Mindfulness

• What is Mindfulness?
• History of Mindfulness
• Mindful Leaders
• Mindful & Meditation Types
• Evidenced Based Mindfulness in Healthcare
• Benefits of Mindfulness
• Steps for Mediation & Mindfulness
• Self Care Tools & Tips
• Mindful Movement

Mindfulness Benefits

- Decrease stress levels
- Decrease injuries and health problems
- Decrease disability and worker’s compensation costs
- Reduce absenteeism
- Increase productivity, motivation, and work performance
- Increase employee health and energy levels
- Improve self-confidence, morale and camaraderie amongst coworkers
- Enhance creativity and ability to concentrate
- Reduce employee turnover
- Improve morale, job satisfaction, and positive thinking

Patterns
- Creates team building through relaxation
- Improves posture, steadiness, coordination, and balance
- Decreases joint and back pain
- Increases immunity
- Improves sleep and increases energy levels
- Decreases heart rate and increases cardiovascular efficiency
- Decreases respiratory rate and improves respiratory efficiency
- Reduces high blood pressure
- Improves concentration, memory and attention
- Decreases anxiety, internal stress and depression
Meditation & Brains Waves

- **5 Brain Waves:**
  1. **Gamma State (30 — 100Hz):** This is the state of hyperactivity and active learning, assimilation of information. If over stimulated.
  2. **Beta State (13 — 30Hz):** Where we function for most of the day. Beta State is associated with the alert mind state of the prefrontal cortex. This is a state of the “working” or “thinking mind”: analytical, planning, assessing and categorizing.
  3. **Alpha State (9 — 13Hz):** Brain waves start to slow down out of thinking mind. We feel more calm, peaceful and grounded. We often find ourselves in an “alpha state” after a yoga class, a.
  4. **Theta State (4 — 8Hz):** We’re able to begin meditation. This is the point where the verbal/thinking mind transitions to the Visualization.
  5. **Delta State (1 — 3 Hz):** Tibetan monks who have been meditating for REM Sleep.

Steps for Mindfulness

- Online Meditation (MBSR).
- Spend at least 5 minutes each day doing nothing.
- Get in touch with your senses by noticing the temperature of your skin and background sounds.
- Pay attention to your walking by slowing your pace and feeling the ground against your feet.
- Make it routine.
- Success in Everything.

Breath (Life Force)

*Complete Breath*
Healing With Love & Integrative Health

Sri Sathya Sai Institute of Higher Medical Sciences, Puttaparthi, India

Healing With Love

• Even more than the drugs the doctors prescribe, the sweet, soft words they speak and the love and sympathy they evince can cure better and quicker the illness of their patients. Look upon them as your own kith and kin, as your special guests and as your closest friends and attend to them lovingly and with unflinching care. I call upon you to maintain this attitude in every situation.”

• –Sri Sathya Sai Baba
• August 28, 1976
Balanced Movement

- Decrease stress levels
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Breath (Life Force)

A Complete Breath
Nutrition Recipe

Baked "Happy Trails" Mix

Yield: Approximately 8, ¼-cup servings

Ingredients:
• ½ cup raw almonds
• ½ cup raw walnuts
• ½ cup pecans
• 2 Tbs. pumpkin seeds
• 1 Tbs. extra virgin olive oil
• ¼ cup dried cranberries

Preheat oven to 300°F.

In a medium bowl, combine the nuts and seeds. Add the olive oil and mix until the nuts and seeds are evenly coated.

Arrange on a baking sheet in a single layer, and bake for 25 minutes.

Cool completely, then mix in the cranberries.

Enjoy and store leftovers in an airtight, glass container.

Adapted from the "Home Touch Trail Mix" by the Institute for Integrative Nutrition.

See more at: http://theuprootedchef.com/recipes/

Nicole Croes
Personal Chef + Nutritional Coach + Yoga Teacher:
I love helping busy people eat well, live fully & feel fabulous.

Benefits of Mindfulness

• Improves posture, steadiness, coordination, and balance
• * Decreases joint and back pain
• * Increases immunity
• * Improves sleep and increases energy levels
• * Decreases heart rate and increases cardiovascular efficiency
• * Decreases respiratory rate and improves respiratory efficiency
• * Reduces high blood pressure
• * Improves concentration, memory and attention
• * Decreases anxiety, internal stress and depression
• * Improves mood and sense of well-being

Self Care Heart Bank

¼ Love 4 Life
¼ Love 4 Reset
¼ Love 4 Yourself
¼ Love 4 the World

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www.damarismaria.com
www.yoganurse.com
Self Care Tool BoX

Be faithful to that which exists within yourself.
André Gide

www.damarismaria.com

A Great Resource

The Yoga Nurse – Annette Tersigni
The Spiritual 28 day Cleanse
http://yoganurse.com/landing/28-day-cleanse-program
Kerry Churchill http://www.nursesyoga.com/
References


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As a Nurse, I am here to help Connect YOU to Better Health from the inside out. I help YOU, by incorporating, the use of Nurse Care Therapeutics, Yoga Therapy, Strength Techniques, Integrative Holistic Health Education & Positive Affirmations. We work on building YOUR Self Care Wellness Bank with Stress Management Tools, Meditation & Breath work & Healthcare Management. RYT Certified Yoga Nurse® I has been blessed to find yoga in 2006 when she was struggling with transitioning from the military of over 5 years in the US Navy during Global War on Terrorism. She has vowed a life of nonviolence and to be a part of better change in the world from a battle warrior to a peaceful warrior of the heart. Military Medical Trained. Nurse Since 2006. BSN UNDNJ. Rutgers Doctorate Candidate. Pediatric Critical Care Nurse NYP Hospital. Community Health Nurse Mobile Health Newark, NJ. Certified ACLS/BLS/PALS/NRP. Nurse Wellness Educator/Speaker/Consultant.