

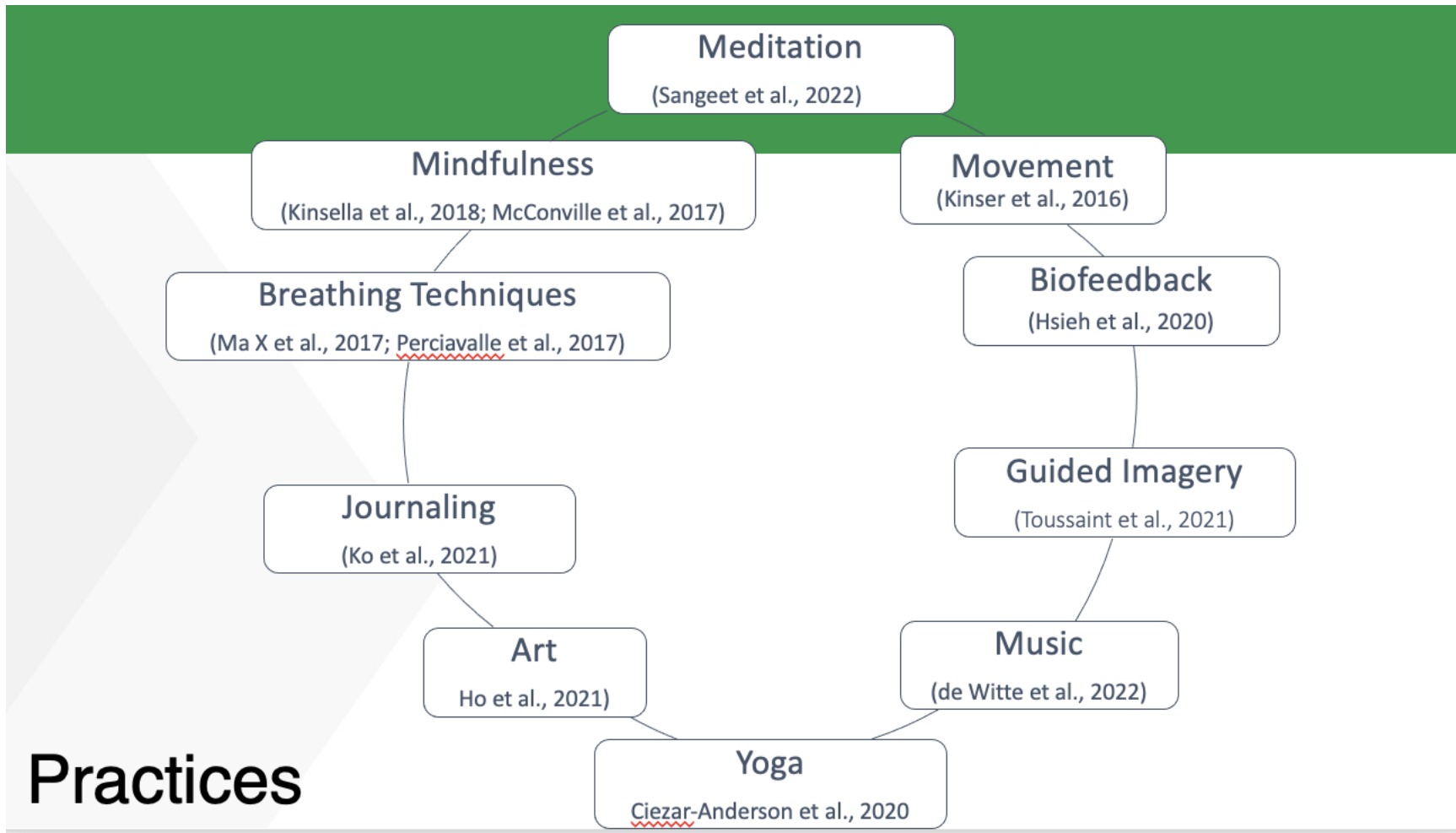
Mind-Body Practices for the Health and Well-Being of Health Care Providers  
Anne Haskins, PhD, OTR/L, Wanda Lauer, OTD, OTR/L, & Michelle Montgomery, MSW

Objectives:

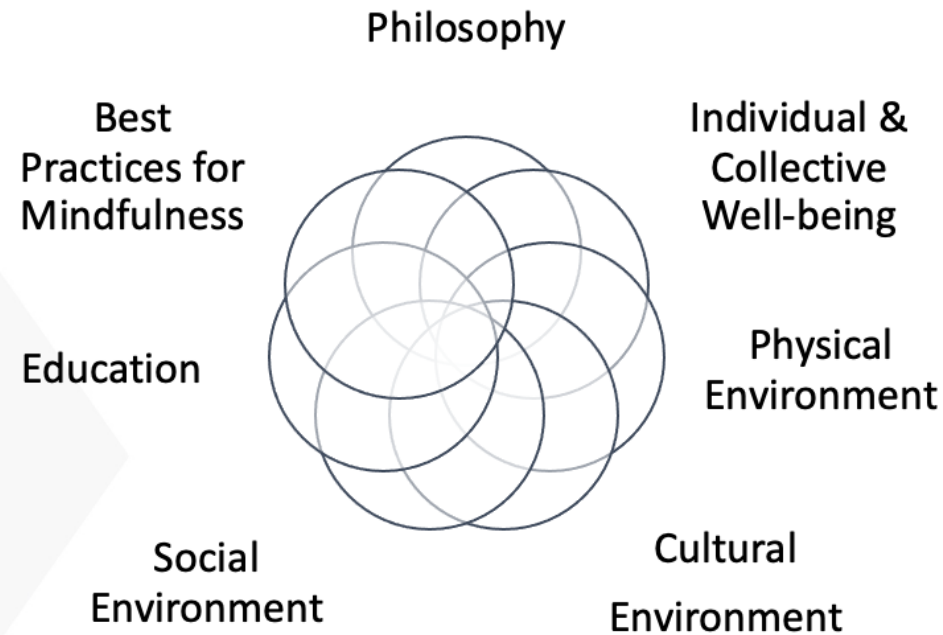
1. Identify the psychological, cognitive & physical benefits of engaging in mind-body practices (such as mindfulness, yoga, meditation, etc.);
2. Engage in a meditative exercise to experience the benefits of mind-body practices;
3. Consider how mind-body practices might positively influence their health and wellness as a health care provider.

Background & Need

- Healthcare is experiencing unprecedented levels of burnout (Murthy, 2022)
- Rural health workers are particularly vulnerable to burnout, emotional stress, and extreme staff shortages (Behea et al., 2020; Terry & Woo, 2021).
- Students in healthcare are also experiencing a rise in anxiety, depression, and associated conditions (McConville et al., 2017; Murthy, 2022).
- Impacts of burnout affects the healthcare workers, patients, the overall system, and the community and society (Murthy, 2022).



# Translation to Practice



(Kim & Hunter, 2023; Loucks, et al., 2022; Micklitz et al., 2021; Willgens & Palombaro, 2019)

## Mind-Body Practice Resources

Sidenote, these are resources used by Anne Haskins, Wanda Lauer and Michelle Montgomery. We are not promoting these as there are many, many venues and ways to practice mindfulness and meditation. Our intention is simply to share what one or both of us have read, used and/or listened to as part of our practice.

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### Books

Jon Kabat Zinn (See reference page); Neurodharma (Rick Hanson)

The Wisdom of No Escape (Pema Chödrön)

Radical Acceptance; Trust the Gold (Tara Brach)

The Power of Now; New Earth (Eckhart Tolle)

Thich Nhat Hanh (long list of mindful walking, eating, doing books)

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### Apps

Insight Timer

Head Space

Calm

Plum Village (\*The origin of this one is a Buddhist monastery in France)

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### Podcasts

Tara Brach (includes talks and meditations)

10% Happier

Metta Hour Podcast - Sharon Salzberg

The Mindful Minute

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Meditation Teachers to consider: Tara Brach, Sharon Zalzberg, Jon Kabat-Zinn, Joseph Goldstein, Jack Kornfield, Thich Nhat Hanh (post-humous), Pema Chödrön, Sebene Selassie, Deepak Chopra, George Mumford, John Siddique, and more

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## Practice Tips 1

Ways to breathe

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5-4-3-2-1 Method (Suarez-Angelia, 2022); 3-minute break, 5 finger break (Kim & Hunter, 2023)

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**Stop.**Take a breath.**Observe.**Proceed. (Goldstein, 2018)

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Anchoring breath; anchor to outside (Kim & Hunter, 2023)

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Increased practice time = increased benefits (Kral et al., 2019)

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Can engage in mindfulness in every day tasks at work, home and during leisure (Thich Nhat Hahn, 2014)

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## Researchers & Programs

Mindfulness Based Stress Reduction & Center for Mindfulness in Medicine, Health Care and Society by Jon Kabat-Zinn; Professor of Medicine Emeritus at the University of Massachusetts Medical School

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Richard Davidson, William James and Vilas Professor of Psychology and Psychiatry at the University of Wisconsin–Madison and the Founder and Director of the Center for Healthy Minds

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Mindfulness Ambassador Program by Mindfulness Without Borders & the Global Minds Collective (\*must be certified)

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