Caregiver Connections
An Educational Webinar Series With The Experts

The presentation will begin shortly.
Thank you for your patience!

dukefamilysupport.org
919-660-7510
Unraveling Mindfulness

Liisa Ogburn
Aging Advisors NC
Living on Autopilot
People travel to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.

St. Augustine (399)
“Practice meditation as if your hair were on fire.”

- Pema Chodron
What is Mindfulness?

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.

Jon Kabat-Zinn
How it started at UMass Hospital

“Send me all the people who come to the hospital for which nothing seems to be helping...”
STRESSOR

Endless rumination

Default Mode Network
STRESSOR

Default Mode

Experiential Network
An emotion passes in 90 seconds unless you feed it.

“Once triggered, the chemical released by my brain surges through my body and I have a physiological experience. Within 90 seconds from the initial trigger, the chemical component of my anger has completely dissipated from my blood and my automatic response is over. If, however, I remain angry after those 90 seconds have passed, then it is because I have chosen to let that circuit continue to run.”

- Harvard Neuroscientist Jill Bolte Taylor, “My Stroke of Insight”
Using an Anchor

- Breath
- Sound
- Sensation
How the mind works

“Somewhere in this process you will come face-to-face with the sudden and shocking realization that you are completely crazy. Your mind is a shrieking, gibbering madhouse on wheels barreling pell-mell down the hill utterly out of control and hopeless. No problem. You are not crazier than you were yesterday. It has always been this way and you just never noticed.”
Start again again

Every time you notice your mind has wandered, you are strengthening the muscle of awareness.
Mindfulness Based Stress Reduction (MBSR) Program

- Brown
- Duke
- UNC
- UCLA
- UPenn
- UCSD
- UMass
- 770+ Medical Centers in US
Meditation Apps

Jon Kabat-Zinn
Teaches Mindfulness and Meditation

Mindfulness expert Jon Kabat-Zinn teaches you how to incorporate meditation into your everyday life to improve your health and happiness.

RESUME LESSON 16

UNWINDING ANXIETY

headspace

Insight Timer

Calm
MBSR
Mindfulness-Based Stress Reduction
Create a sanctuary

*Practice of the Wild*, a poem by Gary Snyder
DUKE DEMENTIA FAMILY SUPPORT PROGRAM

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Thank you for joining us today!

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