Take a Moment for Yourself:
Mindfulness Tools
to Reduce Stress and Encourage
Heart Health and Wellness

North Country Health Improvement
Live Heart Smart
Mountain View Grand, Whitefield NH
June 1, 2017
12:45 – 1:45 p.m.

Roz Grossman MA
roz@mindfulstressrelief
www.mindfulstressrelief.net
802-233-2461
Workshop Intentions

• Define Mindfulness and Benefits for Heart Health
• Experience Mindfulness Meditation Practices
• Discover how Mindfulness Can Help Reduces Stress
• Explore Mindfulness Research Results for Heart Health
• Provide Resources for Exploring Mindfulness Further
“Mindfulness” in the media
Mindfulness Tools Classes

Mindfulness Tools
- Stretching
- Walking Meditation
- Class Discussion
Paying attention on purpose intentionally in the present moment, and non-judgmentally

Jon Kabat-Zinn Mindfulness-Based Stress Reduction Program (1990)
Mindfulness helps us to

- STAY FOCUSED
- BE FLEXIBLE
- DEVELOP SELF-COMPASSION
Mindfulness Practices

The Awareness of Mind, Body, and Heart

Breath
Body Scan
Yoga/Gentle Stretching
Mindful Walking, Eating
Chronic Stress and Heart Disease

“Chronic Stress is associated with an increased risk of cardiovascular disease, with an attributable risk that is on par that of other major cardiovascular risk factors.”

Mindfulness and Stress Reduction

Our Autonomic Nervous System

- Sympathetic Activity
- Fight or Flight
- Freeze

- Parasympathetic
- Rest phase
- Relaxation
Stress has significant adverse effects on health and is a risk factor for many illnesses.

Reacting to Stress or... Responding Mindfully

It’s not the stressors in our lives but how we respond to them.
Mindfulness Practices

The Awareness of Mind, Body, and Heart

Breath
Body Scan
Yoga/Gentle Stretching
Mindful Walking, Eating
GOOD NEWS!

**Cardiac Patients**
Integrative Medicine
6,589 patients
- 46.5% decrease in pain
- 54.8% decrease in anxiety
- Modalities
  - Bodywork
  - Mind-body/energy
  - Traditional Chinese medicine
  - Combination

**Neuroplasticity**
Our brains create new neurons/pathways throughout our lives!

2003 study of MBSR showed improvement in immune system and area of positive emotions


Abbott Northwestern Hospital (ANW) Minneapolis

Davidson, R. J. et al. (2003) Alterations in Brain and Immune Function, Produce by Mindfulness Meditation, Psychosomatic Medicine 65:564-570
Meditation helped patients lower their blood pressure, stress and anger compared with patients who attended a health education class in a study published in AHA Online Journal (2012) that showed a 48% reduction in cardiovascular events after 5 years.

Once we see clearly what’s going on in the moment, we can choose how to act on what we’re seeing.

Sharon Salzberg
Further Exploring Mindfulness

- Mindfulness ReMinders
- Bibliography and Poem
- Stress Reaction & Response
- Slides available

...Meanwhile the wild geese, high in the clean blue air are heading home again. Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting-over and over announcing your place in the family of things.

Thank you!