



# Make waves

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COMMUNITY EDUCATION DAY



**BREAK  
THE SILENCE.**

Lindner Center  
of HOPE

UIC Health.

# Mindfulness

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# What is Mindfulness?

- “The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”

Kabat-Zinn, 2003

# Benefits of Mindfulness

- **Lower stress, anxiety, depression, distress** (Khoury, Sharma, Rush, & Fournier, 2015)
- **Improved quality of life** (Khoury et al., 2015)
- **Greater prosocial behavior** (Donald et al., 2018)
- **Decreased substance use** (Chiesa & Serretti, 2014)
- **Decreased pain interference in those with chronic pain** (Veehoff, Trompetter, Bohlmeijer, & Schreurs, 2016)
- **Decreased binge episodes** (Godfrey, Gallo, & Afari, 2015)
- **Weight loss for those with obesity** (i.e., Dalen et al., 2010)
- **Improved attention** (Chiesa, Calati, & Serretti, 2011)
- **Improvements in metacognition and ruminative thinking** (Keng, Smoski, & Robins, 2011)

# What's and How's of Mindfulness

- Observe
- Describe
- Participate
- One-Mindfully
- Nonjudgmentally
- Effectively

Linehan, 2015

# Observe

- Awareness of your senses, environment, thoughts, feelings, internal experiences
- Just pay attention
- Ignore the urge to  
stop observing
- 5-4-3-2-1



Linehan, 2015



# Describe



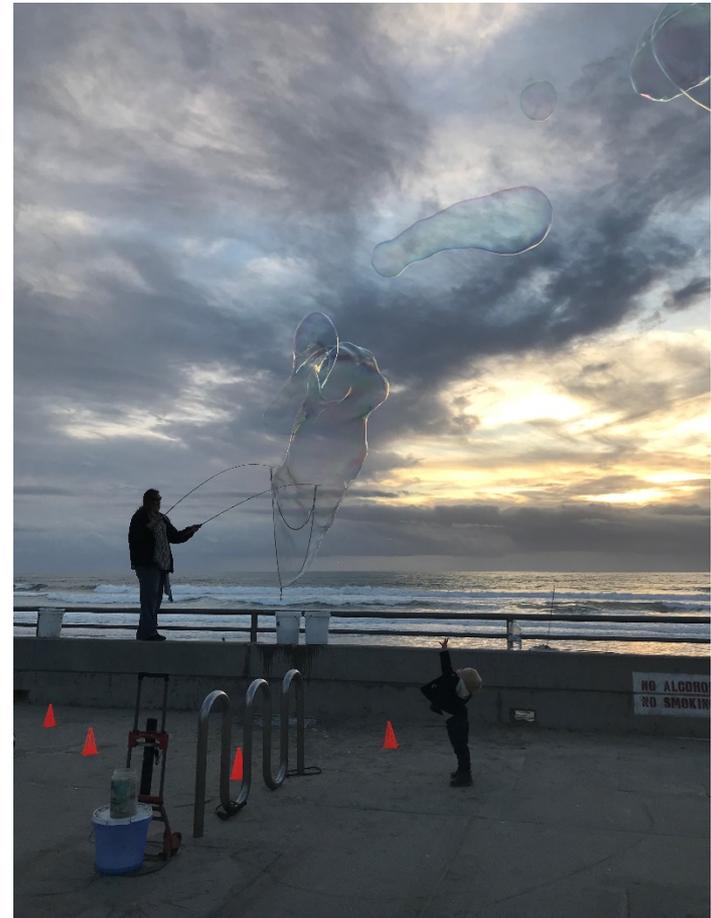
- Put words to what you are observing
- Detail-oriented
- Orally, writing, thought
- Cannot observe the thoughts, intentions, emotions of others!

Linehan, 2015

# Participate

- Throw yourself into one activity
- Incompatible with self-consciousness!
- Do what is needed in the situation

Linehan, 2015



# Non-Judgmental

- Judgments can be to discriminate or evaluate
  - Discriminate: Does this meet a standard? Does this fit the facts? Are these things the same or different?
  - Evaluate: i.e., good vs. bad
- Identify the role of our bias
  - Interpretations, opinions, assumptions
  - Label them as such
- Stick to the facts, what is objective
  - “I am so stupid” vs. “I did not do as well as I would have liked on that test”
- Let go of “shoulds”

Linehan, 2015

# One-Mindful

- “Completely present in the moment”
- Keep your mind on one thing at once
- Avoid multitasking
  - This leads to decreased enjoyment of pleasurable activities and decreased performance, efficiency, and learning from work or academic-related tasks
- Redirect yourself without judgment when it inevitably drifts

Linehan, 2015

# Effective

- Do things in a way that works
- What is your goal? What can you do to get as close as possible to your goal? What will likely work? What will likely not?
- This involves acceptance
  - You don't necessarily LIKE it, or approve of it. You are not necessarily for or against changing it. You are just recognizing the reality that you are in.
- Sometimes we change our situation, sometimes we change our reaction to a situation

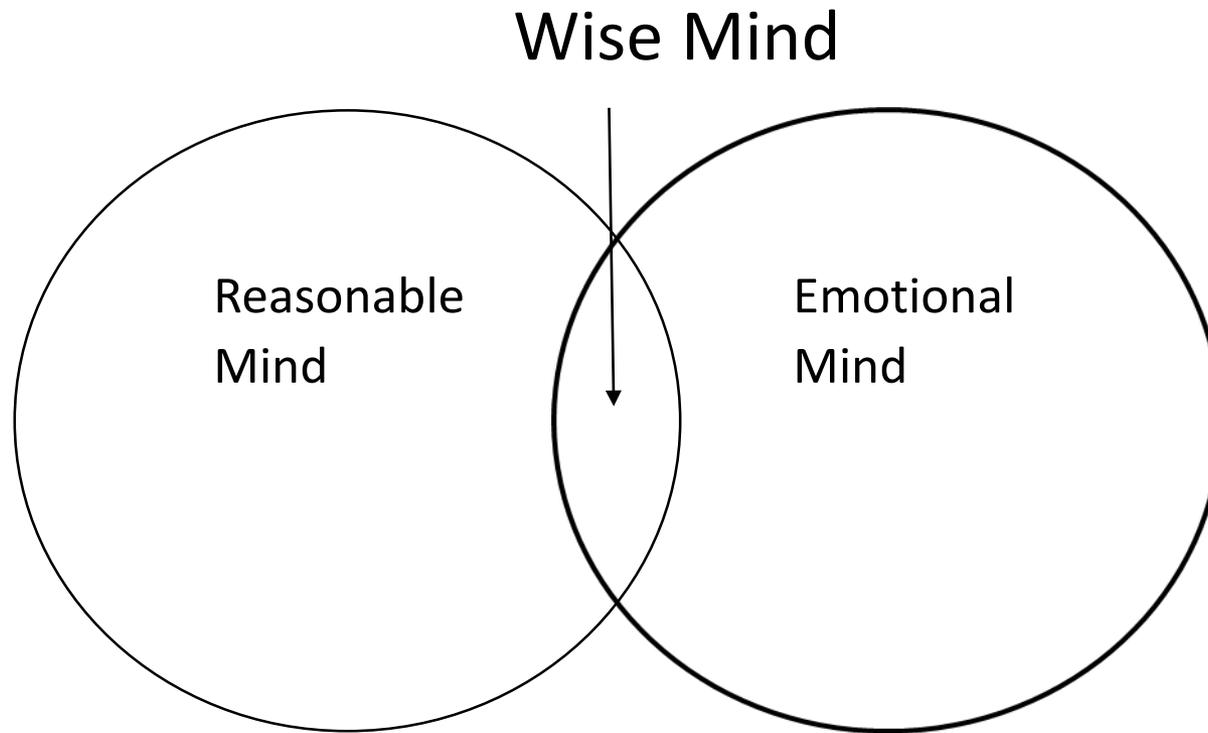
Linehan, 2015

# Mindfulness of Thoughts

- Observe with nonjudgment
- Acceptance and willingness of thoughts
- You are NOT one with your thoughts!!
- “Where did the thought come from?”
- Imagery exercises
  - Thoughts on a conveyer belt
  - Thoughts as clouds in the sky

Linehan, 2015

# Wise Mind



Linehan, 2015

# Mindful Eating

- What is it?

- Being aware of the physical characteristics of food
- Being aware of habits and the process of eating
- Being aware of triggers for mindless eating

(Albers, 2008)

- What is the research behind it?

- Medium-large to large effect sizes in the treatment of **binge eating disorder** (Godfrey, Gallo, & Afari, 2015)
- Weight loss in those with obesity (i.e., Dalen et al., 2010)
- Similar outcomes to diabetes self-management education for diabetes management (i.e., Miller et al., 2014)

# PHYSICAL VS. EMOTIONAL HUNGER

AM I HUNGRY?

## PHYSICAL

STOMACH GROWLING  
THINKING/CONSIDERING OPTIONS  
LOW ENERGY  
HUNGER GROWS SLOWLY  
TIME HAS PASSED SINCE LAST MEAL  
FOOD IS SATISFYING

YES

EAT

HEALTHY

VS.

UNHEALTHY

EAT IT  
MINDFULLY

## EMOTIONAL

NO PHYSICAL CUES (QUIET STOMACH)  
SPECIFIC CRAVINGS (LIKE CHOCOLATE)  
EATING FOOD FEELS LIKE BEST/ONLY OPTION  
LITTLE TIME HAS PASSED SINCE LAST BITE  
FOOD DOESN'T TOTALLY SATISFY  
WANDERING AROUND KITCHEN, SEARCHING

YES

DISTRACTION

OR

COMFORT

GET OUT OF KITCHEN  
KEEP HANDS BUSY  
CONNECT  
LAY DOWN  
READ  
EXERCISE/MOVE  
MINDLESS ACTIVITY

RELAX  
BREATHE DEEPLY  
UNPLUG FROM  
ELECTRONICS  
CONNECT/BE SOCIAL  
SOOTHE BODY  
CLEAN



[www.eatq.com](http://www.eatq.com)

*Dr. Susan Albers*  
Eat. Drink & Be Mindful™

# Mindful Eaters....

10 HABITS



1

Are choosy about what they eat. If they don't really like it, they don't eat it.



2

Are intentional about each bite (not just because food is "there").



3

Really taste food. Savoring and enjoying the food they love.



4

Tailor food to their particular taste.



5

Eat until they are no longer hungry or satisfied, not full.



6

Pace themselves. Eat slowly.



7

Are mentally present at the table, in-the-moment.



8

Don't multitask at meals. Minimize distraction while eating.



9

Soothe and comfort themselves without food.



10

Recognize eating "habits" that help and hinder healthy eating.



[www.eatingmindfully.com](http://www.eatingmindfully.com) Susan Albers @2014

# Mindfulness and Kids

- Be mindful of emotions and learn to take breaks
  - Role of mindful breathing
- Be nonjudgmental towards yourself as a parent
- Accept yourself, your child, your family just as you are
- Be PRESENT with your child
- Mindfulness of emotions, body sensations
  - “What is the weather like inside?”

i.e., Snel, 2013

# Chocolate Meditation

- Choose a chocolate
- Open the wrapper
  - Observe the aroma
- Break off a piece
  - Observe what it looks like
- Put it in your mouth
  - Can you hold it on your tongue?
  - Urges to suck on it? Bite it?
  - What flavors can you detect?
- Observe your mind wandering, and redirect
- After the chocolate melts, swallow it slowly, observe the sensations in your throat, mouth

Williams & Penman, 2011

# Loving Kindness Meditation

- Reduces self-hate, increases positive emotions
- Start with a loved one, or oneself
  - “May \_\_\_ be safe and protected”
  - “May \_\_\_ be healthy and whole”
  - “May \_\_\_ be filled with joy”
  - “May \_\_\_ be filled with ease”

Linehan, 2015

# Resources

- Books

- Jon Kabat-Zinn
- Mindfulness-Based Stress Reduction Workbook by Stahl & Goldstein
- Eat, Drink, and Be Mindful by Susan Albers
- Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel

- Apps

- Calm
- Headspace

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