



# Evidence Based Mindfulness:

How it can help in your  
personal and professional life

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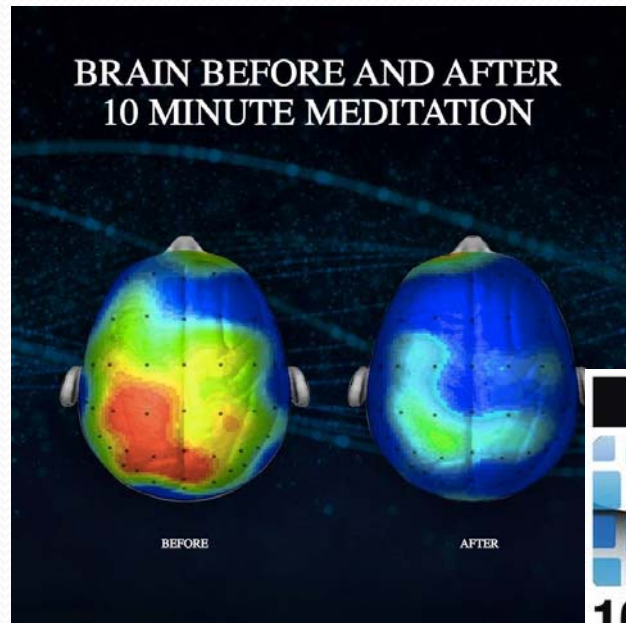
# What is Mindfulness?

Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non judgmentally.

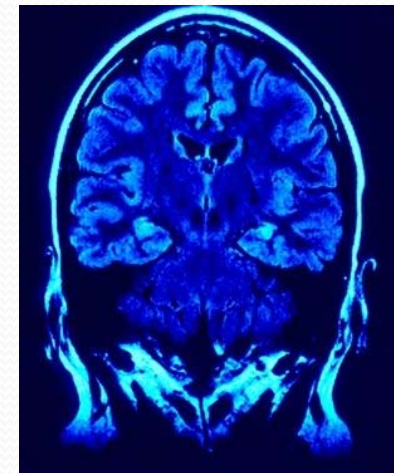
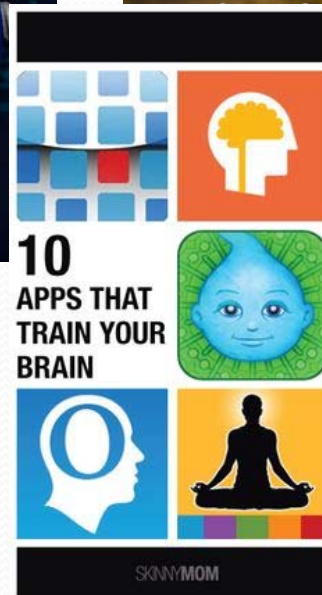
(Jon Kabat-Zinn, Founder of Stress Reduction Clinic and MBSR)



# What is Mindfulness?



6  
Amazing





- Mindfulness is not new
- Therapy in mental health since 1990's
- Proven to be effective, especially stress, depression and anxiety
- Now also in sports, military, politics, corporate businesses (Google, Apple), schools, universities
- "McMindfulness"



**Relaxation Response Induces Temporal Transcriptome Changes in Energy Metabolism, Insulin Secretion and Inflammatory Pathways.** M.K. Bhasin, J.A. Dusek, B.h. Chang, M.G. Joseph, J.W. Denninger, G.L. Fricchione, H. Benson, T.A. Libermann. *PLoS ONE*, 2013; 8 (5): e62817

**Mindfulness-Based Cancer Recovery and Supportive-Expressive Therapy Maintain Telomere Length Relative to Controls in Distressed Breast Cancer Survivors**

L.E. Carlson, T.L. Beattie, J. Giese-Davis, P. Faris, R. Tamagawa, L.J. Fick, E.S. Degelman, M. Specia 2014; DOI: 10.1002/cncr.29063,

# What is Mindfulness?

- Attention training practices and cognitive strategies
- Ignore unproductive thought patterns and behaviours
- Pay attention to the present moment rather than worrying or dwelling in the past or future
- Developing an attitude of friendliness toward yourself, as opposed to criticism or judgment



# Why train attention?

How we focus our attention shapes  
the structure of the brain

# Neuroplasticity

Hölzel, BK. et al. (2011): **Mindfulness practice leads to increases in regional brain gray matter density.**

Psychiatry Research: Neuroimaging, 191(1): 36-43.

Tang, YY. et al. (2012): **Mechanisms of white matter changes induced by meditation.** Proceedings of the National Academy of Sciences, 109(26): 10570-10574.

Lazar, S.W. et al. (2005): **Meditation experience is associated with increased cortical thickness.**

Neuroreport, 16(17): 1893-1897.



# Being non-judgmental

- Thoughts are just thoughts, **not facts**
- Learn to choose **which thoughts** to pay attention to
- Choose how to react, **not automatically**



# Thank you

## More information:

[www.breezelifecoaching.com](http://www.breezelifecoaching.com)

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