Quick Hit of Wellness: Five Minutes of Peace during a Busy Work Day

Sheila M. Hofert, MD
Assistant Professor of Pediatrics
Johns Hopkins School of Medicine
Director, Pediatric Hospital Medicine
Program and Pediatric Center
Johns Hopkins Bayview Medical Center

Session Outline

- Introduction to mindfulness and word cloud: 10min
- Movement exercise: 5min
- Meditation and contemplative practice: 10min
- Three minutes of red: Beginner’s mind and noticing: 5min
- Home exercises: 2min
- Conclusion and questions: 3min
Objectives

At the completion of this workshop the participants will be able to:

- Define mindfulness

- Enhance their self-awareness of present moment through short mindfulness exercises

- Learn to implement short mindfulness exercises during work day and teach these exercises to others

Disclosures

No financial relationships to disclose

No off-label medications
I will not make lists while seeking peace.

Mind Full, or Mindful?
Mindfulness definition

“Mindfulness is the aware, balanced acceptance of the present experience. It is opening to, or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”

—Sylvia Boorstein

Mindfulness Qualities

- Non-judging
- Patience
- Beginner’s Mind/Intellectual Curiosity
- Trust
- Non-striving
- Acceptance
- Letting Go (non-attachment)
Mindfulness Based Stress Reduction Course

- 8 weeks
- 2 hours a week & one full day retreat
- 45 minute practice of meditation daily

A meta-analysis of about 47 trials with 3515 participants suggested:
- Moderate evidence for reduced anxiety, depression, and pain.
- Some evidence for reduced stress/distress and mental health.

Goyal, M et al JAMA Intern Med 2014
Mindfulness in medicine

“Mindfulness is the cultivation of present-moment awareness through nonjudgmental presence, which is the foundation of the healing encounter.”

Jon Kabat-Zinn

Benefits shown from mindfulness courses for providers

- Increased self-compassion
- Reduced stress, burnout, distress, emotional exhaustion
- Reduced anger, anxiety, depression, fatigue
- Improved overall mood state

Movement Exercises

Meditation Practice
Meditation

Medicine and Meditation share the same Latin origin:
Mederi = to heal

A daily mediation practice

- Enhances concentration
- Eliminates the effects of distraction
- Focuses attention
- Leaves lasting calmness
Pause and Breath
“This Breath, this Moment”

-Before entering the patient’s room
-On the way to responding to a code
-Before entering a meeting
-Responding to an angry email/ phone call

Breathe
Five Minutes of RED
Home Practice

1. Routine daily mindfulness activities handout

2. Non-routine daily mindfulness activities handout

In conclusion

I hope this session has allowed you to:

- Define mindfulness and become aware of the evidence behind it for providers and patients
- Learn quick exercises to practice mindfulness during a busy day at the hospital
- Have available a description of how to be more mindful during some routine daily activities
• Thank You
• Feel free to contact me:
• shofert1@jhmi.edu