

# The Benefits of Integrating the Skills of Living Mindfully with the Tools of Recovery

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and the Mindful Life Program™

# What is Recovery?



“We view recovery as a process rooted in developing the skills to reduce mental and emotional afflictions and eliminate intoxicants that prevent one from living a healthy, self-directed life in alignment with their values.”

- Mindfulness in Recovery® Guiding Principles

Can you make a list of five things you can do to improve the quality of your life?



What prevents you from doing what is on the list?

Why do we resist doing things that we know would greatly benefit us?

We often have, or have access to, many “tools” of recovery or of self-care and self-improvement.

However, those tools frequently go unused except when we are in some form of distress.

Mindfulness, integrated appropriately in one's life can help develop the *skills* to use the tools of recovery, self-care, and self-improvement.

# What is Mindfulness?





There is no agreed upon universal definition of mindfulness. It is taught from different perspectives, both within modern psychological models and different ancient traditions.

## Qualities of Mindfulness

- Presence of mind – we are aware of what we are thinking and paying attention to.
- Bearing in mind – not forgetting what we want to keep in mind, such as our intentions, purpose, or lessons learned.
- Awareness of our internal and external conditions - this allows for wise discernment and the ability to make healthy choices.
- Wisdom – developing an open, curious, and discerning mind that can recognize personal biases, projections, and elaborative processes that are unhealthy and limiting.

# Degrees of Mindfulness

- Aware of what I am doing
- Aware of why I am doing it
- Aware of whether or not it is healthy/beneficial
- Aware if it based in reality

# Living Mindfully

“The practice of mindfulness is much more than present moment awareness, it includes and facilitates the cultivation of **attention, wisdom** and the ability to make **healthy choices** that foster genuine happiness and a **meaningful life.**” – John Bruna

# The Ultimate Reward Circuit

The more people are able to live in alignment with their deepest personal values, the greater opportunity they have to develop inner peace, well-being, and deepen their sense of worthiness.

The greatest obstacle to living a meaningful life in alignment with our values is that we rarely spend time reflecting upon them and bearing them in mind as we engage in our lives.

# The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction

**Edo Shonin, William Van Gordon**

International Journal of Mental Health and Addiction

Shonin, E., & Gordon, W. (2016). The mechanisms of mindfulness in the treatment of mental illness and addiction. *International Journal of Mental Health and Addiction*, 14(5), 844-849.

<http://dx.doi.org/10.1007/s11469-016-9653-7>

# Benefits of Mindfulness in Addiction Treatment

- Can rewire the brain in healthy ways
- Values clarification
- Increased resiliency in challenging situations
- Increase in spirituality/connection with others
- Greater situational awareness
- Increase in self-awareness
- Reduced stress

Shonin, E., & Gordon, W. (2016). The mechanisms of mindfulness in the treatment of mental illness and addiction. *International Journal of Mental Health and Addiction*, 14(5), 844-849.

# Mindfulness Skills

- Developing and sustaining healthy habits and routines
- Meditation/mindfulness practices
- Daily intentions, check-ins, and reflections
- Cultivating a supportive community



# Mindfulness in Recovery®

- The MIR Institute trains clinicians and addiction treatment professionals
- Offers online programs for integrating the MIR skills into daily life.
- Has an inclusive recovery support group that supports all pathways of recovery.
- Uses the language of recovery.
- Does not promote any particular religious or spiritual belief system.
- Focuses on mindfulness skills.
- Has daily readings, activities, meditations, and an app to support members wherever they are.
- There are online MIR meetings daily.

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

Thank you for your attention. I hope you have found this presentation beneficial.

Further questions?

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# Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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