#### WHY MINDFULNESS?

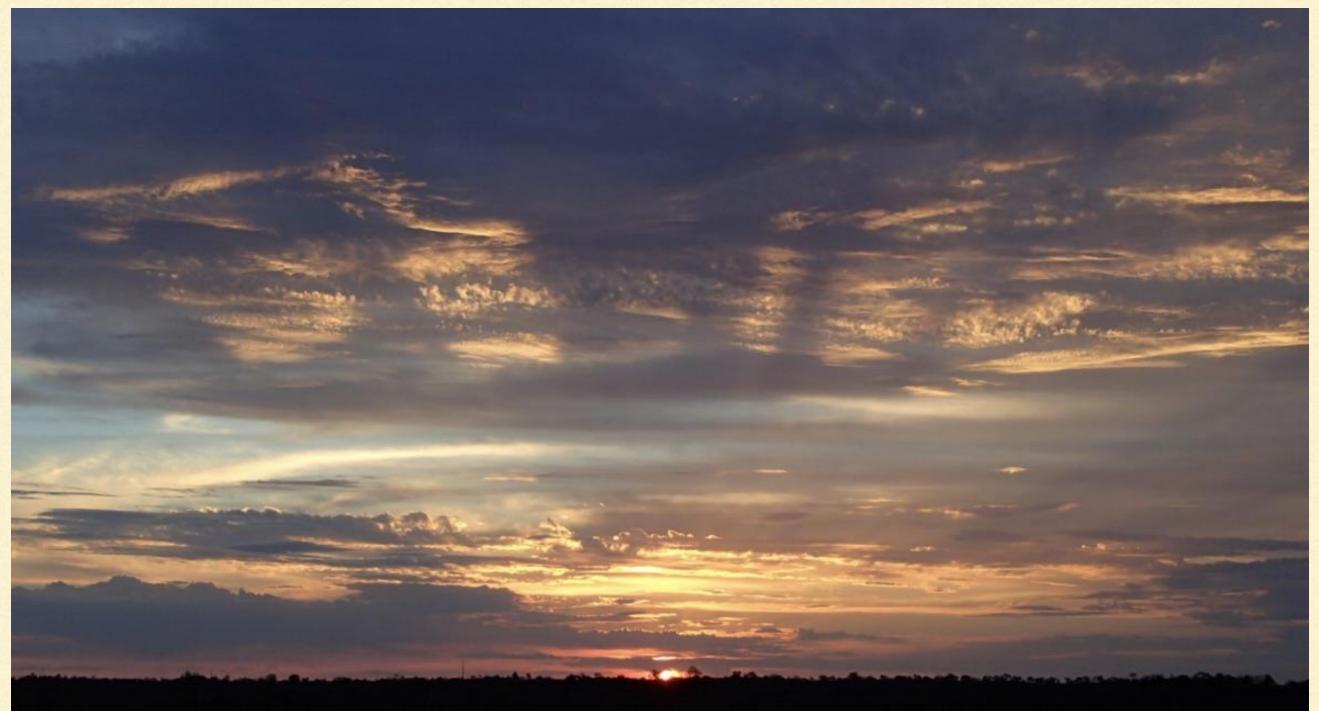
#### A/PROF ANDREW DEAN ASM PERTH NOV 2018

PART 2

# SO WHAT IS MINDFULNESS?

- 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

#### MINDFULNESS IS ABOUT CREATING "TIME OUT "MOMENTS



#### PLACES CAN ENHANCE MINDFULNESS



#### A BASIC MINDFULNESS EXERCISE

- 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

#### LET'S DO A MINDFULNESS EXERCISE

- 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

## INTEGRATING MINDFULNESS IN THE WORKPLACE

- 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

### THANK YOU FOR BEING HERE TODAY

- Some starting point references
  - wrapEM.org
  - <u>10percenthappier.com</u> Meditation for fidgety skeptics





HOME BLOG MODULES WELLNESS WEEK " "HOW-TO" GUIDES WRAP EM TEAM WRAP EM ON TOUR "

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