


Mind-Body Practices for the Health and Well-Being of Healthcare Providers

Anne Haskins, PhD, OTR/L, Wanda Lauer, OTD, OTR/L
and Michelle Montgomery, MSW

1



Pre-Session Questions

- Which of the following statements best captures the difference between mindfulness and mindfulness-based practices?
 - Mindfulness-based practices are the same as mindfulness.
 - Mindfulness is characterized as a no-judgmental awareness of experiences as they arise while mind-body practices are practices to promote mindfulness.
 - Mind-body practices can only be practiced in a controlled environment while mindfulness can be practiced in any setting.
- Which of the following statements best describes the benefits of mind-body practices?
 - The practitioner will be more efficient in all tasks and be able to schedule more tasks.
 - The practitioner will not worry or experience stress again.
 - Diminished anxiety, burnout, depression and increased resilience, brain gray matter, and attention
 - No changes will occur physiologically or cognitively but the practitioner will feel better
- Which of the following describes a way to incorporate mind-body techniques into your daily routine?
 - Counting backwards from 10 while focusing on the breath.
 - Focusing your attention on each experience that rises and falls when washing your hands.
 - Doing a 10-minute meditation in the middle of the work day.
 - All of the above

2

Session Objectives



1. Identify the psychological, cognitive & physical benefits of engaging in mind-body practices (such as mindfulness, yoga, meditation, etc.);
2. Engage in a meditative exercise to experience the benefits of mind-body practices;
3. Consider how mind-body practices might positively influence their health and wellness as a health care provider.

3

Formal Training

- The Institute for Integrative Health, Baltimore, MD
 - Educating for Enhanced Self-Awareness and Self-Care: *An Experiential Faculty Program in Mind-Body Medicine*
 - Aviad Haramati, PhD, Georgetown University School of Medicine
 - Nancy Harazduk, MEd, MSW, Georgetown University School of Medicine
- University of Cincinnati Center Integrative Health & Wellness
 - *Mind-Body Skills Facilitator Training Retreat*
 - Sian Cotton, PhD, University of Cincinnati Center for Integrative Health & Wellness
 - Aviad Haramati, PhD, Georgetown University School of Medicine

4

Background & Need



- Healthcare is experiencing unprecedented levels of burnout (Murthy, 2022)
- Rural health workers are particularly vulnerable to burnout, emotional stress, and extreme staff shortages (Behea et al., 2020; Terry & Woo, 2021).
- Students in healthcare are also experiencing a rise in anxiety, depression, and associated conditions (McConville et al., 2017; Murthy, 2022).
- Impacts of burnout affects the healthcare workers, patients, the overall system, and the community and society (Murthy, 2022).

5

What is Mindfulness?



Created by Henck van Bilsen (2009)

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

~ Jon Kabat-Zinn

6

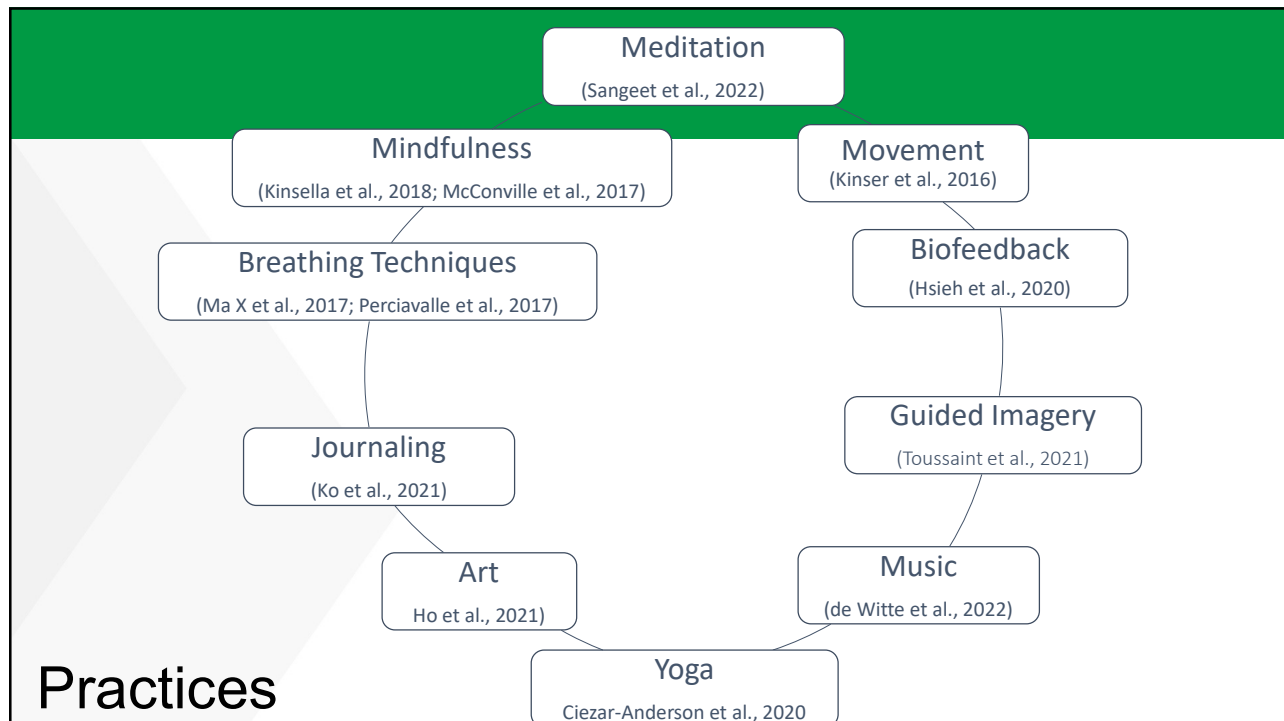
What is Mind-Body Practice?



“Mind-body therapies are a group of healing techniques that enhance the mind’s interactions with bodily function, to induce relaxation and to improve overall health and well-being.”

(Memorial Sloan Kettering Cancer Center, n.d., para.)

7



8

Mindfulness Meditation: The Origins

- Rooted in Hinduism & Buddhism
- Made popular in the West – 1960's & 1970's
 - Herbert Benson, MD, Harvard University
 - Founder of the Mind-Body Medical Institute at Massachusetts General Hospital
 - Jon Kabat-Zinn, PhD, University of Massachusetts
 - Founder of the Center for Mindfulness at the U of Massachusetts Medical School & the Oasis Institute for Mindfulness-Based Professional Education and Training
 - Mindfulness-Based Stress Reduction (MSBR)

9

Benefits of Mind-Body Practices



- Mindfulness practices can contribute to practitioner wellbeing, build resilience, and combat the negative effects of stress (Kinsella et al., 2020; McConville et al., 2017; Murthy, 2022).
- Evidence shows that mindfulness training reduces symptoms related to stress, depression, and anxiety. It also increases empathy and self-efficacy (Gomutbutra et al., 2022; Kinsella et al., 2020; McCoville et al., 2017).
- Healthcare workers have reported reduced burnout, exhaustion and depersonalization after using mindfulness techniques (Kim & Hunter, 2023).

10

Body Scan

(Mind-body Awareness; Kim & Hunter, 2023)

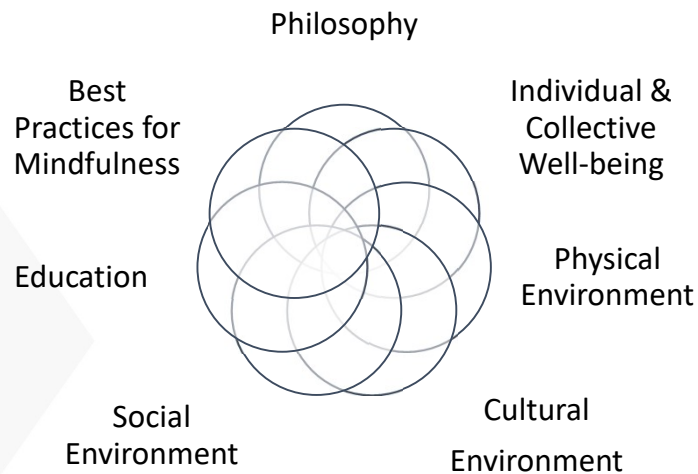
11

The Mind-Body Medicine/Skills Course at SMHS

- Medical curriculum: offered as an elective starting in early 2000's
- Occupational Therapy: offered as an elective in 2022

12

Translation to Practice



(Kim & Hunter, 2023; Loucks, et al., 2022; Micklitz et al., 2021; Willgens & Palombaro, 2019)

13

Translation to Practice



o Resources in Handout

- o Books
- o Apps
- o Podcasts
- o Meditation teachers
- o Researchers
- o Tips for practice

The 54321 Method: Benefits & How to Use It


How to Use the 54321 Method

- Focus on 5 things you can see
- Focus on 4 things you can touch
- Focus on 3 things you can hear
- Focus on 2 things you can smell
- Focus on 1 thing you can taste

CHOOSING therapy

Suarez-Angelina, L. (2022)

14

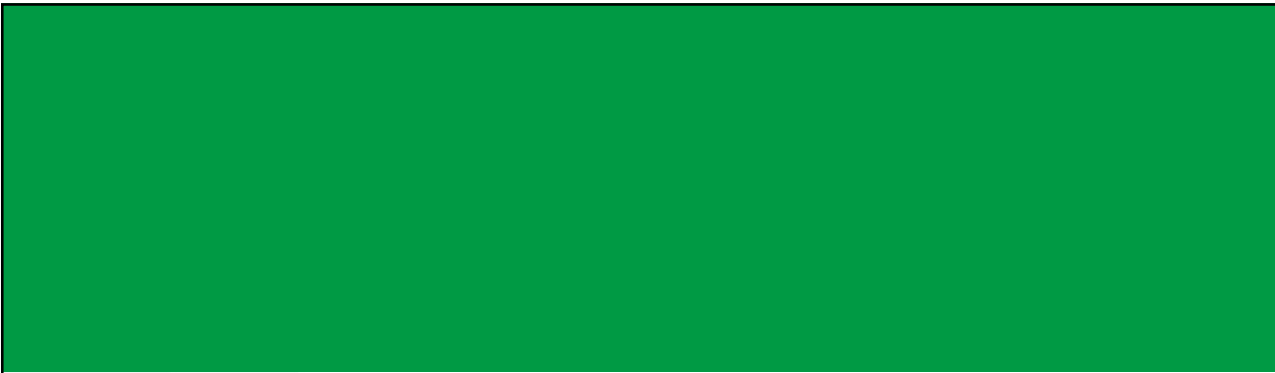


Translation to Practice

UNO

Project7 Mindfulness Pledge© (Varney, n.d.).
<https://project7pledge.com/blog/p7p>

15



Sitting Meditation

From: Thich Nhat Hahn, 2014, *How To Sit*, Parallax Press

16

References



- Bethea, A., Samanta, D., Kali, M., Lucente, F.C. & Richmond, B.K.. (2020). The impact of burnout syndrome on practitioners working within rural healthcare systems. *American Journal of Emergency Medicine*, 38(3), 582-588. doi:10.1016/j.ajem.2019.07.009
- Ciezar-Anderson, S., Hayden, K., King-Shier, K. (2021). A systematic review of yoga interventions for helping health professionals and students. *Complementary Therapies in Medicine*, 58, <https://doi.org/10.1016/j.ctim.2021.102704>
- Davidson, R.J. & Kaszniak, A.W. (2015). Conceptual and methodological issues in research on mindfulness and meditation. *American Psychology*, 70(7), 581-592. Doi: 10.1037/a0039512.
- de Witte, M., Pinho, A., Stams, G. J., Moonen, X., Bos, A. E. R., & van Hooren, S. (2022). Music therapy for stress reduction: A systematic review and meta-analysis. *Health Psychology Review*, 16(1), 134–159. <https://doi.org/10.1080/17437199.2020.1846580>
- Goldstein, (2018). *The S.T.O.P. practice for stress*. Mindful: Healthy mind, healthy life. <https://www.mindful.org/the-s-t-o-p-practice-for-stress/>
- Gomutbutra, P. et al. (2022). Effect of intensive weekend mindfulness-based intervention on BDNF, mitochondria function, and anxiety. A randomized crossover clinical trial. *Comprehensive Psychoneuroendocrinology*, 11, 1-8. <https://doi.org/10.1016/j.cpne.2022.100137>

17

References



- Hanh, T.N. (2014). *How to sit*. Parallax Press.
- Hanson, R. (2020). *Neuro dharma – New science, ancient wisdom, and seven practices of the highest happiness*. Harmony Books.
- Ho, A.H.Y., Tan-Ho, G., Ngo, T. A., Ong, G., Chong, P.H., Dignadice, D., Potash, J. (2021). A novel mindful-compassion art-based therapy for reducing burnout and promoting resilience among healthcare workers: Findings from a waitlist randomized control trial. *Frontiers in Psychology*, 20(12). <https://doi.org/10.3389/fpsyg.2021.744443>
- Hsieh H-F, Huang I-C, Liu Y, Chen W-L, Lee Y-W, Hsu H-T. (2020). The effects of biofeedback training and smartphone: Delivered biofeedback training on resilience, occupational stress, and depressive symptoms among abused psychiatric nurses. *International Journal of Environmental Research and Public Health*. 17(8):2905. <https://doi.org/10.3390/ijerph17082905>
- Kabat-Zinn, J. (1990). *Full catastrophe living: The program of the stress reduction clinic at the University of Massachusetts Medical Center*. Delta, Random House Publishing Group.
- Kim, S. & Hunter, S. (2023). Can brief online mindfulness programs mitigate healthcare workers' burnout amid the COVID-19 Pandemic? *Mindfulness*, 14, 1930-1939. Doi: <https://doi-org.ezproxylr.med.und.edu/10.1007/s12671-023-02175-8>

18

References



- Kinsella, E.A., Smith, K., Bhanji, S., Shepley, R. Modor, A. U Bertrim, A. (2020). Mindfulness in allied health and social care professional education: A scoping review. *Disability and Rehabilitation*, 42(2), 283–295
<https://doi.org/10.1080/09638288.2018.1496150>
- Kinser, P., Braun, S., Deeb, G., Carrico, C. & Dow, A. (2016). "Awareness is the first step": An interprofessional course on mindfulness and mindful movement for healthcare professionals and students. *Complementary Therapies in Clinical Practice*, 25, 18-25.<https://doi.org/10.1016/j.ctcp.2016.08.003>
- Ko H., Kim S., & Kim E. (2021). Nursing students' experiences of gratitude journaling during the COVID-19 pandemic. *Healthcare*, 9(11), 1473.
<https://doi.org/10.3390/healthcare9111473>
- Loucks, E.B., Crane, R.S., Sanghvi, M.A., Monero-Marin, J., Proulx, J., Brewer, J.A., & Kuyken, W. (2022). Mindfulness-based programs: Why, when and how to adapt? *Global Advances in Health and Medicine*, 11, 1-12.
- Ma X., Yue, Z.Q., Gong, Z.Q., Zhang, H., Duan, H. Y., Shi, Y.T., Wei, G.X., Li, Y.F. (2017). The effect of diaphragmatic breathing on attention, negative affect, and stress in healthy adults. *Frontier in Psychology*, 6(8).
<https://doi.org/10.3389/fpsyg.2017.00874>

19

References



- McConville, J., McAleer, R., & Hahne, A. (2017). Mindfulness training for health profession students – The effect of mindfulness training on psychological well-being, learning and clinical performance of health professional students: A systematic review of randomized and non-randomized controlled trials. *Explore*, 13(1), 26-45.
<http://dx.doi.org/10.1016/j.explore.2016.10.002>
- Memorial Sloan Kettering Cancer Center. (n.d.). About mind body therapies.
<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/mind-body>
- Micklitz K, Wong G, Howick J. (2021). Mindfulness-based programmes to reduce stress and enhance well-being at work: a realist review. *BMJ Open*, 11, e043525. doi:10.1136/bmjopen-2020-043525
- Murthy, V.H. (2022). *Addressing health worker burnout: The U.S. Surgeon General's advisory on building a thriving healthy workforce*. <https://www.hhs.gov/sites/default/files/health-worker-wellbeing-advisory.pdf>
- Ofei-Doodoo, S., Cleland-Leighton, A., Nilsen, K., Cloward, J. & Casey, E. (2020). Impact of a mindfulness-based, workplace group yoga intervention on burnout, self-care, and compassion in health care professionals. *Journal of Occupational and Environmental Medicine*, 62 (8), 581-587. doi: 10.1097/JOM.0000000000001892.

20

References



- Perciavalle, V., Blandini, M., Fecarotta, P., Buscemi, A., Di Corrado, D., Bertolo, L., Fichera, F., Coco, M. (2017). The role of deep breathing on stress. *Neurological Sciences*, 38(3), 451-458. <https://doi.org/10.1007/s10072-016-2790-8>
- Sangeeta P. J., An-Kwok I. W., Brucker, A., Ardito, T. A., Chow, S. C., Vaishnavi, S., Lee, P.J. (2022). Efficacy of transcendental meditation to reduce stress among health care workers: A randomized clinical trial. *JAMA Network Open*, 5(9). doi: 10.1001/jamanetworkopen.2022.31917
- Stew, G. (2011) Mindfulness training for occupational therapy students. *British Journal of Occupational Therapy*, 74(6), 269-276. DOI: 10.4276/030802211X13074383957869
- Suarez-Angelina, L. (2022, July 6). What is the 5 senses grounding technique? Choosing Therapy. <https://www.choosingtherapy.com/54321-method/>
- Terry, D.L. & Woo, M.J. (2020). Burnout, job satisfaction, and work-family conflict among rural medical providers. *Psychology, Health & Medicine*, 26(2), 196-203. <https://doi.org/10.1080/13548506.2020.1750663>

21

References



- Van Bilsen, Henck. (2009). *Zee Beatty and the Socks of Doom*. IAPT Consulting.
- Varyney, R. (n.d.). Project7 Mindfulness Pledge©. <https://project7pledge.com/blog/p7p>
- Willgens, A. & Palombaro, K. (2019). A mindfulness workshop for health science graduate students: Preliminary evidence for lasting impact on clinical performance. *Journal of Physical Therapy Education*, 33(2), 144-151.
- Yang, J. Tang, S. & Zhou, W. (2018). Effect of mindfulness-based stress reduction therapy on work stress and mental health of psychiatric nurses. *Psychiatria Danubina*, 30(2), 189-196. <https://doi.org/10.24869/psyd.2018.189>

22

Thank you.

Any Questions?

23

Pre-Session Questions



1. Which of the following statements best captures the difference between mindfulness and mindfulness-based practices?
 - a. Mindfulness-based practices are the same as mindfulness.
 - b. **Mindfulness is characterized as a no-judgmental awareness of experiences as they arise while mind-body practices are practices to promote mindfulness.**
 - c. Mind-body practices can only be practiced in a controlled environment while mindfulness can be practiced in any setting.
2. Which of the following statements best describes the benefits of mind-body practices?
 - a. The practitioner will be more efficient in all tasks and be able to schedule more tasks.
 - b. The practitioner will not worry or experience stress again.
 - c. **Diminished anxiety, burnout, depression and increased resilience, brain gray matter, and attention**
 - d. No changes will occur physiologically or cognitively but the practitioner will feel better
3. Which of the following describes a way to incorporate mind-body techniques into your daily routine?
 - a. Counting backwards from 10 while focusing on the breath.
 - b. Focusing your attention on each experience that rises and falls when washing your hands.
 - c. Doing a 10-minute meditation in the middle of the work day.
 - d. **All of the above**

24