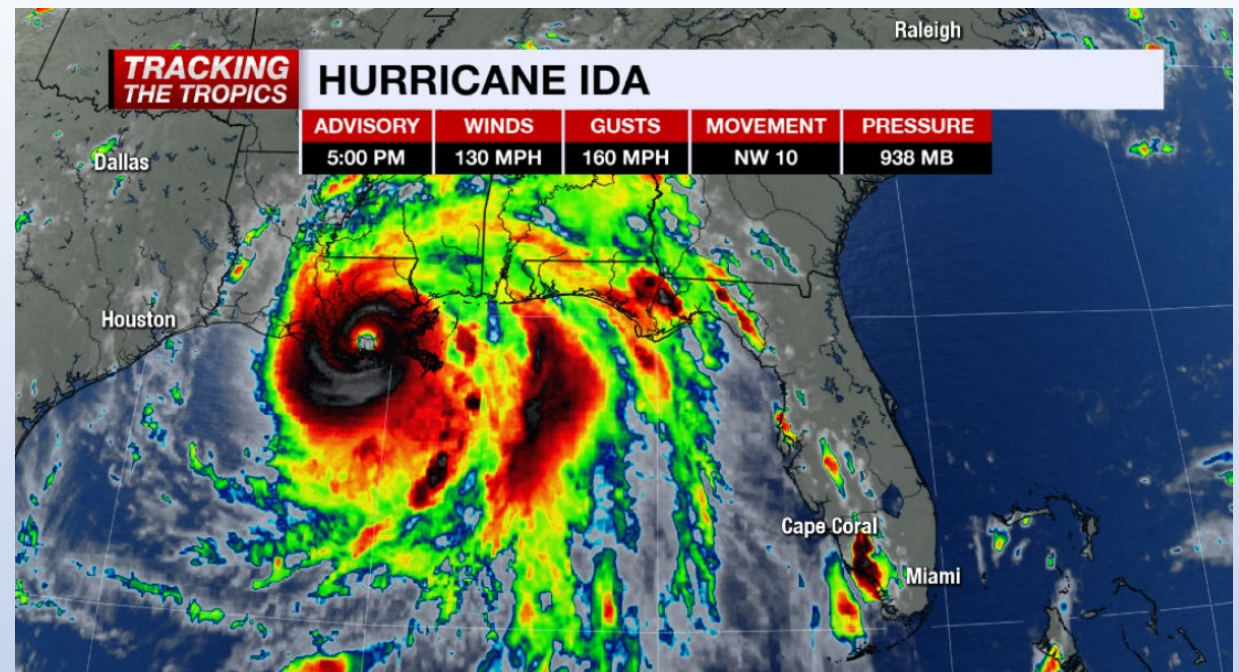


Including Mindfulness-based Intervention in Your New Normal Future of Work Webinar Series

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Sue & Bill Gross School of Nursing
Program in Public Health



Mental & Physical Health Effects of Stress

- Psychological responses include overwhelm, sadness, anger, indifference, exhaustion, anxiety, and depression.
- Somatic experiences include feelings of tension, upset stomach, and neck or back pain.
- Stronger initial reactions to traumatic events are associated with short- and long-term negative effects on health.
- Effects of media-based and direct exposure to large scale events accumulate over time.

Garfin, Holman, & Silver, *Journal of Traumatic Stress*, 2019

Garfin, Thompson, & Holman, *Journal of Psychosomatic Research*, 2018

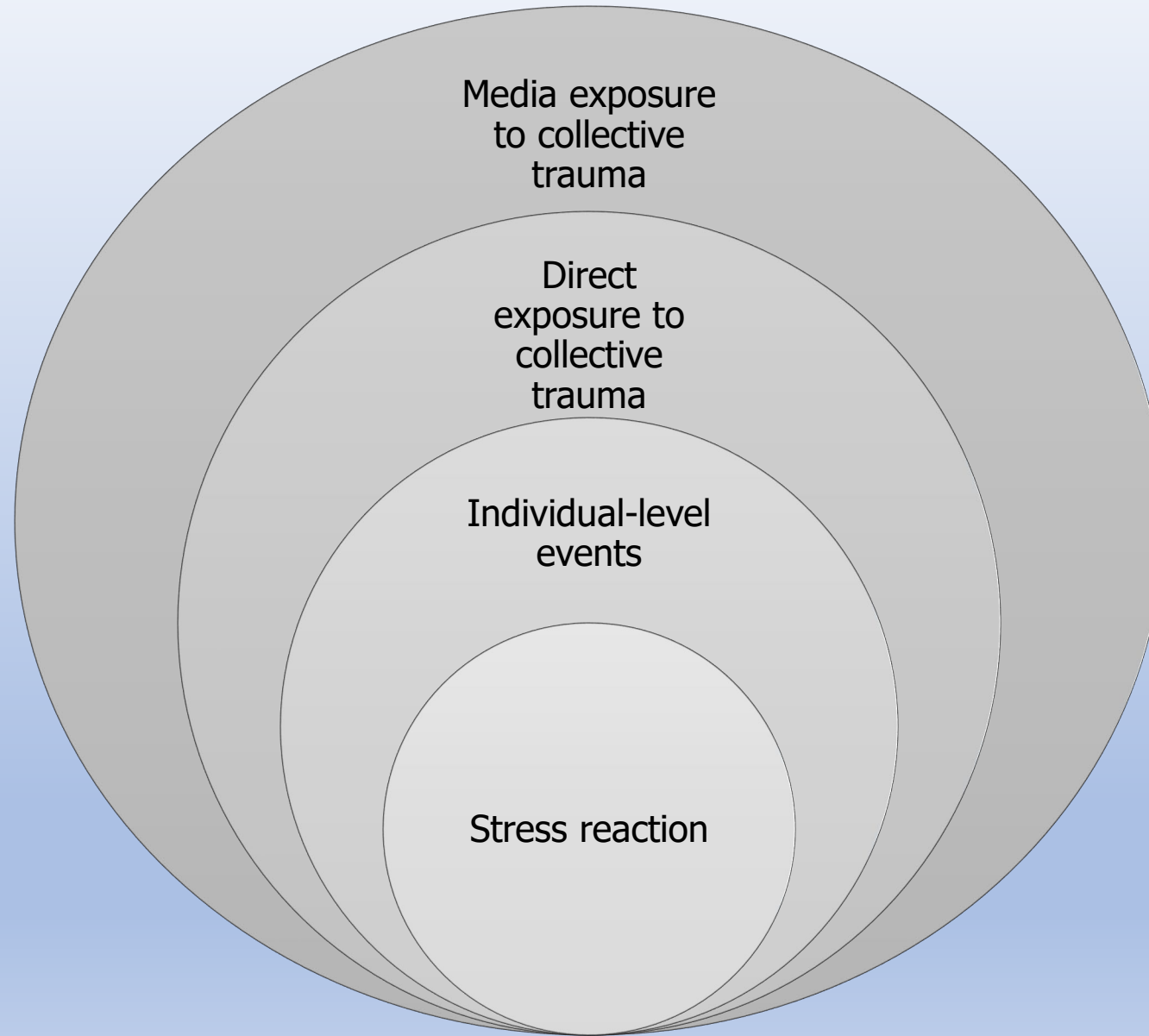
Garfin, Holman, & Silver, *Psychological Science*, 2015



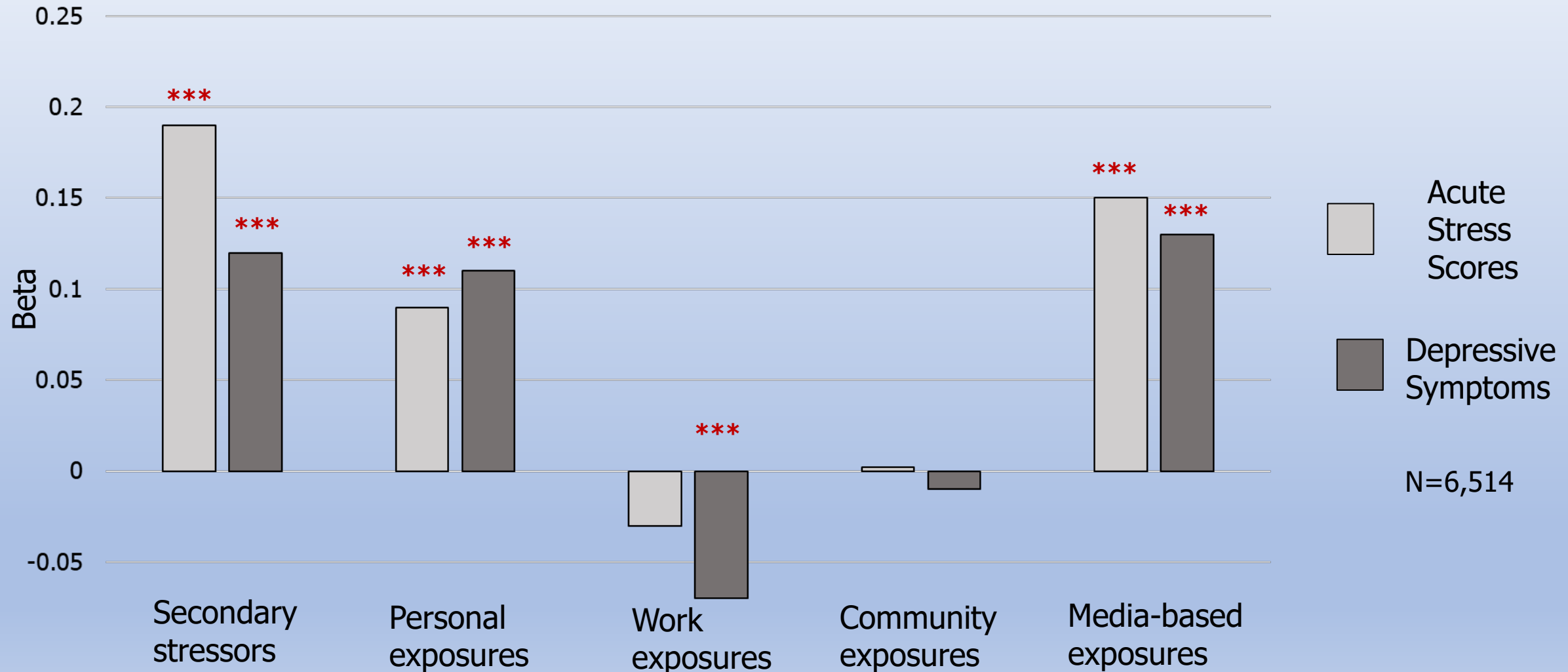
Overview

- Research on relationship between exposure to collective & individual stress and physical & mental health
- Overview of how mindfulness can help downregulate the stress response
- Specific tips on how to incorporate mindfulness into your new normal

Exposure to stress occurs on multiple levels



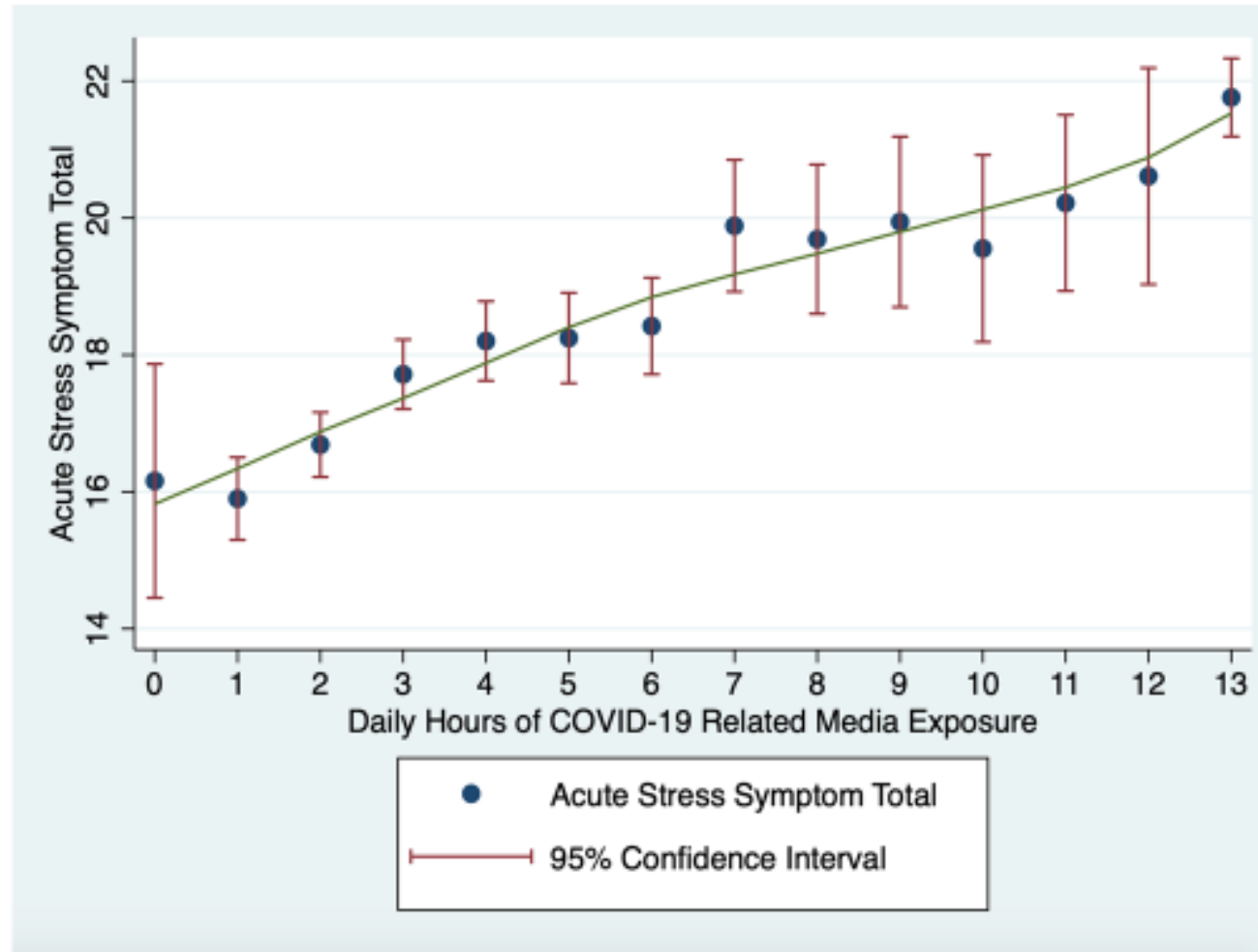
Type of Cumulative Exposure and Early Responses to COVID-19



*** $p < .001$

Holman, Thompson, Garfin, & Silver, *Science Advances*, 2020

Media exposure to COVID-19 & acute stress



Holman et al., *Science Advances*, 2020

N=6,514

Collective traumas are experienced in the context of individuals' lives.

Traumatic Events

Abuse

Assault

Serious accident

Suicide of a loved one



Stressful Events

Divorce

Illness

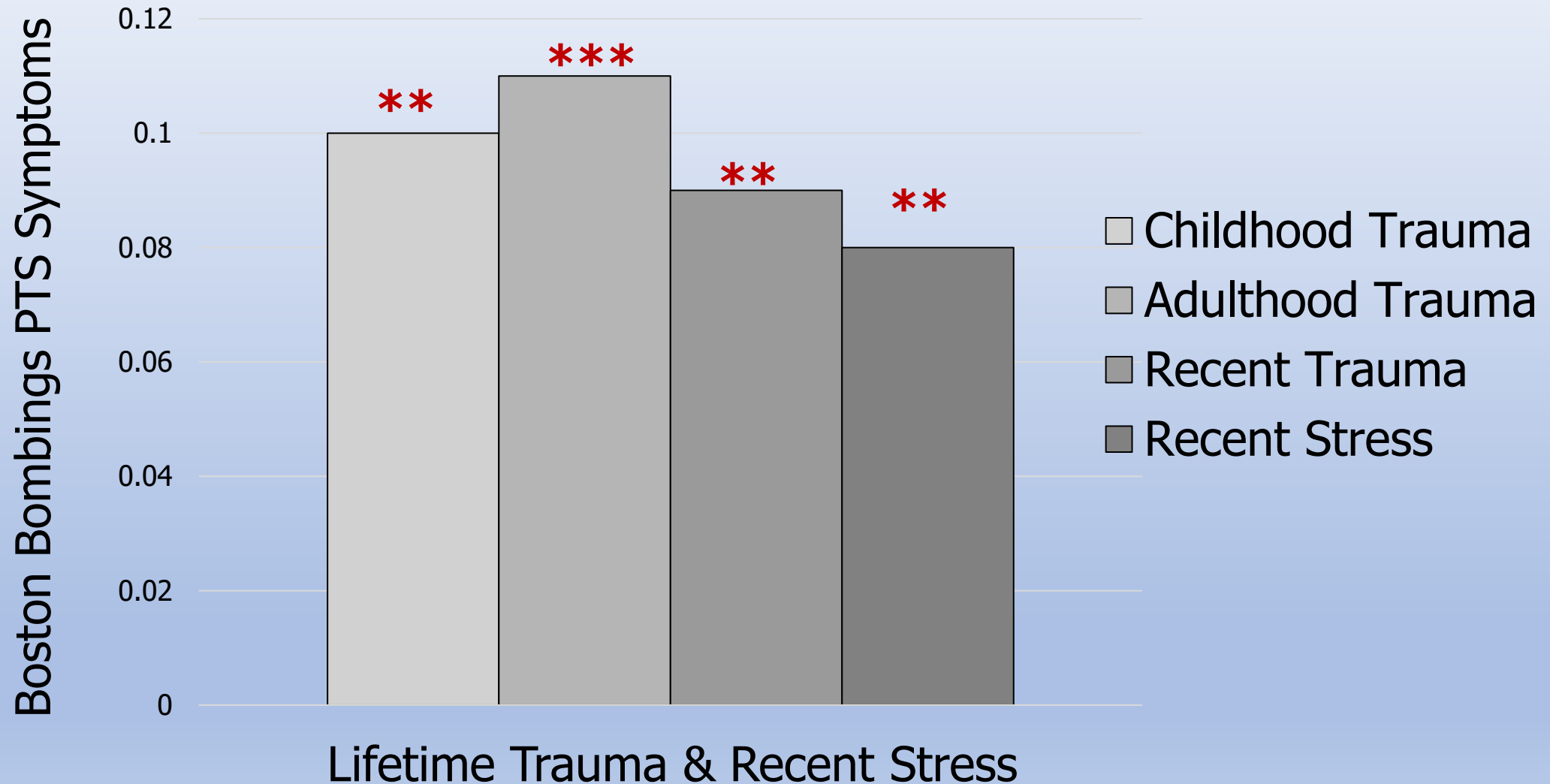
Economic hardship

Bereavement

Garfin, Holman, & Silver, *Journal of Traumatic Stress*, 2019

Garfin, Thompson, & Holman, *Journal of Psychosomatic Research*, 2018

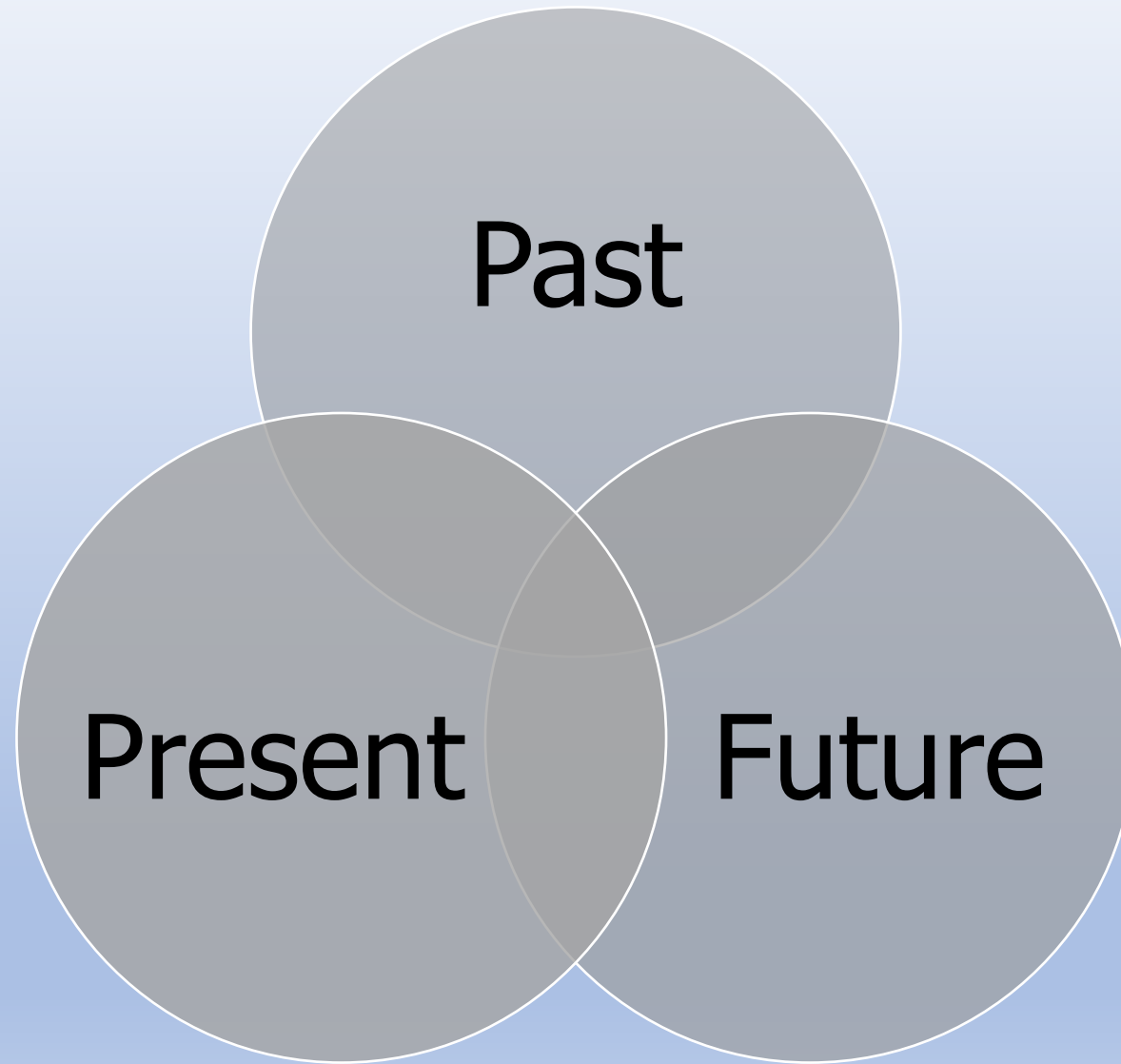
Individual-level Adversity & Responses to the Boston Marathon Bombings (N=3,583)



* $p < .05$, ** $p < .01$

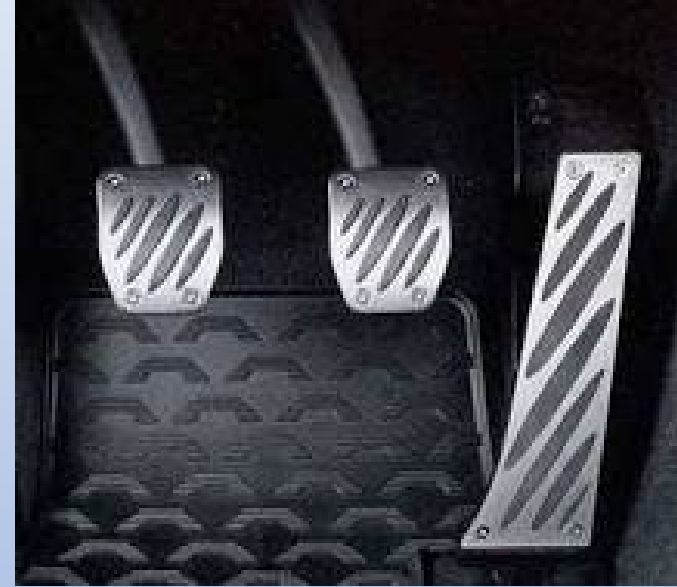
Garfin, Holman, & Silver, *Psychological Trauma: Theory, Research, Practice & Policy*, 2020



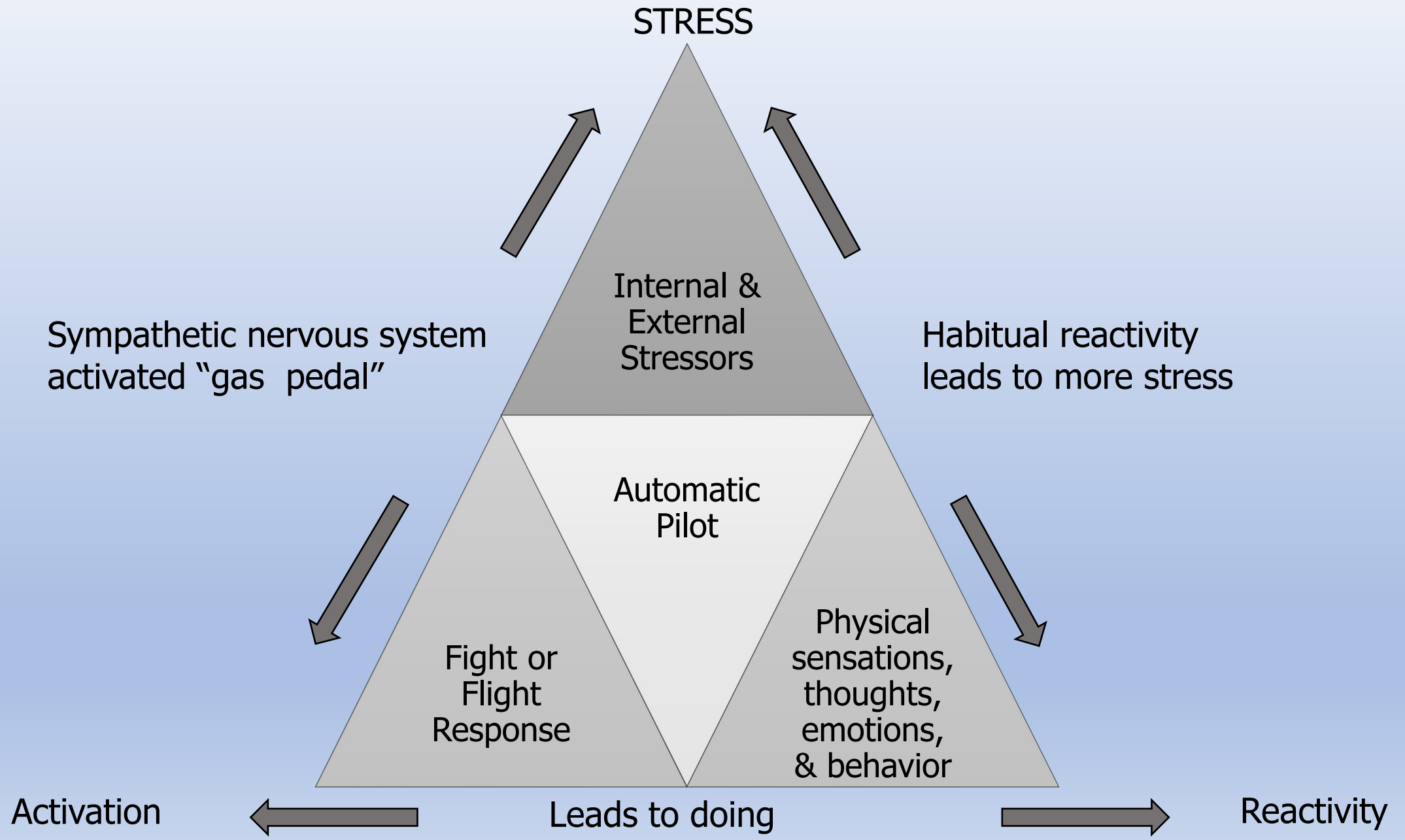


Any type of stress can activate fight-or-flight process

- The body's "gas pedal"
- Sympathetic activation
- Increased flow of blood to skeletal muscles
 - Increased HR, BP, opening of airways
- Pupils dilate, eyes adjust
- Repair processes are inhibited
- Release epinephrine & norepinephrine
- Emotional & cognitive reactions can amplify these processes



The Stress **Reaction** Cycle





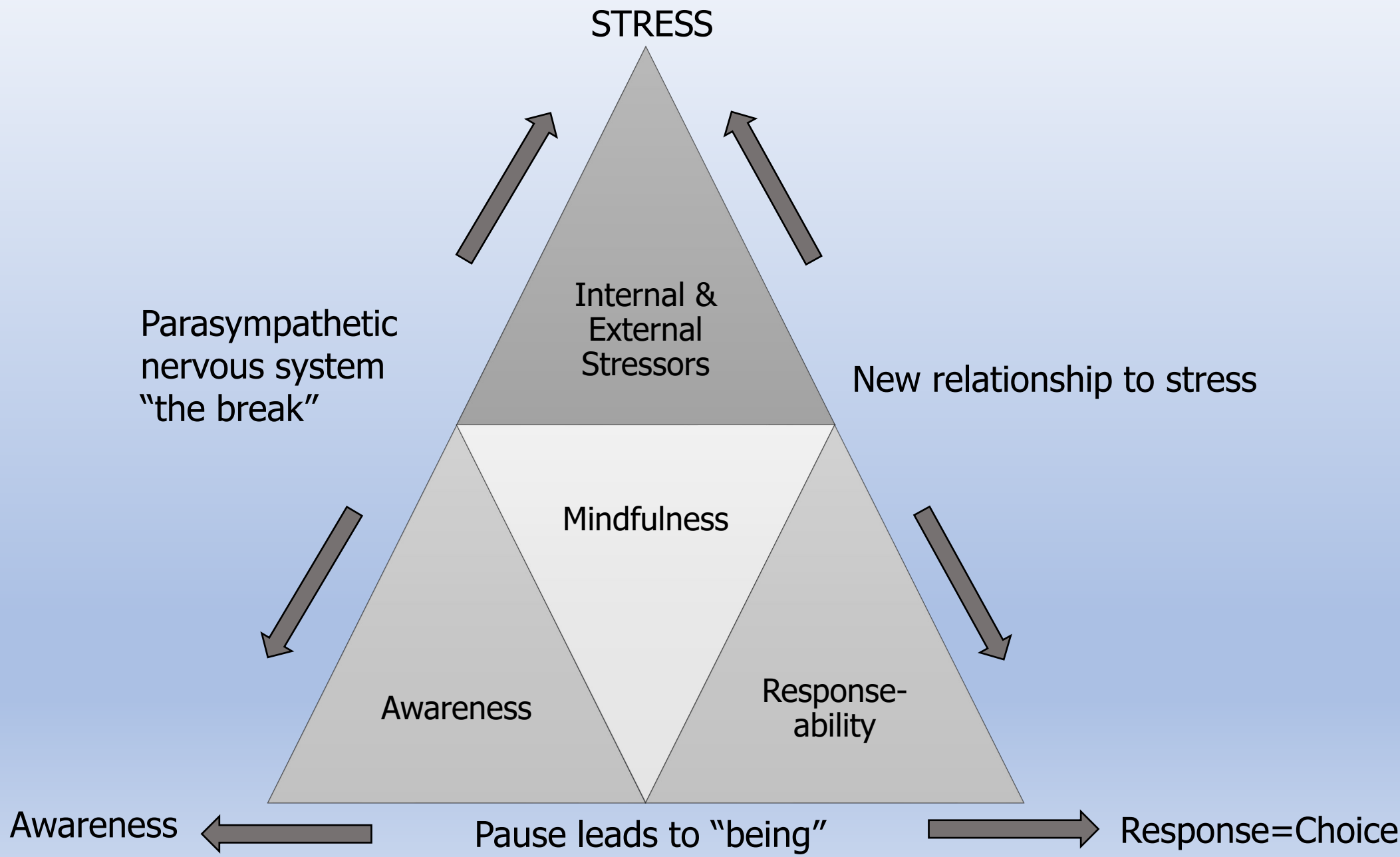
Most of the time, we run
on autopilot

Mindfulness-based interventions can help break the stress reactivity cycle

- “Mindfulness is paying attention, on purpose, to the present moment, non-judgmentally.” – John Kabat-Zinn
- Mindfulness can help us respond, rather than react
- We have a chance to make a different choice & downregulate the stress response, even during times of great difficulty



The Stress **Response** Cycle



Mindfulness is...

- Seeing clearly and being present with reality as it unfolds and as it is
- It is ***NOT***
 - Pretending everything is okay
 - Being happy 100% of the time
 - The absence of negative emotion
 - A stress-free existence
 - Lack of thoughts
 - Denial



Integrating mindfulness into your new normal



Integrating mindfulness into your new normal

- The STOP method:
 - S – Stop what you are doing
 - T – Take a pause
 - O – Observe your thoughts, emotions, & body sensations
 - P – Proceed



Integrating mindfulness into your new normal

- Use an app – Calm, Insight Timer, Headspace
- Do a “body scan” meditation at your home, car, or office (see [Mindful.org](https://www.mindful.org))
- Take a “sense and savor” walk on a lunch break
- Bring awareness to small daily activities
- Every time you come back to a meditation – or practice in general – that is a moment of mindfulness

Integrating mindfulness into your new normal: Mindfulness-based Stress Reduction (MBSR)



Integrating mindfulness into your new normal: Check out the Susan Samueli Integrative Health Institute!

- Awakening in Nature
- MBSR
- Mindful Parenting in the Pandemic and Beyond
- Mindful Self-Compassion Short Course

Integrating mindfulness into your new normal: Explore what works for you!

- Eat some ice cream mindfully!
- Spend time in nature
- Watch a movie with your friends or family
- Binge a Netflix show
- Call a friend



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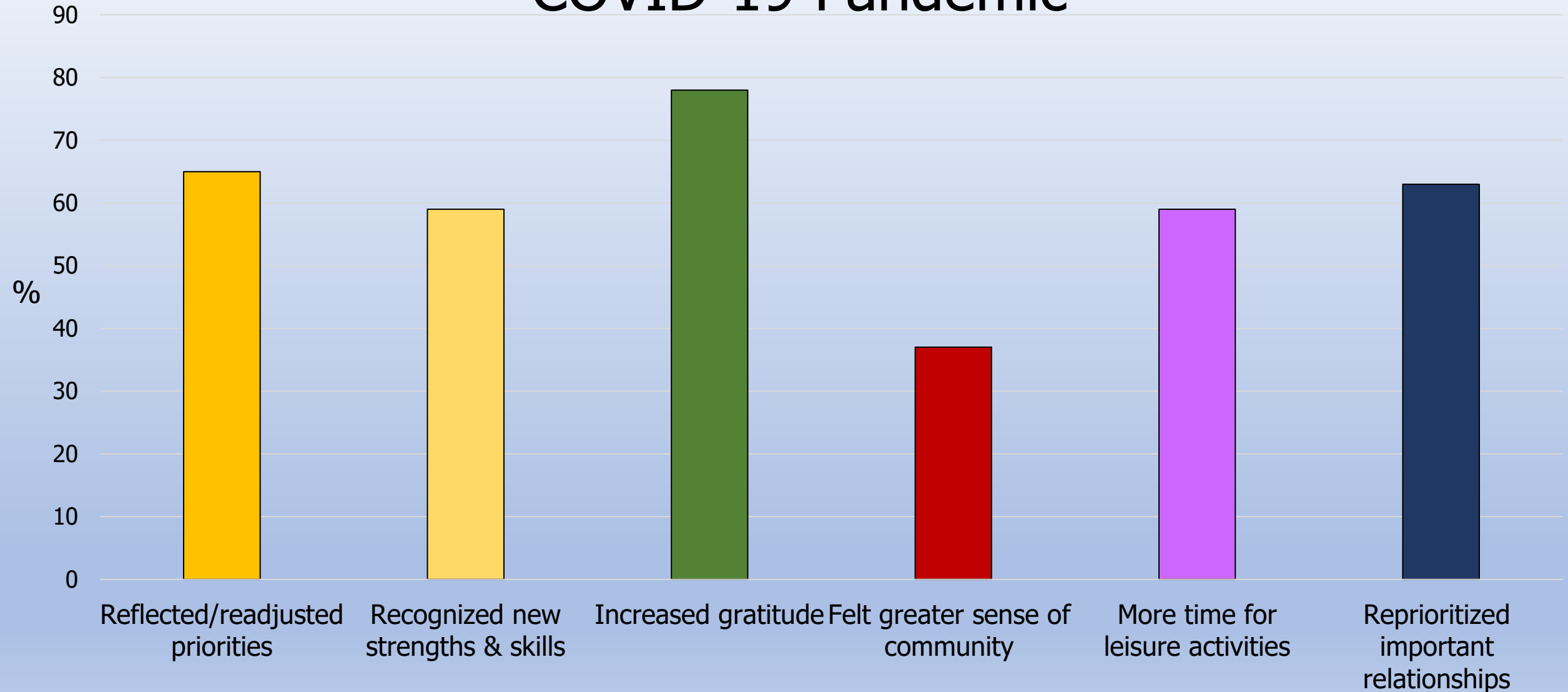
Knowledge Panelists

NORC, AmeriSpeaks Panelists

Tushita Mediation Center

Arlene Dorius, PhD

Positive Benefits Experienced as a Result of the COVID-19 Pandemic



N=5,661

Garfin, Jones, Holman, & Silver, in preparation