

Capital BLUE 

MINDFULNESS

INCORPORATING MINDFULNESS
PRACTICES INTO YOUR LIFE

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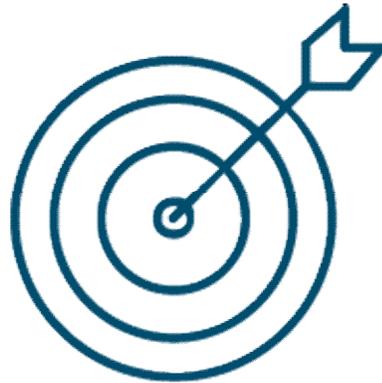
- 01** Definition and origin
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- 05** Incorporating Mindfulness Practice Into your Life

WHAT IS MINDFULNESS?

Awareness of what you are experiencing through your senses or in your thoughts and emotions at the present moment.

A state of awareness reached by focusing on what is happening while acknowledging and accepting one's thoughts, feelings, bodily sensations without judgement, not on what has happened in the past or what may happen at some point in the future.

Stress can negatively impact productivity and relationships, even leading to other illnesses if prolonged. Mindfulness practices can be used to learn to cope with stressors in a thoughtful and beneficial way.



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Origins and differences between meditation and mindfulness

- The practice of mindfulness, often viewed as a type of meditation, has become increasingly popular in recent years
- The roots reach back more than 2,500 years to early teachings of the Buddha and began with a type of meditation that translates into English as insight or clear awareness (Vipassana)
- Meditation isn't exclusively a religious practice, but it does have a lot of the same features as some types of prayer
- Today, mindfulness practices are most often taught secularly, without a mention of the historical connection to Buddhism

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ACTIVITY: What do you know about mindfulness and meditation?

1. Mindfulness teaches you to be aware of your feelings and:
 - Always change them into positive feelings
 - Accept them
 - Who to blame for them

2. Regular mindfulness can lead to physical changes in your brain
 - True
 - False

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ACTIVITY: What do you know about mindfulness and meditation?

3. Practicing mindfulness can affect your genes

- True
- False

4. Mindfulness helps with stress by:

- Making your body resistant to stress hormones
- Changing how you react to it
- Distracting you until the stress passes

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ACTIVITY: What do you know about mindfulness and meditation?

5. Mindfulness isn't effective for children under 10

- True
- False

6. Practicing mindfulness may help you fight off illness

- True
- False

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ACTIVITY: What do you know about mindfulness and meditation?

7. Mindfulness can help with chronic pain because it:

- Distracts you from feeling pain
- Shrinks your nerves that feel pain
- Helps you react to it differently

8. Mindfulness may help improve mental health

- True
- False

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Purpose

- In the late 1970s, Dr. Jon Kabat-Zinn (professor emeritus), founder and former director of the Stress Reduction Clinic at the University of Massachusetts, developed a program that is known as Mindfulness-Based Stress Reduction, or MBSR
- Originally used in healthcare settings, the application of mindfulness and stress reduction have spread successfully into other areas of life ranging from academic settings, to professional sports, business, finance, and even prisons
- There are certified MBSR instructors in dozens of countries around the globe
- The effectiveness of the approach has been supported by thousands of scientific research studies
- Mindfulness continues to be examined scientifically and has been identified as a key element in stress reduction and overall happiness

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Benefits

- Improves well-being
- Improves physical health
- Improves mental health



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Examples of a mindfulness exercise

- The raisin exercise



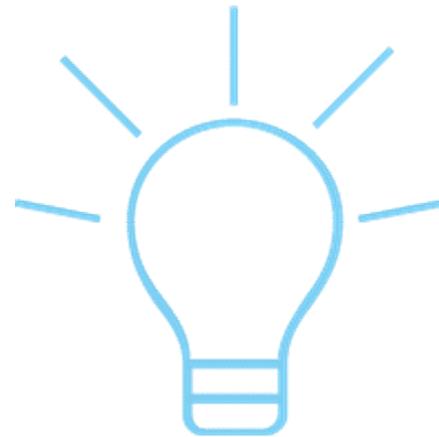
- Mini-mindfulness exercise



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Mindfulness considerations

- All mindfulness exercises can be used individually or in group settings; you may find some more challenging than others so a method of open minded trial and error may be helpful in finding what feels most comfortable to you
- Recognize that mindfulness is training of the mind, and like any exercise you will need to practice in order to see the benefits, and for your mind to get used to a new way of thinking
- Allow yourself to try new exercises and different techniques and interventions to find what feels best for you



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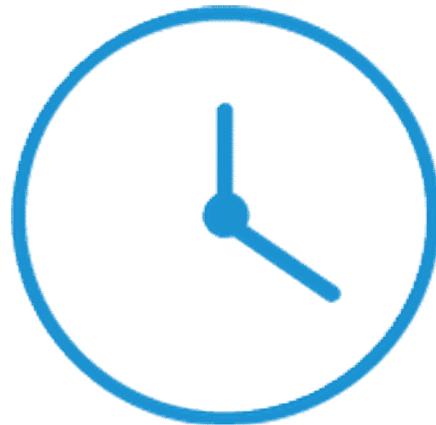
Mindfulness reminders

- Mindfulness practice builds upon concentration practices:
 - Impartially observe
 - Focused awareness
 - Keep trying
- Above all, mindfulness practice involves accepting whatever arises in your awareness at each moment. It involves being kind and forgiving toward yourself
- Some tips to keep in mind:
 - Gently refocus as needed
 - Keep trying

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Application

- By practicing mindfulness, it becomes easier to accept and effectively manage whatever comes your way during the rest of your day
- With practice you will see an improvement in your ability to focus and make sound decisions
- Look for ways to develop your mindfulness skills
- Mindful moments take only 10 to 60 seconds — they can be as quick as one cycle of breathing (inhalation and exhalation)



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Integrating mindful moments into your workday

- Look up and away from the screen and take a few calming breaths
- When you notice yourself feeling tense, remove yourself
- Notice the sensations in your body
- Look at something simple that you find beautiful or that gives you joy
- With practice, you'll learn to be more aware



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Next steps

Moving forward:

- What are you taking with you from this presentation today?
- What will you try to incorporate into your own life to be more mindful?

Quiz: What Is Mindfulness? (2016, December 13). Retrieved February 01, 2018, from <https://www.webmd.com/balance/rm-quiz-mindfulness>

Benefits of Mindfulness. (n.d.). Retrieved January 29, 2018, from <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm> Adapted with permission from Positive Psychology: Harnessing the Power of Happiness, Personal Strength, and Mindfulness, a special health report published by Harvard Health Publications.

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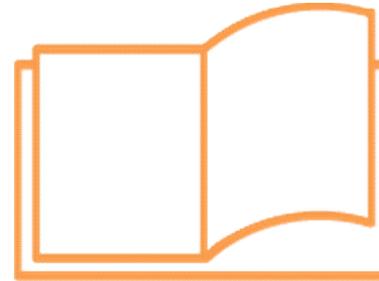
Resources

Case Management

- 888.545.4512

CapitalBlueCross.com

- Healthwise® Knowledgebase
- Capital BlueCross Nurse Line and Chat
 - 800.452.BLUE (2583)
 - Chat with a nurse through your secure member portal
- Blue365®
- MyCare Finder



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Apps

Mindfulness.com: Meditation app

- Your daily mindfulness coach for reducing stress, anxiety and improving your sleep.

My Life Meditation by Stop. Breathe.Think

- Helps you find your quiet place

Insight Timer: Meditation, Sleep, Music

- Guided meditations and talks





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