

Mindfulness in the Brain Injured Population



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Objectives



- What is mindfulness?
- How do you practice mindfulness?
- What are the benefits of mindfulness?
- How do we incorporate this into our brain injured population?

Mindfulness



- State of consciousness where we are paying attention to our present moment. It can happen in any experience.
- As you learn these principles and techniques of mindfulness you can apply them to any moment in the day.

Meditation



- Wide range of practices that help your awareness.
- There are hundreds of kinds of meditation practices, including relaxation concentration, visual imagery, breath work and religious chanting and prayer.

History



- Mindfulness based practices have been around for over 5000 years.
- Hindu Vedas but were also seen later on in the Greeks, Taoists, Native Americans, poets, philosophers, and scientists.

Research



- Mindfulness is a state of being. A large body of research is showing that it changes our actual physiological state.
- Research also is showing that it could be a powerful way to affect neuroplasticity.

Research



- Reducing stress
- Reducing chronic physical pain
- Boosting the body's immune system to fight disease
- Coping with painful life events such as death of a loved one or major illness
- Reducing blood pressure
- Dealing with negative emotions like anger, fear or greed
- Increasing self awareness to detect harmful reactive patterns of thought, feeling or action
- Improving attention or concentration
- Enhancing positive emotions, including happiness and compassion
- Increasing interpersonal skills and relationships
- Reducing addictive behaviors such as eating disorders, alcoholism, and smoking
- Enhancing performance, whether in work, sports or academics
- Stimulating and releasing creativity

Research




Original Article

Effects of guided aerobic exercise and mindfulness after acquired brain injury: a pilot study

Eva Kristina Lilliecreutz , Beatrice Felixson, Anna Lundqvist & Kersti Samuelsson

Pages 229-236 | Received 19 Jan 2017, Accepted 28 May 2017, Published online: 14 Jun 2017

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 <https://doi.org/10.1080/21679169.2017.1337220>




Research



Research Article

Mindfulness-based stress reduction (MBSR) improves long-term mental fatigue after stroke or traumatic brain injury

B. Johansson , H. Bjuhr & L. Rönnbäck

Pages 1621-1628 | Received 31 Aug 2011, Accepted 30 May 2012, Published online: 13 Jul 2012

 Download citation  <https://doi.org/10.3109/02699052.2012.700082>

Research



Research Article

Stimulus over-selectivity in temporal brain injury: Mindfulness as a potential intervention

Louise McHugh  & Rodger Wood

Pages 1595-1599 | Received 14 Nov 2012, Accepted 09 Aug 2013, Published online: 22 Nov 2013

 Download citation  <https://doi.org/10.3109/02699052.2013.834379>

Practice



- **Pranayama**
 - Prana = life force
 - Yama = direction of
- **Breathing exercises**
 - Alternate nostril breathing
 - Three step wise breathing
 - Sahaja four part equal breath

Meditation



- Heart centered meditation
- Guided imagery meditation

Resources



- Brown, Richard P., and Patricia L. Gerbarg. *The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions*. Trumpeter, 2012.
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Dedicated to Savithri Bonthala, MD



Questions/Resources



- <https://www.uclahealth.org/marc/>
- <https://palousemindfulness.com/>