MINDFULNESS

Linda Manning, PhD
Vanderbilt Center for Integrative Health
linda.g.manning@vanderbilt.edu
What is Mindfulness?

- Paying attention in a particular way:
  - On purpose
  - In the present moment
  - Non-judgmentally

- Jon Kabat-Zinn
Mind Full, or Mindful?
Breathe!
Research on Mindfulness

• Mindfulness Research Guide – D. S. Black

• www.mindfulexperience.org

• Articles Published on Mindfulness
  • 1980  0
  • 1990  5
  • 2000  21
  • 2005  77
  • 2010  373
  • 2012  477
Medical Settings

• “Mindfulness meditation is a secular contemplative practice focusing on cultivating an individual’s attention and awareness skills.” (JAMA)

• Mindfulness Based Stress Reduction (MBSR)
MBSR Outcomes

- Increased Immune Function
- Shorter and Less Severe Colds
- Reduced Fatigue in Cancer Patients
- Decreased Pain Intensity and Unpleasantness
- Increased Cognitive Function in Traumatic Brain Injury
- Reduction in symptoms of IBS
- Reduction in myocardial infarction and stroke risk
Mental Health and Wellbeing

- Mindfulness Based Cognitive Therapy (MBCT)
- Decreased Depression
- Fewer Relapses in Depression
- Decreased Anxiety
- Increased Emotional Regulation
Body Scan
Mindfulness Offerings at VCIH

Groups
MBSR, MAPPS, OMS
Mindful Stress Reduction for Faculty and Staff

Movement
Yoga, Tai Chi, Qi Qong,

Workshops
Mindful Eating

Trainings
Mindfulness and Neuroscience

• Directed Neuroplasticity

• Changes in Brain Structure

• Changes in Brain Function
Brain Structure

- Increased Grey Matter in the Hippocampus
- Decreased Grey Matter in the Amygdala
Brain Structure

- Increases in Brain Thickness
  - Prefrontal Cortex
  - Insula
Brain Function

- Increased Neural Integration
- Reduced Lateralization
- Increased communication between the brain stem, the limbic system, and the cortex
Brain Function

• Left Cortical Shift

• Approach vs. Avoidance of Difficult Emotions

• More Positive Emotions such as Love, Compassion, Contentment
Additional Studies

• Loving Kindness Meditation

• Increase in Empathy and Compassion
Loving Kindness Meditation
Restoration of Awe?

Less Influence from “Invariant Cortical Representations”
• **Selected Articles:**


References

- **Selected Books:**
  - Fredrickson, B. (2012). *Love 2.0*