



WSSFC 2022

**Quality of Life/Ethics Track –
Session 8**

Implementing Mindfulness into Your Practice

Cami Smalley

About the Presenter...

Coach **Cami Smalley** specializes in holistic wellness, positive psychology coaching, personal growth, and resilience strategies including meditation, mindfulness, yoga, imagery, and other modalities. As a wellness and resilience expert, Coach Cami has collaborated with business, education, non-profit and healthcare sectors. As a contracted Wellness professional at a large Twin Cities urban hospital, Cami has engaged a variety of departments with coaching/consulting to enhance personal and professional well-being and resilience. Cami also teaches yoga and offers programs and retreats at the Wild Rice Retreat in Bayfield. Cami lives in Bayfield, WI with her husband. They have 3 adult children and have recently become grandparents. Cami enjoys hiking, biking, skiing, boating, and all things outdoors.

Implementing Mindfulness

A Personal & Professional Skill



**GUIDED
RESILIENCE**

Cami Smalley MA, NBC-HWC

Founder, Guided Resilience

- Nationally Board Certified Health and Wellness Coach
- HeartMath® Certified Trainer
- Yoga Certified

Amazon Best-Selling Author

- Mindful Pause: A Self-Care Guide to Resilience and Well-Being

Wellness and Resilience
Consultant

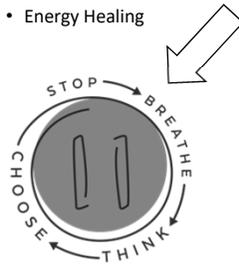
- Healthcare, Business, Education, Non-Profit

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Coach Cami, MA, NBC-HWC



- MBSR trained
- Certified HeartMath Trainer
- YogaFit trained 200hr Instructor
- Self-study of Centering Prayer
- Energy Healing



Mindful Pause

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Mindful Intentions for Today:

- Explore core elements of mindfulness.
- Feeling...more than knowing.
- Introduce Mindful Pause as path to personal growth



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MAAS



The trait MAAS is a 15-item scale designed to assess a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place.

Brown, K.W. & Ryan, R.M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

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- | | | | | | | |
|--|--------|------------|------------|--------------|--------------|--------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | almost | very | somewhat | somewhat | very | almost never |
| | always | frequently | frequently | infrequently | infrequently | |
- ___ 1. I could be experiencing some emotion and not be conscious of it until some time later.
 - ___ 2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
 - ___ 3. I find it difficult to stay focused on what's happening in the present.
 - ___ 4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
 - ___ 5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
 - ___ 6. I forget a person's name almost as soon as I've been told it for the first time.
 - ___ 7. It seems I am "running on automatic," without much awareness of what I'm doing.
 - ___ 8. I rush through activities without being really attentive to them.
 - ___ 9. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.
 - ___ 10. I do jobs or tasks automatically, without being aware of what I'm doing.
 - ___ 11. I find myself listening to someone with one ear, doing something else at the same time.
 - ___ 12. I drive places on 'automatic pilot' and then wonder why I went there.
 - ___ 13. I find myself preoccupied with the future or the past.
 - ___ 14. I find myself doing things without paying attention.
 - ___ 15. I snack without being aware that I'm eating.

Scoring: To score the scale, simply compute a mean (average) of the 15 items.

Beginning Mindfulness Course - Week 1

Why grow mindfulness skills?



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Consider these population statistics

- Nearly ½ of Americans (45%) have been awake at night in the past month as one stress outcome.
- 42% of adults say they are not doing enough or are unsure if they are doing enough to manage their stress. One in five Americans (20%) say they never engage in an activity to help relieve or manage their stress.
- Many Americans say they engage in unhealthy behaviors because of stress, including:
 - Eating too much/eating unhealthy foods

American Psychological Association. (2015, February 4). Stress in America: Paying with our health.

American Psychological Association. (2017, November 1). *Stress in America: The State of Our Nation*. Retrieved June 30, 2019, from www.stressinamerica.org

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More STRESS

- The most commonly reported symptoms of stress in the past month include
 - Feeling nervous/anxious (35%)
 - Being irritable/angry (37%)
 - Feeling fatigued (32%)
 - Having a lack of interest/motivation (34%)
 - Being depressed/sad (32%)
 - Feeling overwhelmed (32%)
- Fewer than 5% of adults engage in the top health behaviors, and only 20% of adults are thriving.

American Psychological Association. (2015, February 4). Stress in America: Paying with our health.

Berrigan, D., Dodd, K., Troiano, R. P., Krebs-Smith, S. M., & Barbash, R. B. (2003, May). Patterns of health behavior in U.S. adults. *Preventive Medicine, 36*(5), 615-623.

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Know Your Stress Warning Signals



PHYSICAL SYMPTOMS

Headaches	Back pain
Indigestion	Tight neck, shoulders
Stomachaches	Racing Heart
Sweaty palms	Restlessness
Sleep difficulties	Tiredness
Dizziness	Ringing in ears

EMOTIONAL SYMPTOMS

Crying	Overwhelming pressure	
Nervousness, anxiety		Anger
Boredom – no meaning to things		Loneliness
Edginess – ready to explode		Unhappiness
Feeling powerless to change things		Easily upset

BEHAVIORAL SYMPTOMS

Excess smoking	Grinding of teeth
Bossiness	Overuse of alcohol
Compulsive gum chewing	Compulsive eating
Attitude critical of others	Inability to get things done

COGNITIVE SYMPTOMS

Trouble thinking clearly	Inability to make decisions
Thoughts of running away	Forgetfulness
Lack of creativity	Constant worry
Memory	Loss of sense of humor

SPIRITUAL SYMPTOMS

Emptiness	Loss of meaning
Doubt	Unforgiving
Cynicism	Apathy
Martyrdom	Loss of Direction

RELATIONAL SYMPTOMS

Isolation	Intolerance
Resentment	Loneliness
Lashing out	Hiding
Clamming up	Lowered Sex Drive
Nagging	Distrust

Vitality & resilience are enhanced with mindfulness skills



- Mindfulness is a personal and professional self-care skill and responsibility
- Mindfulness grows your ability to self-regulate mood and energy with confidence and in alignment with your vision and purpose
- Does NOT require extended blocks of time and/or separate space

What is Mindfulness?

Let's explore...

What is mindfulness?

What mindfulness is NOT

- to relax
- a religion
- a way to change thoughts
- difficult
- easy
- a way to not be concerned with the future anymore
- impossible to investigate scientifically

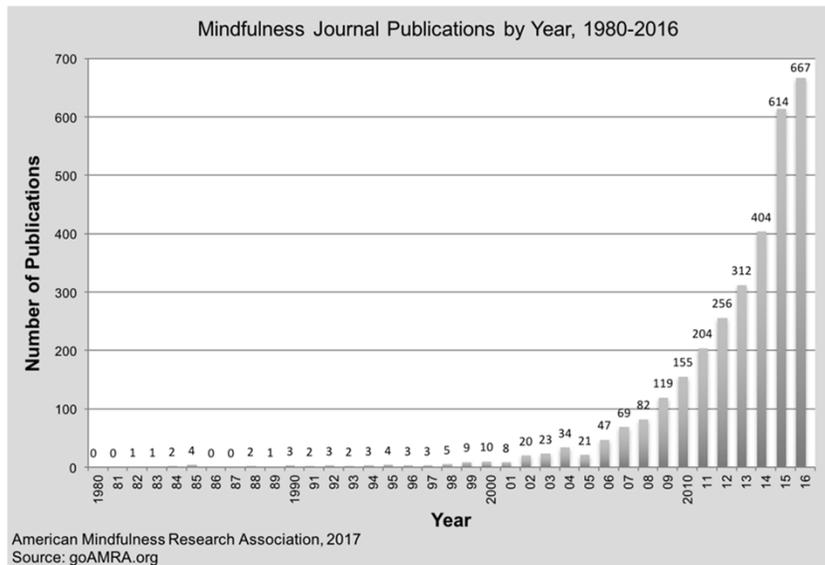


Mindfulness is popular



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Mindfulness is popular



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Integration in clinical practice



- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness-Based Eating Awareness Training (MB-EAT)

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Roots



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Jon Kabat-Zinn (PhD)



- *Professor of Medicine Emeritus*
- *Brought mindfulness into mainstream of medicine and society*
- *Detached religious aspects*
- *Developed MBSR*

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Definition

”

*Keeping one's complete **attention** to the **experience** on a **moment-to-moment** basis in an **open** and **non-judgmental** way.*

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5 Core Components



- 1.attention
- open awareness
- acceptance
- no identification
- choice

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Attention



- pay attention to what occurs in this moment
- awareness of thoughts, physical sensations, emotions and feelings

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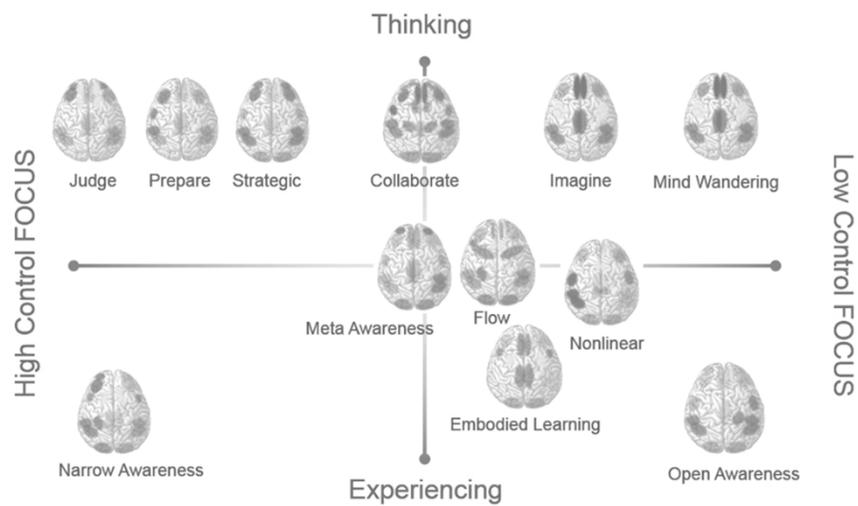
Open Awareness



- awareness of judgment, labeling (e.g. “good” vs “bad”), comparison, expectation
- letting go of what doesn’t serve highest good

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Mind States



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Acceptance



More and more...
Becoming a master
of your moments.
Not a victim of your day.

- accept current experience as it is
- do not attempt to change it
- no struggle/fight

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No Identification



- You are not the emotion/thought/label
- Multiple "I"s
- I experience sadness vs I am sad
- Not everything you think is true
- States (emotions/thoughts) come and go

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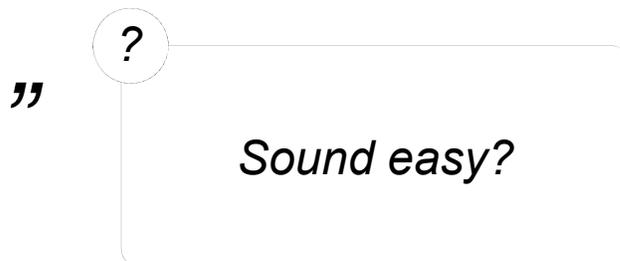
Choice



- Not letting states take over
- Room between impulse and action
- Conscious vs automatic behavior

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5 core components



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Mindlessness



- rushing through activities without being attentive to them
- breaking or spilling things because of carelessness inattention, or thinking of something else
- failing to notice subtle feelings of physical tension or discomfort
- finding ourselves preoccupied with the future or the past
- snacking without being aware of eating

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Practicing Mindfulness

- attention
- open awareness
- acceptance
- no identification
- choice

} Prevented by
automatic patterns



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Practicing mindfulness



Extensive practice is needed:

- formal mindfulness
- informal practice
- variety of practices
- self-reflection
- applying knowledge

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The Now

Let's explore...

The present moment

- plays a fundamental role in mindfulness
- we are often not in the now
- where are we then?



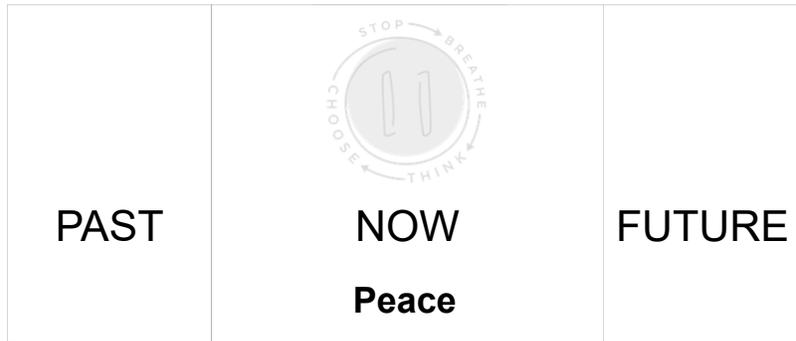
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The Now



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The Now



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Thoughts...



- are a powerful tool
- difficult to “turn off” when not needed anymore
- disconnect us from the present moment
- can become problematic when believed to be true

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Mindfulness & thoughts



- thoughts are not facts
- observe vs being caught in a train of thought
- in the present moment, there is seldom an imminent

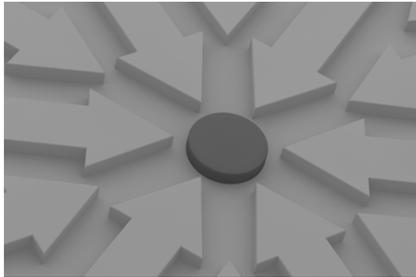
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Attention

Let's explore...

Focus

Attention focuses our awareness on a specific experience:



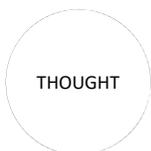
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- TV
- Book
- conversation
- physical pain
- thoughts

2 Forces

1. The one which demands attention (internal/external)

2. The one who regulates attention ← **MINDFULNESS**



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Dealing with thoughts



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- over 50,000 thoughts per day
- thoughts can be handy:
 - creative
 - new ideas
 - making plans

Dealing with thoughts



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Thoughts can be problematic:

- worry
- rumination
- negative stories about the self

Ways to deal with thoughts



Suppress thoughts

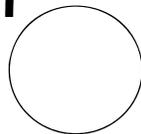
Distract from thoughts

Challenge thoughts

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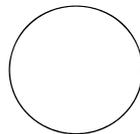
Ways to deal with thoughts

STRUGGLE



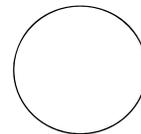
SUPPRESSION

Rebound



DISTRACTION

Temporary



CHALLENGE

**In head -
thinking**

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Mindfully dealing with thoughts

no struggle



- observe
- take less seriously/non-identification
- let them pass

ALLOW...RELEASE...RETURN

NOTICE...LET GO

Mindful Pause: 4-simple steps



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Pay attention to how you feel...



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Stop: Creating Your Sacred/Self-Care Space

Supports your intention to connect deeply with yourself and each moment with a quality of sacredness or devotion

Position; body established for what we seek- grounded & at peace

Purpose: grow self-regulation skills and the spiritual muscles required for holistic living

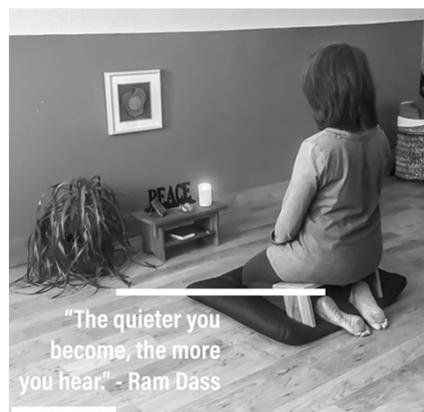
Practice: Being-ness over doing-ness



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Beginning Practice: Just 5 minutes

- Posture
- Approach-Beginners
Mind
- Eyes
- Lightness Of Being



"The quieter you become, the more you hear." - Ram Dass

BEGINNING MINDFULNESS COURSE - WEEK 1

The Heart Supports Life

Only after taking care of itself **FIRST** through blood flow through the coronary arteries.

The Heart doesn't wait for:

- day off
- weekend
- vacation

Self-Care is inherent to **EVERY BEAT OF THE HEART!**

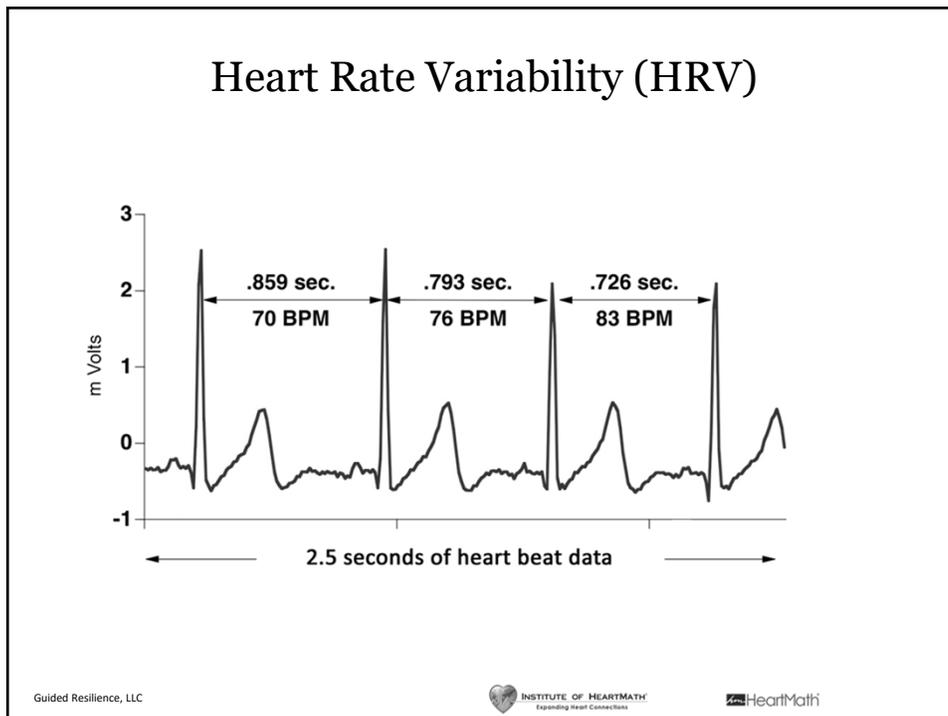
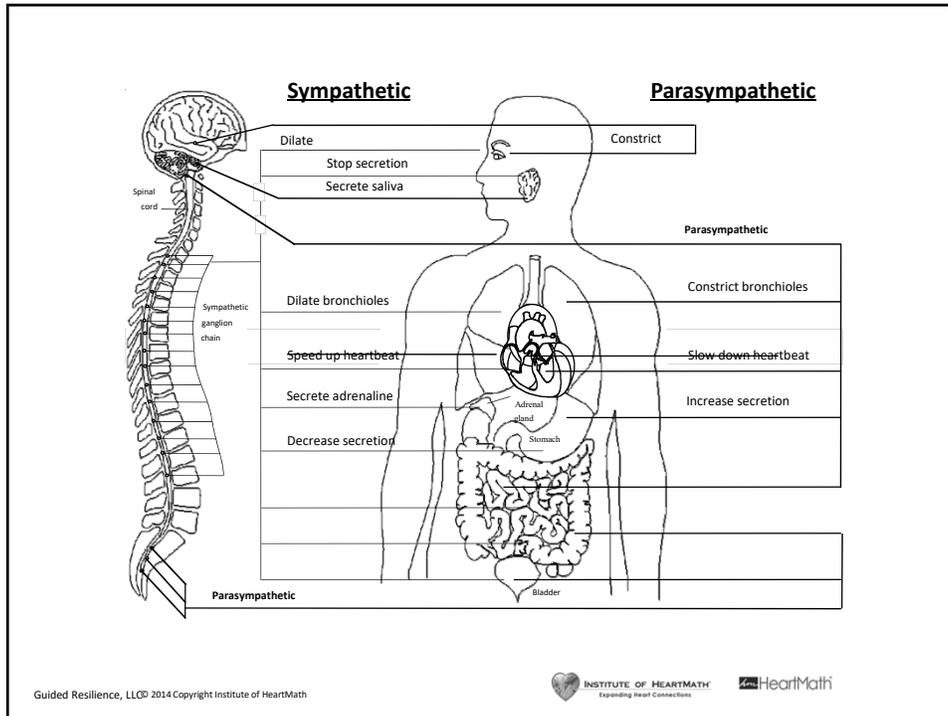
Coherence: Breathe and Think Step

Inner peace...Stability...Harmony...Balance...Ease...Flow

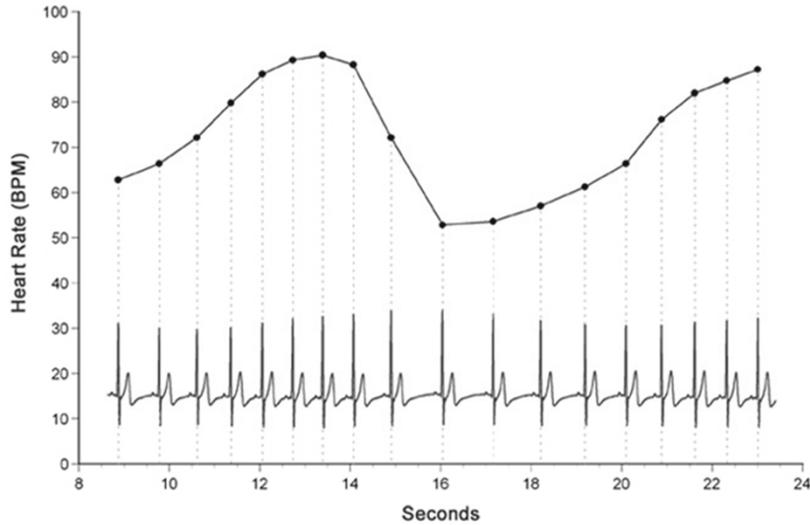


An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.



Heart Rhythm Patterns Emerge



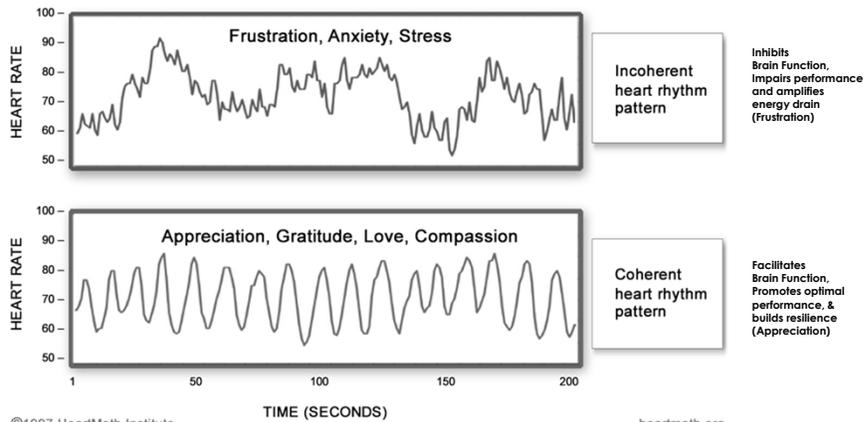
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INSTITUTE OF HEARTMATH
Expanding Heart Connections

HeartMath

Emotions and Heart Rhythm Patterns

Heart Rhythms (Heart Rate Variability)



Coherence: Promotes optimal performance, builds resilience

Guided Resilience, LLC

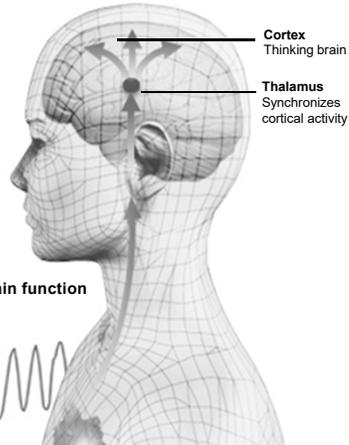
INSTITUTE OF HEARTMATH
Expanding Heart Connections

HeartMath

Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.



Incoherence inhibits brain function **Coherence facilitates brain function**

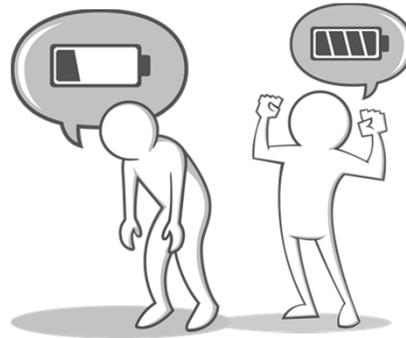


+♥ HeartMath Institute

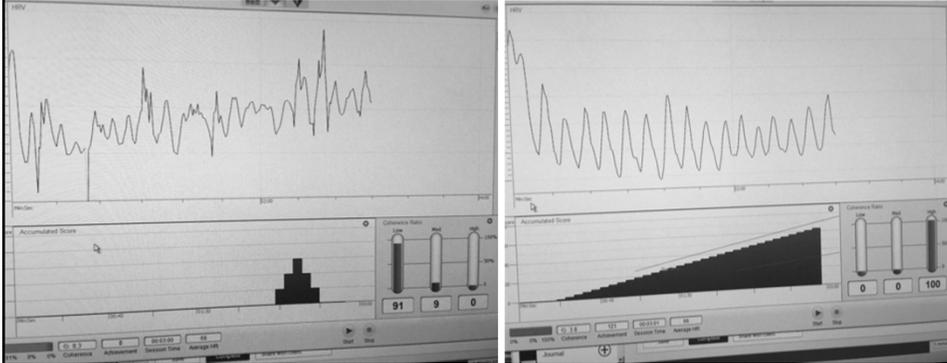
+♥ HeartMath. © 2008, 2019 HeartMath

Self-Awareness

One of the most important steps in being able to stop energy drains and increase resilience is to expand our awareness and identify unnecessary energy expenditures and build our energy reserves.



With 2 months of practice...



Equally True

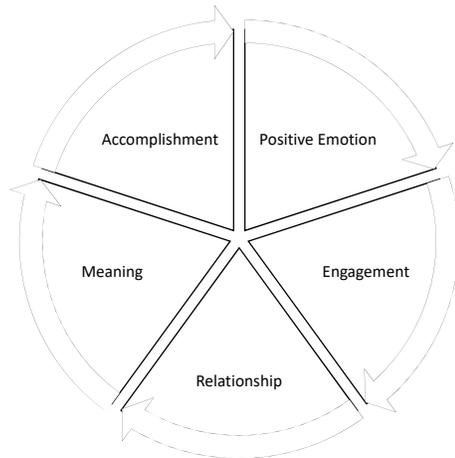
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Mobilize Positive Emotions

Why is Positivity Important?

Well-being

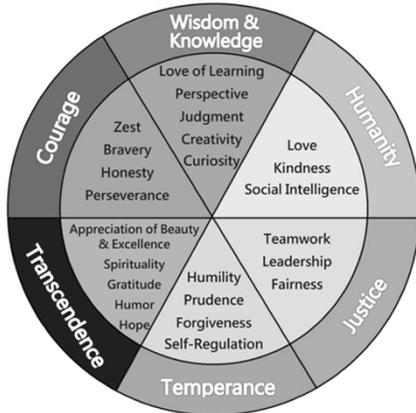


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Work With Your Strengths

<https://www.viacharacter.org/survey/account/register>



You cannot be anything you want to be...
 but you can be a lot more of who you already are.

—Tom Rath, *Strengths Finder 2.0*

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Mindful Pause: A process for transforming lives through strengths-based wellness coaching, resilience training, and self-care strategies.

www.guidedresilience.com



TAKE A MINDFUL PAUSE:

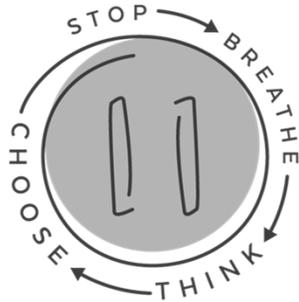
- STOP** and prioritize self-care
- BREATHE** to connect body and mind
- THINK** with a restorative mindset
- CHOOSE** to align with purpose

LEARN MORE AT GUIDEDRESILIENCE.COM



Now Available on
amazon

Choose: Mindful Pause



*Learn it. Live it.
Share it.*

*Your presence is the
best gift you give
others and the world.*

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Guided Resilience – Beginning Mindfulness Course



Guided Resilience

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Who has benefitted from Guided Resilience and Mindful Pause living skills?

- Regions Hospital
- Health Partners
- BMS
- People Incorporated
- Wineries
- Support Groups
- Churches

- A nurse supervisor who cultivated self-compassion to cope with perfectionist habits
- A cardiologist who lost 20 pounds and added more activity to his life
- A sales rep who earned top sales recognition after integrating mindfulness
- A bank executive who learned to control anxiety
- Several nurses who learned to prioritize self-care for support through divorce, family issues, poor health
- A woman who learned to manage her anger, explore her spirituality, and reduce clutter in home
- A high-energy, happy, and productive nurse who integrated relaxation techniques for sustainability
- Several cancer survivors who found peace and courage they didn't know they had
- A woman who improved work relationships through better understanding of her own strengths
- A financial investment advisor who learned to regulate difficult emotions
- A flight attendant who applied her skills to self-regulate and offer support to others during an emergency landing
- A hospitalist who used skills to manage anxiety and depressive tendencies
- Healthcare leaders learned skills to navigate change

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Enjoy Your Path

Thank you!



The Mindful Attention Awareness Scale (MAAS)

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Instructions: Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

1	2	3	4	5	6
almost always	very frequently	somewhat frequently	somewhat infrequently	very infrequently	almost never

- _____ 1. I could be experiencing some emotion and not be conscious of it until some time later.
- _____ 2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
- _____ 3. I find it difficult to stay focused on what's happening in the present.
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