

# 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.

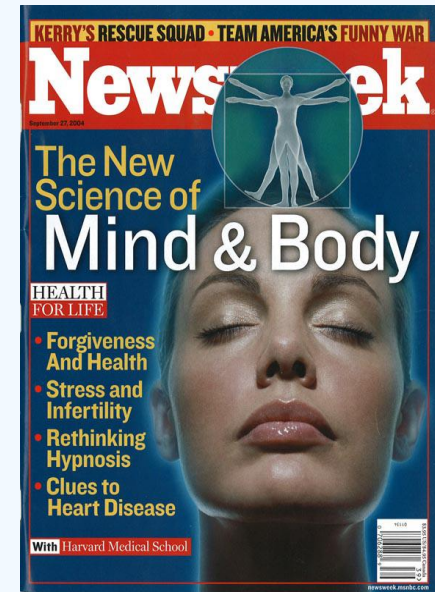
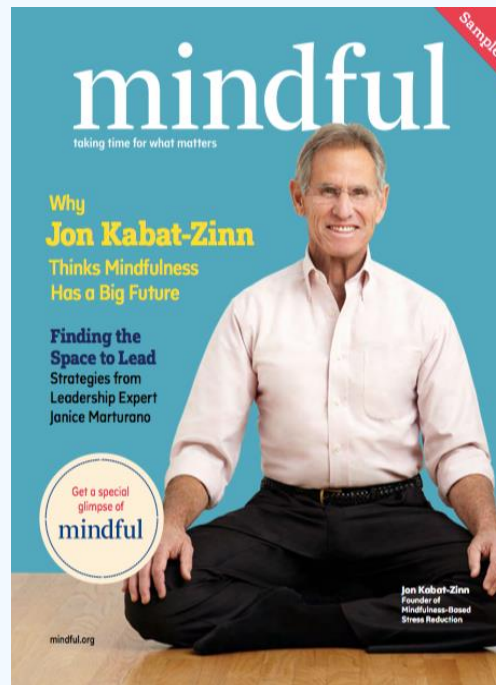
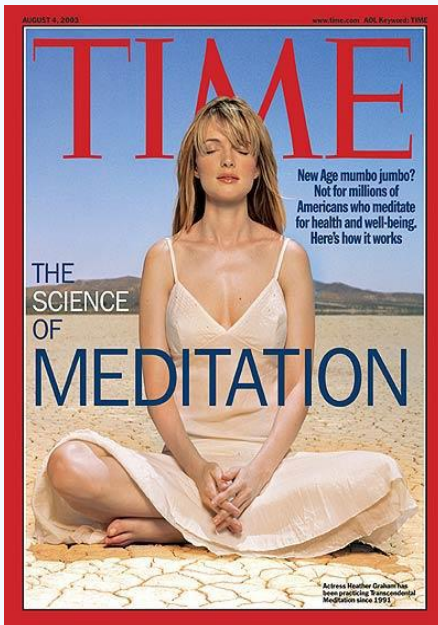


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# Workshop Intentions

- 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



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



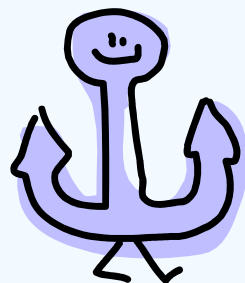
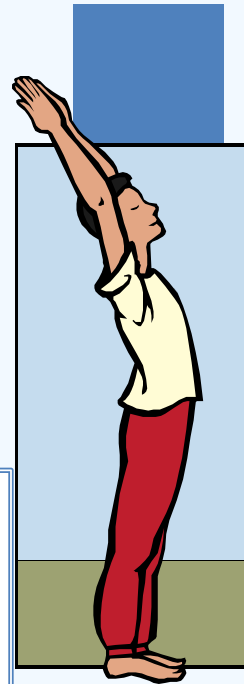
BE FLEXIBLE



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.”

Tawaol, A. et al. (2017). Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study. *Lancet* 389:834-845.



# Mindfulness and Stress Reduction

## Our Autonomic Nervous System

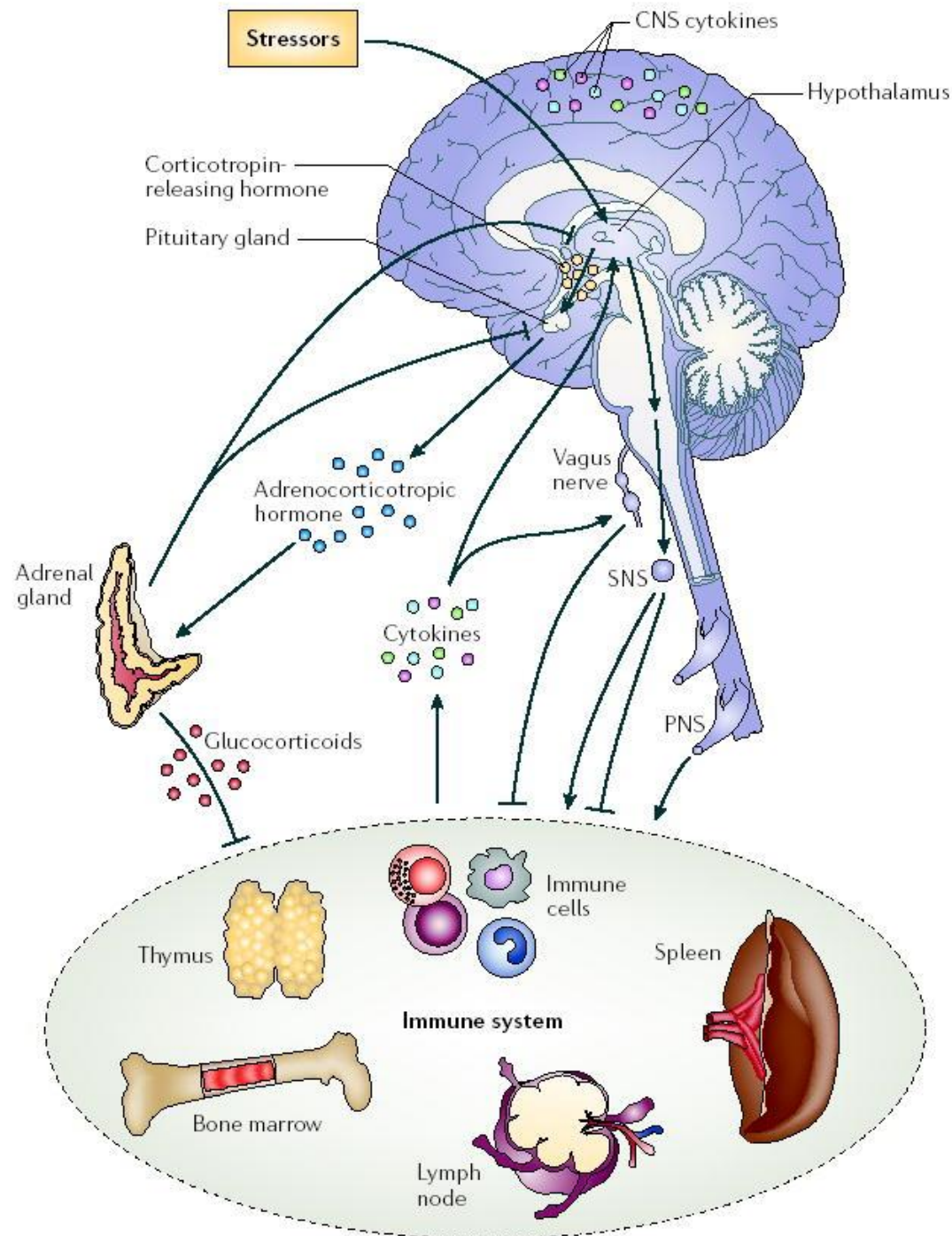


**Sympathetic**  
**Activity**  
**Fight or Flight**  
**Freeze**



**Parasympathetic**  
**Rest phase**  
**Relaxation**

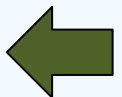




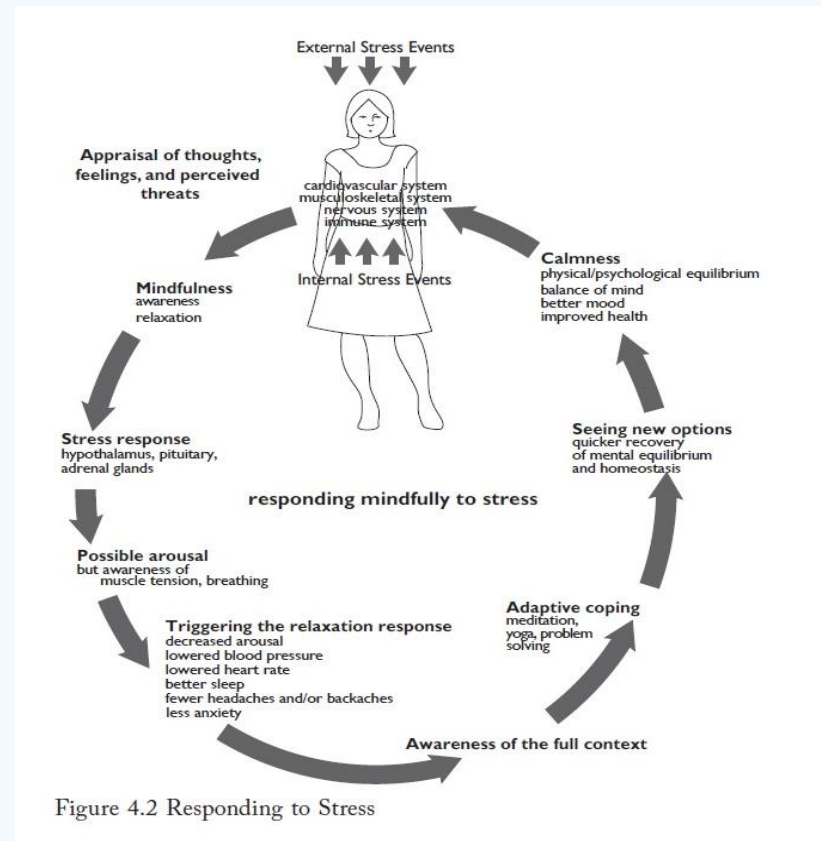
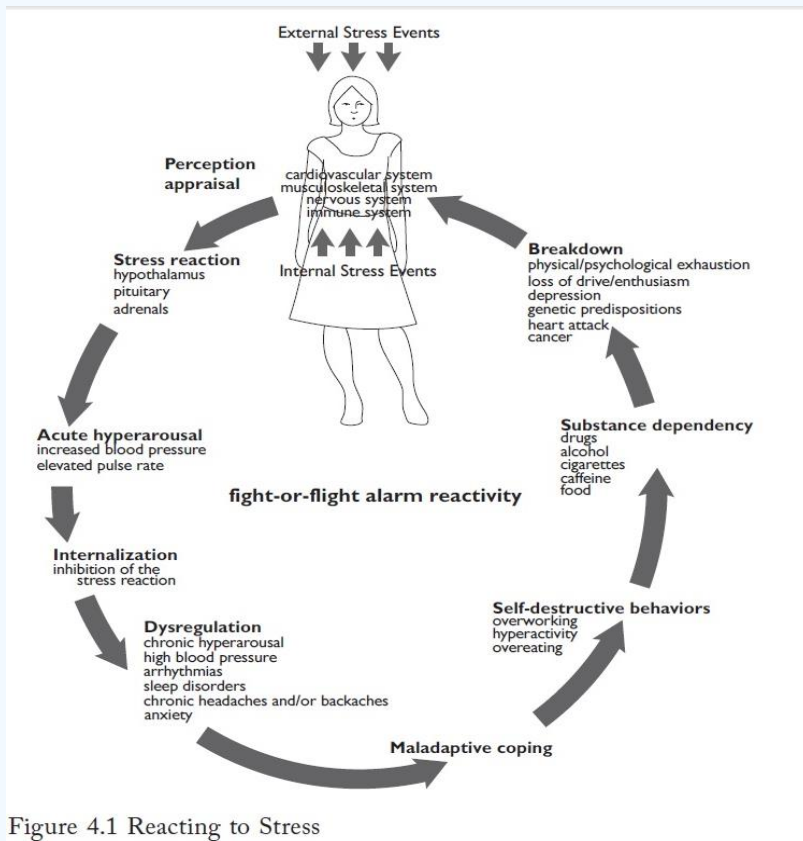
## Neuroendocrine Immunology

Stress has significant adverse effects on health and is a risk factor for many illnesses.

From: Sternberg EM. Neural regulation of innate immunity: a coordinated nonspecific host response to pathogens. *Nat Rev Immunol.* 2006 Apr;6(4):318-28. Review. PubMed PMID: 16557263.



# Reacting to Stress OR... Responding Mindfully



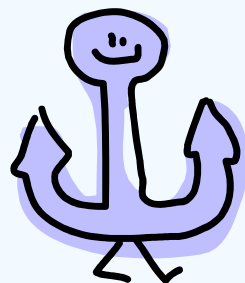
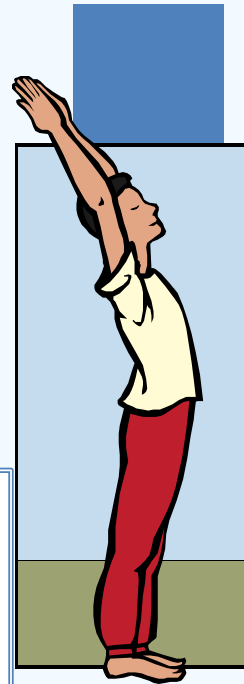
Carlson, L. E., & Speca, M. P. (2010). *Mindfulness-based cancer recovery: A step-by-step MBSR approach to help you cope with treatment & reclaim your life*. Oakland, CA: New Harbinger.

It's not the stressors in our lives  
but how we respond to them

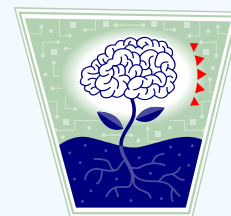


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Breath  
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# GOOD NEWS!

## 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

Johnson et al. In *BMC Complementary and Alternative Medicine* , (2014) , 14:486 [Http://www.biomedcentral.com/1472-6882/14/486](http://www.biomedcentral.com/1472-6882/14/486)  
Abbott Northwestern Hospital (ANW) Minneapolis

## Neuroplasticity

Our brains create  
new neurons/pathways  
throughout our  
lives!

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

Davidson, R. J. et al. (2003) Alterations in Brain and Immune Function, Produce by Mindfulness Meditation, *Psychosomatic Medicine* 65:564-570

## American Heart Association journal *Circulation: Cardiovascular Quality and Outcomes*

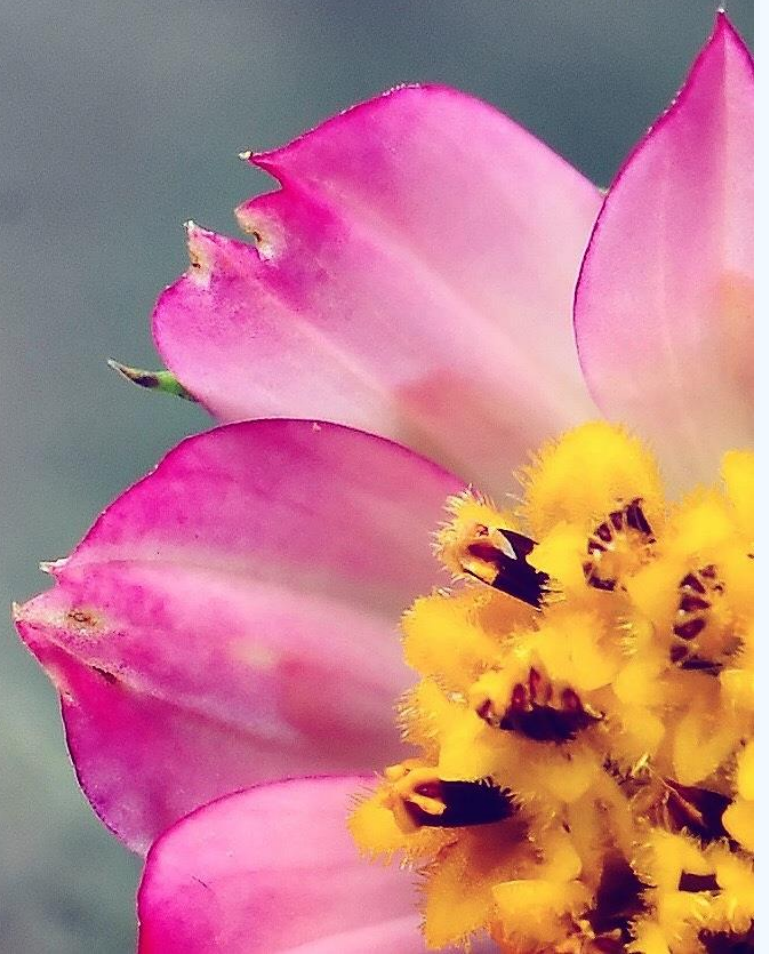
- Meditation helped patients lower their blood pressure, stress and anger compared with patients who attended a health education class in a study published in AHA Online Journal(2012) that showed a 48% reduction in cardiovascular events after 5 years.

American Heart Association. (2012, November 13). Meditation may reduce death, heart attack and stroke in heart patients. *ScienceDaily*. Retrieved May 28, 2017 from [www.sciencedaily.com/releases/2012/11/121113161504.htm](http://www.sciencedaily.com/releases/2012/11/121113161504.htm)

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



Wild Geese  
By Mary Oliver

...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!