creates mental space between stimulus and reaction
- Reduced in stress and anxiety
- Improved psychological resilience
- Effective in the treatment of depression and prevention of relapse
- Boosts creativity and working memory
- Improved focus and attention
- Decreased emotional reactivity
- Increased empathy and compassion

- Improved relationship satisfaction
- Improved subjective well-being and better quality of life
- Improved immune system
- Reduction in chronic pain
- Improved sleep quality
- Alleviation of gastrointestinal difficulties
- Assists in the treatment of heart disease and hyper-tension
- Assists in the treatment and management of stress-related illnesses
Mindfulness Tips

- There's no one right way to practice mindfulness
- Try different breathing exercises
- Try a guided recording or app
- Make gratitude and self-compassion a part of your routine
- Recognize that thoughts are simply thoughts; you don’t need to believe them or react to them
- Notice where you tend to zone out (e.g., driving, feeding the dog, doing dishes, brushing teeth, etc.). Bring more awareness to that activity
Center for Chronic Illness (CCI)

- Founded in 2016
- Board and staff
- Free, professionally-led support groups and health educational programs
- Offers a safe place for those living with chronic illness to receive support and compassion
Living Mindfully with Chronic Illness

A supportive group for those wanting to live mindfully and with self-compassion

Meets the 4th Wednesday of each month from 3:00pm-4:00pm at Aljoya Thornton Place Northgate

Led by Bartja Wachtel, MSW, LICSW, MHP, CMH

Contact us at info@thecenterforchronicillness.org or (425) 296-2705 with questions or to sign up

www.thecenterforchronicillness.org

Living Mindfully with Chronic Illness
A supportive group for those wanting to live mindfully and with self-compassion
led by Angela Farrar Small, MSW, LICSW, M.Div

3rd Wednesday of each month (starts April 2018)
6:00pm-7:00pm
Evergreen Health (meets in Tan Building, Room 134)
12040 NE 128th St., Kirkland, WA 98034

Contact us at info@thecenterforchronicillness.org or (425) 296-2705 with questions or to sign up
www.thecenterforchronicillness.org
This program is free of cost

Center for Chronic Illness

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Local Mindfulness/Meditation Resources

- Seattle Insight Meditation – www.seattleinsight.org
- Seattle Mindfulness Center – www.seattlemindfulnesscenter.com
- Cascadia Mindfulness Institute - www.cascadiamindfulness.com
- Mindfulness Community of Puget Sound – www.mindfulnesspugetsound.org
- Transcendental Meditation Seattle - www.tm.org/transcendental-meditation-seattle
- Nalanda West - www.nalandawest.org
- Shambhala Meditation Center – www.seattle.shambhala.org
- Mindful Therapy Group - www.mindfultherapygroup.com
- Frye Museum lunchtime meditation - www.fryemuseum.org/program/meditation
- Bartja Wachtel (clinical social worker) – www.emfm.space
- Carolyn McManus (physical therapist) – www.carolynmcmanus.com
- Amy Darling (acupuncture) - www.amycdarling.com
Other Stress and Mindfulness Articles, Websites, Apps

- UCSD Center for Mindfulness – www.health.ucsd.edu/specialties/mindfulness/resources/Pages/default.aspx
- American Mindfulness Research Association – www.goamra.org
- www.mindful.org/10-tips-for-being-mindful-right-now
- www.medium.com/thrive-global/a-2-minute-breathing-exercise-to-increase-mindfulness-5d0b90d23583
- www.meditationoasis.com
- IBD Stress causes flares of IBD-how much evidence is enough? by Holtmann, Gerald; Andrews, Jane M. Nature Reviews Gastroenterology & Hepatology, 01/2011, Volume 8, Issue 1
- Mo1308 Sources of Stress in IBD and Relation to Disease Activity by Bernstein, Matthew T; Sexton, Kathryn A; Targownik, Laura E; Gastroenterology, 2013, Volume 144, Issue 5
- On Studying the Connection Between Stress and IBD by Bernstein, Charles N; Walker, John R; Graff, Lesley A The American Journal of Gastroenterology, 04/2006, Volume 101, Issue 4
- Apps – Calm; Headspace; The Mindfulness App; Mindbody; Insight Timer; Smiling Mind; Stop, Breath, Think