

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

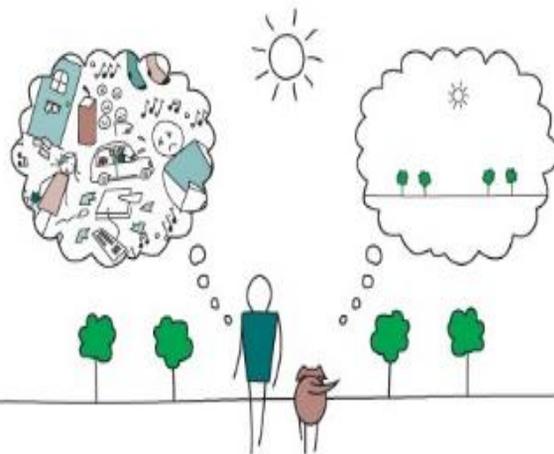
No off-label medications

I will not make lists
while seeking peace.

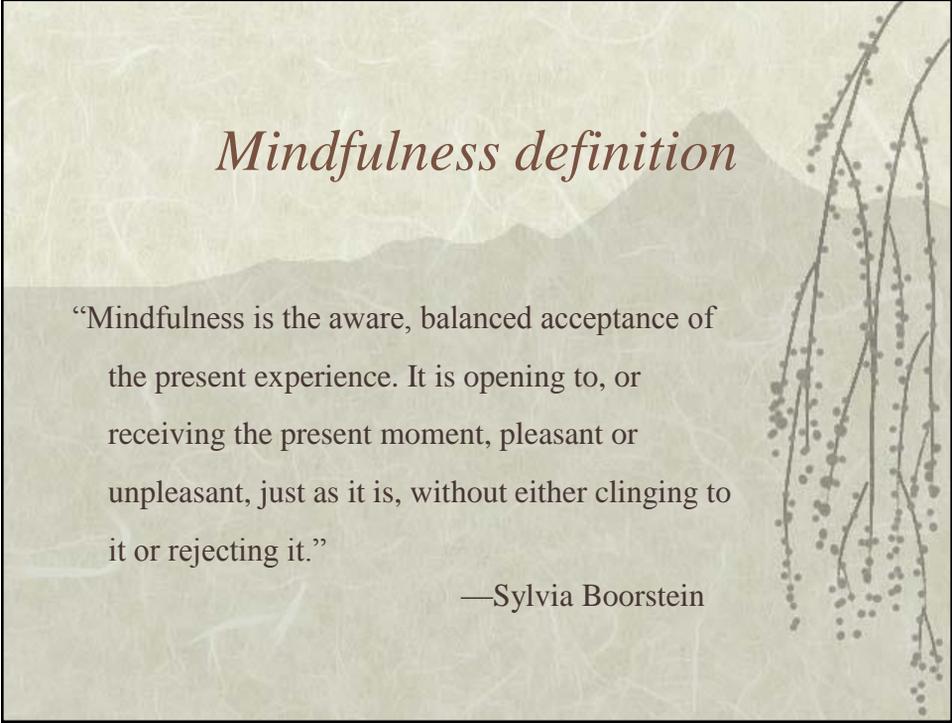


©2013 donna a. lewis
dist. by WPWG

www.replyallcomic.com
8-28



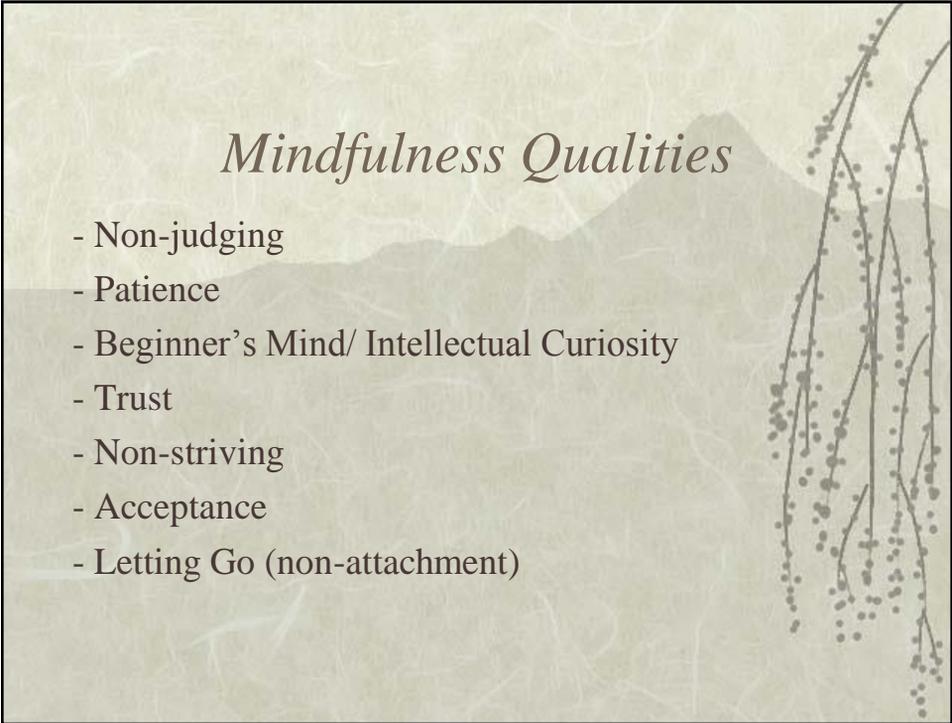
Mind Full, or Mindful?



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,
- Some evidence for reduced stress/distress and

dep
mer

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

Fortney 2013, Krasner 2009, Shapiro 2005, and Galantino 2005

Movement Exercises



Meditation Practice





Meditation

Medicine and Meditation share the same
Latin origin:

Mederi = to heal



A daily meditation practice

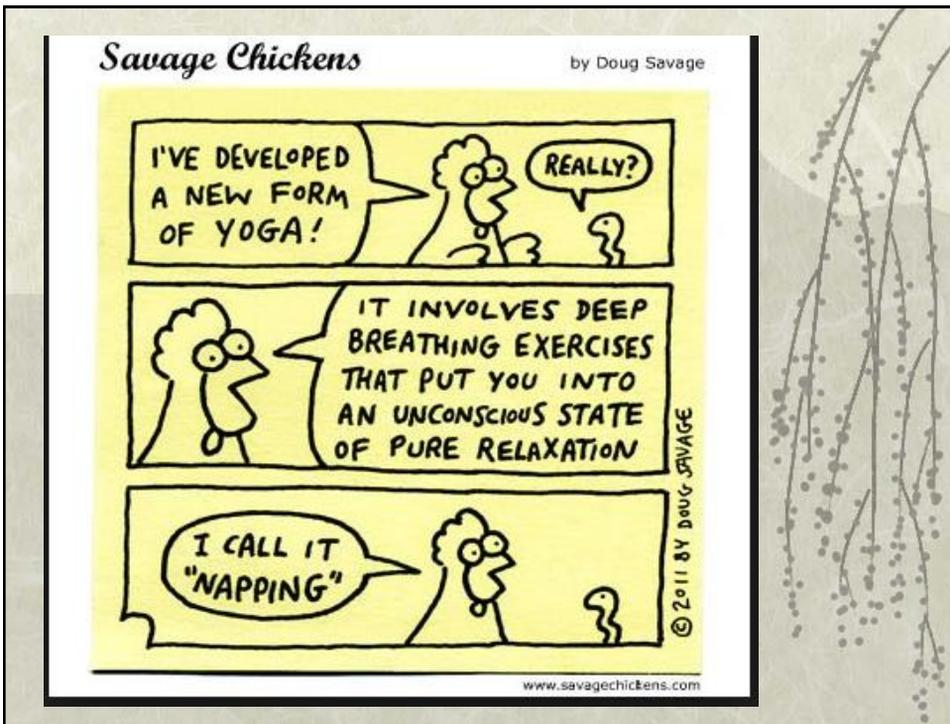
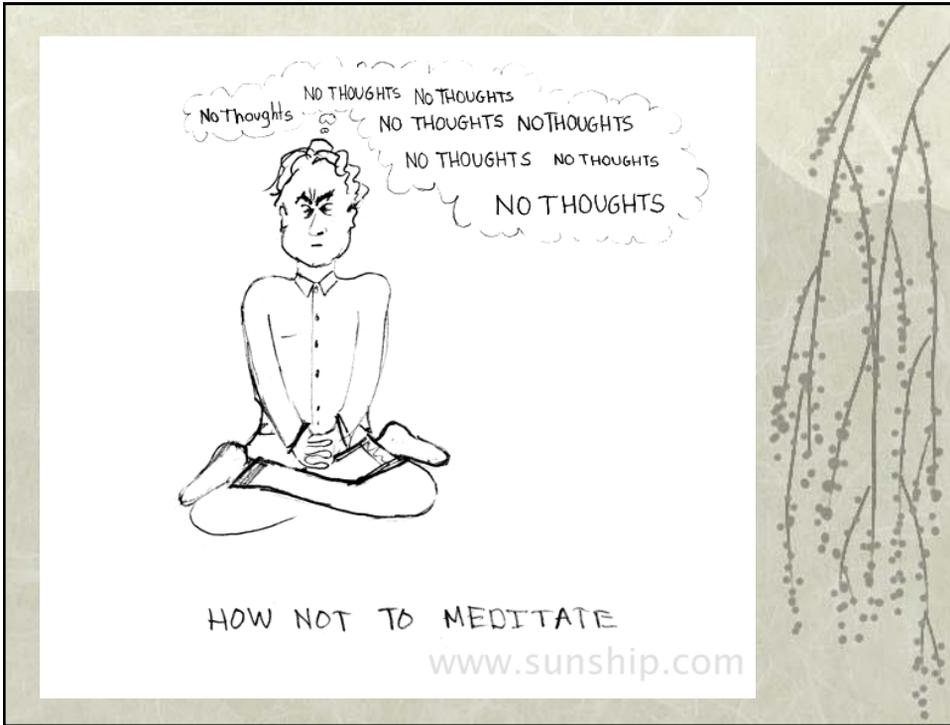
- Enhances concentration
- Eliminates the effects of distraction
- Focuses attention
- Leaves lasting calmness

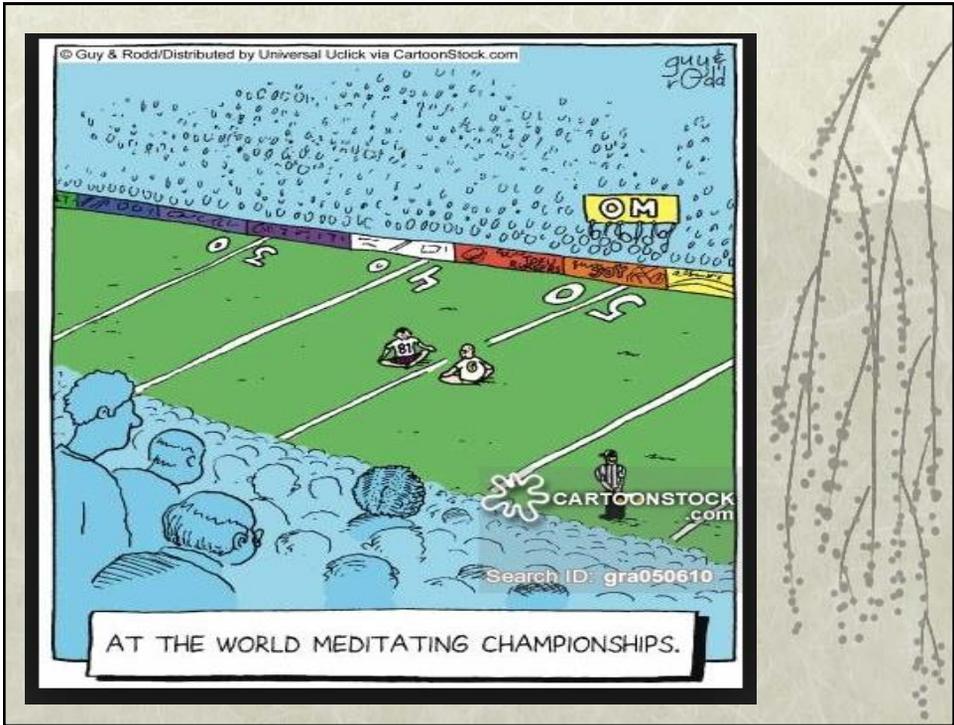
Pause and Breath
“This Breath, this Moment”

- 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







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