



The Art of Self-Care: Vitalizing Practices of Mindfulness and Qigong to Prevent Burnout and Compassion Fatigue

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Disclosures

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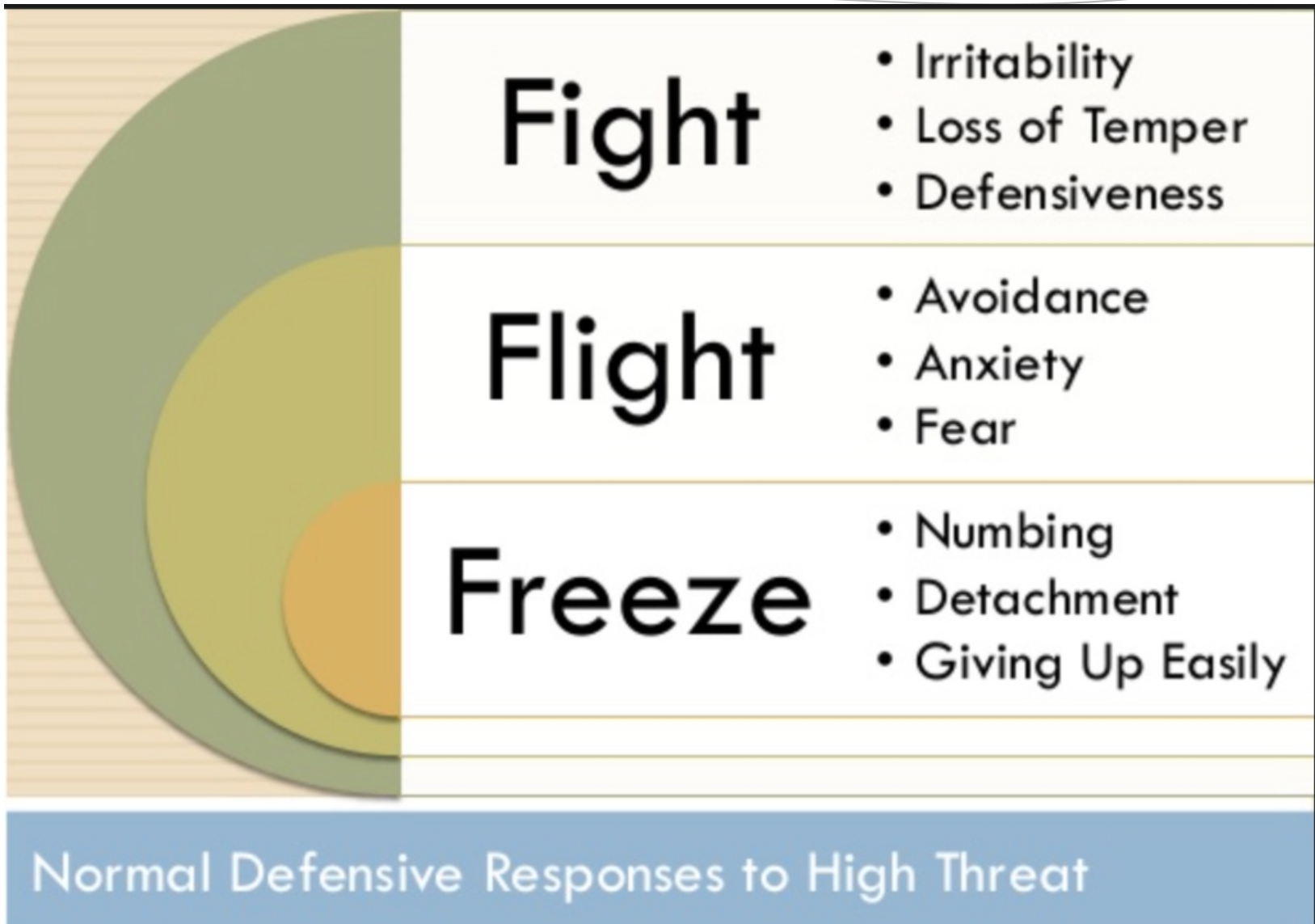
Before Work



After Work

Stress loop






FIGHT

or

Flight




Uncertainty, Paralysis,
Powerlessness, Avoidance



"To be unable to feel the life that animates the physical body, the very life that you are, is the greatest deprivation that can happen to you."

Eckhart Tolle



"I think that what we're seeking is an experience of being alive...so that we actually feel the rapture of being alive."

Joseph Campbell



Self-Care Practices for Rejuvenation

- Qigong Tapping Massage
- Mindfulness
- Qigong Moving Meditations
- Qigong Breathing



What is Qigong?

Qi = Energy

Gong = Cultivation

Qi Gong = Energy Cultivation



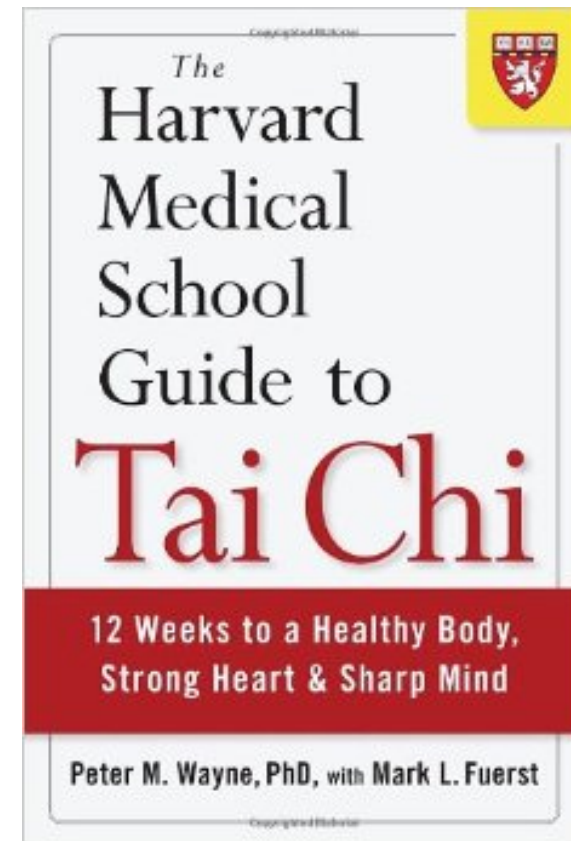
Qigong is a healing art from China that is over 4,000 years old.

Qigong consists of mindful movements and meditations to cleanse, harmonize, and strengthen the flow of life energy.

Research on Qigong


"Health benefits are increasingly evidence-based, with more than 700 peer-reviewed, scientific publications in print and more than 180 randomized trials conducted, to date."

Peter M. Wayne, Ph.D, *The Harvard Medical School Guide to Tai Chi*, 2013.




Qigong Principle:





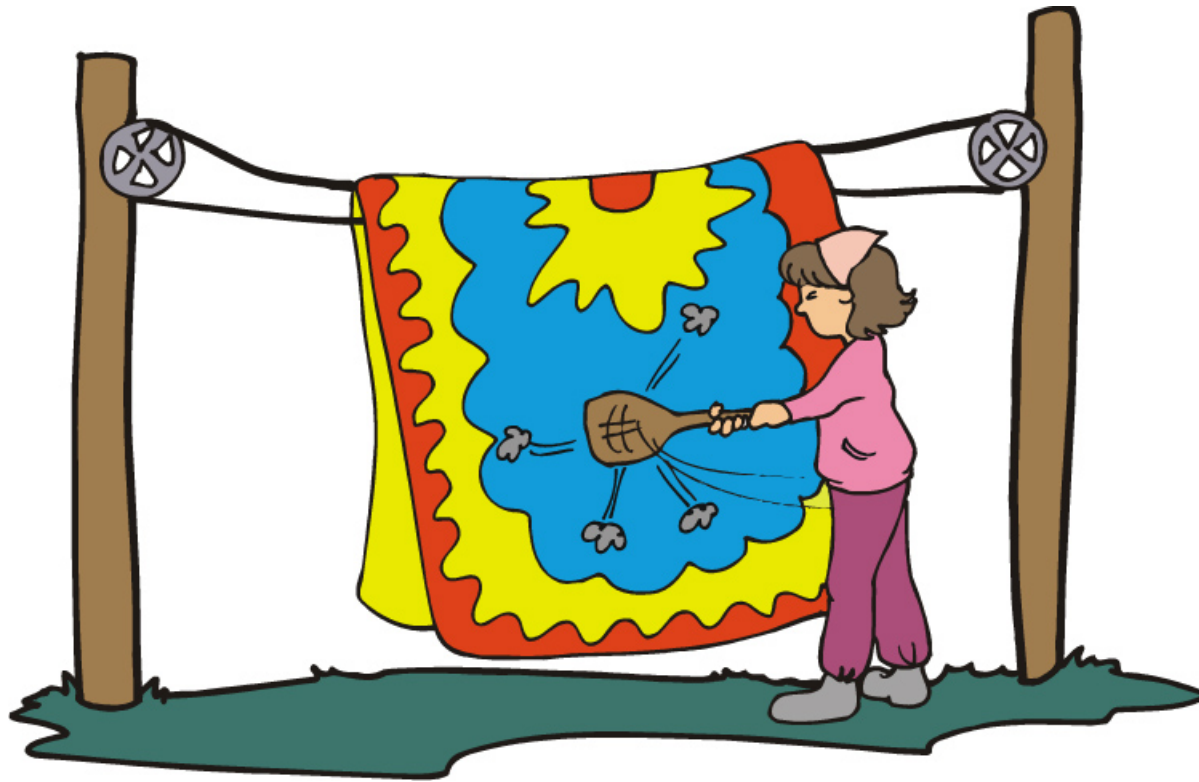
"Freud regarded human psychological states as an energy system in which blockages in the flow of thought (repression or suppression, for example) would result in disease or illness, expressed as mental or emotional loss of balance."

Source: Encyclopedia of Mental Disorders




“Essentially all neurodegenerative diseases are associated with the accumulation of cellular waste products.”

Maiken Nedergaard, M.D., D.M.Sc., co-director of the Center for Translational Neuromedicine, University of Rochester Medical Center




Beating a rug gets out the dust, and qigong tapping removes the "dust"



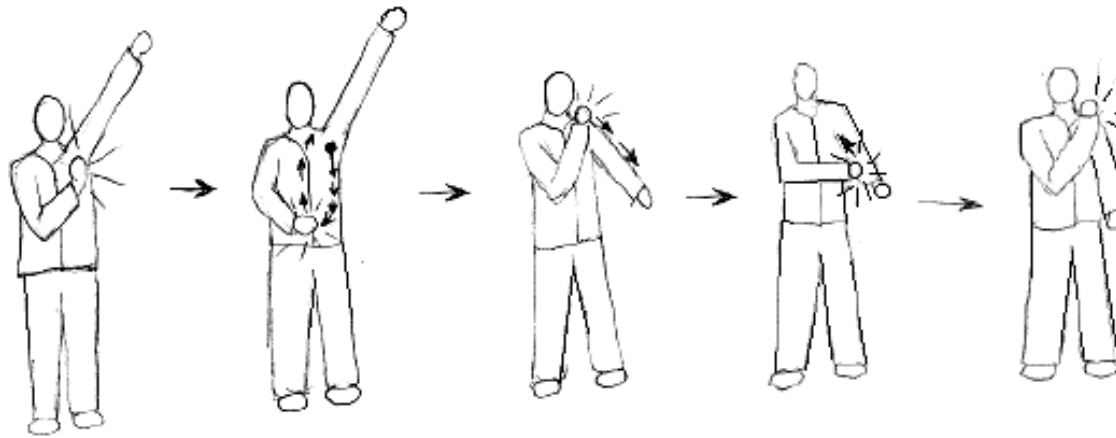
Between 50 and 70 billion cells die each day in the average human adult. "The mass of cells we lose each year through normal cell death is close to our entire body weight."

Scott F. Gilbert, *Developmental Biology*, 6th edition, 2000




Qigong exercises improve
lymphatic drainage, blood
circulation, and waste removal.

Qigong Tapping Massage




Action: Tapping over areas of body. Benefits: Detoxification and cleansing, Helps elimination of cellular metabolic waste products, Improves lymphatic drainage, Increases circulation, Stimulates endocrine system, Invigorates energy level



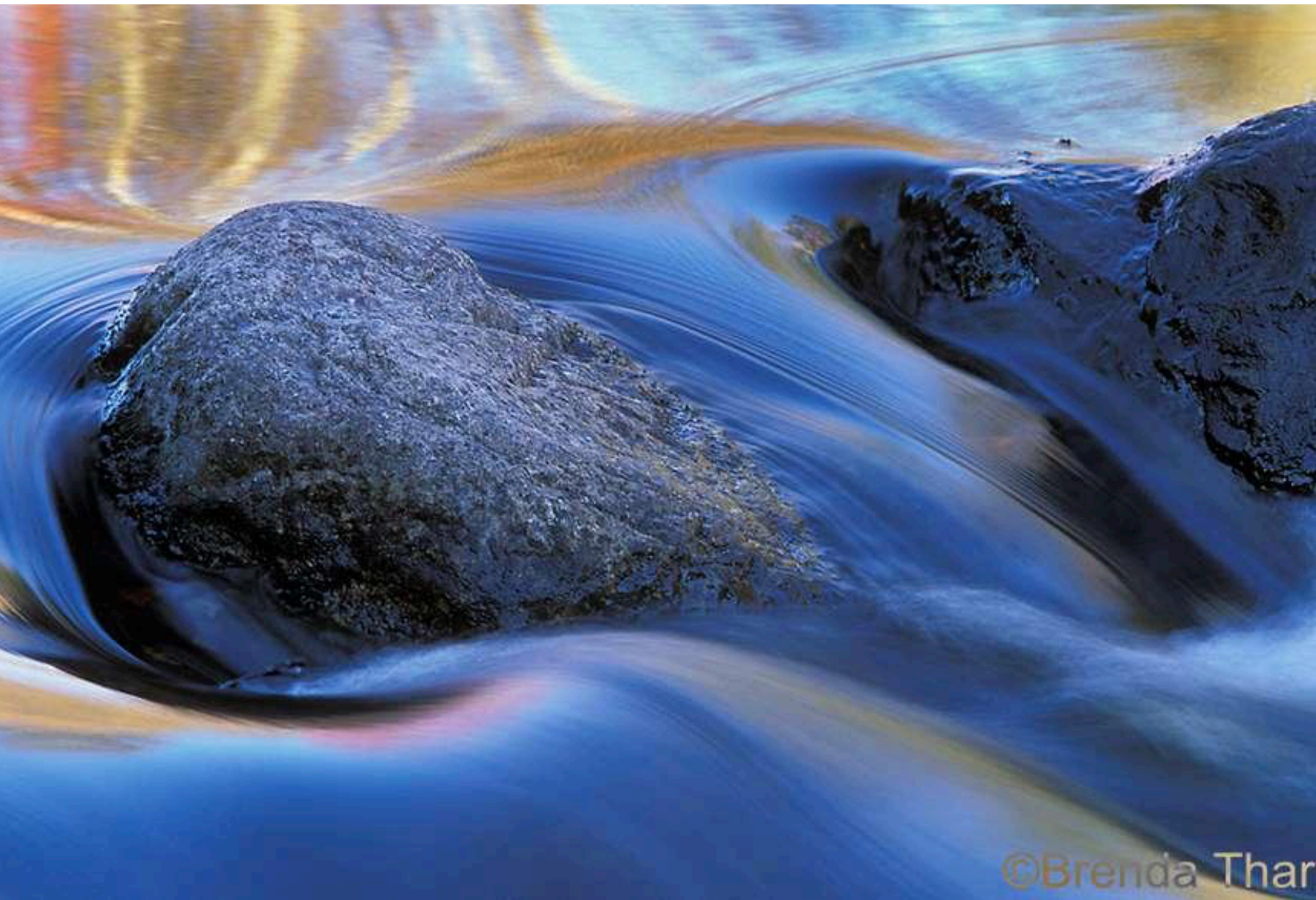
“I was so obsessed and consumed with my grievances that I could not get away from myself and think things out in the light. I was in the grip of that blinding, destructive, terrible thing -- righteous indignation.”

Anzia Yezierska




"I too was frightened the first time I felt I hated my father. I felt like a criminal. But could I help it what was inside of me? I had to feel what I felt even if it killed me."


Anzia Yezierska



©Brenda Thar



What is mindfulness and
what does it have to do
with self-care?



“There are two ways of being unhappy.
Not getting what you want is one.
Getting what you want is the other.”

Eckhart Tolle



"The way out is in."

Thich Nhat Hanh



Mindfulness is a way in.

Mindfulness brings more awareness
and wisdom into our lives.

Definition of MINDFULNESS



The practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.




What is mindfulness?

Mindfulness is a shift from thinking to awareness.




Mindfulness = Shift from Thinking to Awareness

What is the difference between
thinking and awareness?



Thinking = words in the mind (self-talk, inner speech, "the voice in the head")

Awareness = the capacity to observe the thought process (that which hears the self-talk)



"You do hear (the voice in the head) when it talks, don't you? Make it say "hello" right now. Say it over and over a few times. Now shout it inside! Can you hear yourself saying "hello" inside? Of course you can... There is nothing more important to true growth than realizing that you are not the voice of the mind — you are the one who hears it."

Michael Singer, *The Untethered Soul*




Mindlessness = Lost in thoughts

Mindfulness = Aware of thoughts



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"You can't stop your mind from secreting thoughts,
but what you can do is not be caught by them.
That's an art form and that's what mindfulness
training is about."


Jon Kabat-Zinn, Thrive Global interview,
April 12, 2017



What is Awareness?

"I remember once being in a place that was so dark I couldn't see my hand in front of my face. My emotional reaction was, 'I can't see anything! I don't know what is there!' But then I thought, 'What is it, then, that sees darkness? I am looking at darkness; my eyes are functioning and seeing darkness.'" (continued)

Ajahn Sumedho



“Then suddenly it became obvious to me that consciousness is light, that even in the dark there is light if you rest in conscious awareness. What your eyes see is darkness, but that is still seeing, isn't it? We usually think of light as coming from outside - from the sun or an electric light bulb - but consciousness is light, isn't it? But this is a light that is coming from within.”

Ajahn Sumedo



Mindfulness Exercise


- Sit comfortably and relax.
- Listen to the tone of the singing bowl.
- Be aware of the silence after the tone.
- In the silence, be aware of your awareness.
- Be aware of your presence.
- As you breathe in, enter into deep inner contact with yourself.
- As you breathe out, relax.



Mindfulness is the opposite of self-abandonment


“When you abandon yourself emotionally, you automatically make your partner responsible for you. Once you make another person responsible for your feelings of self-worth and well being, then you attempt to manipulate that person into loving you, approving of you and giving you what you want. The controlling behavior that results from self-abandonment creates huge relationship problems.”

Margaret Paul, PhD



"We are so afraid to lose connection (and sometimes to make it), yet the deepest connection is always available when we are resting in ourselves. If we do not abandon ourselves, we cannot be abandoned. We are always already connected."


John Prendergast, *In Touch*, p. 184



Mindfulness is a way to be more present
with ourselves and with others.




"If we bring our awareness to something, we connect to it." Elisha Goldstein



“The difference between misery and happiness depends on what we do with our attention.”

Sharon Salzberg,
Lovingkindness: The Revolutionary Art of Happiness



"We suffer from 'Motion starvation.' We do not move nearly enough, and when we do move, we do not use nearly all of our muscles. We were built to be active."

Pete Egoscue, Pain Free




Qigong Exercise: Moving the Body



Shaking a rug cleans it
Shaking the body cleans
it at the cellular level

Lee Holden,
Qigong Shaking
(YouTube)





Qigong Exercise: Moving the Body

- Stand in a shoulder-width stance.
- Bend at the knees to shake in an up-and down-motion. Breathe freely and fully.
- Shake for a minute to several minutes.
- After shaking, be still and feel the increased energy flow.




Qigong Exercises for Renewal

- Spinal Cord Breathing
- Arm Swinging


Qigong Breathing For Vitality and Relaxation






"When you own your breath,
nobody can steal your peace."

Author Unknown



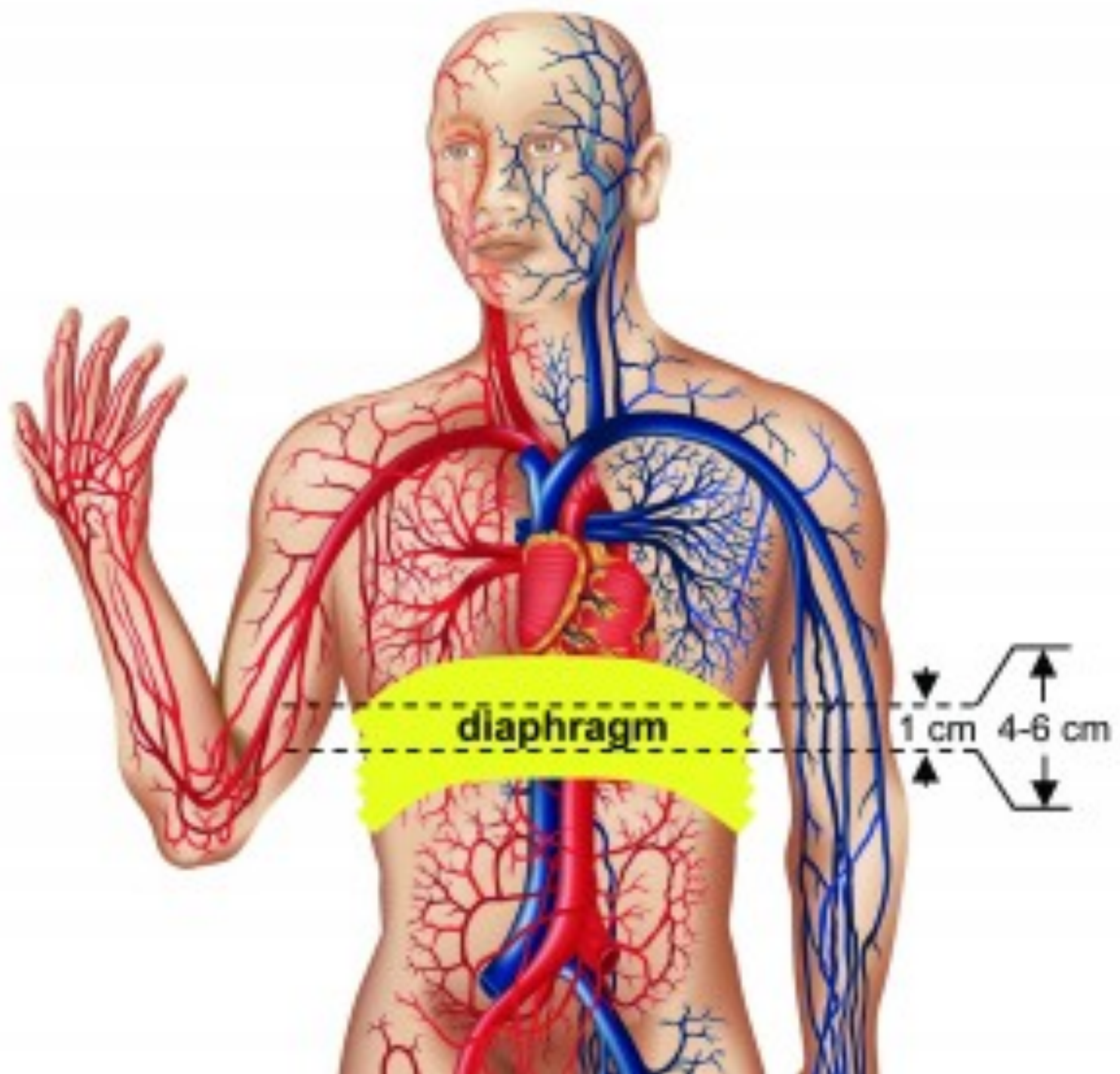
“If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful - or more simple - daily practice to further your health and well being than breathwork.”

Andrew Weil

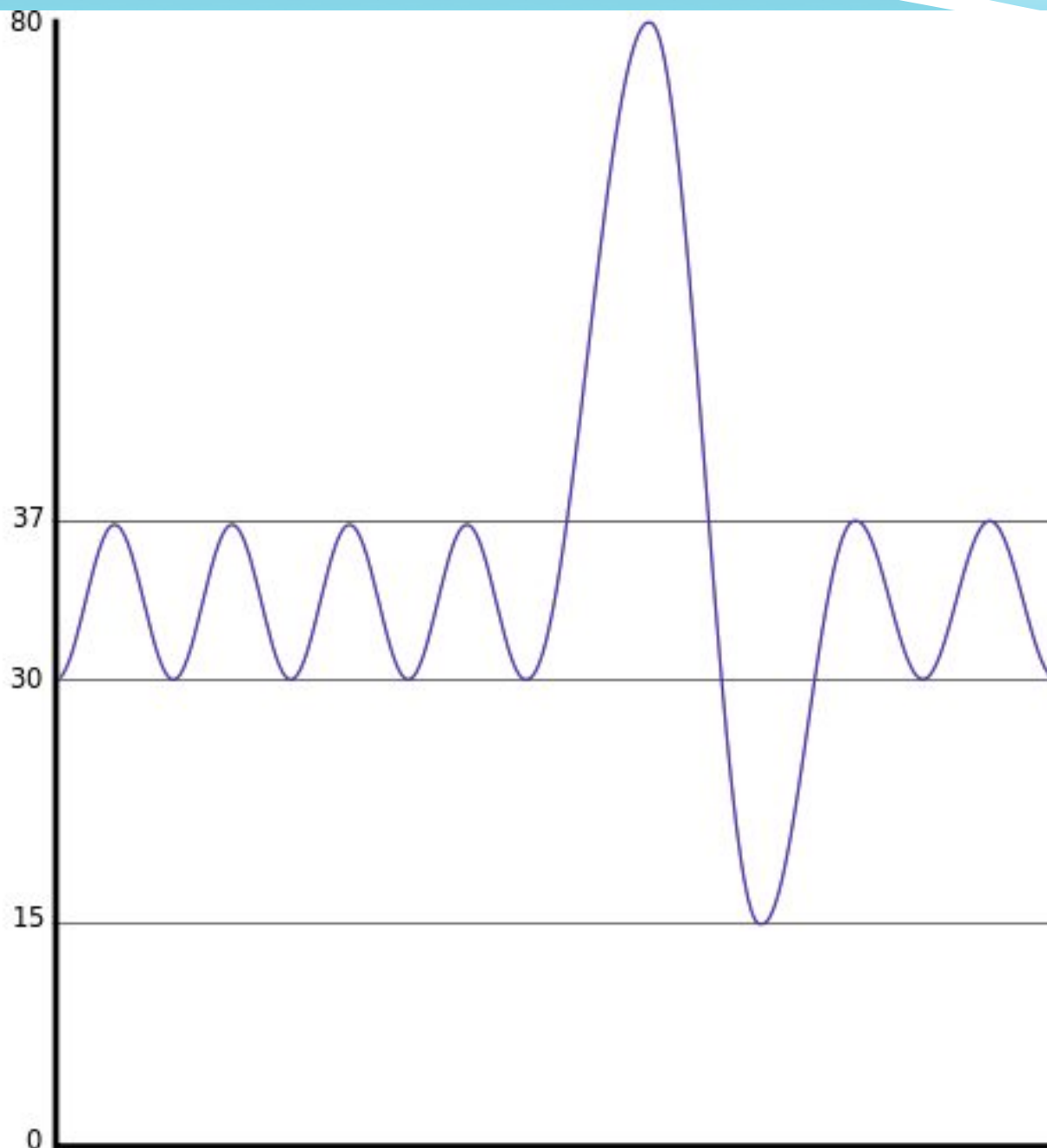


“The typical adult breathes erratically, using about 10% of available diaphragm range. This breathing pattern yields enough gas exchange and blood flow for us to “survive” but not to “thrive.” Our goal is to learn to employ 40-60% of diaphragm range in a rhythmic fashion.”

Stephen Elliott, *Coherence: The New Science of Breath*, 2005



Volume (ml/Kg)




Inspiratory Reserve Volume (IRV)	Inspiratory Reserve Volume (IRV)	Vital Capacity (VC)	Total Lung Capacity (TLC)
Tidal Volume (TV or V_T)	Tidal Volume (TV or V_T)		
Expiratory Reserve Volume (ERV)	Functional Residual Capacity (FRC)	Residual Volume (RV)	
Residual Volume (RV)	Residual Volume (RV)		



“Listen, are you breathing just a little, and calling it a life?”

Mary Oliver



Vital capacity (VC) is the maximum amount of air a person can expel from the lungs after a maximum inhalation.

“This pulmonary function (vital capacity) measurement appears to be an indicator of general health and vigor and literally a measure of living capacity.”

William B. Kannel, MD, Framingham Study, evaluated 5,200 people over 30 years, interview from Science News, Volume 120, 1981, “Making Old Age Measure Up” Julie Ann Miller



Pulmonary Function Is a Long-term Predictor of Mortality in the General Population :29-Year Follow-up of the Buffalo Health Study

Holger J. Schünemann, MD, PhD; Joan Dorn, PhD; Brydon J. B. Grant, MD, FCCP; Warren Winkelstein, Jr., MD, MPH; Maurizio Trevisan, MD, MS
Chest. 2000;118(3):656-664.

“Results suggest that pulmonary function is a long-term predictor for overall survival rates in both genders.”



Qigong Breathing

- Slow, gentle, deep diaphragmatic breathing through the nose
- Breathing is even - length of inhalation and exhalation is the same
- Activates the thoracic pump, which improves circulation and lymphatic function
- Improves vital lung capacity
- Movement of diaphragm massages internal organs
- Activates the parasympathetic nervous system to produce cal

Coherent Breathing = Slow Paced Breathing of 5 breaths/ minute

- Can be done either sitting or laying down
- Relax and breath easily without strain
- Breathe in and out through the nose
- Gradually slow breathing pace, using an app, CD, or counting
- Goal is to breathe in for 6 seconds and out for 6 seconds
- Breathing at 5 breaths per minute (12 seconds for each complete breath)
- Continue breathing at 5 breaths per minute for 5 to 20 minutes

Fast, Shallow, Irregular	Breathing	Coherent Breathing
Decreased	Blood Flow	Increased
Tense	Muscles	Relaxed
Discomfort	Body	Comfort
Anxious	Mind	At Ease
Challenging	Learning	Natural
Troubled	Sleep	Restful

Stephen Elliott ,An Introduction To Coherent Breathing, 2005

Breathing Zone App for Slow Paced Breathing



**Total Relaxation
In Just 5 Minutes.**

- Relieve Stress
- Reduce Anxiety
- Manage Hypertension

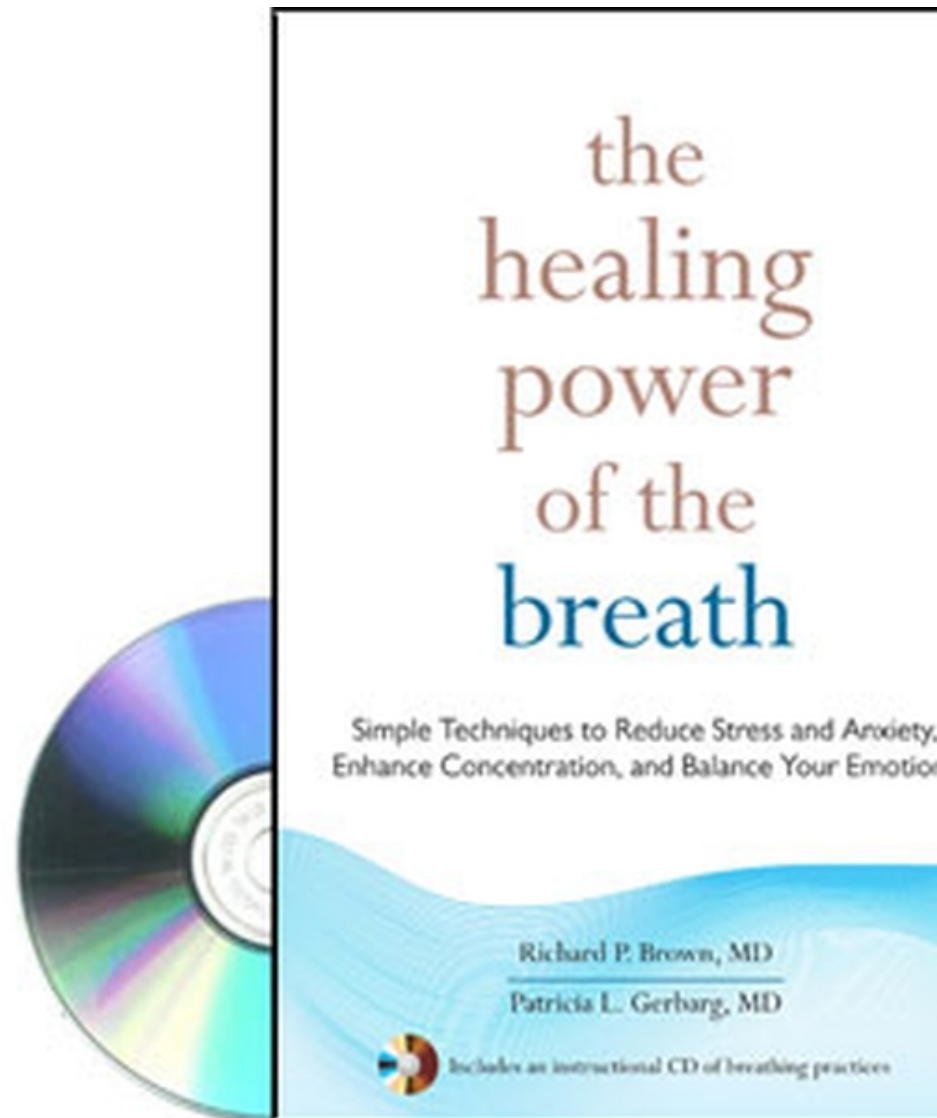


www.breathing.zone

Free App "Do As One" for
Coherent Breathing at Five
Breaths Per Minute (12
seconds for each complete
breath)



Excellent Resource on Coherent Breathing, With CD that guides breathing at 5 breaths per minute. Authors Richard Brown, MD, and Patricia Gerbarg, MD, are psychiatrists. They offer workshops and webinars, website: www.breath~body~mind.com





Bellows Breath (Bhastrika)

(Do not do this exercise if you are pregnant, have uncontrolled hypertension, or heart disease.)

- Sit comfortably in upright posture
- Inhale vigorously for one second while raising arms
- Exhale vigorously for one second while lowering arms
- Repeat 10 to 20 times, then rest for 30 seconds
- Complete 3 rounds

According to the deepest view
of the ancients in China the
essence of our being is
irrevocably well and an
expression of the pure creative
power of the universe."

Roger Jahnke






Resources for Self-Care (information on handout), available from Amazon or Sounds True

- Eckhart Tolle, *The Power of Now*, www.eckharttolle.com
- Lee Holden, *Qi Gong for Self-Healing*, DVD (also available as download from Sounds True)
- *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Really Works - a True Story*, by Dan Harris. This is a very funny and moving memoir by ABC news anchor Dan Harris with detailed instructions on mindfulness. He also has an outstanding app and podcast, both called "10% Happier."
- *The Healing Power of the Breath*, Richard Brown MD and Patricia Gerbarg MD, website www.breath-body-mind.com
- Robert Peng, *The Master Key* (book and DVDs), www.robertpeng.com
- Jon Kabat-Zinn, *Mindfulness for Beginners*, CD or download from Sounds True
- Thich Nhat Hanh, *You Are Here*, www.mindfulnessbell.org
- Chunyi Lin, *Born a Healer*
- *Headspace - Meditation made simple*, www.headspace.com
- James Baraz, *Awakening Joy* (recommended by Bill Gates) www.awakeningjoy.info (cont.)

Resources (continued)

- Dr. Su, free qigong class every Saturday from 9 a.m. to 10 a.m. at the Capital Ritz, 2716 Plaza Dr, Jefferson City, MO 65109, (573) 893-7787
- Bellows Breath by Guru Nanda, YouTube
- The Qigong Institute, www.qigonginstitute.org
- National Qigong Association, www.nqa.org
- Insight Timer, free app with thousands of guided mindfulness meditations, insighttimer.com
- Breathing Zone App, paced breathing, www.breathing.zone
- The Center for Mind-Body Medicine, James Gordon MD, psychiatrist, cmbm.org
- Andrew Weil MD, www.drweil.com
- Ann Marie Chiasson MD, Energy Healing for Beginners: Ten Essential Practices for Self-Care, DVD (download from Sounds True), annmariechiassonmd.com
- Tara Brach PhD, excellent free talks on mindfulness, www.tarabrach.com
- Websites for Rick Hanson, Anam Thubten, Byron Katie, Judith Blackstone, Roger Jahnke, Kenneth Cohen, Mingtong Gu, Stephan Bodian, Steve Taylor, Jason Fung



Slides from this presentation
may be viewed and downloaded
from www.slideshare.net.
For questions email
colleen.loehr@dmh.mo.gov.



"No matter how hard the surfer is working, the ocean is doing most of the work."

C. Thomas

Enjoy Breathing,
Moving, and Being
Mindful.

Thank you!

