

# **DUKE DEMENTIA FAMILY SUPPORT PROGRAM**

## **Caregiver Connections**

**An Educational Webinar Series With The Experts**

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

**[dukefamilysupport.org](https://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...”*



*Endless rumination*

**STRESSOR**

**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.”

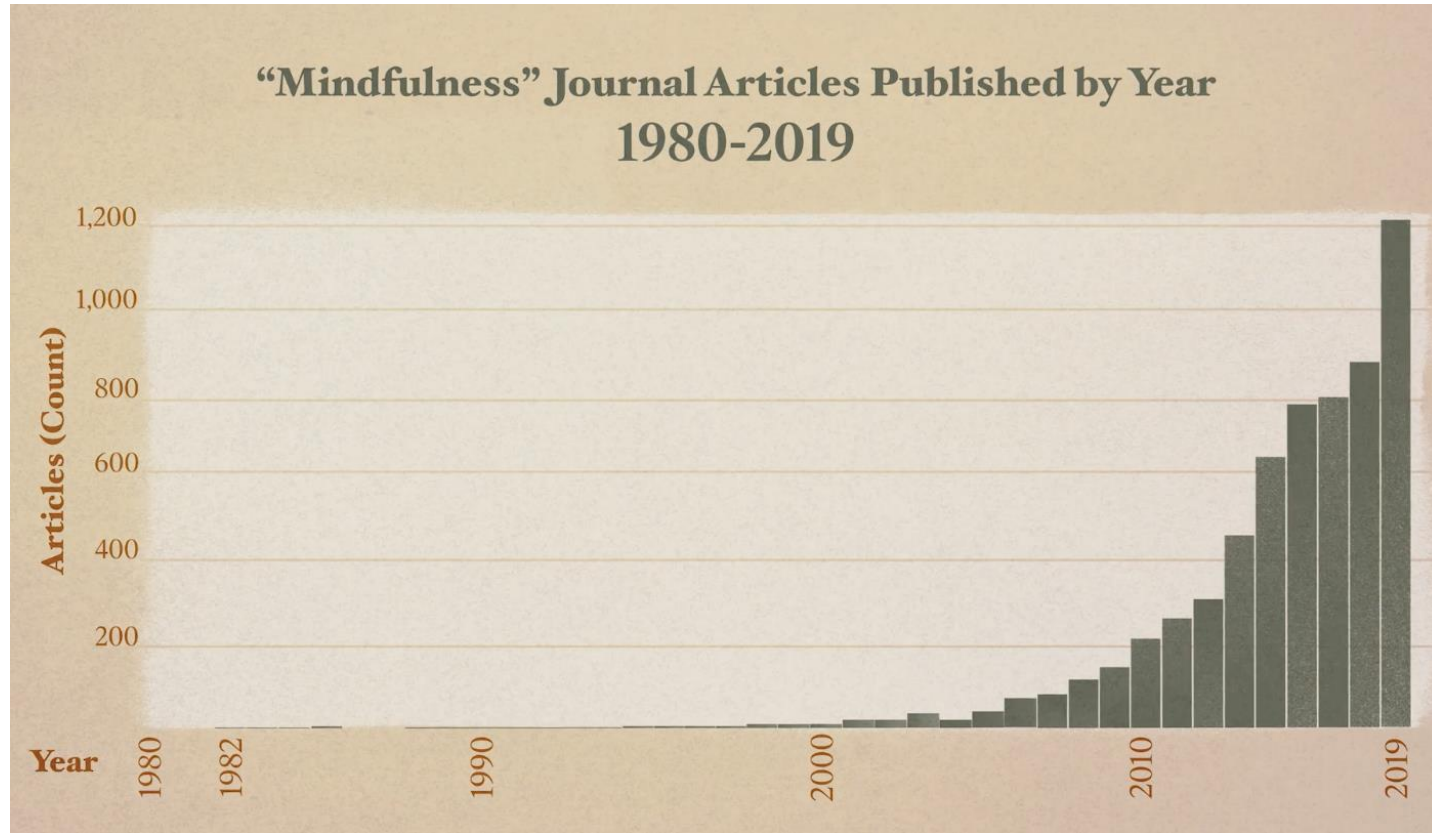


# Start again *again*

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





# MBSR

Mindfulness-Based Stress Reduction



# Create a sanctuary

*Practice of the  
Wild*, a poem by  
Gary Snyder





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**Thank you for joining us today!**

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