

Mindfulness Part 2

Dr Phil Startin

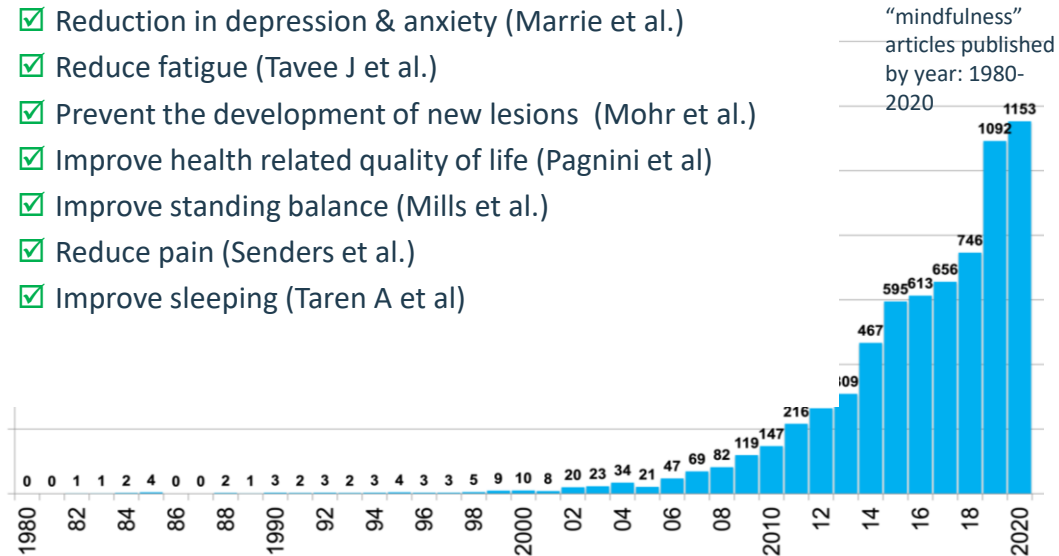
16th May 2023

Find hope, based on evidence



Since last time...

- ✓ Reduction in depression & anxiety (Marrie et al.)
- ✓ Reduce fatigue (Tavee J et al.)
- ✓ Prevent the development of new lesions (Mohr et al.)
- ✓ Improve health related quality of life (Pagnini et al)
- ✓ Improve standing balance (Mills et al.)
- ✓ Reduce pain (Senders et al.)
- ✓ Improve sleeping (Taren A et al)



“This systematic review is the first to report the strong association between stress and MS relapse”

Jiang et al, Nov 2022



“Mindfulness Based Interventions (MBIs) effectively improve QoL in PwMS. The greatest benefits are on mental health-related QoL” Simpson et al 2023



“Our findings showed that Mindfulness Based Program (MBP) engagement is associated with better diet quality, better intuitive eating skills and a more self-determined and less non-self-determined motivation to eat a healthy diet.”

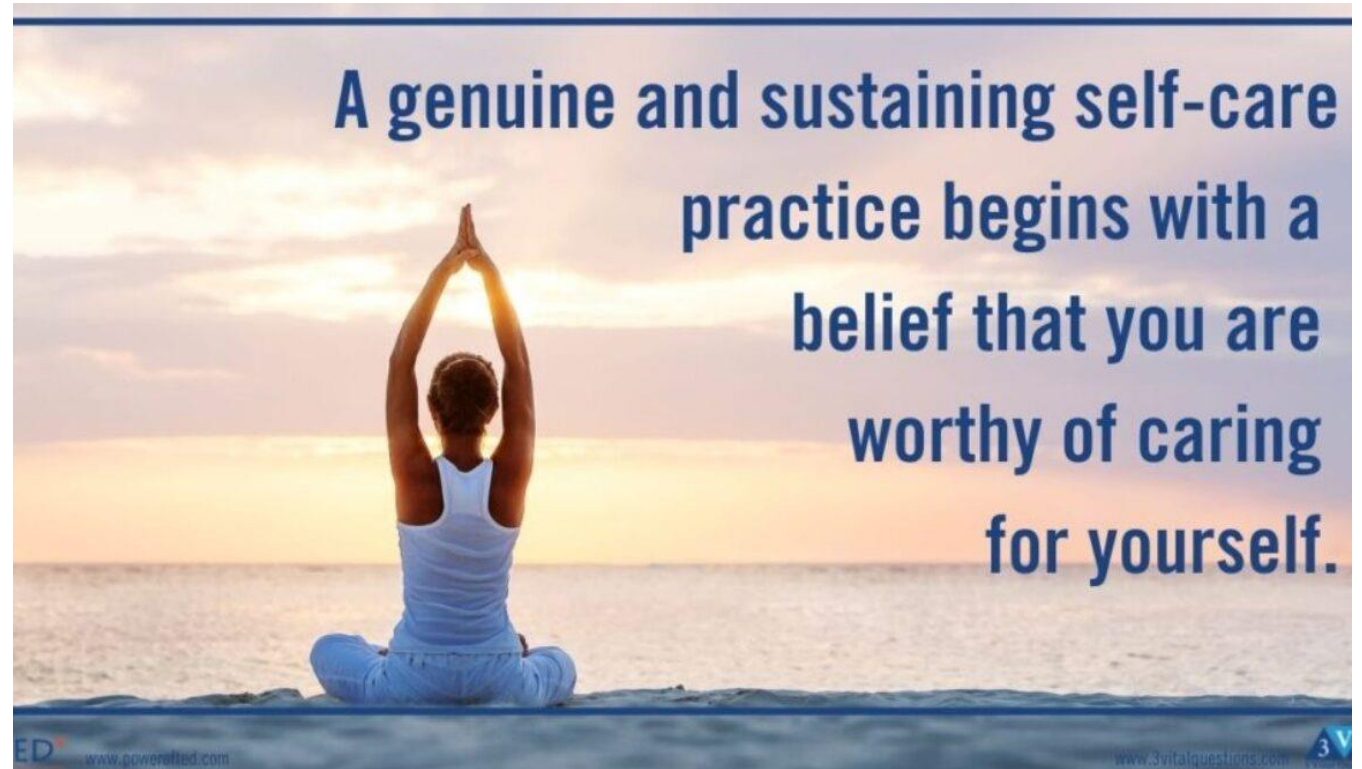
L’evy-Ndejuru et al, Appetite, 2023





Agenda...

- Nourishing your practice
- Sustaining your practice
- Bringing it all together.....



Remember the basics....

1. Practice daily, even if for a short time
2. Attitude and intention are everything
3. Pay attention to your posture
4. Arrive in your body
5. Keep coming back
6. Guidance and duration – it's your practice
7. Remember kindness

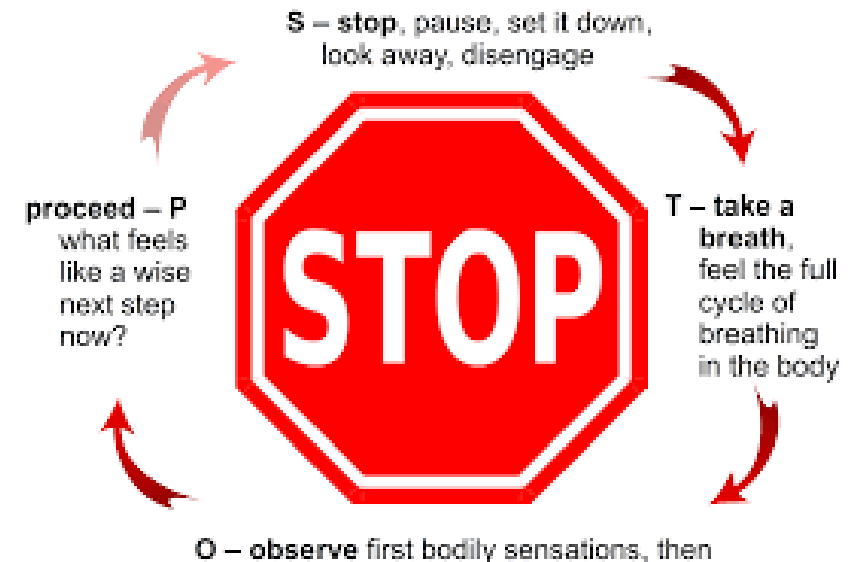
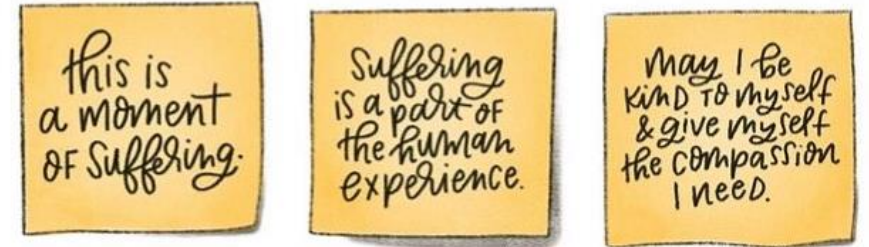


Mini and micro practices

- There are benefits from longer practices
- Try 20-45 min practices, with and without guidance
- Mini and micro practices are also hugely beneficial
 - Easily done
 - Bring mindfulness into your day
 - Help in difficult moments
- Lots of options



Self-Compassion Break



Awakening factors



So what does mindfulness give me?

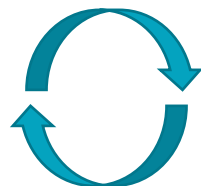


Practice:

Awareness: of body, of thoughts, of mind states

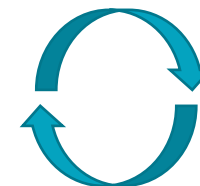
With:

- Curiosity
- Open mindedness
- Non judgement
- Patience
- Non striving
- Compassion



Practice leads to insights and new behaviours:

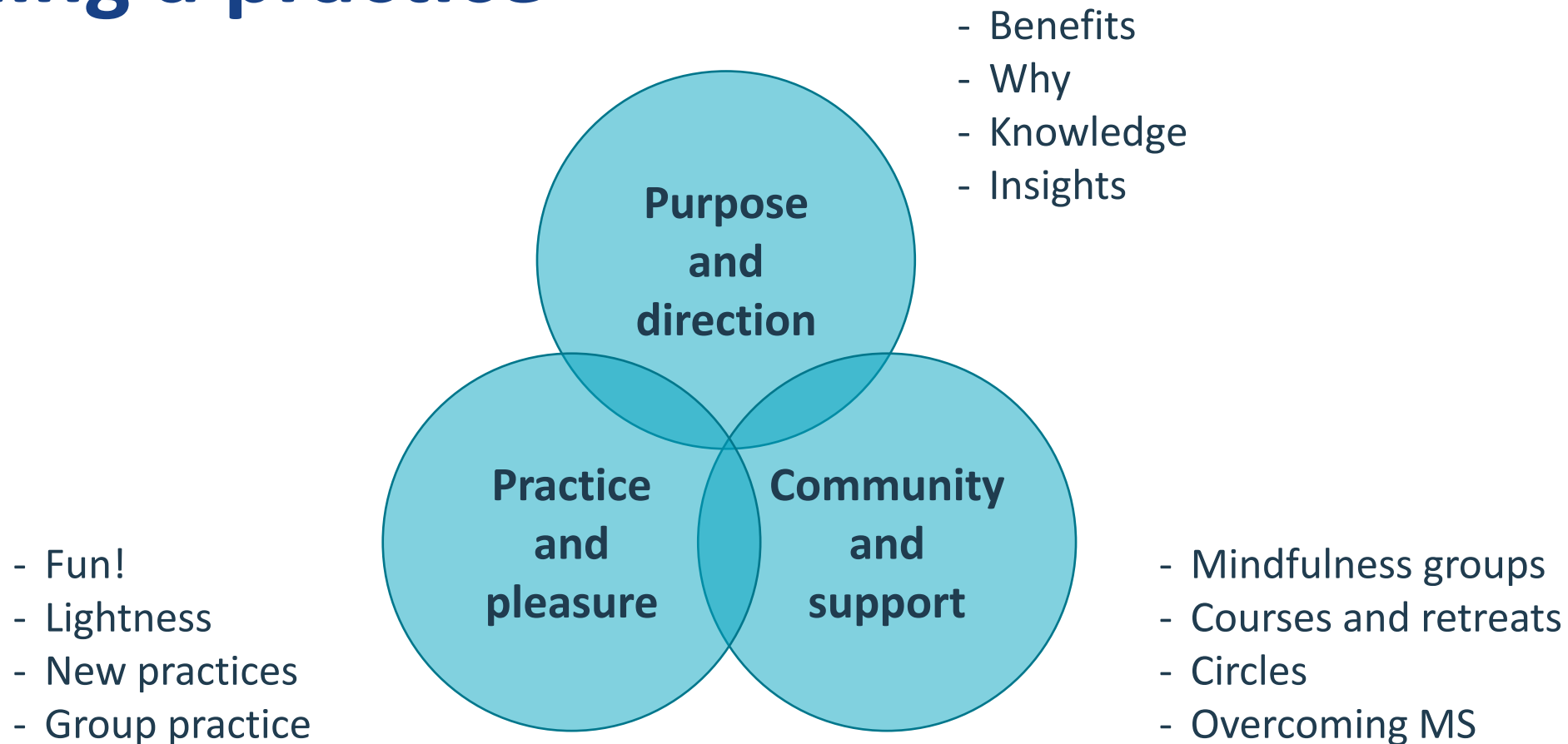
- Thoughts and feelings are not facts
- Less personalising of experience
- Creating a gap between perception and response
- Acceptance
- Equanimity
- Impermanence and the ephemeral nature of experiences



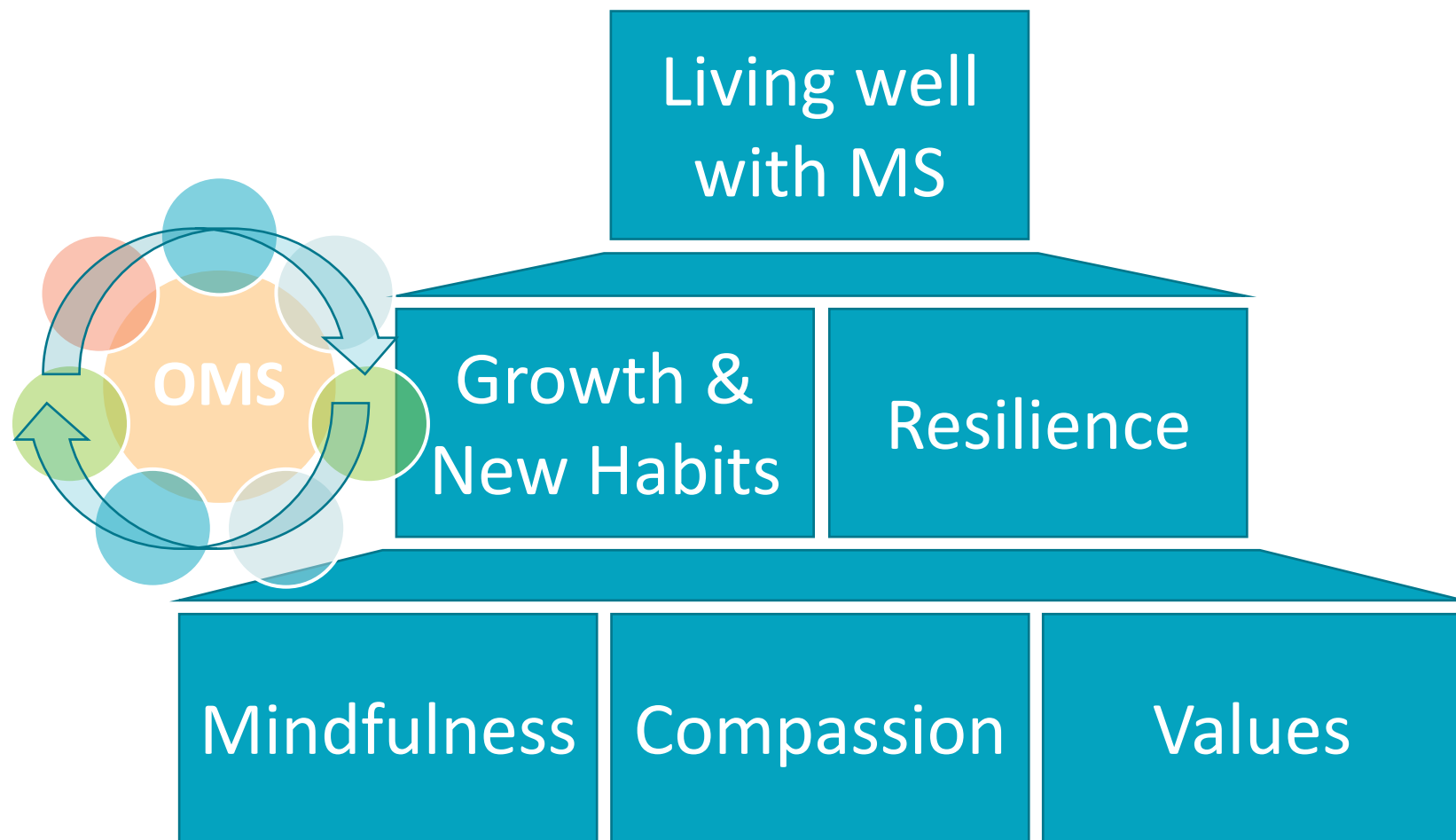
Which helps us:

- Better respond to difficulties
- Better handle stresses in our lives
- Become more resilient
- Choose right actions

Maintaining a practice



Bringing it all together



Practice....

Questions



Thank You!

