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# WHY MINDFULNESS?

A/PROF ANDREW DEAN  
ASM PERTH NOV 2018

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# PART 2

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# SO WHAT IS MINDFULNESS?

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- A mental technique for reprogramming our “default mode” of brain activity, and emotional reactivity
  - Mindfulness does not require any beliefs to be effective
  - Complete skeptics can achieve mindfulness benefits by simply “doing the practice”
  - Similar to meditation; many overlapping elements
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# MINDFULNESS IS ABOUT CREATING “ TIME OUT ” MOMENTS





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# PLACES CAN ENHANCE MINDFULNESS





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# A BASIC MINDFULNESS EXERCISE

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- We will initially do this for 1 minute
  - Then share experiences with others at your table
  - Then we will do a 3 minute practice
  - And once more share experiences
  - As little as 5 minutes a day is effective
  - Mindfulness can intersperse at work, during a busy ED shift
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# LET'S DO A MINDFULNESS EXERCISE

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- Sit quietly
  - Eyes closed or open - keep fairly still
  - Take a slow breath, hold it a moment, and exhale
  - Notice the feeling of breathing
  - Focus on air entering your nose or mouth
  - Focus on air leaving your nose or mouth
  - If you get distracted, focus once more on your breathing
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# INTEGRATING MINDFULNESS IN THE WORKPLACE

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- 4 week meditation course for all ED staff (New Zealand)
  - 10-15 minutes a week for medical students (Ballarat)
  - 3 minute sessions during shift handovers (Queensland)
  - At education sessions
  - As a pilot study measuring traits of anxiety and depression in the ED
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# THANK YOU FOR BEING HERE TODAY

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- Some starting point references
  - [wrapEM.org](http://wrapEM.org)
  - [10percenthappier.com](http://10percenthappier.com) Meditation for fidgety skeptics



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