

Mindfulness for Cancer Support

Shawnee Mission Medical Center Cancer Support Groups

December 10, 2014 6 p.m. Community Education Room & December 11, 2014 1 p.m. Tapestry Room

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"When you love someone, the best thing you can offer is your presence. How can you love if you are not there?" - Thích Nhất Hạnh

**Talk with your doctor to ensure that
your choice of mindfulness techniques
work with your other treatments.**

Benefits of Mindfulness

Reduce: stress hormones that bind with cancer cells, making cells more invasive

Relieve: anxiety, depression, distress, fatigue, stress

Improve: mood, sleep disturbances, quality of life, and positive outcomes

Forms of Mindfulness

Affirmations
Awaken the senses
Body scan
Breathe
Concentrate on a thought, mantra, activity or image
Contemplation
Focus on breath
Make the familiar new again
Martial arts: e.g. tai chi, karate, judo, aikido, nia
Mindful eating
Pay attention
Rest quietly and observe breathing and thoughts
Sitting
Transcendental Meditation
Visualizing
Walking
Yoga
Zen meditation

Mindfulness Exercises

Beginning meditation (used for the following meditations to go into and come out of a meditative state)

- Be in quiet, safe place
- Close eyes
- Relax body
- Breathe in deeply
- Hold it briefly
- Breathe out slowly and fully
- 3 times
- Open eyes and be present in environment

For all of the following, go into a meditative state to begin and come out of a meditative state when done

Meditation for “Witness Consciousness”

- Breathe to go into meditative state (feel frontal lobe and insular cortex engage)
- Move consciousness to top of head and observe yourself
- Move consciousness on top of that and observe self observing self

Meditation to dissipate emotion

- Imagine putting 1T of salt in a glass of water and how it would taste
- Pour it into a pitcher of water
- Pour it into a lake
- Pour it into the ocean

Shapiro (2009)

Meditation to experience “No Self”: Explore your own self through time

- 13 years old
- 21 years old
- A year ago

Shapiro (2009)

Mindfulness Meditations for Kids

1. Deep breathing: sit in quiet place, inhale slowly through nose deep into lungs, hold 5 seconds, release slowly.
2. Muscle relaxation: contract group of muscles tightly. Hold for 5 seconds. Release. Repeat 5 times.
3. Visualization: close eyes, picture peaceful place or event and heart happy sounds, imagine stress flowing away from body; or visualize competitive sport activity

Shapiro (2009)

Meditation to experience “Essential Nature”

- See yourself as a pure and noble essence, virtuous, pure, and deeply lovable

Shapiro (2009)

Meditation for Anxiety or PTSD

- Recall an unpleasant memory causing anxiety
- Notice physical feelings
- Stay with the physical feelings until they dissipate or until concentration ends
- Come out of meditative state slowly and carefully

Decision-Making Meditation

- Feel heart and remember the feeling
- Think of one option
- Feel heart and remember the feeling
- Think of another option
- Feel heart and remember the feeling
- Come out of meditative state and assess feelings to make decision

Six Focusing Movements: Meditation for Self-Healing

- Choose a time and place which will be quiet for a prolonged period of time
- Go into a deep meditative state
- Clearing a space: Ask yourself, "How do I feel?"
- Felt sense of the problem: Ask yourself, "Which problem is the worst?"
- Finding a handle: Name the problem
- Resonating handle and felt sense: Ask, "Is the handle right?" Adjust the handle as needed
- Asking: Ask the problem
- Receiving: Listen to the response
- Come out of meditate state

Gendlin, E. T. (1981). *Focusing*. New York: Bantam Books

Energy Clearing Meditation (use at the end of the day)

- Before bed, go into a deep meditative state
- Ask your higher power to help you
- Starting with your first human contact, identify the feelings in your body
- Release the feelings
- Move to the next contact and repeat until all contacts have been cleared
- Finally, ask all dissonant energies in your home to leave
- Visualize replacing them with light and love

<http://www.heartattune.com/>

Meditation to Induce Sleep

- While in bed, go into a meditative state
- Focus on the tips of your toes and relax them
- Focus on the balls of the feet and relax them
- Focus on the bottom of the arches of the feet and relax them
- Move up the body one portion at a time until sleep begins

Selected Resources

American Psychological Association website: <http://www.apa.org/>

Brainfacts.org

Kabaat-Zinn, J. (2012). *Mindfulness for beginners: Reclaiming the present moment and your life*. Boulder, CO: Sounds True.

Meditation and Brain Changes: Recent Research and New Applications. (June 25, 2012) Jon Lief. (Retrieved Nov. 13, 2013, from <http://jonlieffmd.com/blog/meditation-and-brain-changes-recent-research-and-new-applications>)

MedlinePlus.gov

Nhật Hạnh, Thích. (1987). *The miracle of mindfulness: An introduction to the practice of meditation*. Boston: Beacon Press.

PubMed.gov

Shapiro, S.L., & Carlson, L. E. (2009). *The Art and science of mindfulness*. Washington, D.C.: American Psychological Association.

Society of Neuroscience website: <http://www.sfn.org/>

Mindfulness Apps

The Mindfulness App: guided meditations from 3 to 30 minutes long

Simply Being: guided meditations

Get Some Headspace: guided meditations with capability to record own progress

Meditate: pre-recorded sessions with the sound of Tibetan singing bowls

Mindfulness Meditation: an 8-week program to learn meditation

Calm: guided meditation from 2 to 30 minutes long

Breathe2Relax: guided breathing sessions

Omvana: personally customize meditations for your unique style

Take a Break!: 2 meditations, 7 and 13 minutes long

Relax Melodies: gentle music to relax

Mindbody Connect: find meditation centers