

# Using Mindfulness on a Busy Acute Mental Health Ward


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# MINDFULNESS

- “Mindfulness means paying attention in a particular way on purpose, in the present moment and non-judgementally. This kind of attention nurtures greater awareness, clarity and acceptance of present-moment reality”
  - Dr Jon Kabat Zinn
- 



# Mindfulness at Woodhaven

- Used cross-diagnostically as a core practice in our psychology groups:


DBT-based Emotional Coping Skills

Stress and Anxiety Management

What is Real? – shared and un-shared reality, for people with psychosis

- ‘Daily’ mindfulness group sessions
- With individuals

# Types of mindfulness exercises:

- Basic grounding
  - Mindfulness of breath
  - Objects  
pictures
  - Using our senses  
e.g. raisin, polo mint
  - Making tea in imagination
  - Mindful walking
- 

objects



using  
the senses

# Woodhaven Garden



A scented garden



A place for creativity



By night

# Teaching Points

- Minds wander – that's what they do
- You can't get it wrong  
you've not got it wrong if your mind wanders  
you've not got it wrong if it's not relaxing
- Did you notice judgments?  
'this is stupid', 'this won't help' etc.




# Encourage using mindfulness in daily routine:

- Make and drink cup of tea mindfully
- Brush teeth
- Have shower
- Eat breakfast
- Sit in the garden
- Go for a walk



# Mindfulness is about:

- Allowing
  - Letting be/ letting go
  - Welcoming, opening, softening
  - Awake, alert, aware
  - Acceptance
  - Approaching
  - Gentle compassion
  - Dignified
  - Intentional
  - In the present moment
- 

HEAR AN UNWANTED  
VOICE/IMAGE/MEMORY/THOUGHT



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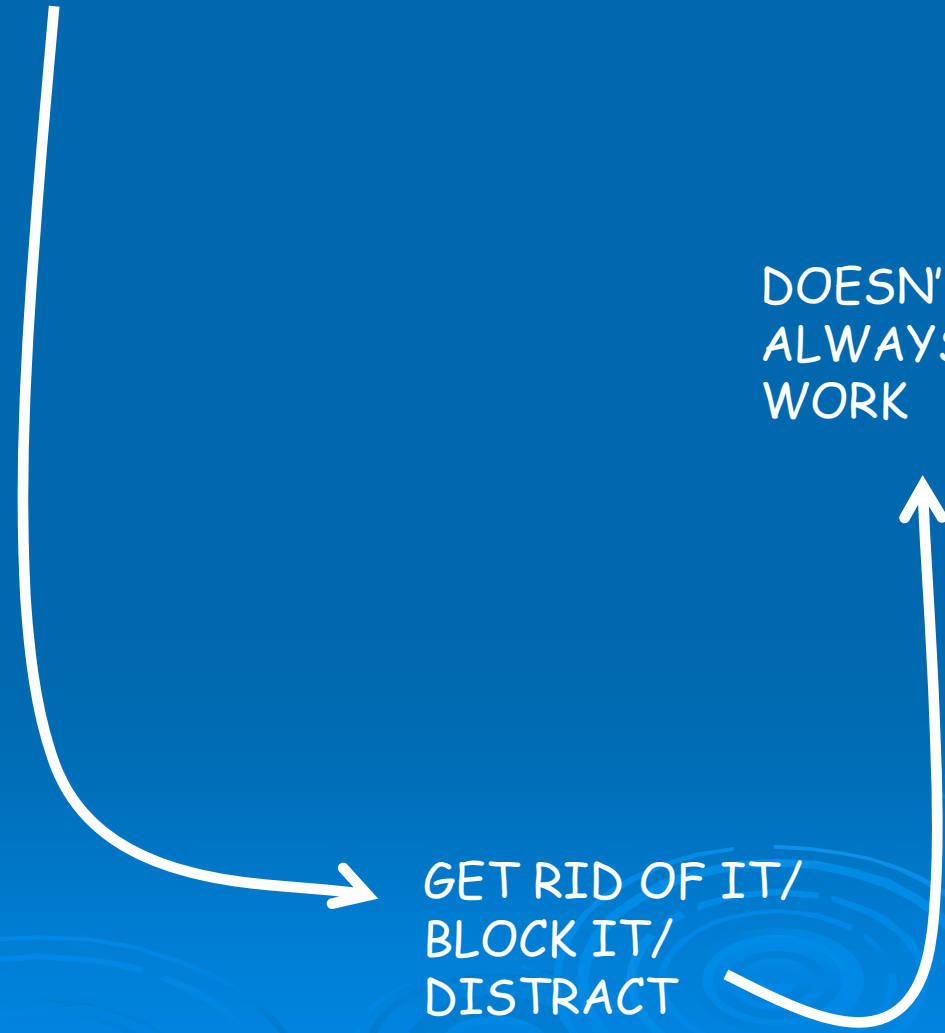


GET RID OF IT/  
BLOCK IT/  
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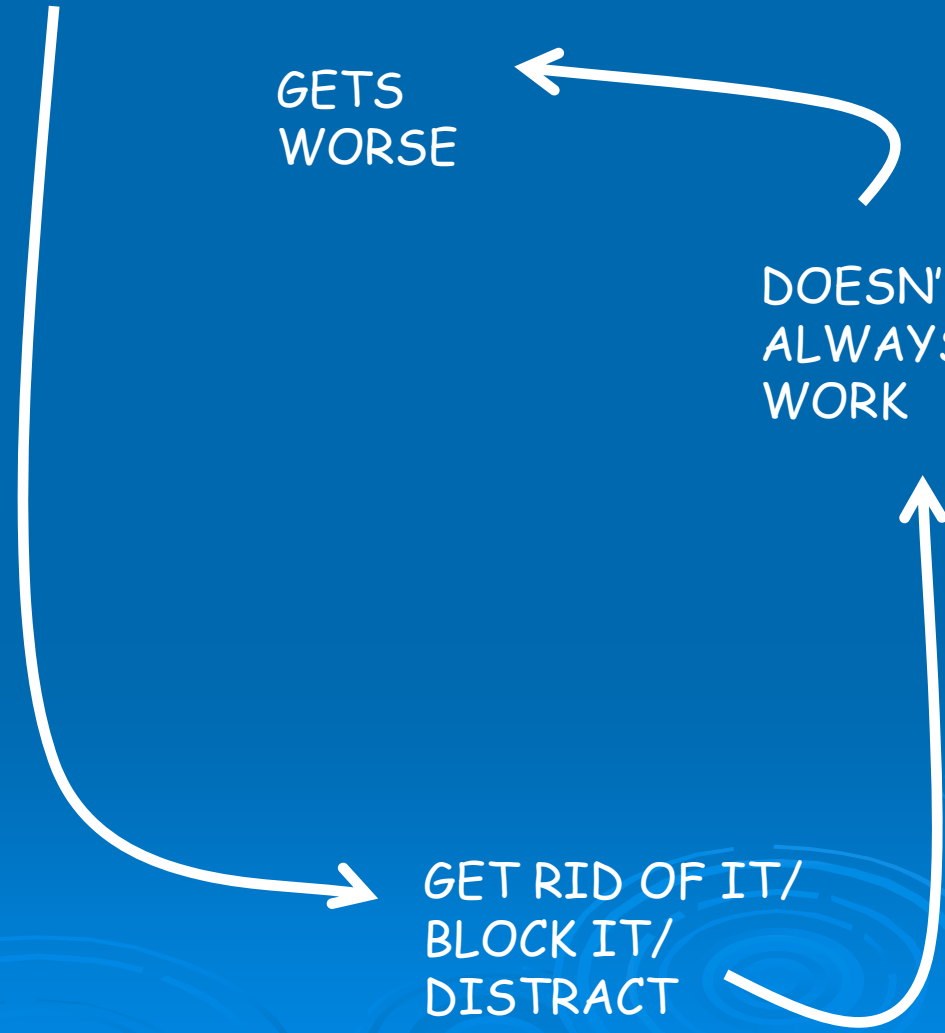


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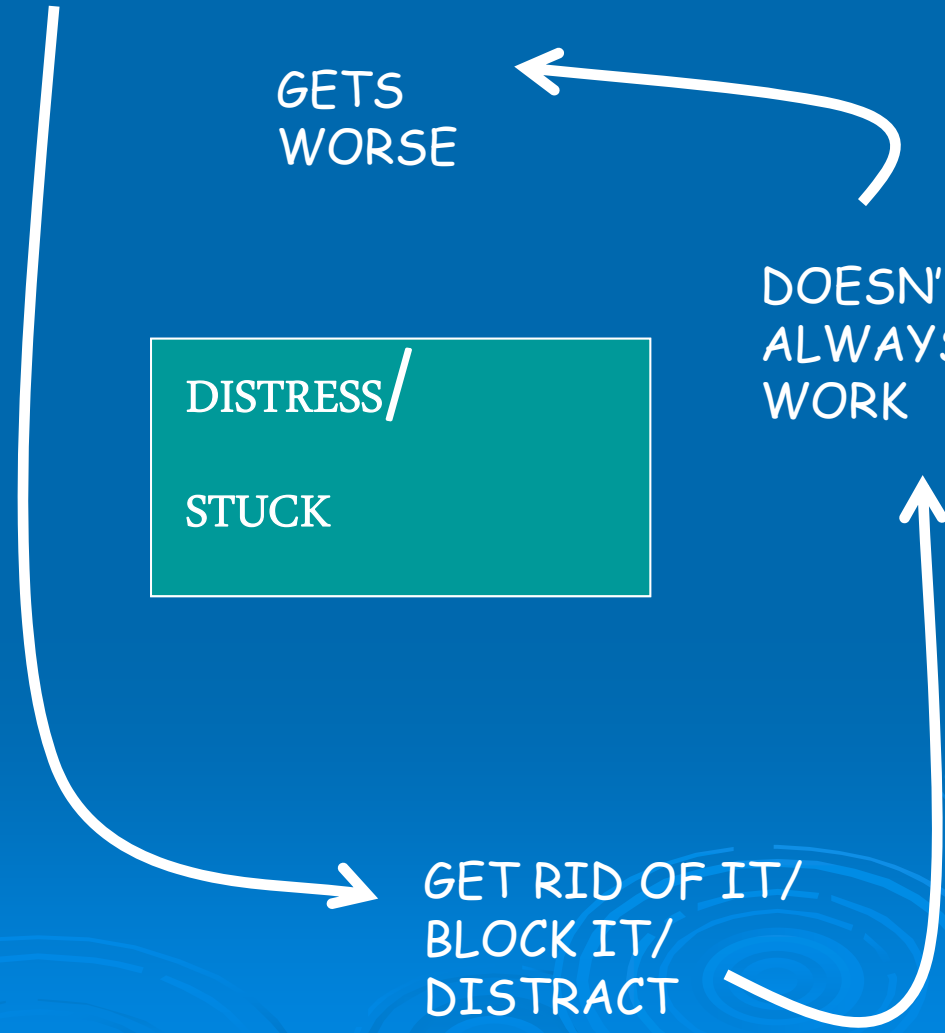
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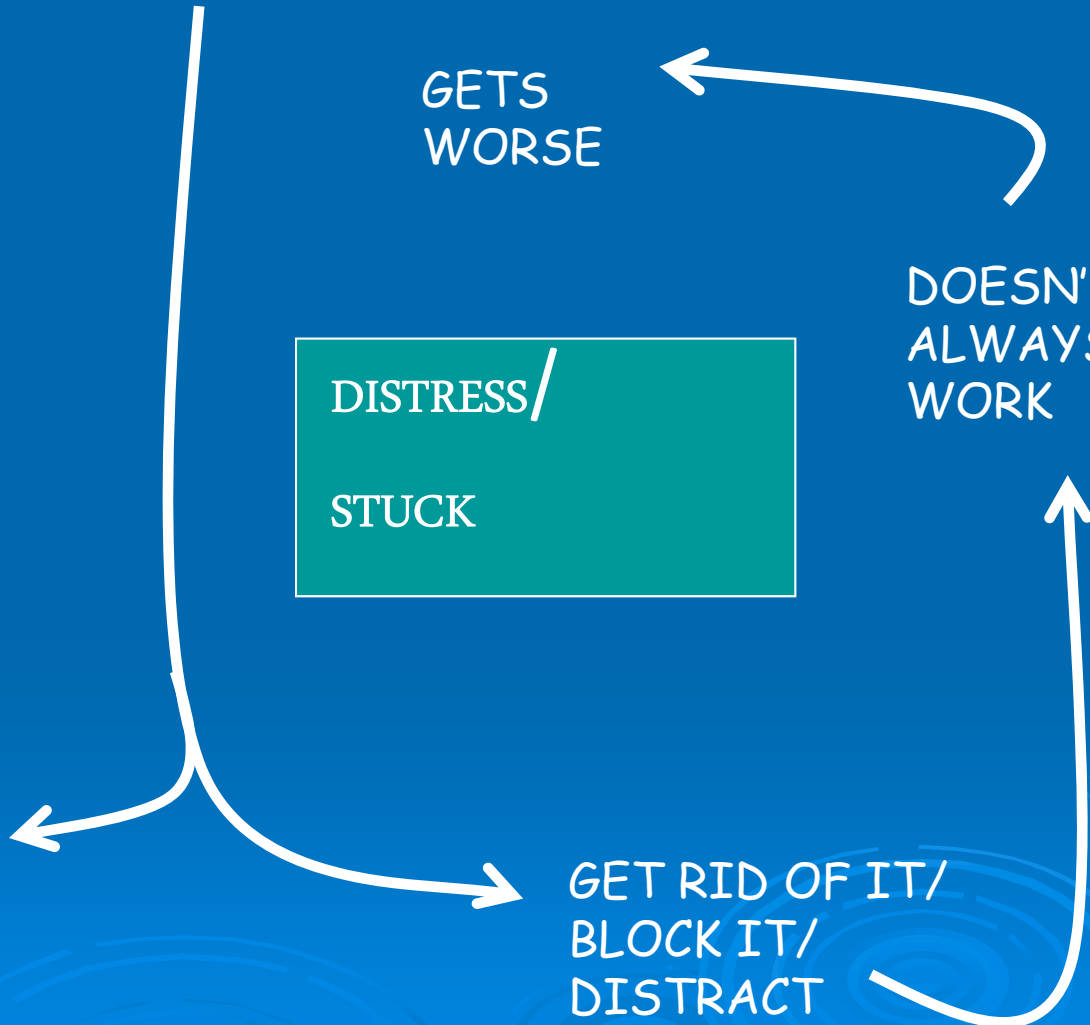
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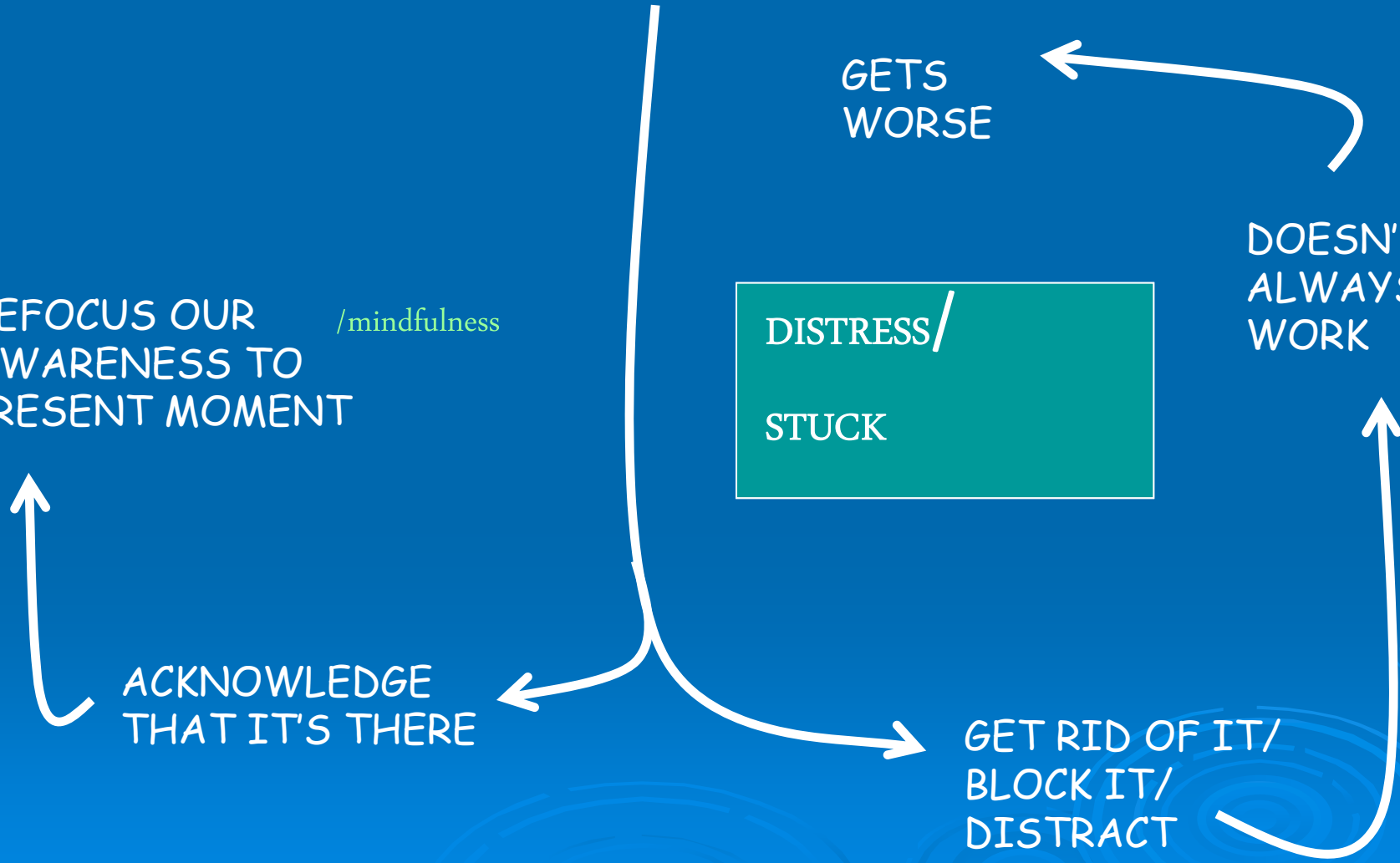
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REFOCUS OUR  
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PRESENT MOMENT */mindfulness*

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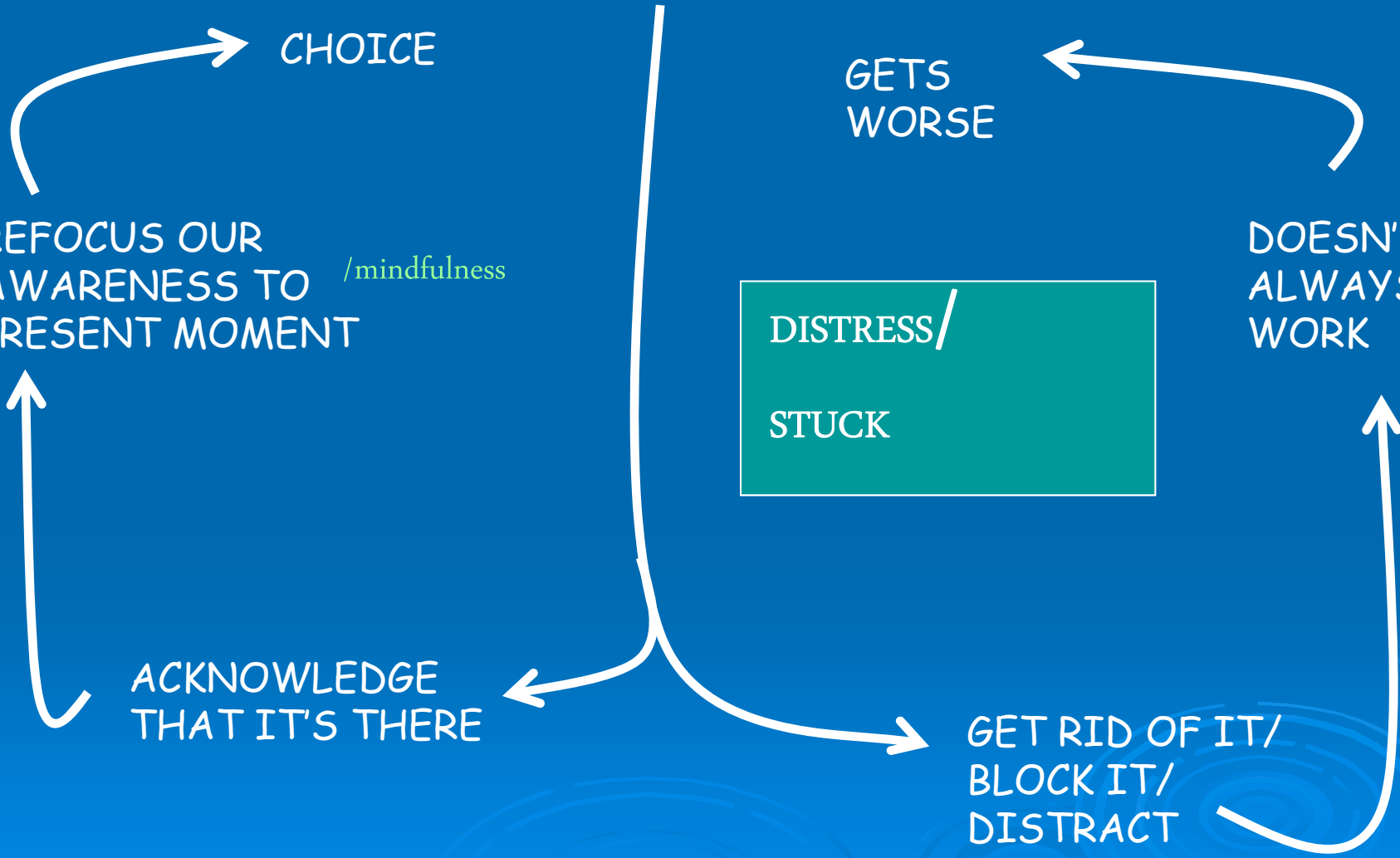
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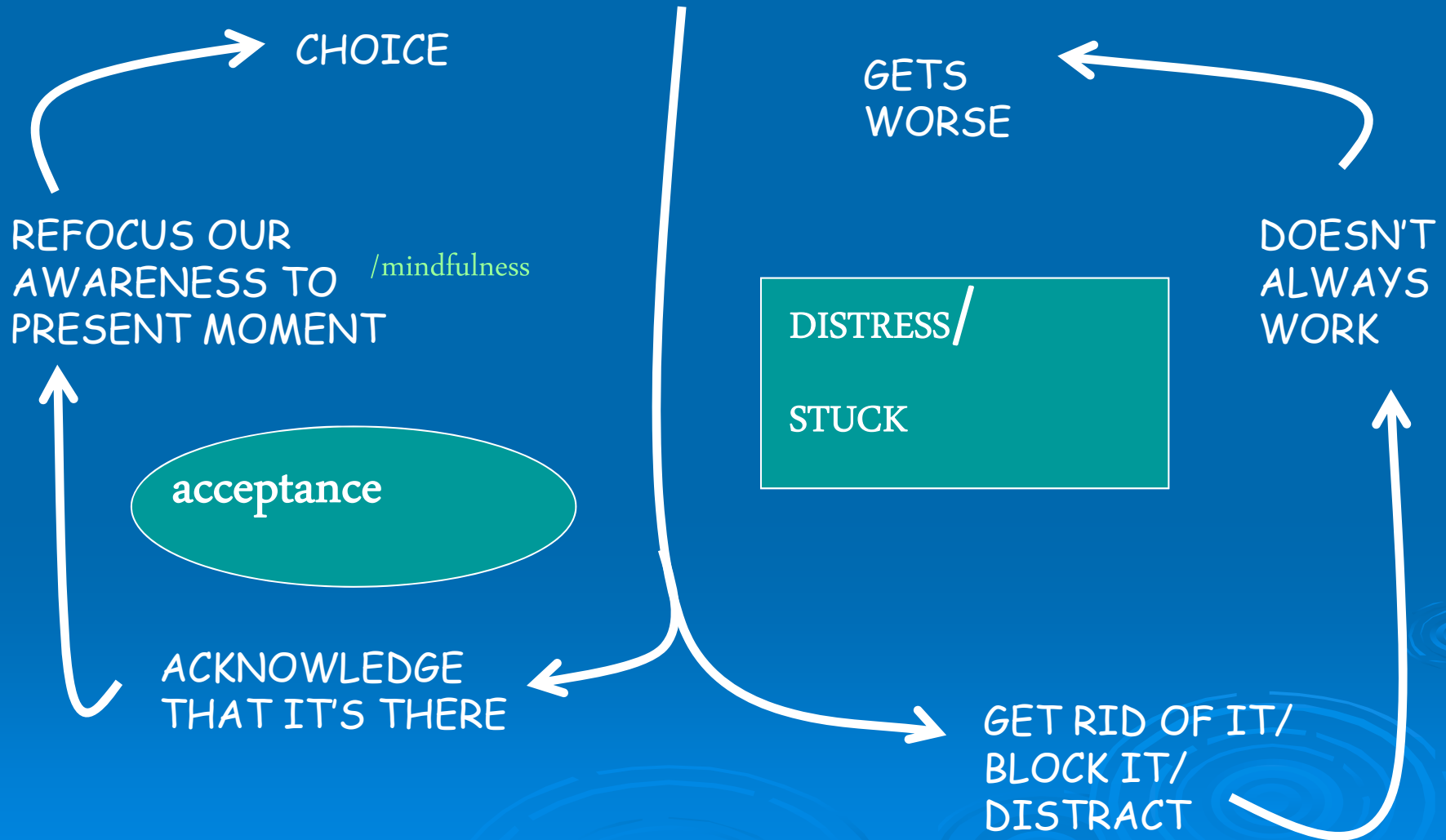
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# Benefits

- Reinforces teaching in psychology groups
- A leveller – helps break the ‘us and them’ barrier
- Patients like it – in time see benefits
  - eg helping to get to sleep
  - dealing with unwanted thoughts

# Difficulties

- Attitude – staff and patients
  - Time – finding/making time
  - Staff lack of confidence to lead  
learn by doing – not training
- 

Practise! Practise!

Practise!



# Resources

## Books:

*Mindfulness for Dummies*; Shamash Alidina  
(includes cd)

*The Mindful Way through Depression*; Mark Williams,  
John Teasdale, Zindel Segal, Jon Kabat-Zin  
(includes cd)

*Dialectical Behaviour Therapy Skills, 101 Mindfulness Exercises...*; Kimberley Christensen, Gage Riddoch,  
Julie Eggers Huber

*Essential Writings*; Thich Nhat Hanh

Websites:

[www.getselfhelp.co.uk/docs/Mindfulness](http://www.getselfhelp.co.uk/docs/Mindfulness)

*and other useful handouts*

[www.cci.health.wa.gov.au/docs/ACF3C5B](http://www.cci.health.wa.gov.au/docs/ACF3C5B)

*and other useful handouts*

[www.blackdoginstitute.org.au/docs/MindfulnessinEverydayLife](http://www.blackdoginstitute.org.au/docs/MindfulnessinEverydayLife)

*and other useful handouts*

[www.allconsidering.com/2009/10-mindfulness-exercises/](http://www.allconsidering.com/2009/10-mindfulness-exercises/)


*using mindfulness in your daily routine*







# KEY POINTS

- NOTICE
  - DESCRIBE
  - PARTICIPATE IN THIS MOMENT
  - BE HERE NOW
  - WITH FULL ATTENTION
  - WITHOUT JUDGEMENT
- 

# KEY MINDFULNESS SKILLS

- **TEFLON MIND** – letting experiences, feelings thoughts come into the mind and slip right out again
- **ALERT** to every thought feeling and action urge like a guard at the gate of your mind
- **WATCH** – thoughts come and go, like clouds in the sky, feelings rise and fall, like waves in the sea
- **PUT WORDS ON THE EXPERIENCE** - “the thought ‘I’m useless’ has just entered my mind”
- **PUT EXPERIENCES INTO WORDS** – name the emotion, feeling, a thought as a thought

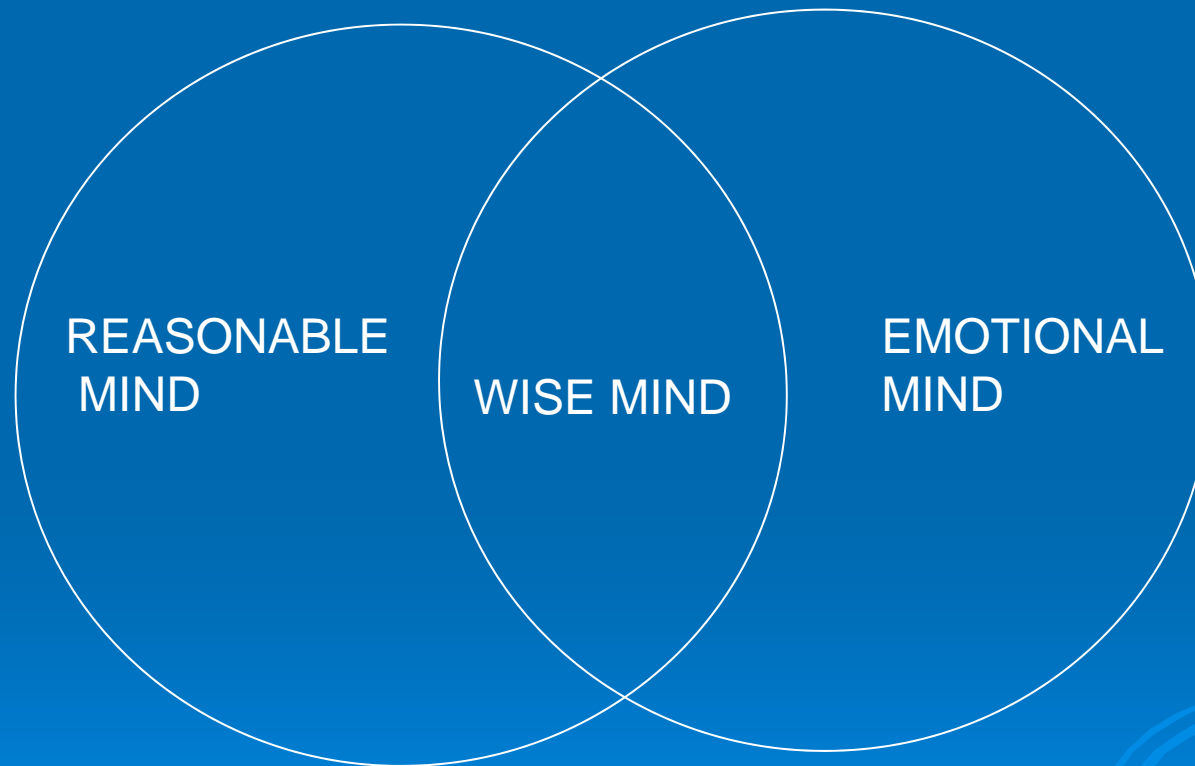
# KEY MINDFULNESS SKILLS *continued*

- **BECOME ONE WITH THE EXPERIENCE, FORGET YOURSELF** – get involved in the moment
- **PRACTICE** – so the skills become part of you
- **DO ONE THING AT A TIME** – when eating, eat. When walking, walk. Bring your full attention to the present moment.
- **LET GO OF DISTRACTIONS** – and return to what you are doing again, and again, and again..

# KEY MINDFULNESS SKILLS continued 2

- **DON'T EVALUATE** – take a non judgemental stance. Just the facts. Focus on “what” not the good, bad, should, shouldn't
- **UNGLUE OPINION** from the facts
- **ACKNOWLEDGE** both the helpful and the unhelpful but don't judge it
- **DON'T JUDGE THE JUDGING**
- **FOCUS ON WHAT WORKS** – do what is needed
- **PLAY BY THE RULES** – not cutting nose off to spite your face

# MINDFULNESS - STATES OF MIND



# Serenity Prayer

God grant me the grace to accept  
with serenity the things I cannot  
change,

The courage to change the things  
can,

And the wisdom to know the  
difference,

