

Mindfulness and Cancer Care

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Agenda

- What is mindfulness?
- Benefits of mindfulness
- Common emotions and cancer diagnosis
- Mindfulness = complementary therapeutic tool for cancer stress
- Mindfulness and choice
- Mindful communications
- Mindfulness and health advocacy
- Mindfulness exercise
- Q & A
- Mindfulness programs and practices
- Closing



Mindfulness

The awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.

- Jon Kabat – Zinn

Autopilot

- The opposite of being mindful
- Being reactive and not self - aware

Autopilot

- Ever said something you wish you could take back?
- Did something you later regret?
- Noticed your mind think about something over and over?
- Couldn't fall asleep because your mind is spinning and body is restless?
- Had trouble focusing or spacing out?

Mindfulness

- Mindfulness takes us off autopilot
 - Quiet the mind
 - Pay attention to what is true in the moment
 - Self- awareness and knowing when we need to take ourselves off autopilot

Why Mindfulness?

Research shows Mindfulness helps with:

- Stress
- Anxiety
- Depression
- Pain & Fatigue
- Facilitation of Recovery
- Sleep
- Mental health
- Emotion regulation
- Positive impact on the brain and immune system
- Enhanced ability to deal with illness
- Lower blood pressure
- Lower heart rate
- Body awareness / loving awareness of the body
- Performance enhancement
- Increasing effectiveness at work / school
- Relationship issues
- Enhanced resilience
- Improves over all well-being



Emotions and Cancer

- Shock and Denial
- Overwhelm
- Fear and worry
- Stress and Anxiety
- Guilt, Blame and Anger
- Sadness
- Depression
- Loneliness

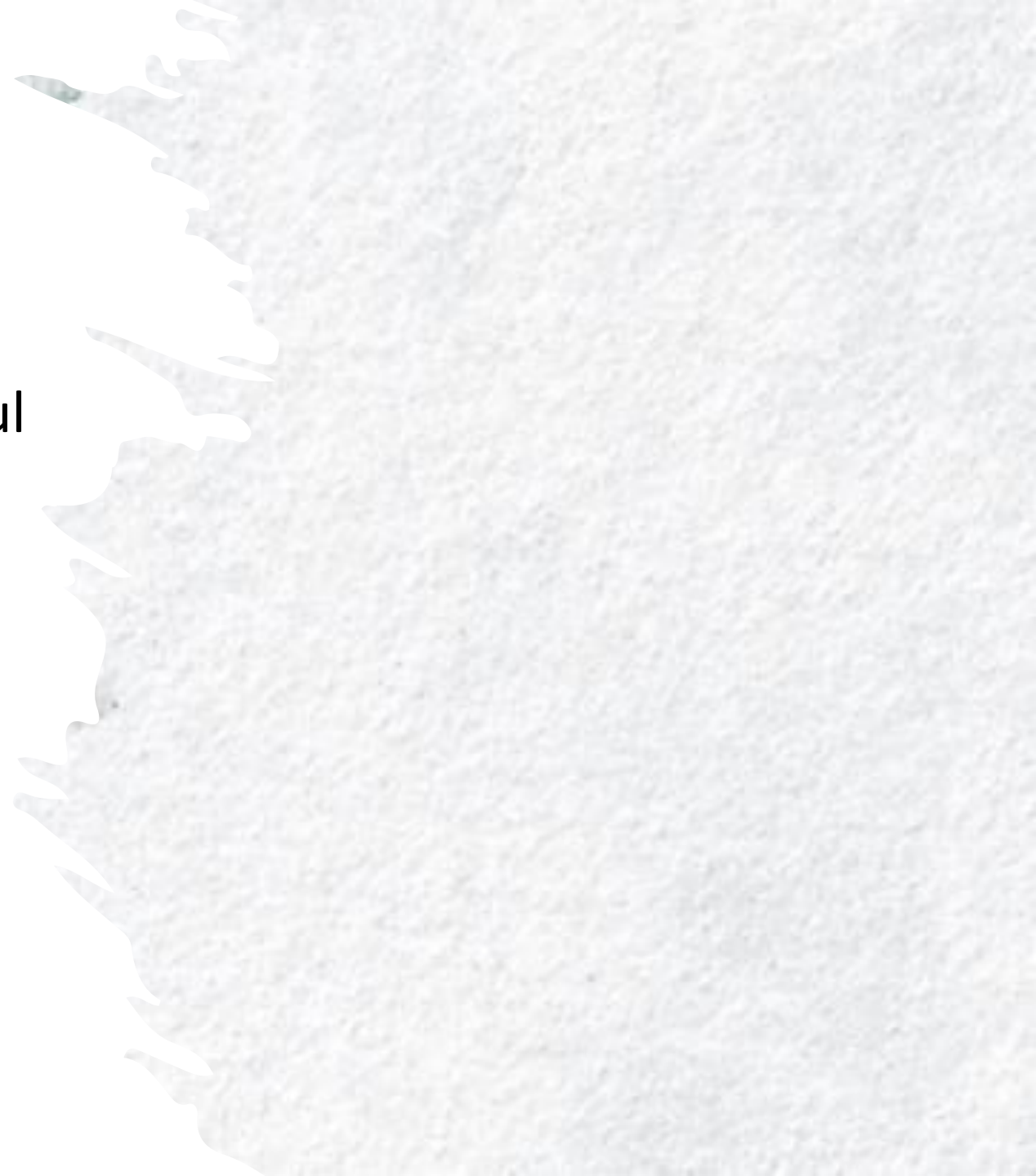


Mindfulness = Complementary therapeutic tool for cancer stress

- Cultivating present moment awareness
- Cultivating focus
- Decreasing stress, anxiety and depression
- Calming the mind / body
- Improving mood / increasing positive emotions
- Cultivating hope
- Mitigating physical symptoms / fatigue
- Managing triggers: building self awareness
- Decreasing reactivity

Mindfulness and Choice

- Heightened awareness
- Decision making process = thoughtful / not impulsive and reactive
- More creative problem solving
- Improved ability to recognize the limits of knowledge / asking for help
- Improved ability to weigh pros and cons and consequences of decisions
- Space for decision making and understanding of choices



Mindful Communications

- Applying principles of mindfulness to the way we correspond with others.
 - Intention – setting
 - Active listening
 - Non-judgmental and open attitude
 - Empathy
 - Emotional awareness
 - Non-verbal cues
 - Clarity and honesty
 - Improved relationships, resolving conflicts, positive / respectful exchange of ideas
 - Health-advocacy in cancer care



Mindfulness and Health Advocacy

- Cultivating body awareness / listening to your body
- Regular Self- Check – Ins
- Self- Education
- Mindful Communication
- Embrace your inner advocate



The image features a central white, torn-paper-like shape with irregular, jagged edges. This shape is set against a background of light blue and white watercolor washes. The text "Mindfulness Exercise" is centered within the white shape in a clean, black, sans-serif font. The overall aesthetic is soft and artistic, typical of a mindfulness or wellness-themed presentation.

Mindfulness Exercise

Belly Breathing

- Involves bringing awareness to breathing at the belly
- Helps with anxiety
- Helps with your mood
- Increases oxygen to the body
- Decreases heart rate & blood pressure
- Stimulates the immune system


Mindfulness Programs

- Mindfulness-based interventions (MBI's)
 - Mindfulness – based stress reduction
 - Mindfulness – based cancer recovery
 - Variety of MBI's
- Hospitals, cancer centers, community centers, spiritual centers, gyms
- Live class (virtual) / Certified Teacher
 - Didactic learning
 - Group Sharing / Common Humanity
 - Community support and validation
 - Accountability
- Toolbox
- Dose Dependent

Mindfulness Practices

- Belly Breathing
- Mindful Movement
- Body Scan
- Awareness of Breath Meditation
- Walking Meditation / Mindful Walking
- Meditation for Pain & Discomfort
- Mindful Eating
- Five Point Awareness Meditation
- Loving Kindness Meditation
- Gratitude Meditation
- Compassion Meditation



The image features a white, irregularly shaped paper-like element with a torn, deckled edge, centered on a background of textured, light-colored paper. The text "Q & A" is printed in a clean, black, sans-serif font on the white shape.

Q & A

Closing

- Cancer is a stressful and life changing event
- Mindfulness is a supportive practice to cultivate to cope with cancer.
- Mindfulness helps to cope with difficult emotions and physical symptoms related cancer diagnosis
- Mindfulness cultivates present moment awareness.
- Take a live mindfulness class with a certified teacher
- Developing a toolbox of practices is beneficial.
- Utilizing mindfulness in your cancer journey can provide moments of balance and peace
- Helps patients and those affected experience with a sense of calm to confront the challenges they face.