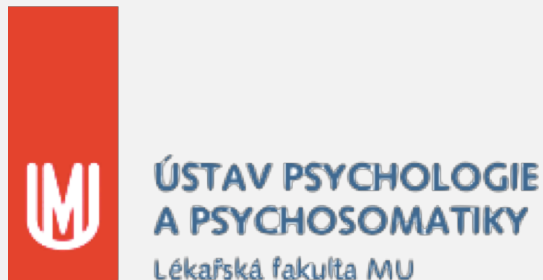


Mindfulness

Mindful medical practice

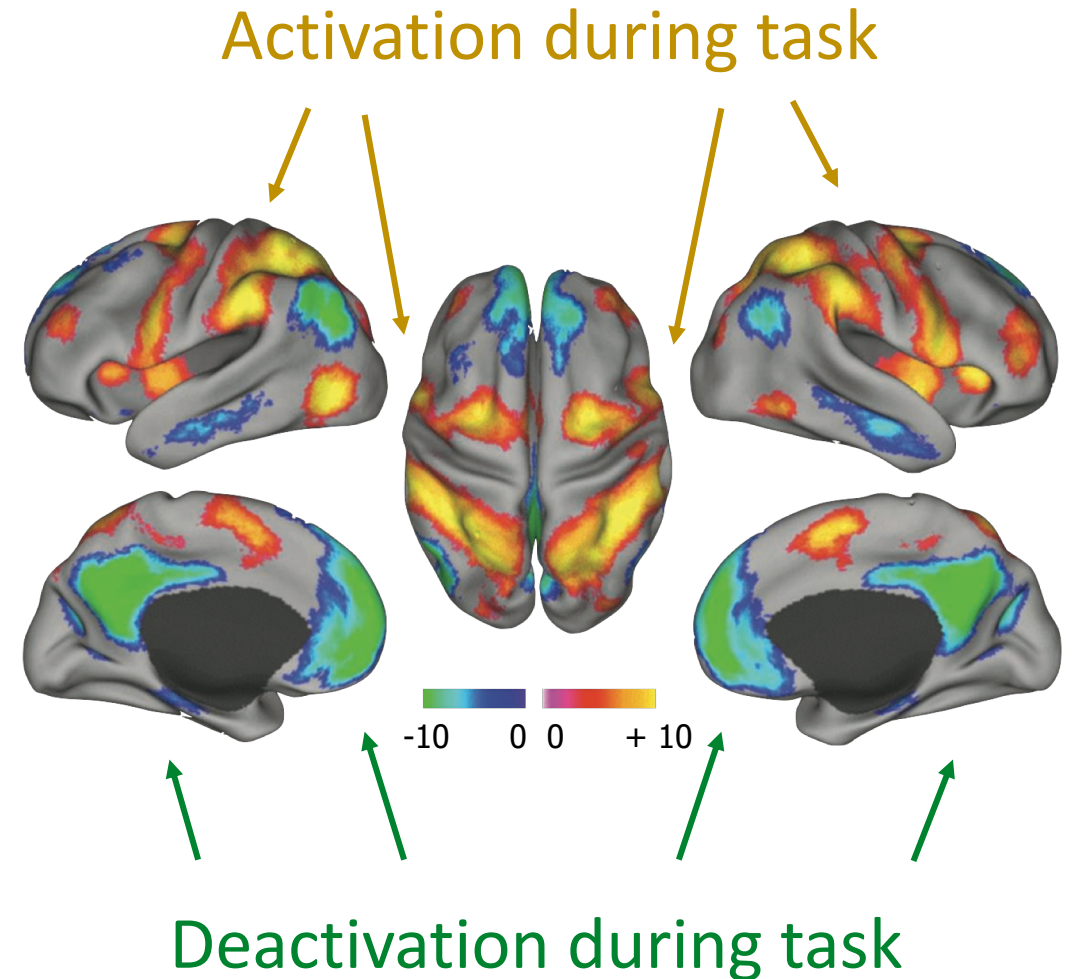
MUDr. Rastislav Šumec, Ph.D.

Department of Psychology and Psychosomatics, 2019



„Brain’s Dark Energy“

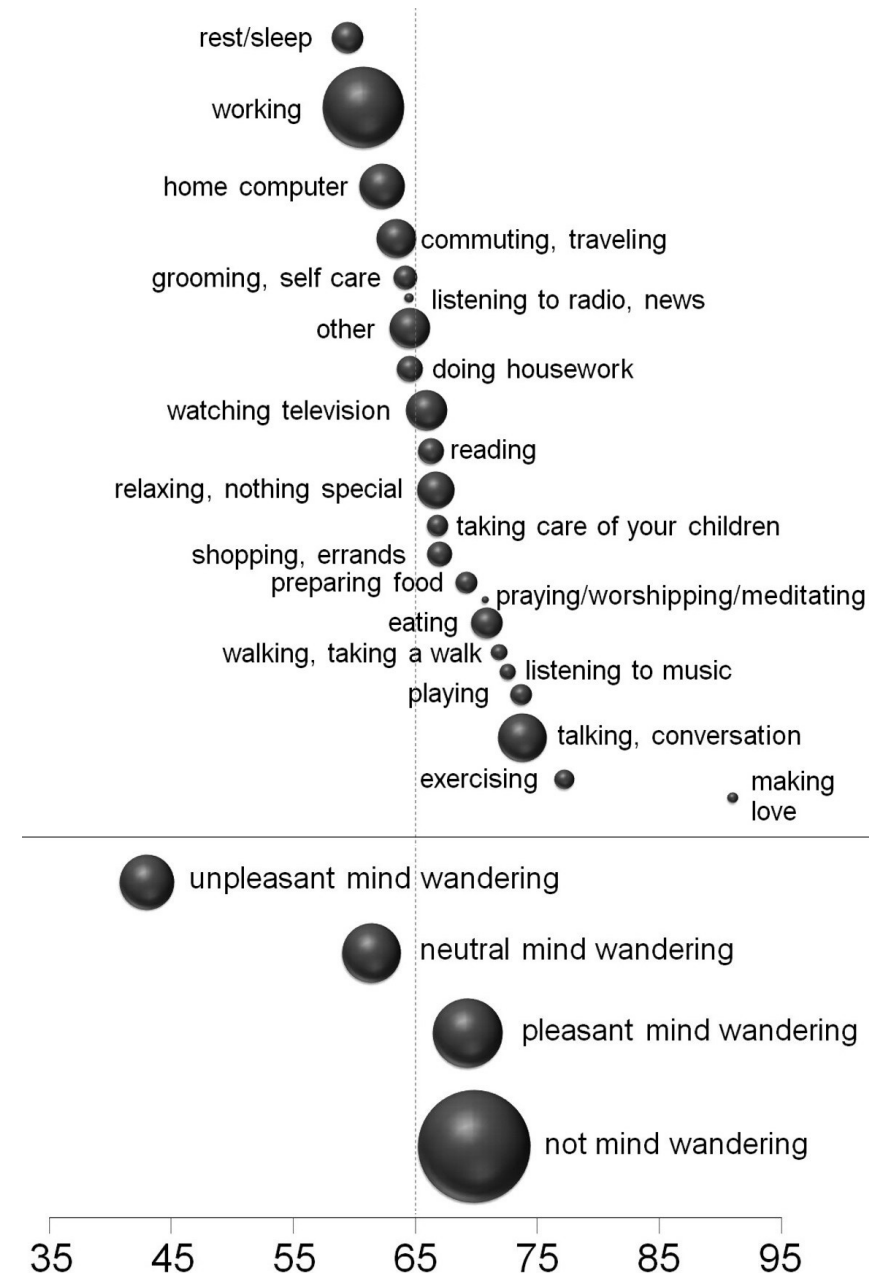
- Task – surprisingly ↓ energy (E)
- „Doing nothing“ – 20x more E
- => *brain seems to use most of its energy for functions irrelevant to the task at hand*
- Regions active during this proces => **Default Mode Network (DMN)**



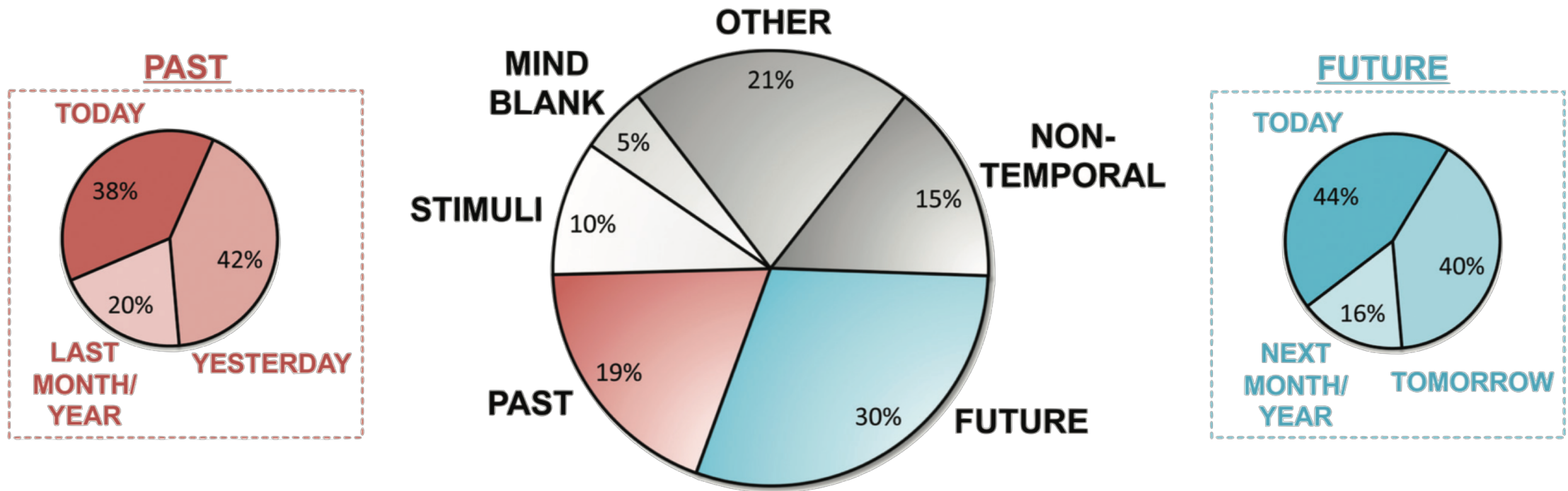
A wandering mind is an unhappy mind

- „Mind-wandering“
- Mind wanders 47% of time
- Associated with unhappiness
- => Ability to think about what is not happening comes at an emotional cost

Killingsworth et Gilbert 2010



(Not) living in a present moment



Andrews-Hanna et al. 2014

Doing vs. Being Mode of Mind



- | | |
|-----------------------------------|--|
| 1. Automatic pilot | VS conscious awareness |
| 2. Experiencing through thoughts | VS directly through senses |
| 3. Dwelling in past/future | VS being in present moment |
| 4. Needing to avoid unpleasant | VS approaching it with interest |
| 5. Needing things to be different | VS allowing things to be just as they are |
| 6. Seeing thoughts as true | VS as mental events |
| 7. Prioritizing goal attainment | VS sensitivity to wider needs |

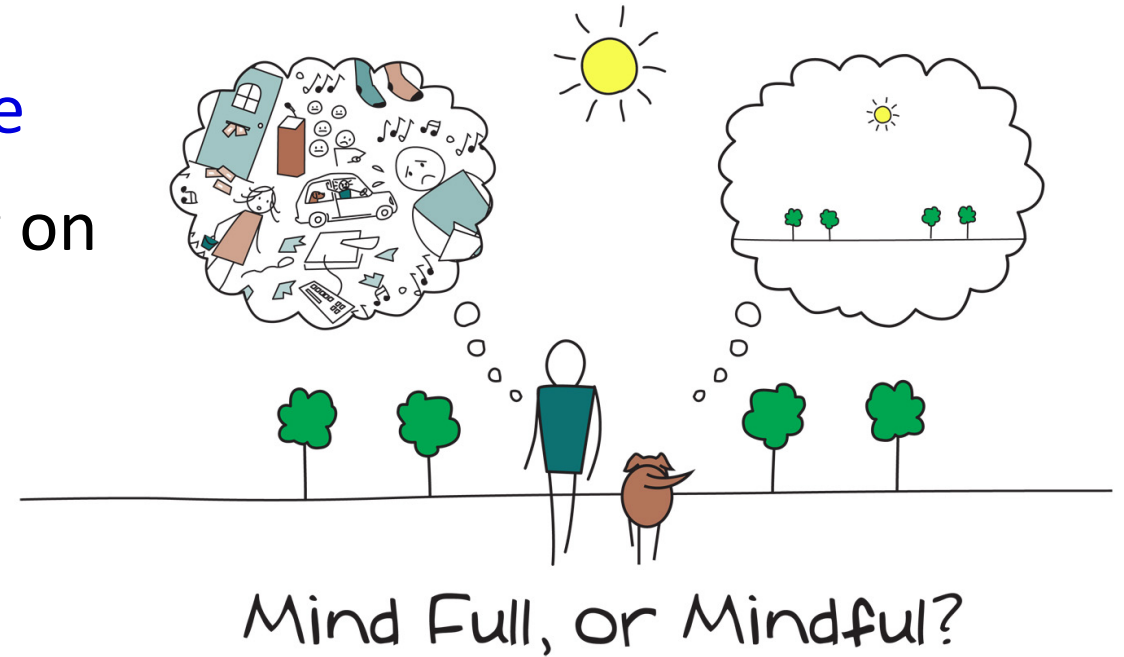
Doing Mode

?

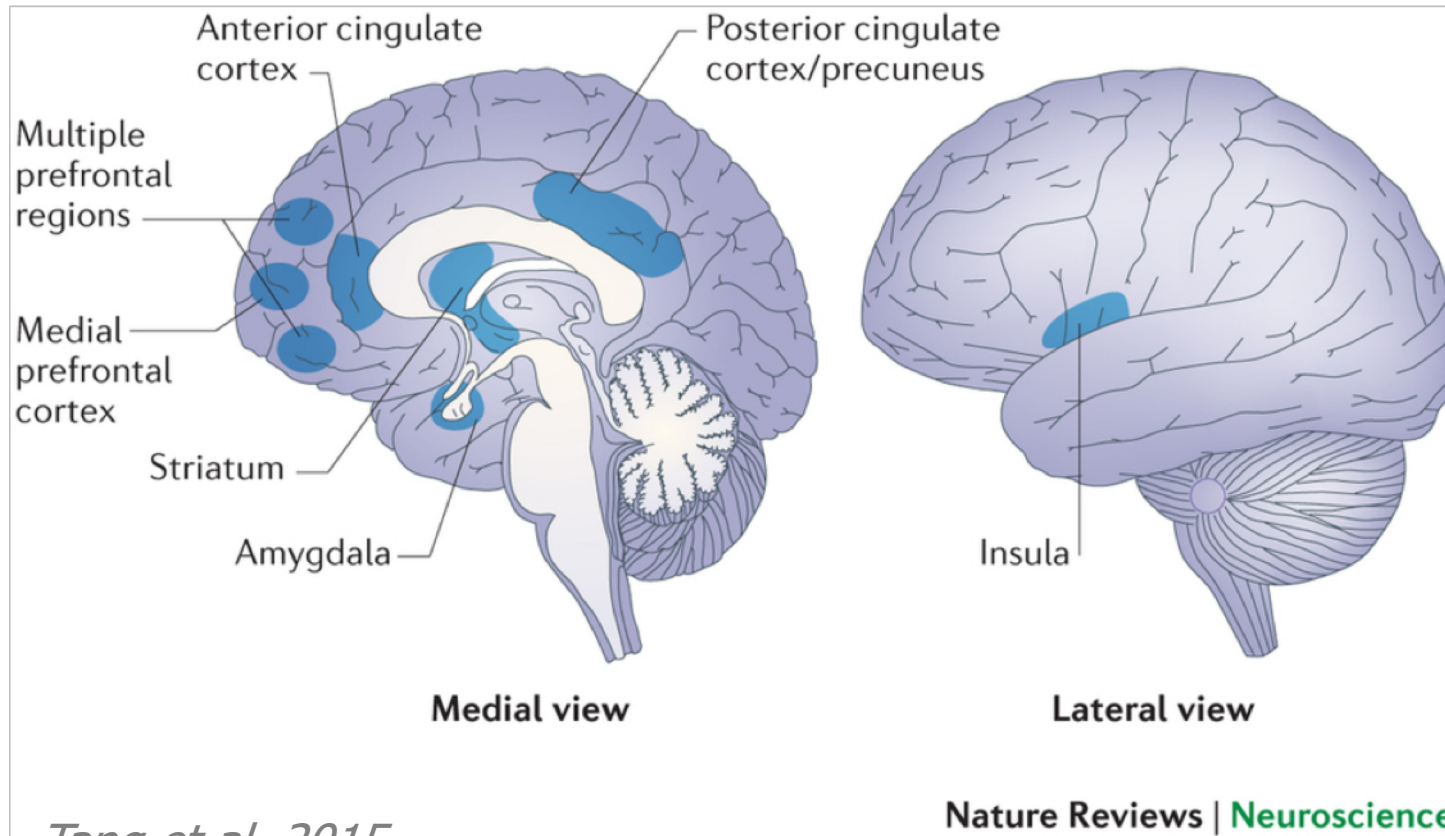
Being Mode

Mindfulness

- A way of cultivating **the being mode**
- Ability to be aware of what is going on in and out of ourselves, non-judgementally and without an impulsive need to change it
- Mental training



Neuroscience of mindfulness



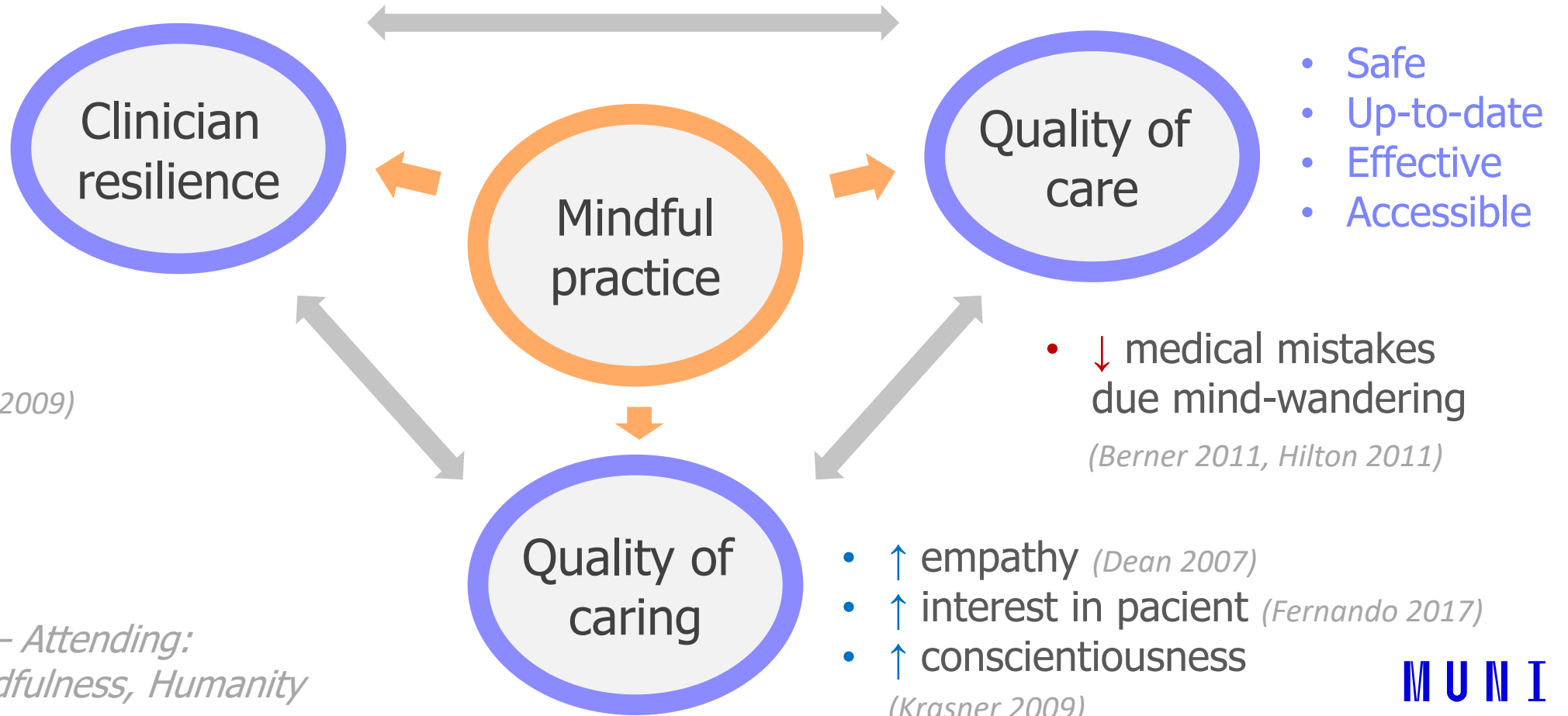
1. Attention control
2. Self-awareness
3. Emotion regulation

Mindfulness in health care

- ↑ working memory (*Lao 2016*)
- ↑ learning (*Ramsburg 2014*)

- ↑ emotional stability
- ↑ mood
- ↓ burnout
- ↓ depression
- ↓ anxiety

(*Lomas 2018, Krasner 2009*)



- Safe
- Up-to-date
- Effective
- Accessible

- ↓ medical mistakes due mind-wandering

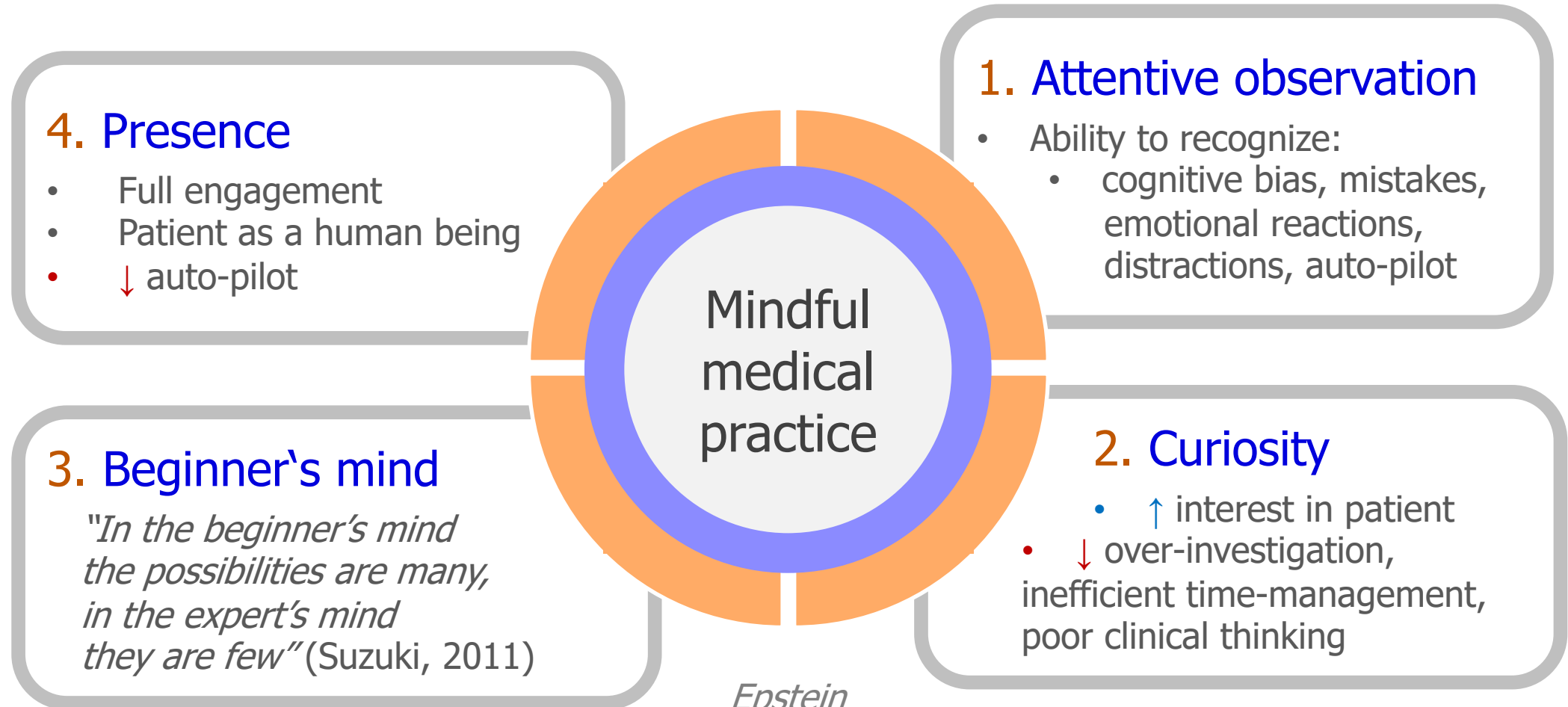
(*Berner 2011, Hilton 2011*)

- ↑ empathy (*Dean 2007*)
- ↑ interest in patient (*Fernando 2017*)
- ↑ conscientiousness

(*Krasner 2009*)

Epstein 2017 – Attending: Medicine, Mindfulness, Humanity

4 mindful habits of mind

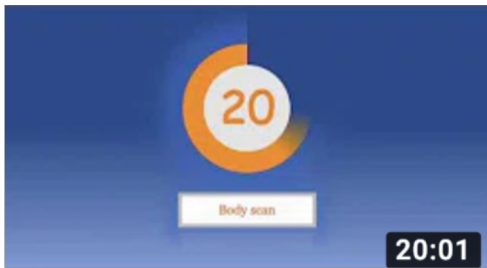


Epstein
2017

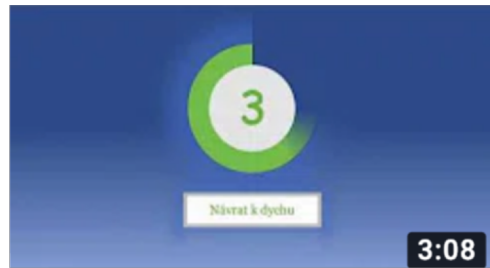


Mindfulness Research and Practice Network of MUNI

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20 min – Body scan



3 min – Návrat k dechu

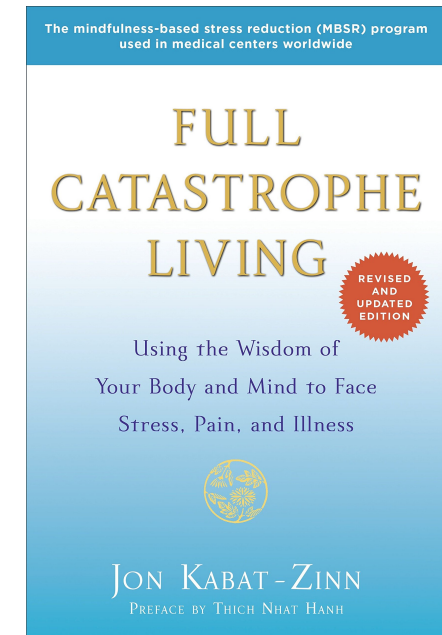
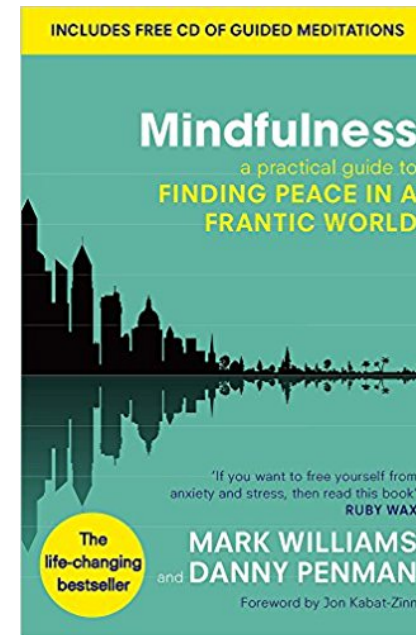
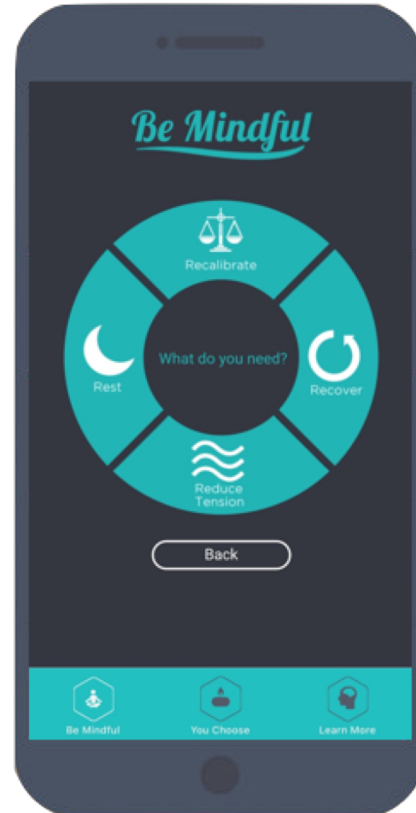
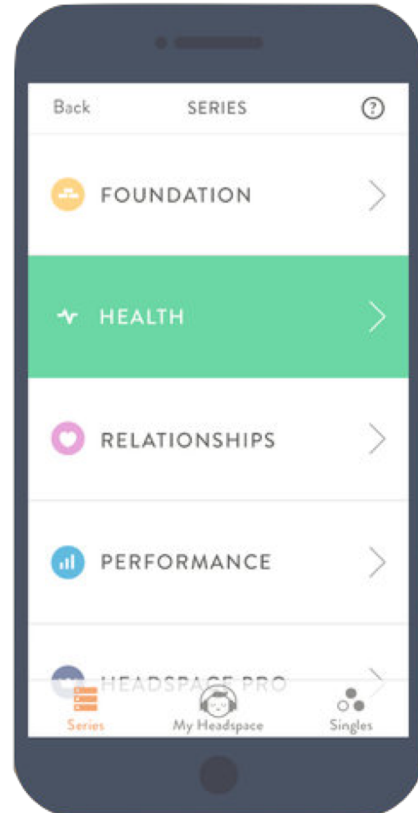


10 min – Meditace v sedě





Applications a books



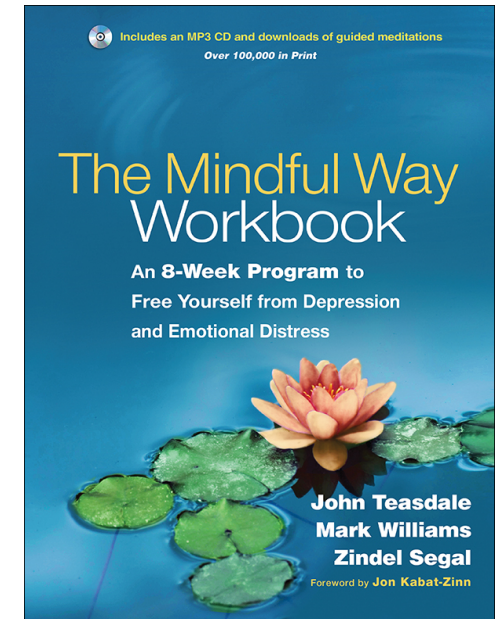
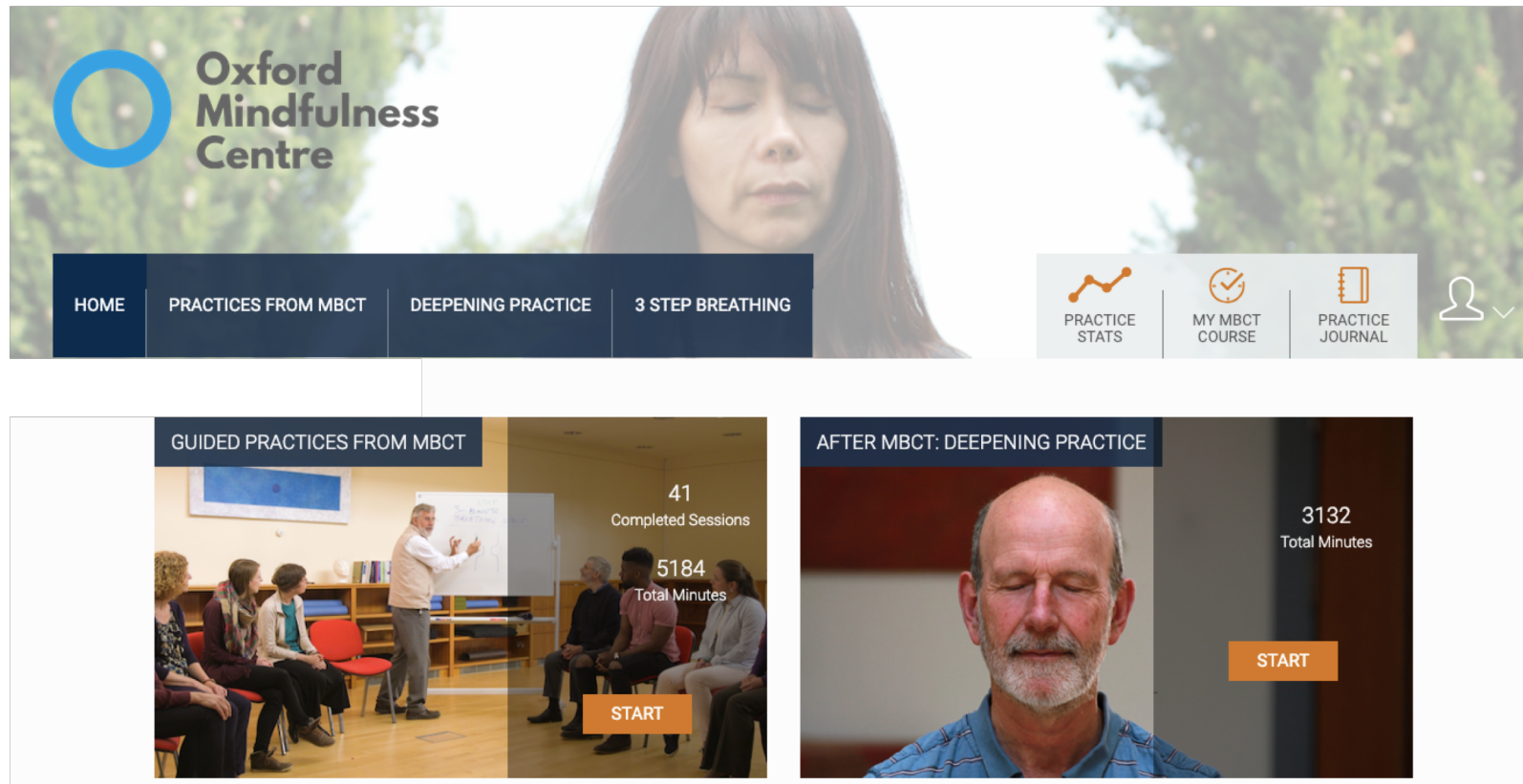
Best rated mindfulness-based application

(Mani et al. 2015)

Mark Williams,
Danny Penman

John Kabat-Zinn

Mindfulness-Based Cognitive Therapy



John Teasdale,
Mark Williams,
Zindel Segal

Oxford MBCT: <https://mbctapp.oxfordmindfulness.org/>

Thank you for your attention



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