Caroline Hexdall, Ph.D. and Anne Wheeler, Ph.D.
Carolina Institute for Developmental Disabilities
What do you know about mindfulness?
* http://youtu.be/bEcdGK4DQSg

* The Psychology of Stress
STRESS HORMONES

- breathing rate increases
- blood flow to skeletal muscles increases
- heart rate increases
- blood sugar levels increase
- blood pressure in arteries increases
- pupils dilate
- intestinal muscles relax
Stress Curve

- Too little stress (underload)
- Optimum stress
- Too much stress (overload)
- Burn-out

Performance:
- Inactive
- Laid back
- Fatigue
- Exhaustion
- Anxiety/panic/anger
- Breakdown

Stress Level
Mindfulness beats stress. Every time.
External stressors
Internal stressors

Response
Awareness of arousal
Emotion-focused strategies
Problem-focused strategies
Seeing new options
Quicker recovery of mental equilibrium
Calmness and balance of mind

Mindfulness
Appraisal of thoughts, feelings and perceived threats
Relaxation

*Why mindfulness works*
* Being present in a way that is open, attentive, non-judgmental and aware.

* Paying attention to the present moment when thoughts, feelings and sensations are accepted as they are, without judgment or opinions being made about them.

**What IS mindfulness?**
Mindfulness-based interventions have 5 goals (Siegel, 2007):

1. Increase non-reactivity to inner experience (e.g. perceiving feelings without having to react to them)
2. Assist with observing/noticing/attending to sensations, perceptions, thoughts, feelings
3. Increase acting with awareness (not on automatic pilot), and concentration
4. Increase ability to describe/label experiences with words
5. Increase non-judgment of experience (not criticizing oneself for irrational or inappropriate emotions)

*Mindfulness Based Interventions*
* Decreases in pain experienced in fibromyalgia (Lauche et al., 2013)
* Improvements in sleep quality (Salmoirago-Blotcher et al., 2013)
* Improvements in dietary behaviors (Salmoirago-Blotcher et al., 2013)
* Reduced complications in cancer treatment (Shneerson et al., 2013)
* Improved cognition in individuals with neurodegenerative disease (Newberg et al., 2013)
* Decreased depression
* Decreased anxiety
* Decreased substance abuse relapse
* Increased positive health
* Increased hope and optimism

(See Mars et al., 2013 for review)
Examples of mindful experiences
Examples of “unmindful” experiences
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*Experiencing the raisin*
Mindful Parenting
* "Mindful parenting is an ongoing creative process, not an end point....it is an on-going practice that can grow to include:
  * Greater awareness of a child’s unique nature, feelings and needs
  * A greater ability to be present and listen with full attention
  * Recognizing and accepting things as they are in each moment, whether pleasant or unpleasant
  * Recognizing one’s own reactive impulses and learning to respond more appropriately and imaginatively, with greater clarity and kindness”

--Myla and Jon Kabat-Zinn
* Reduces parenting stress in parents of children with chronic conditions (Minor, Carlson, MacKenzie, Zernicke, & Jones., 2006)

* Reduces mood disturbance in parents of children with autism (Blackledge & Hayes, 2006).

* Reduces aggression and increases social behaviors in typically developing children (Singh et al., 2006) and children with developmental disabilities (Singh et al., 2007)

* Reduces likelihood of abuse (Dawe & Harnett, 2007)

* Increases parent-child relationship quality (Coatsworth et al., 2010)

* Increases happiness in both caregiver and child (Singh et al., 2004)
“Child as a raisin” experience

Experiencing the “raising”
* Put the phone down
* Find your breath or your eyebrows
* Describe to yourself what IS happening rather than what COULD happen
* Describe to your child what he or she IS doing
* Go slow
Our expectations > or < reality = “the gap”

Mindfulness as a path to acceptance of what is
Mindfully parenting infants and toddlers
Mindfully parenting Preschoolers
Mindfully parenting Early School Age
Mindfully parenting
Later school age
Mindfully parenting Adolescents
* UNC Mindfulness Program (including mindful parenting and mindfulness for teens programs) http://www.med.unc.edu/phyrehab/pim/mindfulness-program
* Duke Center for Integrative Medicine (www.dukeintegrativemedicine.org)
* Center for Mindful Development (www.mindfuldevelopment.com)

* Local Resources
* Anne Wheeler, Ph.D.
Acwheeler@rti.org
* Caroline Hexdall, Ph.D.
caroline.hexdall@cidd.unc.edu

*Questions?