



The Foundational Attitudes of Mindfulness

TODAY'S SESSION:

- Relax, reflect and be present.
- Participate in today's discussion, but if you would just like to observe and take in the information, that's fine as well.
- What is one thing from today's session that you can bring into your busy life?
- Make this time worth it for you - write down a SMART goal after this session.
- BREATHE...Leave your stress and anxieties behind - bring empathy, compassion and gratitude into this moment.

BEGINNER'S MIND



***"In the beginner's mind there are many possibilities,
in the expert's mind there are few."***

~ Shunryu Suzuki

HOW TO EMBRACE BEGINNER'S MIND?

CLEAR YOUR MIND
LET GO OF YOUR EGO
OBSERVE HOW CHILDREN APPROACH NEW ACTIVITY
ENGAGE CURIOSITY
GO ONE STEP AT A TIME



WHY DOES IT MATTER?



1. **You Have Better Experiences** – when you don't have pre-judgement or pre-conceptions about what people or situations should be, you don't have disappointments, and you don't become frustrated about the situation.
2. **Better Relationships** – if you see people and situations with fresh eyes, you will see that many people are struggling just like you are, and this strengthen your relationships.
3. **Less Anxiety** – instead of worrying about an upcoming event or meeting you can open yourself to being curious and let go of preconceived ideas about the outcome and instead, embrace not knowing.

NON-JUDGING



"For things to reveal themselves to us, we need to be ready to abandon our views about them."

~ Thich Nhat Hanh

PRACTICING NON-JUDGING

TURN DOWN YOUR INTERNAL DIALOGUE
MAINTAIN POSITIVE BODY LANGUAGE
USE VERBAL SKILLS TO SHOW THAT YOU ARE LISTENING
REFLECT ON YOUR OWN STATE OF MIND
PRACTICE EMPATHY



WHY DOES IT MATTER?



1. **It Opens You Up to Life's Beauty** – when you remove judgement, you are able to see beauty and wonder present in every aspect of your life.
2. **It Helps You Get Off The Hedonic Treadmill** – so much dissatisfaction comes with a quest for more! This often comes from the judgement of what you have is not enough.
3. **It Helps You Cultivate a Peaceful Mind** – stress about the “bad” things in your life or whatever might happen in the future come from your judgement.

PATIENCE



"Nature does not hurry yet everything is accomplished."

~ Lao Tzu

PATIENCE

LOOK FOR SMALL OPPORTUNITIES TO PRACTICE PATIENCE

ACCEPT WHAT IS OUT OF YOUR CONTROL

BE KIND TO YOURSELF

DEVELOP A MEDITATION PRACTICE

HAVE YOUR CALM DOWN PLAN IN PLACE

LACK OF SLEEP NEGATIVELY AFFECTS PATIENCE



WHY DOES IT MATTER?



1. according to a 2007 study by Fuller Theological Seminary professor Sarah A. Schnitker and UC Davis psychology professor Robert Emmons, **patient people tend to experience less depression and negative emotions**, perhaps because they can cope better with upsetting or stressful situations.
2. People who are patient rate themselves as more mindful and feel more gratitude, more connection to mankind and to the universe, and a greater sense of abundance.

An examination of patience and well-being

Sarah A. Schnitker ✉

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“ Cite this article <https://doi.org/10.1080/17439760.2012.697185>

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Abstract

Patience is the propensity to wait calmly in the face of frustration or adversity. The new 3-Factor Patience Scale (Study 1) measures three types of patience (*interpersonal, life hardship, and daily hassles patience*), which differentially relate to well-being and personality. In Study 2, goal pursuit and achievement mediated the relation between patience and well-being. Participants rated 10 personal goals on 15 dimensions of goal pursuit (e.g. patience enacted, difficulty, achievement satisfaction, effort). Patience facilitated goal pursuit and satisfaction especially in

Schnitker invited 71 undergraduates to participate in two weeks of patience training, where they learned to identify feelings and their triggers, regulate their emotions, empathize with others, and meditate. In two weeks, participants reported feeling more patient toward the trying people in their lives, feeling less depressed, and experiencing higher levels of positive emotions. In other words, patience seems to be a skill you can practice and doing so might bring benefits to your mental health.

<https://doi.org/10.1163/ej.9789004158511.i-301.69>

LETTING GO



"Sometimes letting things go is an act of far greater power than hanging on."

Eckhart Tolle

NON-STRIVING



"Non-Striving is trying less and being more."

~ Jon Kabat-Zinn

NON-STRIVING



“Non-striving is one of the fundamental principles of mindfulness. It is a conscious decision to allow things in your life or in the world to be as they are, rather than always reacting to try to change things in the moment. In our current corporate culture, life is so much about doing. Non-striving creates space to simply be.”

<https://www.mindfulleader.org/>

GRATITUDE



“We can complain because rose bushes have thorns, or rejoice because thorns have roses”

~ Alphonse Karr



HHS Public Access

Author manuscript

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A pilot randomized study of a gratitude journaling intervention on HRV and inflammatory biomarkers in Stage B heart failure patients

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Abstract

Objective—Stage B, asymptomatic heart failure (HF) presents a therapeutic window for attenuating disease progression and development of HF symptoms, and improving quality of life. Gratitude, the practice of appreciating positive life features, is highly related to quality of life, leading to development of promising clinical interventions. However, few gratitude studies have investigated objective measures of physical health; most relied on self-report measures. We conducted a pilot study in Stage B HF patients to examine whether gratitude journaling improved biomarkers related to HF prognosis.

Methods—Patients (N = 20) were randomized to either a gratitude journaling intervention or a control group. The intervention group received a 4-week gratitude journaling intervention. The control group received a 4-week control intervention. The primary outcome was the change in heart rate variability (HRV) from baseline to 4 weeks. Secondary outcomes included changes in inflammatory biomarkers (C-reactive protein, interleukin-6, and tumor necrosis factor-α) and quality of life (SF-36). The study was registered at ClinicalTrials.gov (NCT01801000).

Gratitude journaling may improve biomarkers related to HF morbidity, such as reduced inflammation; large-scale studies with active control conditions are needed to confirm these findings.

GRATITUDE

- **Take a moment.** Think about the positive things that happened during the day.
- **Journal.** Make a habit of writing down things you're grateful for. Try listing several things.
- **Savor your experiences.** Try to notice positive moments as they are happening.
- **Relive the good times.** Relive positive moments later by thinking about them or sharing them with others.
- **Write to someone.** Write a letter to someone you feel thankful toward. You don't have to send it.
- **Make a visit.** Tell someone you're grateful for them in person.

TRUST



"It is far better to trust in your intuition and your own authority, even if you make some 'mistakes' along the way, then to always look outside of yourself for guidance."

~ Jon Kabat-Zinn

TRUST

“To practice trust in mindfulness, develop your inner sense of knowing by focusing on your body's signals and trusting your intuition, especially in situations of uncertainty or decision-making. Incorporate mindfulness into your routine by bringing open, non-judgmental awareness to your breath, your body, and the present moment to build a basic trust in yourself and your capacity to handle life's flow. “

Mindfulness Attitude of Trust from John Kabat Zinn

TRUST

1. *Trusting yourself*
2. *Trusting others*
3. *Trusting in something bigger than yourself*
4. *Trusting your path*

ACCEPTANCE



"Acceptance doesn't mean resignation; it means understanding that something is what it is."

~ Michael J. Fox

ACCEPTANCE

“Acceptance in mindfulness is the practice of observing your present thoughts, feelings, and experiences without judgment, resistance, or trying to change them, but rather acknowledging them as they are. This “willingness” to experience things as they happen helps to reduce tension and allows for positive change and healing, rather than being consumed by the struggle against reality. “

WHY DOES IT MATTER?



Reduces Tension: By letting go of the struggle against what is, you decrease internal tension and make energy available for healing.

Fosters Positive Change: Acceptance creates the necessary conditions to heal and grow by allowing you to respond to situations more effectively rather than resisting them.

Increases Well-Being: It allows you to engage with all aspects of life, even the difficult ones, with an open heart, leading to a greater sense of peace.

GENEROSITY



"Attention is the rarest and purest form of generosity."

~ Simone Weil

GENEROSITY

“Generosity in mindfulness is a practice of giving with an open heart and an attitude of abundant giving, extending not only to others but also to oneself, with no expectation of gain. It involves offering time, attention, kindness, and presence as a way to cultivate a deeper connection to others and oneself, fostering empathy, gratitude, and overall well-being. “

John Kabat Zinn

GENEROSITY

- Your brain secretes hormones such as SEROTONIN (regulated mood), DOPAMINE (sense of pleasure), and OXYTOCIN (sense of connection with others).
- It is connected with a longer lifespan -
<https://journals.sagepub.com/doi/abs/10.1177/135910539900400301>
- Can lower blood pressure and prevent HBP -
<https://psycnet.apa.org/record/2013-21685-006>
- Reduce levels of cortisol -
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6228389/>

COMING IN 2026..

8-WEEK PAVING THE PATH TO MINDFULNESS



Dr. Neha Kumar



Valeria (Val) Tivnan