

**HEALTHY DECISION  
MAKING IN A FOOD-  
RICH ENVIRONMENT**

**September 15, 2017** →

VILLANOVA UNIVERSITY  
COLLEGE OF NURSING  
MARGARET  
CENTER FOR OBESITY  
PREVENTION AND EDUCATION

VILLANOVA  
UNIVERSITY  
Villanova School of Business

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**The Mind-Environment Connection: Using Mindfulness to Promote Healthy Choices**

**The Mindful Professional: Using Mindfulness to Decrease Stress and Increase Focus**  
*Susan Stabler-Haas, PMHCNS-BC, Marriage and Family Therapist and Mindfulness Meditation Teacher; Adjunct Clinical Faculty, Villanova University College of Nursing*

**Mindful Eating: From Research to Practice**  
*Cheryl Harris, MPH, RD, Founder, Harris Whole Health*

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**The Mindful Professional:**

**Using Mindfulness to Decrease Stress and Increase Focus**



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Finding Focus in a stressed-out, multitasking culture



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Let us take a walk together now



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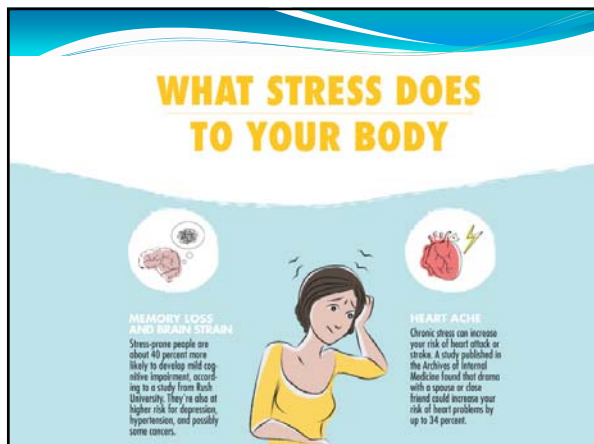
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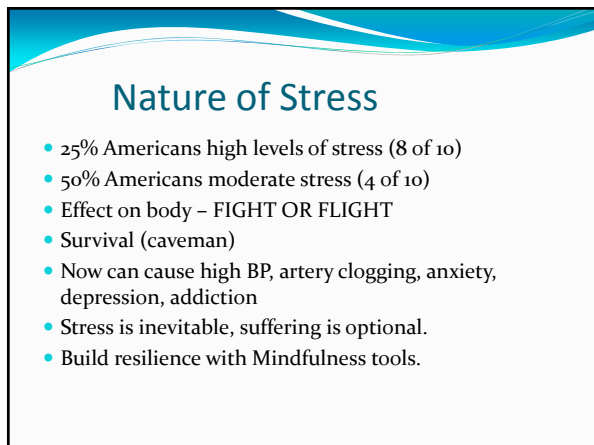
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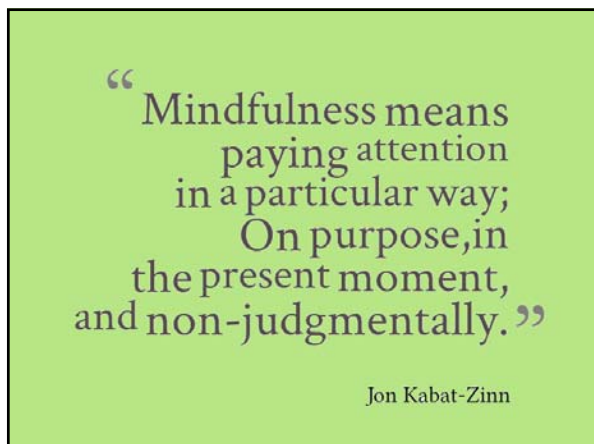
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**Mindfulness Training Benefits for you.**

- Increases one's ability to concentrate/focus
- Cultivate calm compassionate presence
- Lessen negative effects of stress
- Share tools with patients and others

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**Informal Practice #1**

A close-up photograph of a gorilla's face, showing its mouth wide open in a yawn. The gorilla has black fur and its eyes are closed.

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## Relaxing Sighs

- Elevators
- Traffic
- Before and during exam-taking
- Answering a phone call (especially from THAT ONE!)
- Walking from car to office, work, class
- Before a difficult conversation/communication
- Right before entering home after work or school
- Before making a decision

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## Relaxing Sighs at the checkout line

The positive impact of taking a time-out is just as relevant to a consumer on a shopping trip as it is to a C-level executive. Taking a few minutes before going through the check out line can pay dividends.

Sigal Barsade, *Debiasing the Mind through Meditation*

Take a time-out to breathe, to refocus, and to use your "reset button."

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## Google Employees taking a few minutes to meditate



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### Informal Practice #2 - Stretching

- Begin with mindful standing
- Feel sensations in your body
- Move your arms up and down
- Move your arms up and out, in and down
- Stretch your arms
- Rotate your shoulders
- Gently rotate your head from side to side
- Shake your arms and legs
- POPCORN NOW

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### Brain Changes with Mindfulness-Based Stress Reduction (MBSR)

Participation in an MBSR program results in increases in regional brain gray matter density regions associated with learning, memory, emotion regulation, perspective taking. (Holzel, Lazar et al. 2011)

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### MBSR and Cognitive Function

- Recently, researchers have reported improvement in sustained attention and working memory measures in novice meditators who underwent MBSR training relative to a comparison group who did not undergo the training. (Amishi Jha, 2014)

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• Stress reduction correlates with structural changes in the amygdala.

(Hölzel BK, Carmody J, Evans KC, Hoge EA, Dusek JA, Morgan L, Pitman RK, Lazar SW. Soc Cogn Affect Neurosci. Mar 5, 2010)

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### Past Student Workshops . . .

- Body scan, imagery, mindful stretching
- Relaxing Sighs most popular and helpful
- Helps filter out distraction
- “This week I tried to revisit my intention of ‘Letting go.’ I try to pay attention to thoughts and feelings the mind wants to hold on to and how that affects me.”
- “I noticed that the present feels like the most productive and healthy place to focus my energy.”
- Stabler-Haas, S. & Abdalla, P. Focusing the minds of nursing students to increase their attention, *Advance for Nurses*, Posted May 4, 2016

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### Body Scan Meditation- Formal Practice #1



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**Body Scan, Sitting, Expanding Awareness , and Loving Kindness**

- <https://itunes.apple.com/us/itunes-u/mindfulness/id983260272?mt=10>
- Your students will be able stream using their computer, apple or mobile device, download the files to listen locally, copy them to any smartphone and burn them to a CD. In addition to instant distribution, students have the ability to subscribe to this feed and get any updates and additions if you make them in the future.

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**One recent senior nursing student . . .**

- After doing the body scans and deep breathing, I can say I'm still glad I took the course. I actually spent a lot of time doing deep sighs this week just to calm myself. The body scan had its hands full as I had many unexpected stressful issues arise. I was surprised by how drastic a difference my body felt after completion of these scans. And although I knew I still had issues to deal with, it didn't feel as if they were consuming my thoughts or emotions at the moments I completed the scans. I find that even though I feel some emotions connected to the stressors, they feel less heavy once I've done a body scan. I'm not really sure how to describe how my body feels but it's far more relaxed after doing the scan.

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**And another says . . .**

- I have been practicing mindfulness body scan several times a week and it is really helping to keep me focused and feeling clear and calm- so thank you once again!

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When walking to your car, a meeting, or patient's room . . .

**Simple Tips for Mindful "Moments"**

1. "Two feet - one breath" just before entering room
2. 10 minutes outside at lunch or a break or before driving home in traffic
3. Walking meditation down the corridor

**Walk slowly, feel contact with the ground.**

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Mindfulness Research at Thomas Jefferson University

General Hospital Psychiatry 23 (2001) 183-192

ELSEVIER

General Hospital Psychiatry

**Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population**

Diane K. Reibel, Ph.D.,\* Jeffrey M. Greeson, M.S., George C. Brainard, Ph.D., Steven Rosenzweig, M.D.

*Center for Integrative Medicine, Thomas Jefferson University, Philadelphia, PA, USA*

**Abstract**

This study examined the effects of mindfulness-based stress reduction (MBSR) on health-related quality of life and physical and psychological symptomatology in a heterogeneous patient population. Patients (n=136) participated in an 8-week MBSR program and were required to practice 20 min of meditation daily. Pre- and post-intervention data were collected by using the Short-Form Health Survey (SF-36), Medical Symptom Checklist (MSCL) and Symptom Checklist-90 Revised (SCL-90-R). Health-related quality of life was enhanced as demonstrated by improvement on all indices of the SF-36, including vitality, bodily pain, role limitations caused by physical health, and social functioning (all  $P < .01$ ). Alleviation of physical symptoms was revealed by a 28% reduction on the MSCL ( $P < .0001$ ). Decreased psychological distress was indicated on the SCL-90-R by a 38% reduction on the Global Severity Index, a 44% reduction on the anxiety subscale, and a 34% reduction on the depression subscale (all  $P < .0001$ ). One-year follow-up revealed maintenance of initial improvements on several outcome parameters. We conclude that a group mindfulness meditation training program can enhance functional status and well-being and reduce physical symptoms and psychological distress in a heterogeneous patient population and that the intervention may have long-term beneficial effects. © 2001 Elsevier Science Inc. All rights reserved.

*Keywords:* Stress, Mindfulness, Meditation, Health-related quality of life

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**MBSR for Nurses:  
An Exemplary Study**

- "The Effects of Mindfulness-Based Stress Reduction on Nurse Stress and Burnout (Parts 1, 2, 3)"
  - Joanne Cohen-Katz, Susan Wiley, et al. *Holistic Nursing Practice*, 2004-05)
- MBSR for nurses in a hospital setting
  - n=25; randomized to MBSR vs. WLC
- Qualitative and quantitative study

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**Slide 27**

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**JH5**

Joseph Haas, 3/28/2012

### MBSR for Nurses: An Exemplary Study

- Qualitative findings: Impact on relationships
  - Feeling *more connected to others*
  - Communication (*listen more, talk less*)
  - Less reactive (defensive)
  - Increased self-confidence
  - Teaching MBSR techniques to others
  - *Increased empathy*

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### Improved Personal Well-Being and Mood

- Improved Empathy (for yourself and others)
- Antidote to Burnout (Compassion Fatigue)
- Improved Attending to Patient Experience of Illness
  - Annals of Family Medicine – 45 nurses, doctors, nurse practitioners, and PA's record clinicians' interactions with more than 400 patients.
  - Patients more satisfied and open with more mindful clinicians. *Ann Fam Med September/October 2013 vol. 11 no. 5 421-428*

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### Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians

Michael S. Krasner; Ronald M. Epstein; Howard Beckman; et al.  
*JAMA. 2009;302(12):1284-1293*

- ❑ 70 PCPs
- ❑ 8 week intensive intervention 2.5 hours/week + 7 hour day
- ❑ 10 month follow up (2.5 hours/month)

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## MBSR for Physicians: An Exemplary Study

Outcomes

- Increase in mindfulness was positively correlated with significant improvements in a range of measures, for example:
  - Maslach Burnout Inventory: emotional exhaustion and perceived personal accomplishment
  - Jefferson Scale of Physician Empathy: perspective taking
  - Profile of Mood States: total mood disturbance
- Improvements were maintained at 12- and 15-month follow up

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## Patient Safety

- Physician Burnout linked to:
  - Patient Dissatisfaction
    - *"I'm here, Doc, to make sure I don't have anything serious. I'm not sure my regular doctor was listening to everything I was trying to tell him."*
  - Increased Medical Errors
    - *"We clinicians are not always fully present for patients because our minds are always working. If we don't listen, we end up giving explanations that are too long and complicated and responses that they don't need or want."*

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## Clinician Mindfulness & Pt. Safety

(Sibinga & Wu, 2010)

Beginner's Mind  
Non-judging, Patience

Case Study:  
Pediatrician & boy



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### Diagnostic error

- Lack of awareness and responsiveness
- Confirmation bias – pursue data supports diagnosis over data refutes it
- 17% preventable errors hospitalized (Harvard Medical Practice Study)
- 2015 national Academy of Medicine - blind spot
- Individual clinician level, examples:
  - Crushing chest pain incorrectly treated as heart attack – aortic dissection
  - A heroin-addicted pt. with abdominal pain treated for opiate withdrawal – bowel obstruction

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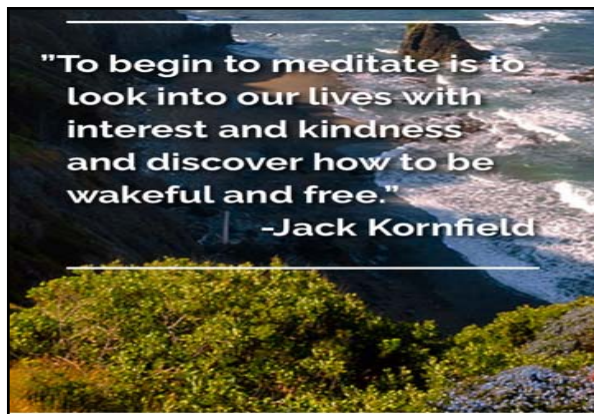
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**"To begin to meditate is to look into our lives with interest and kindness and discover how to be wakeful and free."**  
-Jack Kornfield

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### Beginner's Mind!



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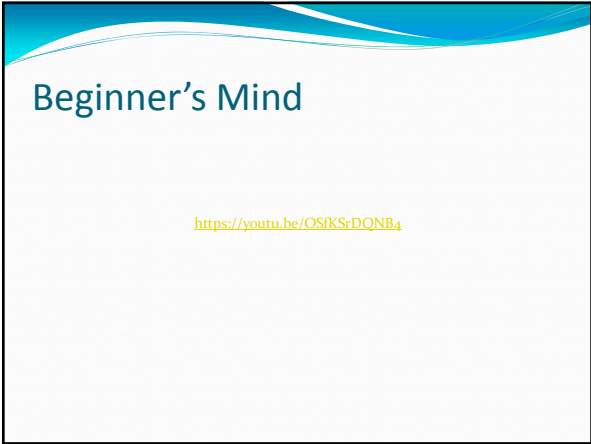
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Beginner's Mind

<https://youtu.be/OSfKSrDQNB4>

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