



Mind-Body Therapies for Stress Reduction

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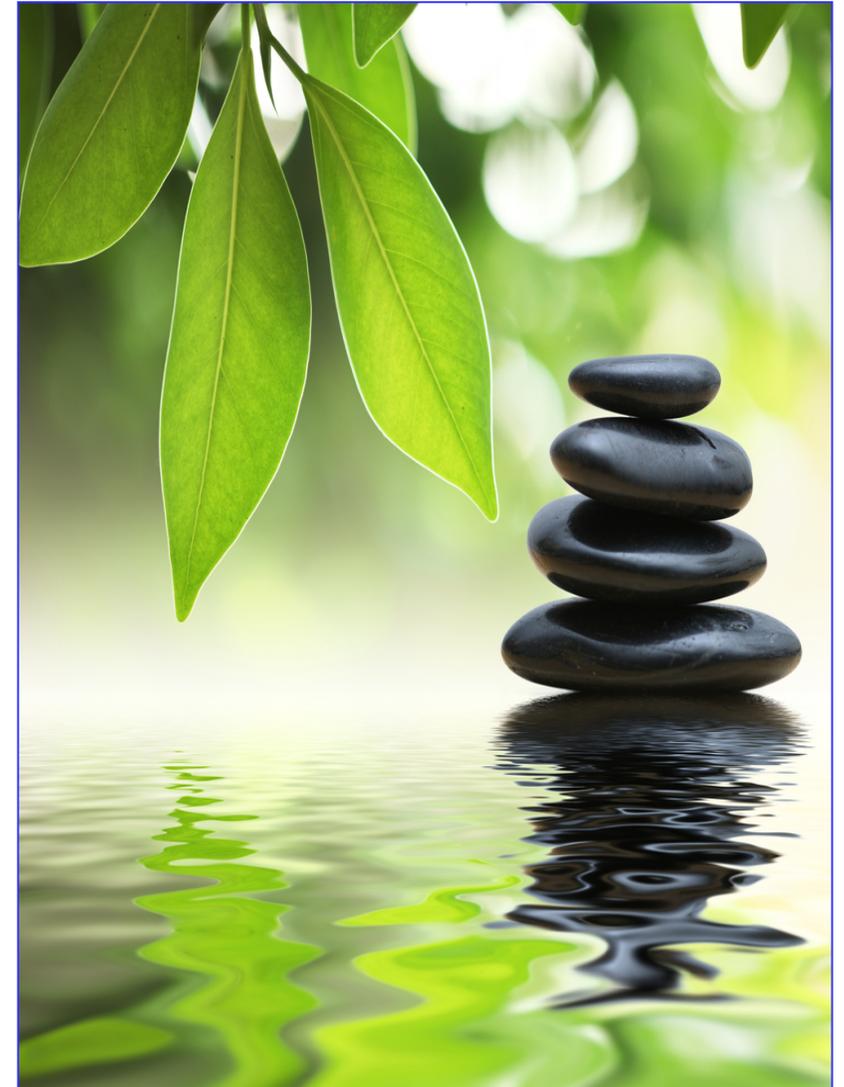


Common Good Sept 2020



Outline

- Stress in the time of COVID
- The “Mix of Six”
- Stress Management Through Mind-body Therapies
- Mindfulness: What is it?
- Mindfulness-Based Stress Reduction
 - Balancing breath minis





Why are we more stressed now?

- Stress-inducing characteristics of COVID-19:
 - Uncontrollability
 - Besides following public health guidelines, there is little any one individual can do to control the spread of the virus or the magnitude of the pandemic
 - Uncertainty
 - How this will unfold locally or globally is unknown
 - High consequence/importance
 - Contracting COVID-19 could be fatal
- <https://theconversation.com/7-mental-health-coping-tips-for-life-in-the-time-of-covid-19-138479>





Risk Factors

- History of mental health problems
- Sleep dysregulation
- Intense reactions to stress
- Worry and rumination
- Escape or avoidant behavior
- Relationship tension/lack of social support
- Social Isolation

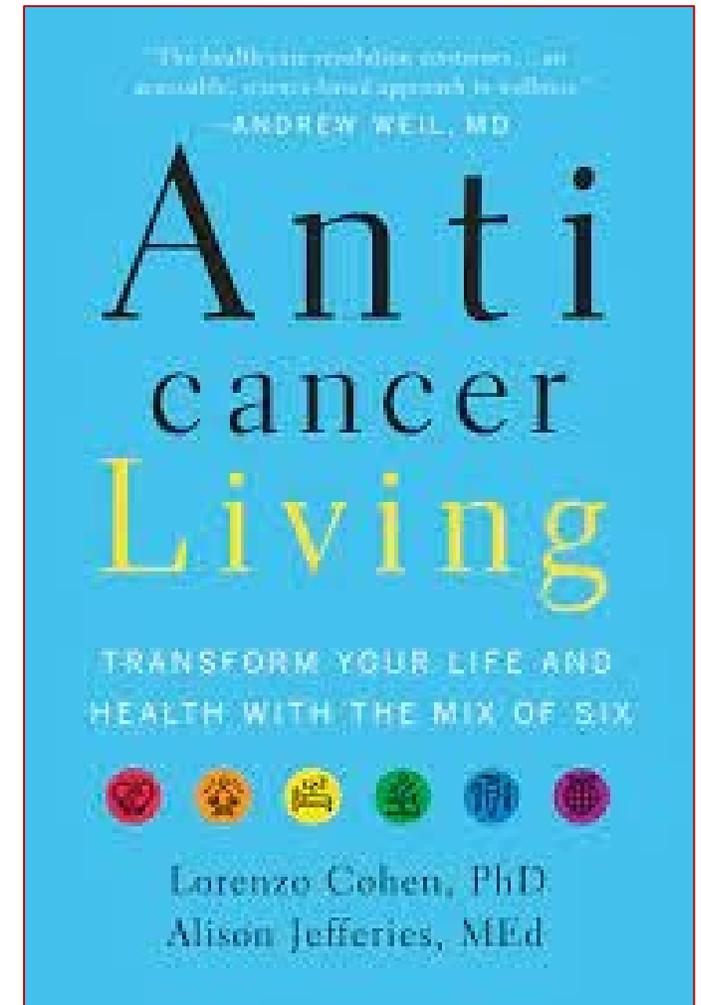


- Podcast-Dr. Keith Dobson: <https://canada2020.ca/coping-with-covid-with-dr-keith-dobson/>



The “Mix of Six” Protective Factors

- 1) Diet
- 2) Physical activity
- 3) Stress management
- 4) Sleep
- 5) Love and support
- 6) Environmental toxins



What are Mind-Body Therapies?

- a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms
- Recognizes the interconnectedness among all systems (nervous, endocrine, immune)
- Every state of mind has a state of body, and *vice versa*





Mind-Body therapies for stress reduction and symptom management

- Mind–body techniques are appealing for reduction of symptoms such as stress, anxiety, pain, fatigue, sleep disturbance
- Traditional medical management of these typically involves pharmacological treatments
 - Analgesics, stimulants, sedatives, antidepressants
- May interact with other medications or cause unwanted side-effects and dependence
- Many people prefer non-drug alternatives





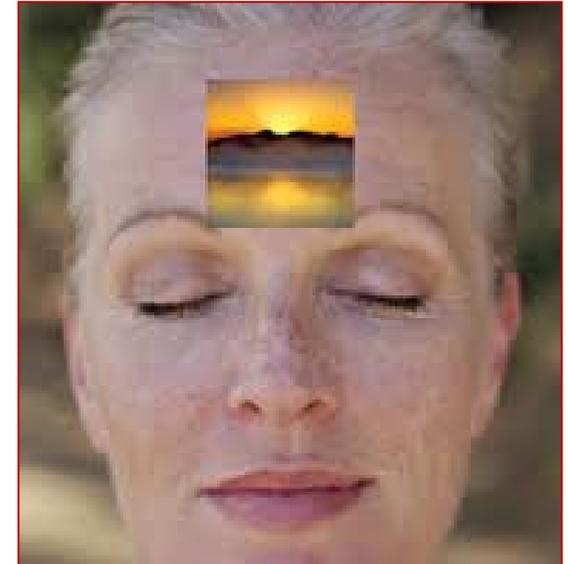
Relaxation

- Relaxation therapies are techniques designed to elicit a state of relative freedom from mental and/or physical tension
- Symptom improvement occurs as a result of eliminating physical tension, emotional stressors, and aiding sleep
 - Jacobsen's Progressive Muscle Relaxation
 - Bensen's "Relaxation Response"
- Activates the parasympathetic nervous system, decreases "fight or flight" reactivity, decreases BP, HR, respiration



Guided Imagery

- Often combined with relaxation
- Guided imagery involves engaging the imagination to create a sensory experience to achieve a clinical goal.
- Examples:
 - Going to your happy place
 - Imagine pain as a volume control or thermometer that is being turned down or decreasing
- Overall, imagery is more effective than no treatment for reducing depression, anxiety, and discomfort and for improving quality of life and controlling pain



Hypnosis

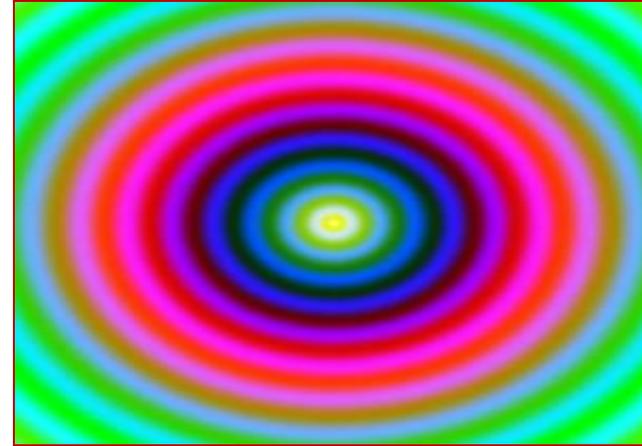
- Hypnosis is a natural state of aroused, attentive focal concentration coupled with a relative suspension of peripheral awareness and aimed at achieving symptom relief
- More goal-oriented and focussed than imagery/relaxation
- Hypnotic relaxation is the most frequently cited form of non-pharmacological pain control





Hypnosis for Pain Control

- Patients undergoing breast biopsy or randomized to:
 - 15-min presurgery hypnosis session or
 - empathic listening for the same duration
- Those receiving the hypnosis had:
 - lower pain, discomfort, fatigue, and emotional distress postsurgery
- In addition, those who received the hypnosis intervention needed less time in clinical care areas resulting in decreased institutional costs



(Montgomery GH, Hallquist MN, Schnur JB, et al., 2010)



Creative Therapies

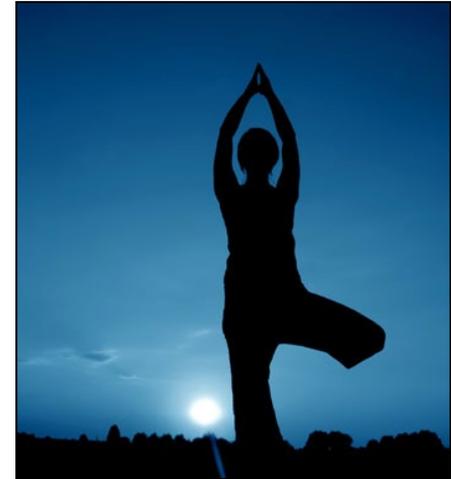
- intended to provide a means to integrate physical, emotional and spiritual elements by facilitating creative ways to express and process feelings around difficult experiences, and make sense of the experience
- Include
 - music therapy (both listening to and creating)
 - visual arts (painting, drawing)
 - expressive writing,
 - journalling
 - dance or movement therapy





Yoga

- The practice of Yoga, an ancient Eastern tradition, encompasses various domains including ethical disciplines (e.g., non-harm in actions and words), physical postures, and spiritual practices with the overall goal of uniting mind and body
- Yoga is translated to mean “Union”
- Many different forms of yoga: Hatha, Iyengar, Restorative/Therapeutic
- Large reductions in distress, anxiety, and depression, moderate reductions in fatigue, moderate increases in general quality of life, emotional function and social function, improved sleep and increases in functional well-being





YOGA

Relaxing pastime,
spiritual path or
extreme sport?

Crea

www.sangrea.net

Tai Chi



- Tai chi (Tai Chi Ch'uan),
 - a form of martial art from traditional Chinese medicine
 - involves a series of slow specific movements or “forms” done in a meditative fashion.
 - focusing the mind solely on the movements of the form is thought to bring about a state of mental calm and clarity
 - the practice itself has been separated from its martial arts roots and is widely taught as a health behavior practice and exercise
- Overall in elderly samples, research supports its efficacy for improving balance and preventing falls and improving overall psychological well-being



Qigong



- Qigong is traditionally viewed as a practice to cultivate and balance qi (chi) or "intrinsic life energy"
- Practice of aligning breath, movement, and awareness for exercise, healing, and meditation.
- Qigong exercises generally have three components: a posture (whether moving or stationary), breathing techniques, and mental focus on guiding qi through the body.
- Improves mood, fatigue and quality of life



Meditation

- Purposeful mental focus on an object of awareness (phrase, breath, body)
- Burgeoning literature on mindfulness meditation
- Mindfulness-Based Stress Reduction
- Misunderstandings about what mindfulness and mindfulness meditation is



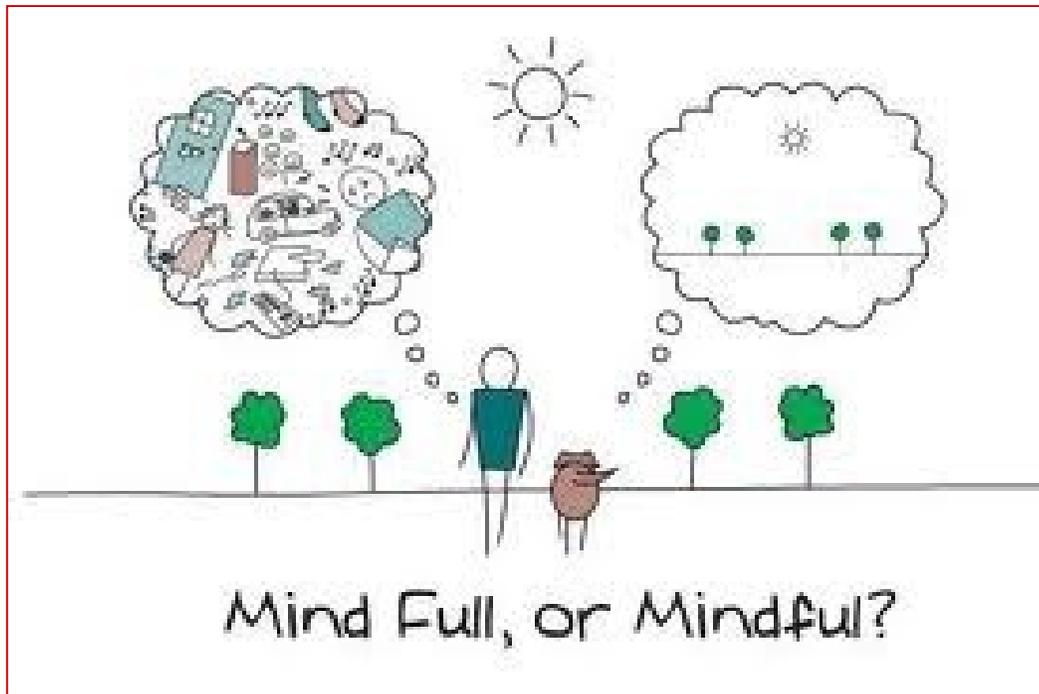
What is Mindfulness?





What is Mindfulness?

- Paying attention on purpose in the present moment with an open and accepting attitude
- A way of BEING in the world
- A PRACTICE



What is your mind doing instead?

- 50,00-70,000 thoughts per day!
- 46.9% are NOT in the present moment (mind wandering)



- Happier when in the present moment

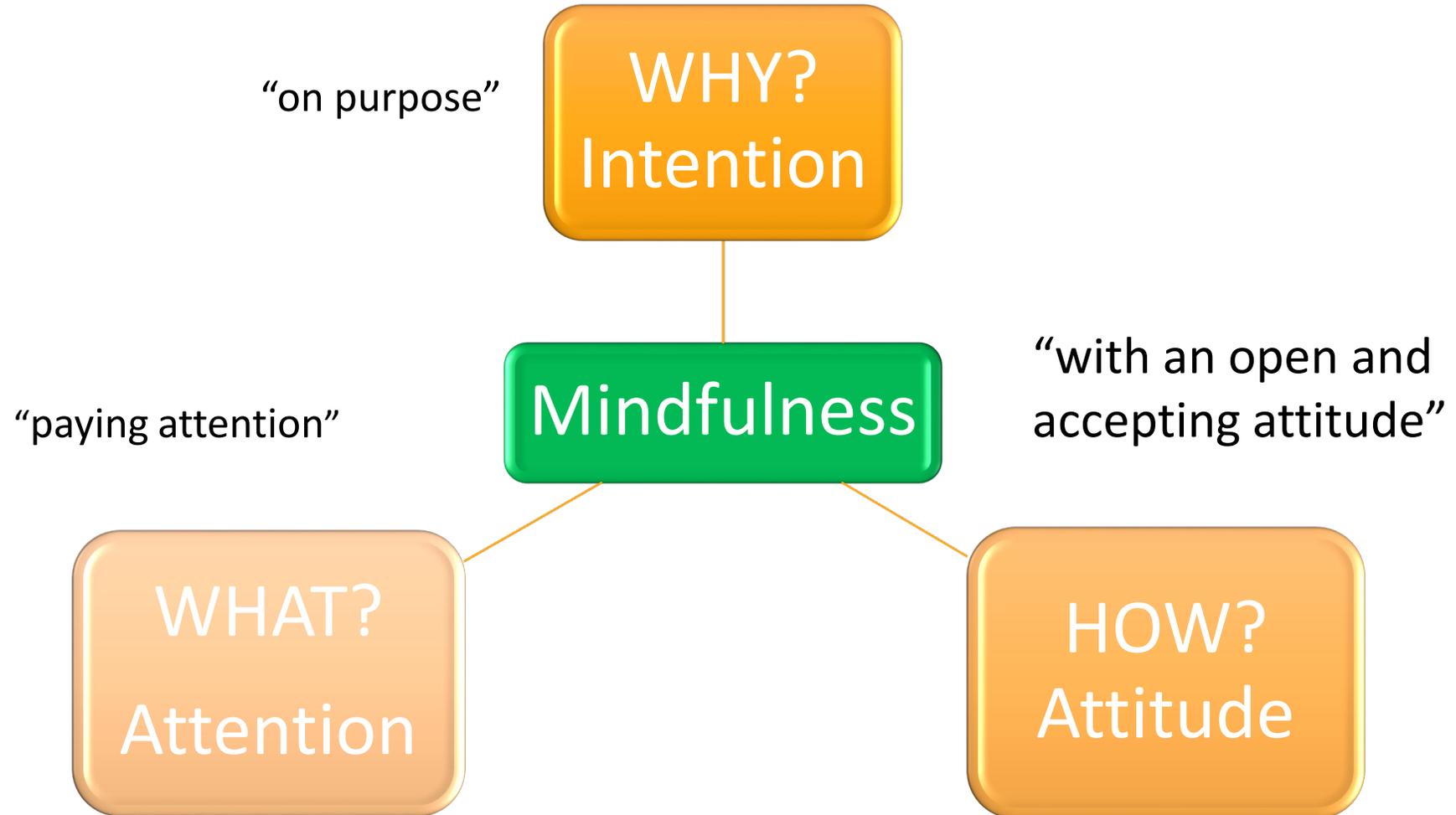
A vertical wooden stick is positioned in the center of the frame. It has three signs attached to it. The top sign is a rectangular orange card with the word 'now' in white lowercase letters. Below it is a green arrow-shaped sign pointing to the right with the word 'tomorrow' in white lowercase letters. Below that is another green arrow-shaped sign pointing to the left with the word 'yesterday' in white lowercase letters. The background is a vast, blue sky with soft, white clouds, suggesting a high-altitude or mountain-top perspective.

now

tomorrow

yesterday

Components of Mindfulness



Mindful Attitudes

- Non-judging
- Patience
- Acceptance
- Letting go
- Non-striving
- Trust
- Beginners Mind



*OR - you can be a
judgmental, impatient,
rejecting, grasping, striving,
suspicious know-it all!*



What mindfulness is *NOT*

- Not relaxation
- Not hypnosis
- Not prayer
- Not religious



- Not clearing your mind of all thoughts
- Not always peaceful/calm





Why Mindfulness?

The only certainty in life is change

The unwillingness to acknowledge and act upon this reality is the root cause of all suffering

Mindfulness is one process by which we face and accept this inevitability



Mindfulness

*I went to the woods because I wished to live deliberately,
To front only the essential facts of life.
And see if I could not learn
What it had to teach,
And not, when I came to die,
Discover that I had not lived*

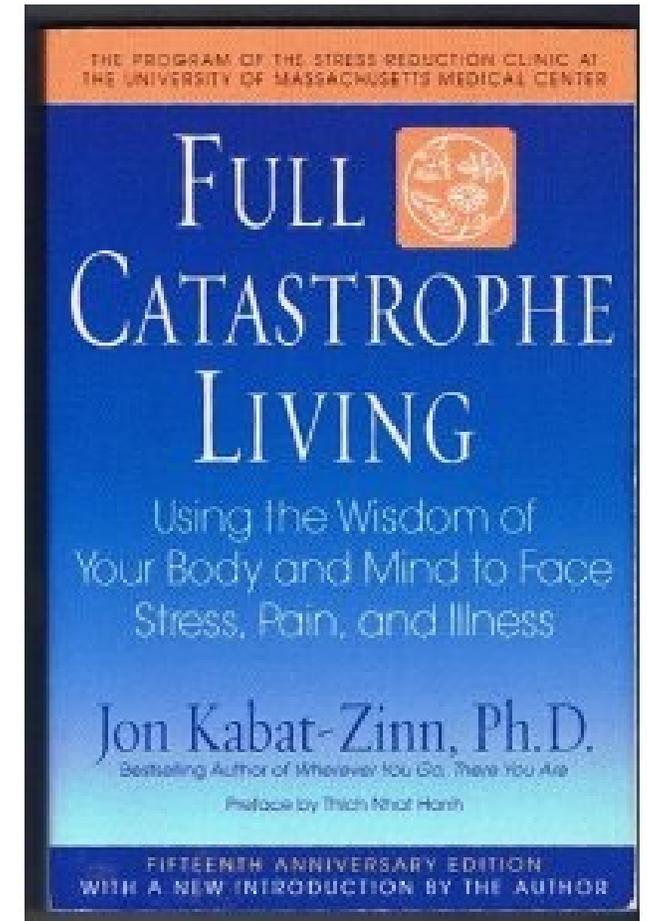
- Thoreau -



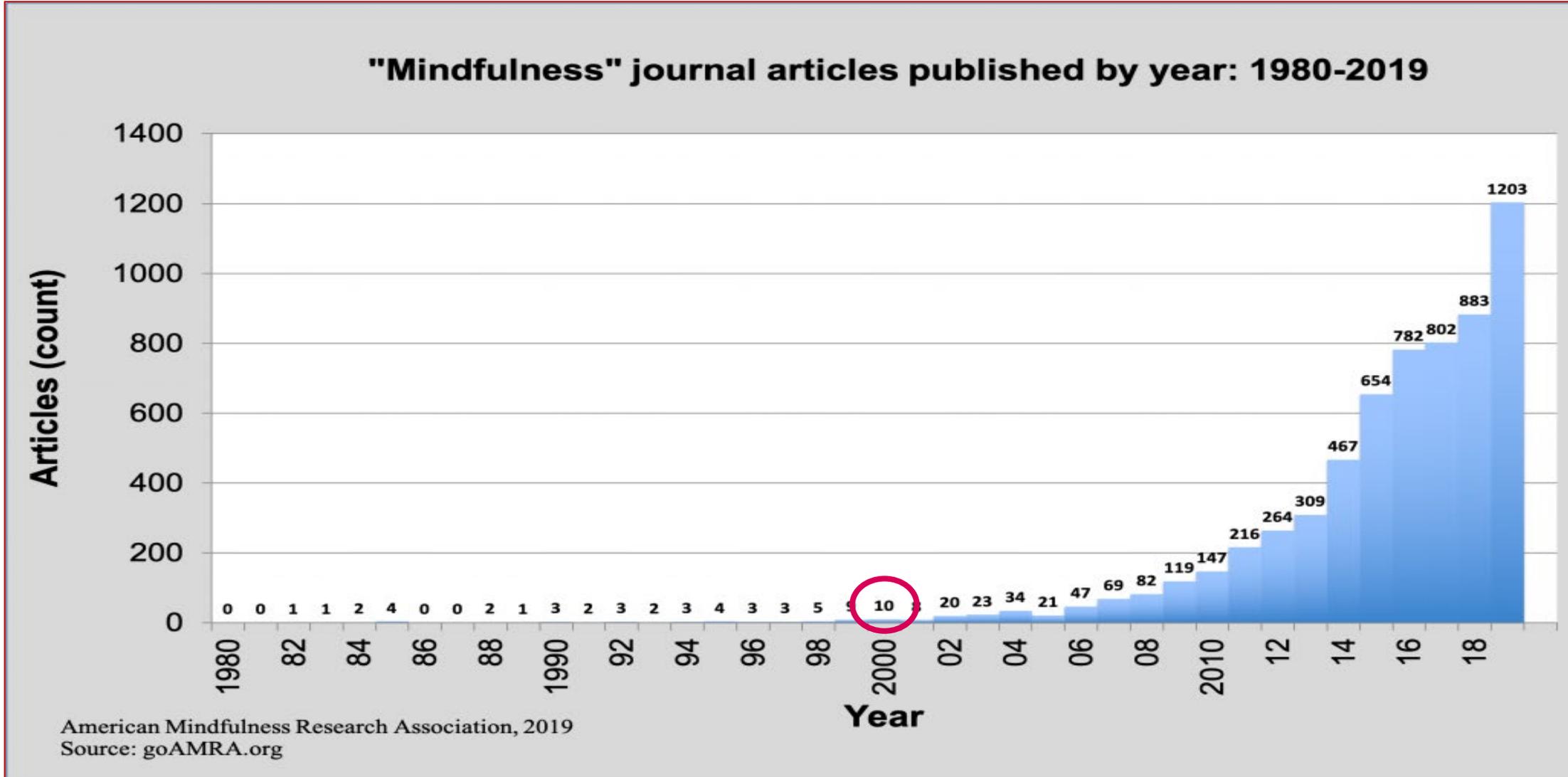


Mindfulness-Based Stress Reduction

- Program developed in late 1970's by Jon Kabat-Zinn and colleagues at the UMass Med Centre, Worcester
- 8-week group program which combines stress reduction with mindfulness meditation techniques
- MBSR has been shown effective for a wide range of physical and psychological disorders and symptoms:
- see goamra.org for comprehensive research summaries



Mindfulness research studies



Data obtained from an ISI Web of Science search of the term “mindfulness” in academic journal article titles.



Mindfulness for cancer survivors



Mindfulness for cancer

- Why?





The illness experience

- Loss of control
- Life threat/mortality
- Loss of certainty/predictability/routine
- Grief, fear, anger, depression
- Symptoms: pain, fatigue, sleeplessness
- Fear of recurrence

Skills in **EMOTION REGULATION**, Attitudes of **ACCEPTANCE**, **NON-ATTACHMENT** (letting go), and **SELF-COMPASSION** can help



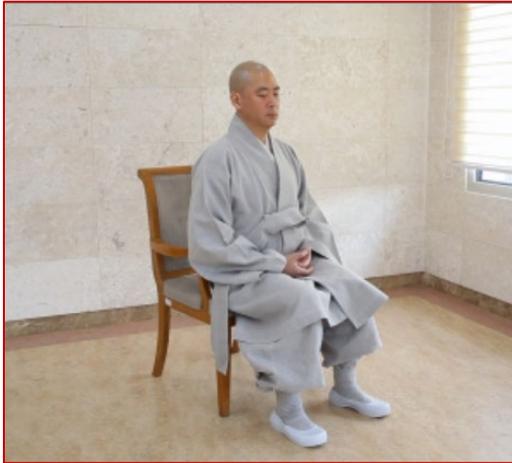
Mindfulness-Based Cancer Recovery (MBCR) Program Design

- 8 (9)-week intervention
 - 1.5hr (1hr45min) weekly meetings with 2 instructors
 - Discussion followed by mindful yoga and meditation (body scan, sitting, walking)
 - Follow booklet which outlines the program/ includes a bibliography
 - Daily meditation practice encouraged and monitored -formal and informal (CD provided)

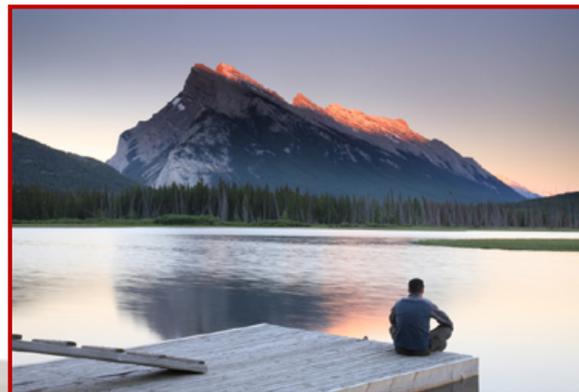


- Homework log of time spent in meditation
- 6-hour silent “retreat” between weeks 6 and 7

Types of meditation practices in MBCR



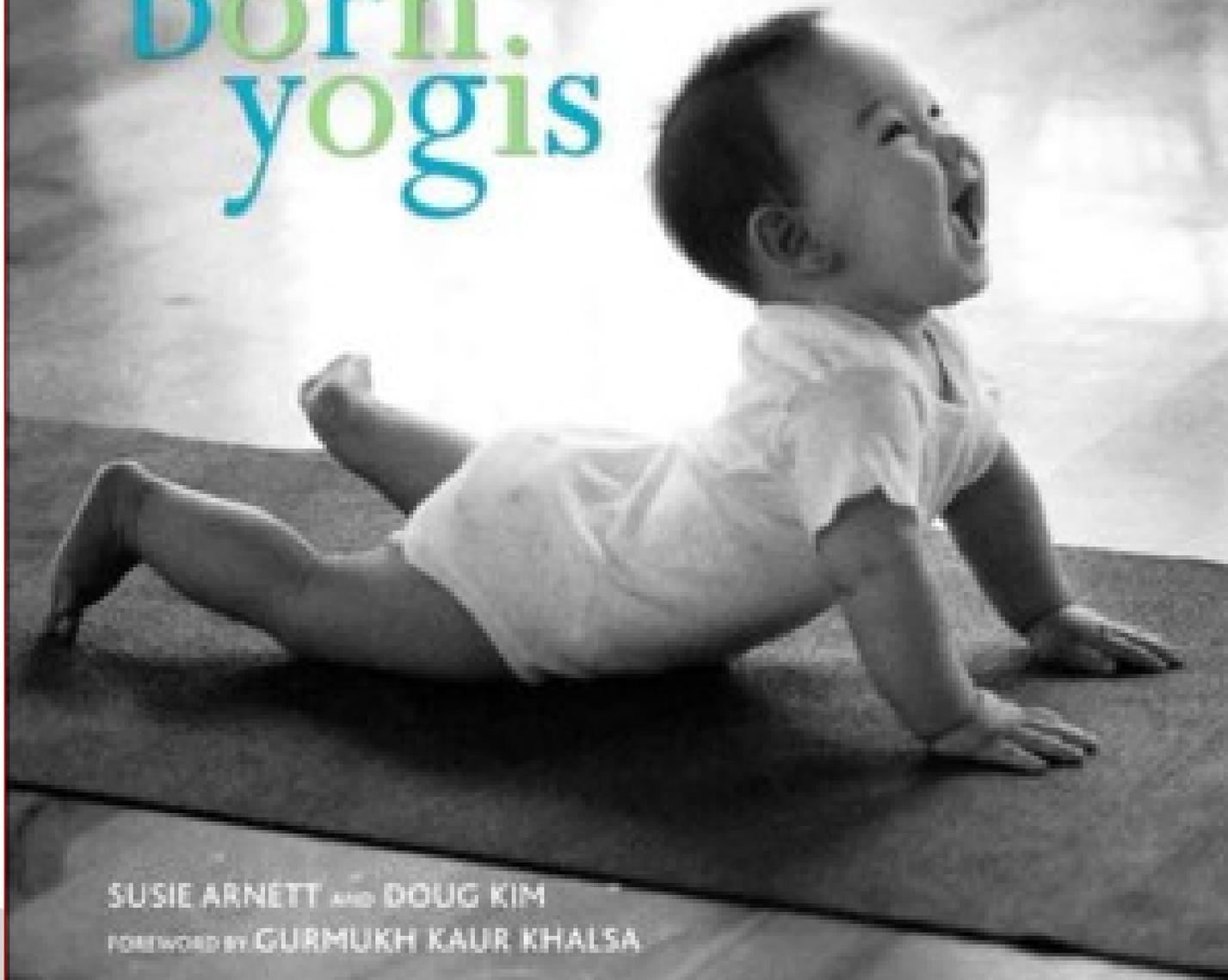
- Body scan
- Sitting
- Walking
- Open awareness
- Mountain/lake
- Loving-kindness





UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

born. yogis



SUSIE ARNETT AND DOUG KIM
FOREWORD BY GURMUKH KAUR KHALSA



MBCR Research results...

- Improved **symptomatology**
 - Stress symptoms
 - Mood, anger, anxiety, depression
 - Sleep, fatigue
 - Rumination, worry
 - Similar improvements in partners
- Improved **psychological well-being**
 - Quality of life
 - Spirituality
 - Post-traumatic growth
 - Overall mindfulness



- Improved **biological functions**
 - Decreases in systolic blood pressure
 - Normalized cortisol rhythms
 - Less inflammation
 - Maintains Telomere Length



Changing Our DNA through Mind Control?

A study finds meditating cancer patients are able to affect the makeup of their DNA
By Bret Stetka | December 16, 2014

"I think, therefore I am" is perhaps the most familiar one-liner in western philosophy. Even if the stoners, philosophers and quantum mechanically-inclined skeptics who believe we're living an illusion are right, few existential quips hit with such profound, approachable simplicity. The only catch is that in Descartes' opinion, "we" – our thoughts, our personalities, our "minds" – are mostly divorced from our bodies.



Mindfulness can help
Credit: Thinkstock

The polymathic Frenchman and other dualist philosophers proposed that while the mind exerts control over our physical interaction with the world, there is a clear delineation between body and mind; that our material forms are simply temporary housing for our immaterial souls. But centuries of science argue against a corporeal crash pad. The body and mind appear inextricably linked. And findings from a new study published in *Cancer* by a Canadian

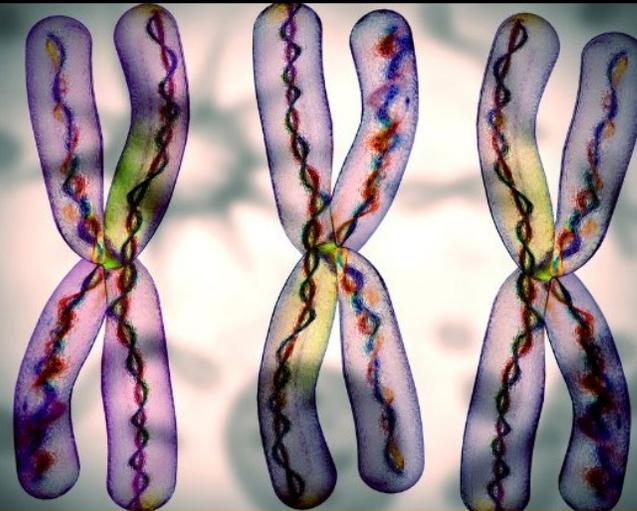


Image: Glid

World-first evidence suggests that meditation alters cancer survivors' cells

For the first time, scientists have found clear biological evidence that meditation and support groups can affect us on a cellular level.

FIONA MACDONALD 8 NOV 2014

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We're often told that being happy, meditating and mindfulness can benefit our health. We all have that one friend of a friend who says they cured their terminal illness by quitting their job and taking up surfing - but until now there's been very little scientific evidence to back up these claims.

Now researchers in Canada have found the first evidence to suggest that support

Meditation and mindfulness practices found to assist breast cancer recovery at cellular level, Canadian study finds

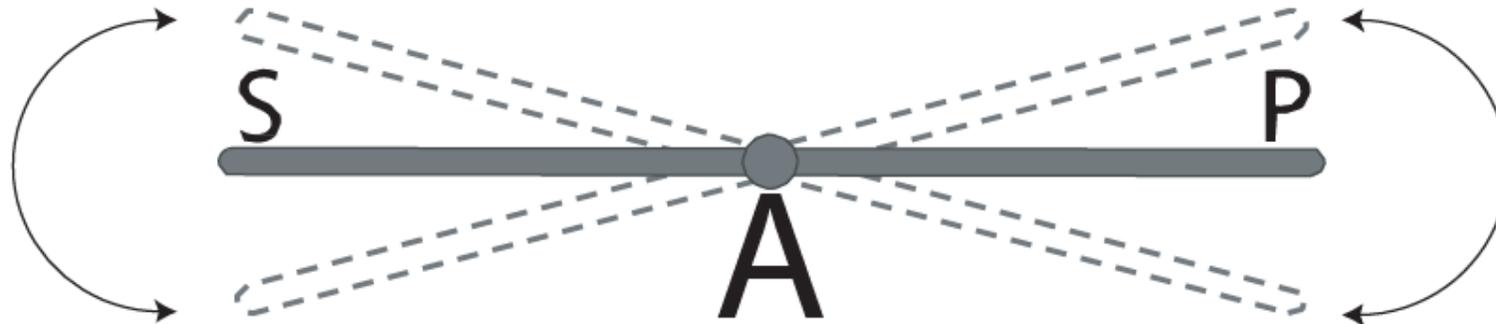
6 LAURA CALABRESE | November 3, 2014 5:15 PM ET
More from Laura Calabrese





Nervous System

- Voluntary vs. Autonomic (Automatic)



Autonomic Nervous System

Sympathetic

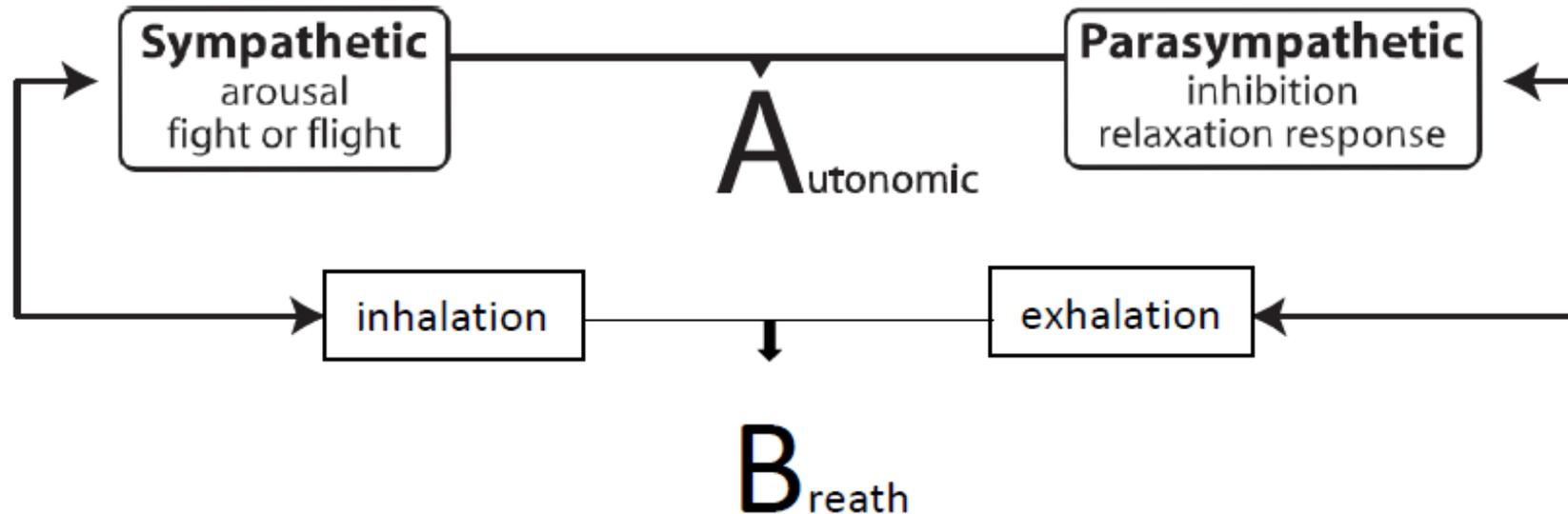
- fight or flight
- arousal
- activity

Parasympathetic

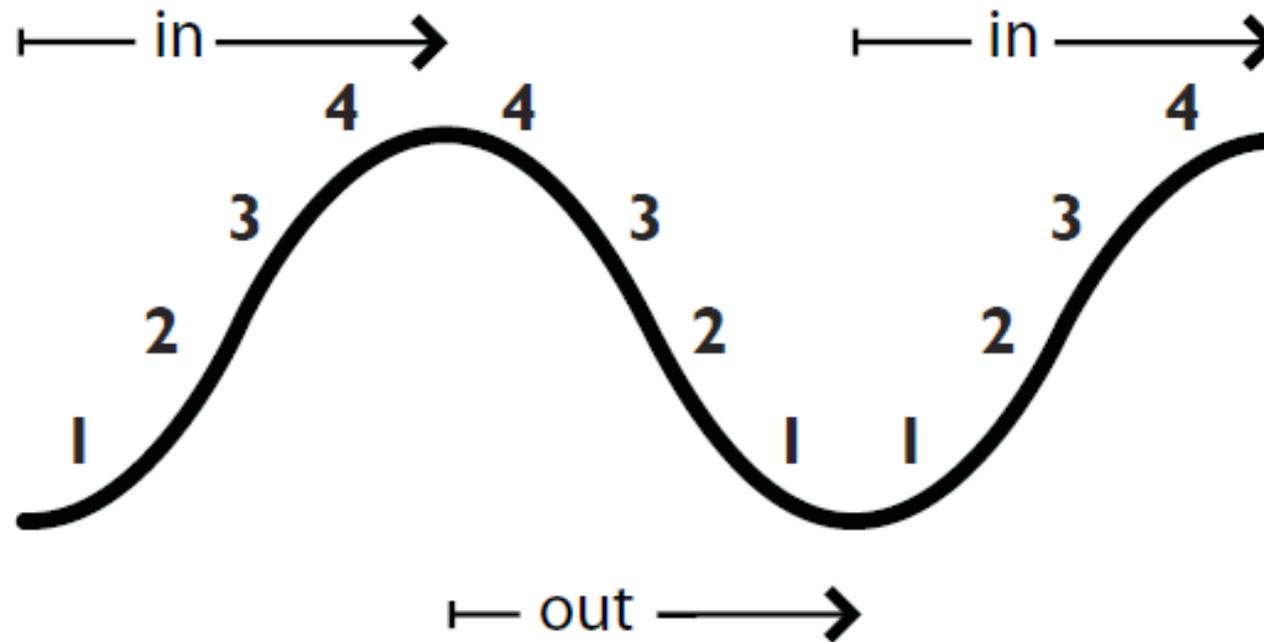
- rest phase
- possum
- relaxation

Balance in the Autonomic Nervous System

BREATH AND AUTONOMIC BALANCE



Riding the Wave of Breath





Summary

- A range of mind-body therapies can help with stress reduction
- Mindfulness is present moment nonjudgemental awareness (with acceptance)
- It is a way of being in the world cultivated through meditation practice
- Programs like MBSR and MBCR train people in mindfulness and help decrease a range of symptoms like anxiety, stress and depression
- Mindful awareness helps people cope with everyday stressors





Mindfulness Resources

- [Mindfulness Course U Calgary Continuing Education](#)
- [Calgary Insight Meditation Society](#)
- [American Mindfulness Research Association](#)
- [UCSD Centre for Mindfulness](#)
- [Free Guided Meditations](#)





Q&A

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- CD tracks/DVD yoga: <http://www.thematchstudy.ca/yoga-exercises/>



