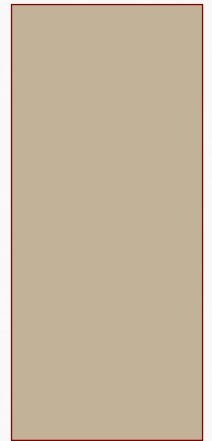




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# MINDFULNESS IN MEDICINE

MICHELLE VO, M.D.  
DIRECTOR, MEDICAL STUDENT WELLNESS PROGRAM  
UNIVERSITY OF UTAH SCHOOL OF MEDICINE



# MINDFULNESS: AN INTRODUCTION

- Videos:
  - <https://www.youtube.com/watch?v=w6T02g5hnT4>
  - <https://www.youtube.com/watch?v=rFnABqTZEvo>
  - <https://www.youtube.com/watch?v=NbizmVKHdgs&t=87s>
- Mindfulness is a SuperPower
- 10% Happier
- What is Mindfulness?

# MINDFULNESS IN MEDICINE



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## What is mindfulness?

- **Paying attention**
- **On purpose**
- **In the present moment**
- **Without Judgment**



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*Research indicates the application of mindfulness strategies are effective in dealing with the following:*

ADHD | Aggression | Alcohol abuse | Autism | Asthma | Bipolar disorder | Blood pressure | Brain injuries | Cancer | Chronic Pain | **Depression & Anxiety** | Diabetes | Eating disorders | Fibromyalgia | Heart Disease | Hepatitis/ HIV /Aids | **Immune System** | Irritable Bowel syndrome (IBS) | **Learning difficulties** | OCD | Parkinson's disease | Quality of life | Organ transplants | Preventing relapse | Personality disorders | Pregnancy | Psoriasis | PTSD | **Sleep problems** | Smoking Cessation | **Stress Reduction** | Substance abuse and addictions | Tinnitus | Visual sensitivity

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- **Mindfulness-Based Stress Reduction Lowers Psychological Distress in Medical Students**
  - November 2009
  - 2<sup>nd</sup> year students offered MBSR, optional
  - Control group had lower initial levels of psychological distress to begin with
  - Despite this discrepancy, MBSR group had significantly lower levels of distress by the end of the 10 week course
  - Improved comprehension, retention and academic performance

# MINDFULNESS TAKES PRACTICE

- Like all skills, mindfulness takes practice.
- Mindfulness practice may feel counter-intuitive with skills that led to career successes (critical thinking, attention to detail, planning ahead)
- An analogy: Mindfulness and Medicine both take practice
- Think of ways to incorporate mindfulness skills in daily life and practice

# WAYS YOU CAN INCORPORATE PRACTICE INTO YOUR DAY



# MINDFULNESS IN MEDICAL SCHOOL



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- **Introduction to being in the present moment**
  - Ground yourself in the present
    - Cognitive Awareness (Identify when you're feeling distress)
      - Ask: Where am I right now?
      - Am I time-traveling to the future?
      - Am I stuck in the past?
      - Notice any painful emotions you might be feeling as a result of time traveling: label, accept and release them
        - Mindful Breathing
        - Yoga
      - Recognize how your thoughts might be contributing to how you're feeling: label, accept and release them



# MINDFULNESS IN MEDICAL SCHOOL



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- **Introduction to being in the present moment**
  - Ground yourself in the present
    - Sensory Awareness (Interrupting the distressing experience and mindfully returning to the present moment)
      - Here's the 54321 "game".
        - Name 5 things you can see in the room with you.
        - Name 4 things you can feel ("chair on my back" or "feet on floor")
        - Name 3 things you can hear right now ("fingers tapping on keyboard" or "tv")
        - Name 2 things you can smell right now (or, 2 things you like the smell of)
        - Name 1 thing you can taste or sense in your mouth
      - Use your breath as a tool! 4:7:8 breath
      - Body check, notice any tension in your body and use cued controlled relaxation

# MINDFULNESS IN MEDICAL SCHOOL

- **Mindfulness Exercise**

- All kinds of things come up: thoughts, feelings, sounds, physical sensations. At times these can be pleasant or unpleasant.
- NO JUDGEMENT! The point is to notice and observe with an **open mind**, and to learn to not get hung up on anything in particular, attending to something neutral instead (like the breath)

# MINDFULNESS APPS

- Stop, Breath and Think
- The Smiling Mind
- Headspace
- What's My M3
- Pacifica
- 4:7:8 Sleep

# MINDFULNESS RESOURCES ON THE INTERNET

- [www.mindfulnessutah.com](http://www.mindfulnessutah.com)

This is the website of local mindfulness meditation teacher Vicki Overfelt. It is an excellent source of information about local mindfulness teachers and events, and also offers an extensive list of resources including books, websites, apps, etc.

- [www.tarabrach.com/guided-meditations/](http://www.tarabrach.com/guided-meditations/)

Offers a variety of free guided meditation recordings

- <http://counselingcenter.utah.edu/services/mindfulness.php>

Website of the University of Utah counseling center

- <http://marc.ucla.edu>

Website of the UCLA Mindfulness Awareness Research Center (MARC). Variety of free guided meditations and other good information

# PRACTICE OPPORTUNITIES AT THE U

- Weekly Mindfulness Meditation on Wednesdays at noon
- Yoga in the Library (Eccles Health Sciences Library):
  - Mondays at 5:00pm
  - Thursdays at 7:00am

