

MINDFULNESS FOR LIFE

CHILDREN AND FAMILIES AWARENESS SERIES

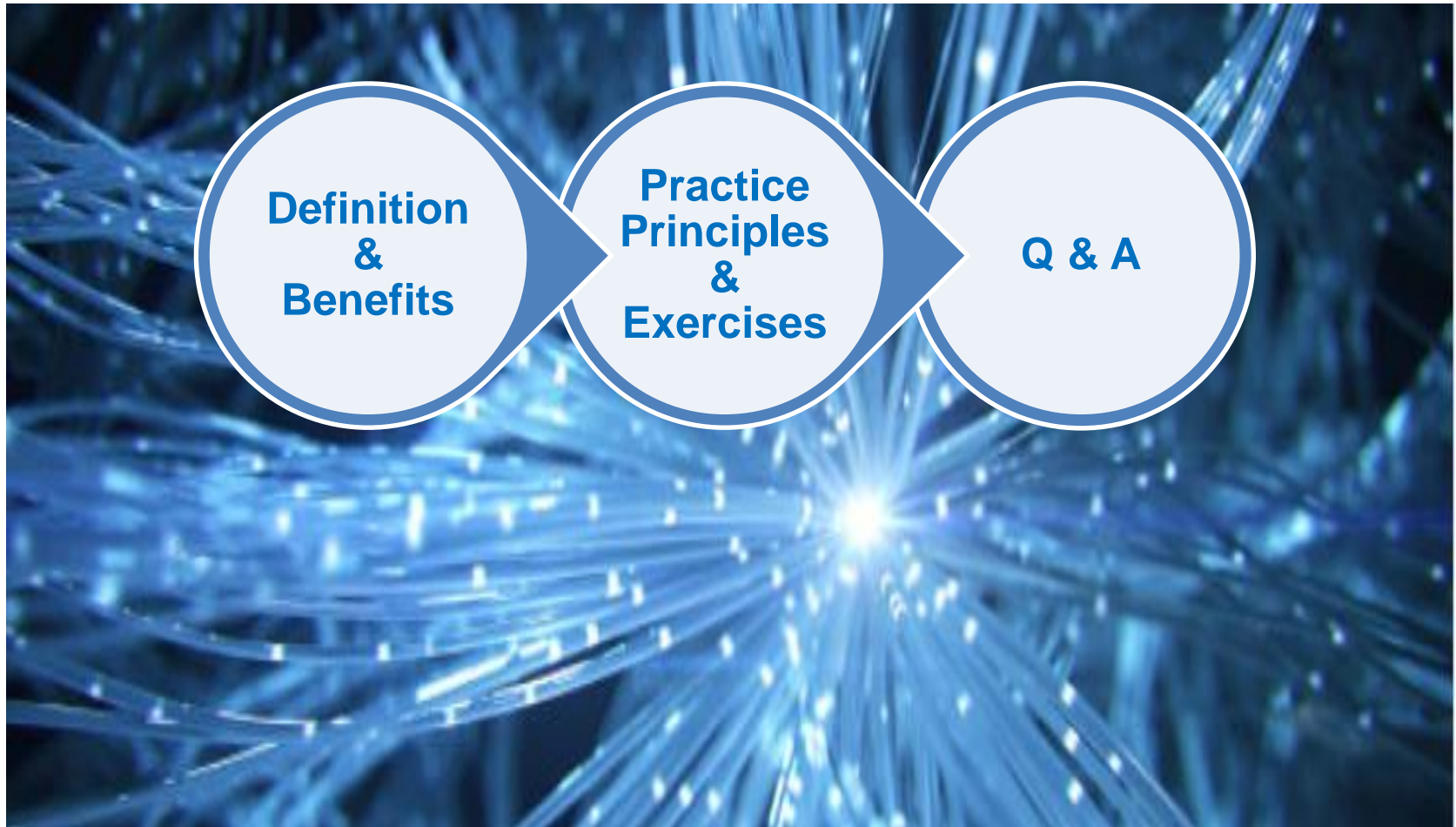
OCTOBER 2021



Dr. Kristi Hoff, L.P., D.C.
Certified Personal and Corporate Mindfulness Instructor



MINDFULNESS FOR LIFE





What is mindfulness?

Paying attention in a particular way, on purpose, in the present moment, and non-judgmentally, as if your life depends on it.

Jon Kabat-Zinn, PhD University of Massachusetts

Mindfulness is paying attention to a situation with the intention of managing your awareness in a way that stops you from judging the situation prematurely.

Dr. Jutta Tobias, Cranfield School of Management

Being present time aware of what is occurring internally and externally in a way that improves one's self awareness, communication and actions.

Dr. Kristi Hoff, Mindfulness Instructor & Member of Cigna's Mindfulness Integration Committee





ABC AWARENESS PRACTICE

Meditation research and the positive impact on the brain



Networks and connections

Concentration
Attention



Amygdala size

Stress/fear
response



Gray matter

Emotional regulation
Self-awareness



“Me” center activity

Impulsivity



Lazar, S. (2011). *Eight weeks to a better brain*. The Harvard Gazette. <https://news.harvard.edu/gazette/story/2011/01/eight-weeks-to-a-better-brain/>



Research results on the benefits of mindfulness practice



Mindfulness practice improved...

- Medical symptoms 32%
- Perceived stress symptoms 29%
- Acting with self-awareness 26%
- Observational skills 26%
- Non-reactivity 25%
- Non-judgment 22%

Kabat-Zinn, J. (2016). *MBSR Training: 8-Week Course in Mindfulness-Based Stress Reduction*.

https://www.mindfulleader.org/mbsr-training?gclid=EAlaIQobChMlrvr_v6OE8wIVfWpvBB0ltguJEAAAYASAAEgJuw_D_BwE



Richard Davidson

One of the world's top neuroscientist who founded Centre for Healthy Minds at University of Wisconsin-Madison.

His key question...

Why are some people more resilient to life's challenges more than others?



Davidson's talk at 'Mindfulness & Wellbeing at Work' (March 2016)

Wellbeing is a skill that can be learnt. Four areas have been studied rigorously:

Resilience - Mindfulness meditation can improve resilience circuits in brain.

Outlook - 30 mins daily of 2 weeks loving kindness meditation had positive effects.

Attention - Smartphone study found a wandering mind is an unhappy mind.

Generosity - Generosity and altruism activate circuits in the brain that are key to fostering well-being.



Davidson, R. (2016). Mindfulness and wellbeing at work.

<https://www.google.com/search?q=richard+davidson+Mindfulness+%26+Wellbeing+at+Work+2016>

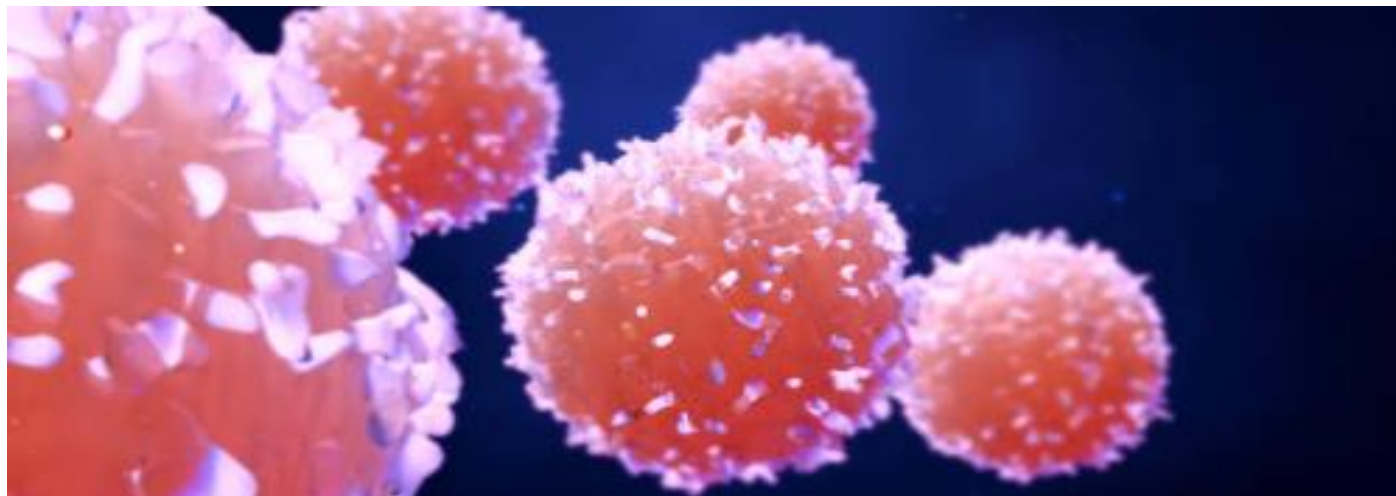


Seminal Study by Davidson: Alterations in brain and immune function produced by mindfulness meditation.

- Randomized experiment on 25 people with another 16 in control group
- Brains scanned before and after the 8-week mindfulness course
- After 8 weeks, both groups given flu shots

The meditation group had significantly more:

- Left pre-frontal cortex activity associated with resilience
- Antibodies in bloodstream associated with improved immune function



Davidson, R. (2003). Seminal Study by Davidson.

https://www.researchgate.net/publication/316537592_A_Critical_Review_of_Scales_Used_in_Resilience_Research

MINDFUL PRACTICES

FORMAL



INFORMAL



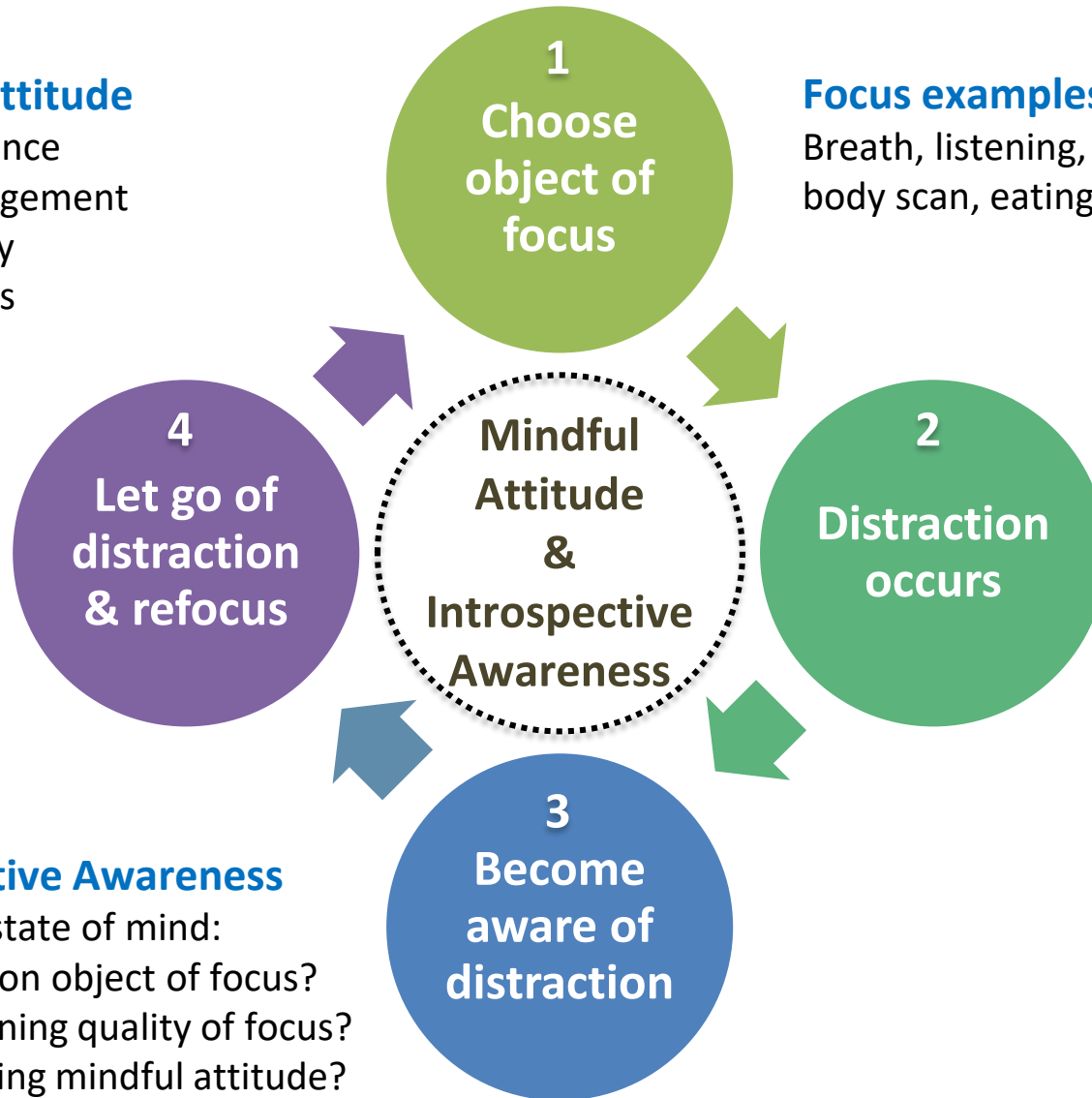
SINGLE - POINTED MINDFULNESS PRACTICE

Mindful Attitude

- Acceptance
- Non judgement
- Curiosity
- Kindness

Focus examples:

Breath, listening, walking, body scan, eating, etc.



Distractions:

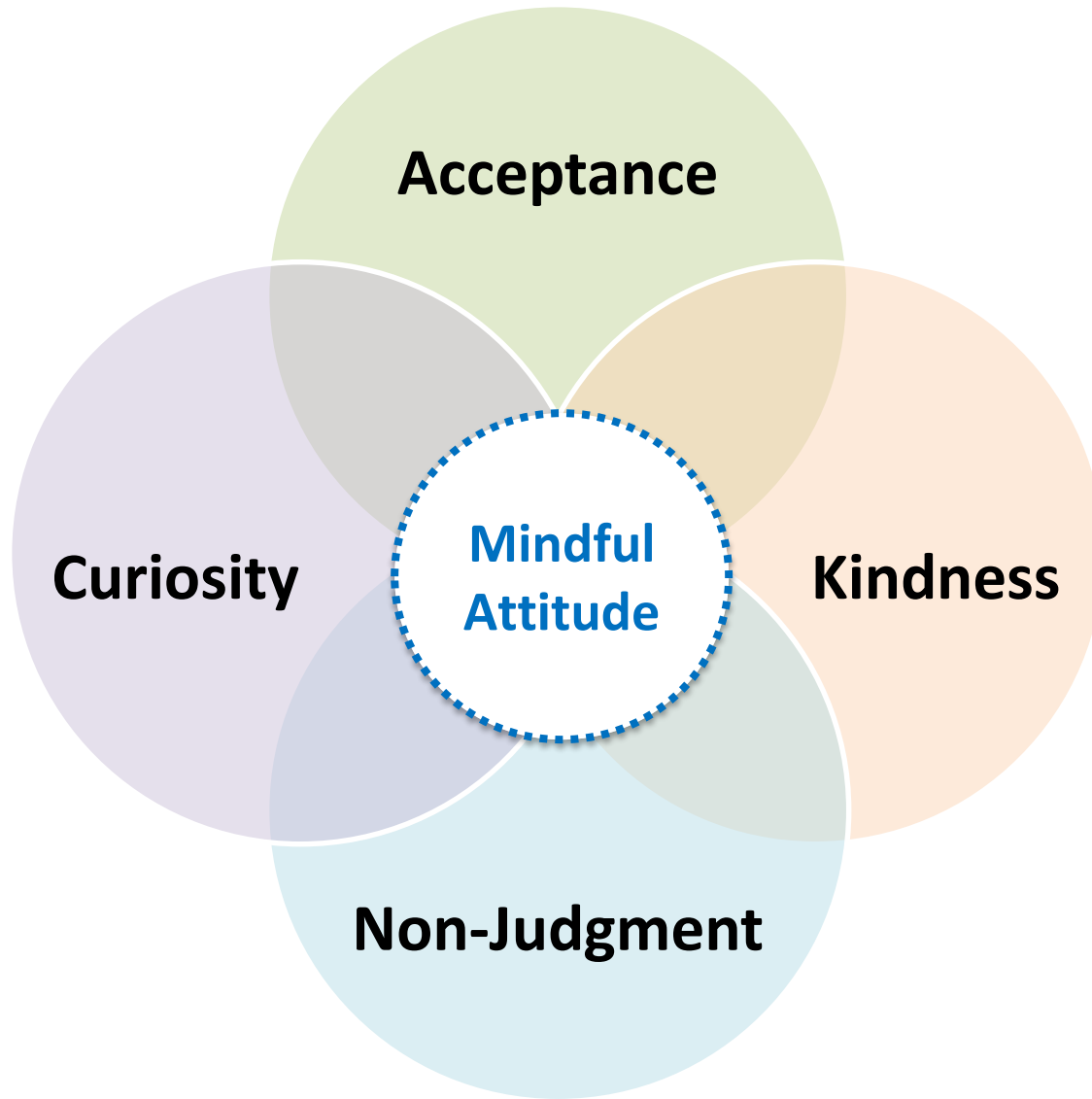
Thoughts, emotions, images, sounds, body sensations, memories, etc.

Introspective Awareness

Observing state of mind:

- Staying on object of focus?
- Maintaining quality of focus?
- Cultivating mindful attitude?





MINDFULNESS PRACTICE: MENTAL FITNESS TRAINING

1

Following the 4 Step
Loop

Disciplined
Mind

Focus
Attention
Memory

2

Cultivating a
Mindful Attitude

Emotional
Intelligence &
Regulation

Relationships
Stress
Creativity





MINDFUL EATING

Expressing Gratitude Improves



Feelings of Joy and Happiness



Generosity, Altruism & Compassion



Resiliency



Depression and Anxiety



Physical Health and Sleep



Mindfulness

Rich Hanson's 3 steps for 'Taking in the Good'

1 Be aware of the positive experience and let it register

2 Savor the positive experience: sustain feel and intensify it

3 Deeply feel the emotions of the positive experience



Hanson, R. (2021). Greater good science center. https://greatergood.berkeley.edu/profile/rick_hanson



Simple ways to be more mindful

Starting or ending the day

- Two minute mindful practice such as ABC exercise, breath awareness, etc.
- Acknowledge three things you are grateful for
- Mindful movement such as walking, stretching, yoga
- Mini meditation on the focus for the day
- Drink your coffee mindfully

At Work

- Commit to no multitasking
- Listen mindfully
- Take a mindful walk or stretch break
- Take a mindful pause before responding or taking action
- Acknowledge and express gratitude for others

At Home

- Do any home activity mindfully such as cooking, cleaning and eating
- Listen mindfully
- Five minutes of formal mindfulness practice
- Mindful movement such as walking, yoga or exercise
- Acknowledge and express gratitude for others

Guided mindfulness meditations

1. Coach by Cigna - Download from App Store or Goggle Play Store¹
2. Happify² - <https://cigna.happify.com/>

1. The downloading and use of any mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply. The Apple logo, and App Store are registered trademarks of Apple Inc. Google Play is a trademark of Google LLC. Cigna does not endorse any third-party products or services and will not be responsible for the use or misuse of such products or services. 2. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.



MINDFULNESS FOR LIFE

QUESTIONS & COMMENTS

CHILDREN AND FAMILY AWARENESS SERIES

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Evernorth Care Solutions, Inc., and Evernorth Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

960956 09/21 © 2021 Cigna. Some content provided under license.

Confidential, unpublished property of Cigna. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2021 Cigna

