

**MINDFULNESS FOR
MULTI-DISCIPLINARY TEAMS
MDT'S**

Jana's Campaign

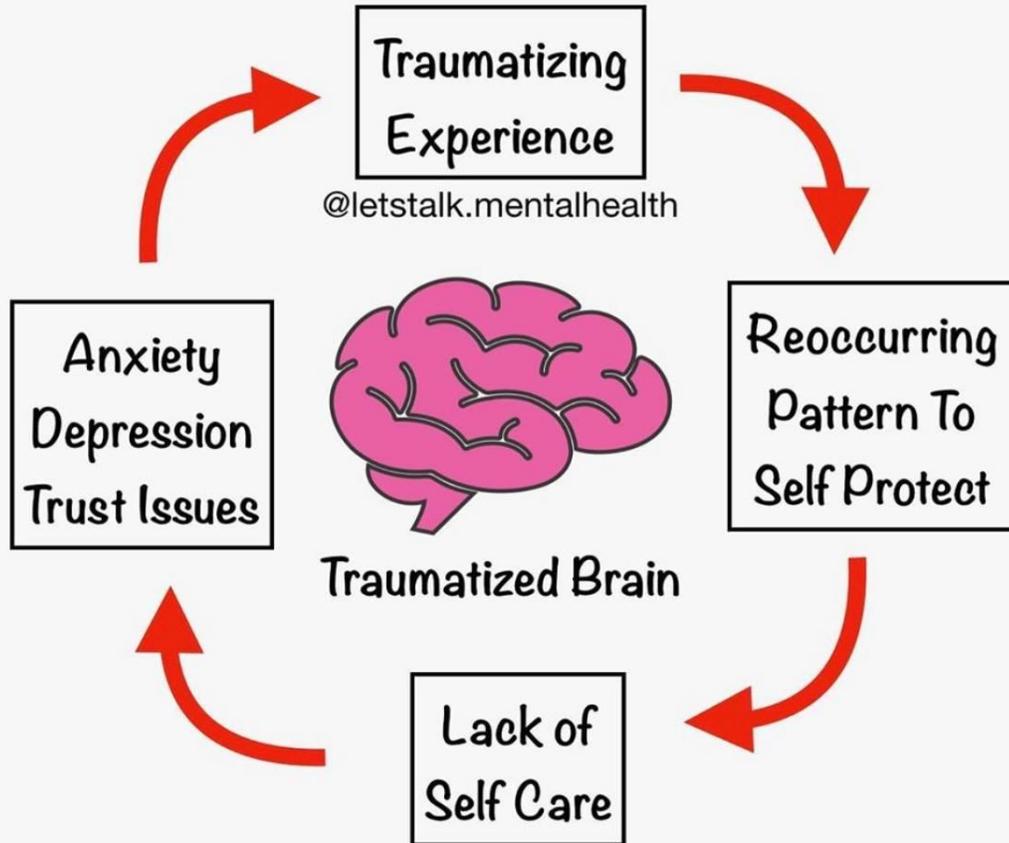
2022



OBJECTIVES

- **Learn how to identify potential sources of stress and trauma related to large-scale events like the pandemic. Discuss how they relate to stress in everyday life and work environments.**
- **Explore coping skills for managing such events to reduce stress levels**
- **Talk through mindfulness techniques that can aid in managing stress and trauma, and how these techniques can serve us in a multidisciplinary team environment and in daily life.**
- **Build effective ways to prevent future dysfunction and maintain a resilient work environment, where team members and the survivors they serve have their needs met.**

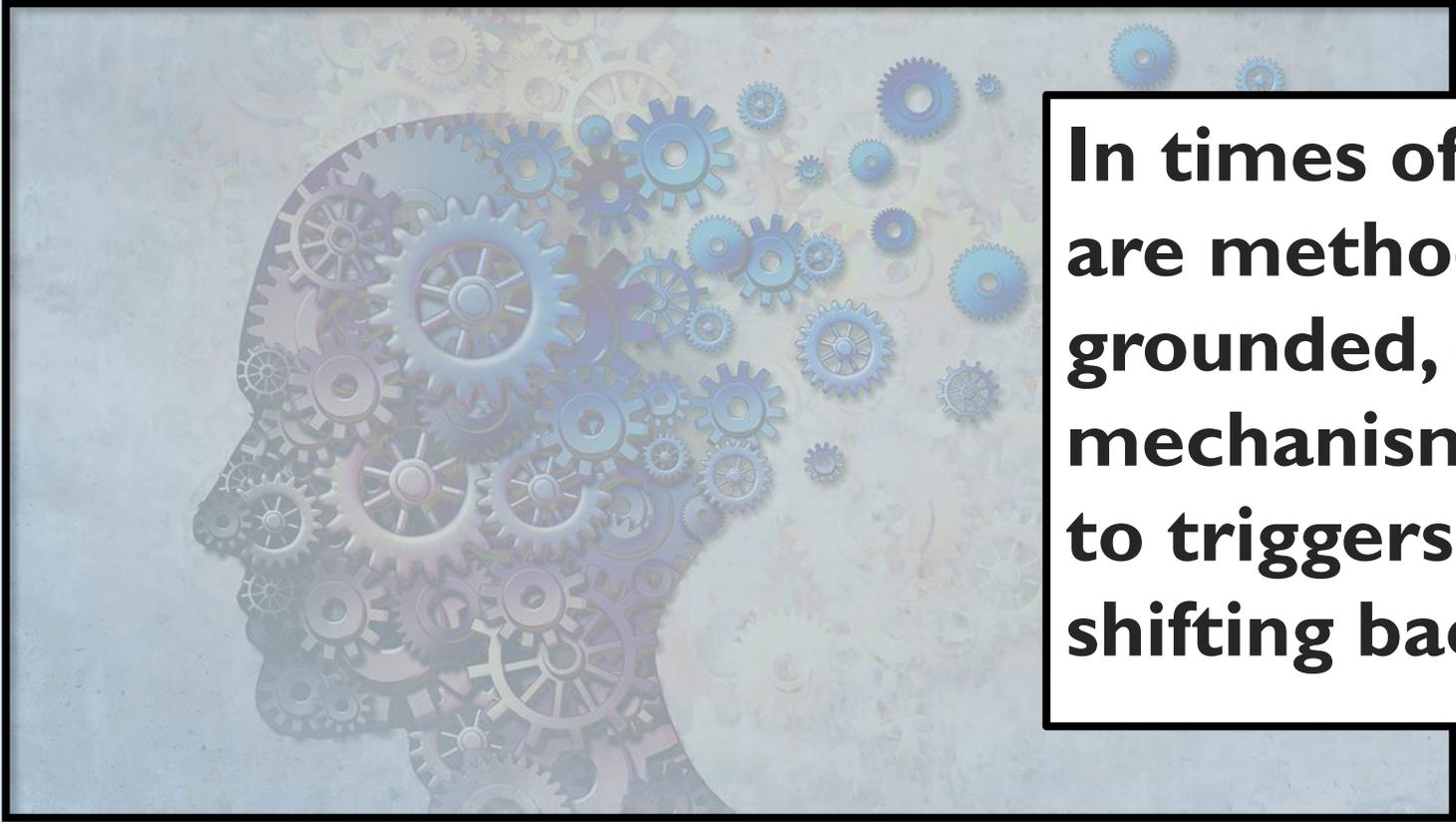
Trauma can keep you stuck in a loop.



THE WORRY LOOP

- **Cognitive:** the “what if’s”
- **Emotional:** feeling on edge, vulnerable, uncertain, or unsafe
- **Physical:** heightened stress hormones, bodily reactions

HOW TO BREAK THE LOOP



In times of extreme stress, there are methods to help us stay grounded, developing coping mechanisms that help us react to triggers and “what if’s” by shifting back to the present.

ACCEPTANCE

- **Pay attention to your thoughts and feelings**
- **Without judging them**
- **No right or wrong way to think**
- **Or even feel**



QUICK EASY EXERCISE



MINDFULNESS

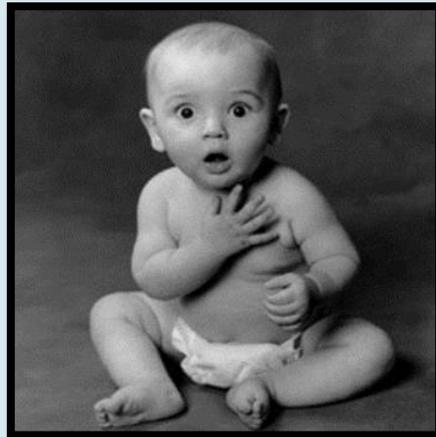
Mindfulness brings awareness to our thoughts, feelings, physical sensations, and behaviors in the present moment, and by doing so, helps us break out of negative thought patterns.

It can be a powerful coping tool, especially in the context of a traumatic event like the pandemic, which has exacerbated or created issues around mental health, trauma, anxiety, and personal safety for so many of us.



HARD TO FACE TRUTH

- **Our defensiveness can contribute to the state of dysregulation in others**
- **The exact thing we want to ease in others**
- **Are we impeding others progress?**



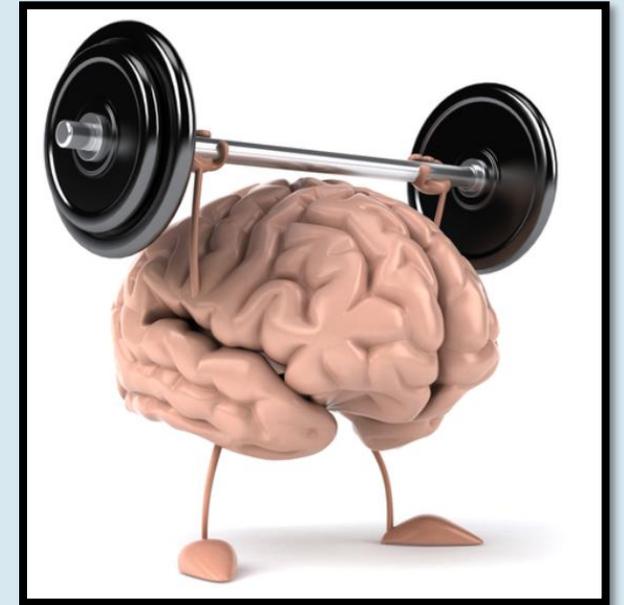
MINDFULNESS

- **Mindfulness is not a new concept and is a part of what makes each of us human. It originated more than 2500 years ago within Buddhist psychology.**
- **One's ability to maintain moment-to-moment awareness, especially during a highly intense moment, is a skill that can be learned.**
- **Situational awareness.**

• *Didonna, F. (Ed.) (2008). Clinical Handbook of Mindfulness. New York: Springer*

BRAIN TRAIN

- **Your workout can be short or long**
- **Helps balance out your nervous system**
- **Tones down the fight, flight, or freeze response**
- **Helps engage your “wise” thinking brain easier**
- **When this happens you can make more reasoned decisions**



IT TAKES REPS (REPETITION)



MINDFULNESS MEDITATION



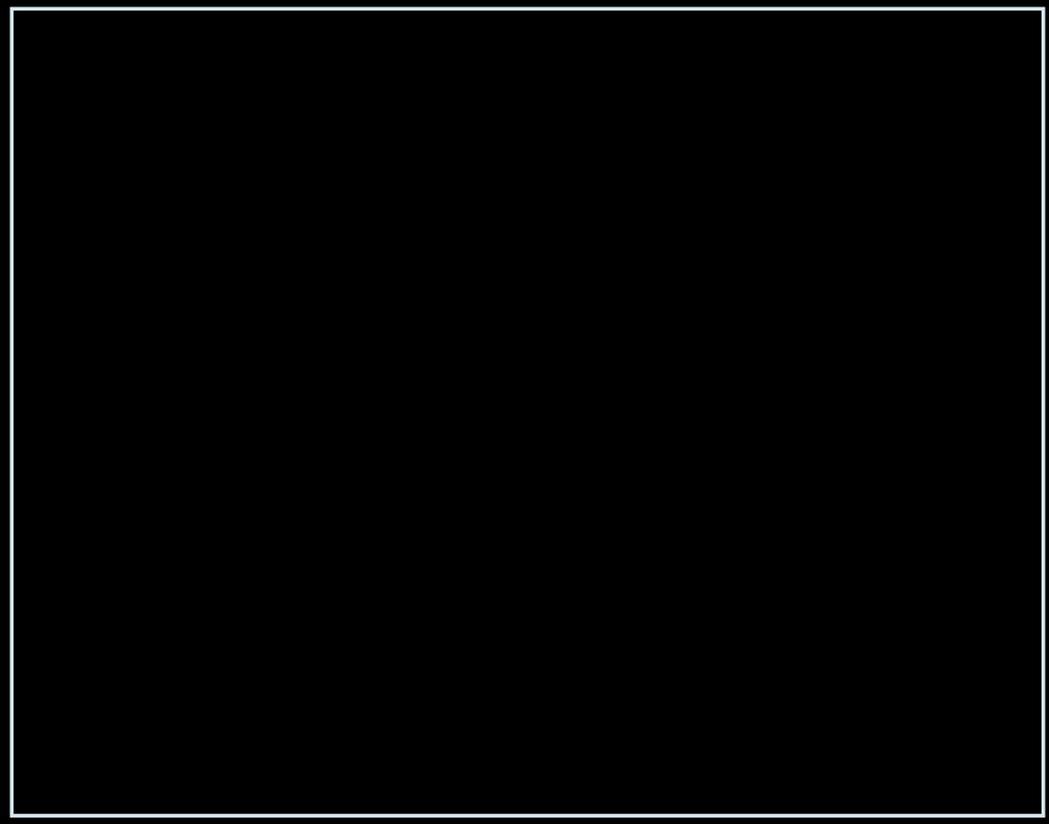
- There are a number of key skills to focus on when it comes to mindfulness meditation. We are going to focus on the concentration today:
 - **Concentration Meditation**
 - This technique requires focus on a particular thing (an object, your breath, a mantra, etc.).
 - **Mindfulness Meditation**
 - This focuses on insight meditation, or the ability to focus and explore changing experience versus choosing a singular thing to focus on.

MULTI-DISCIPLINARY TEAMS

- **Why are we here?**
- **Solve problems?**
- ***What? There are problems in the Campus System?***
- **Have you ever experienced tension in a meeting?**
- **Worse yet, arguments?**
- **Not healthy or productive debates?**



BREATHING



VISUAL EXERCISE



STRUCTURE

- **At beginning our meetings we can improve empathetic focus on a topic.**
- **Mid meeting ?**
- **When we might want to change topic?**
- **At the end of the meeting?**
- **What does this look like?**
- **Guided thought?**
- **Self thought?**
- **What kind of time do we have?**













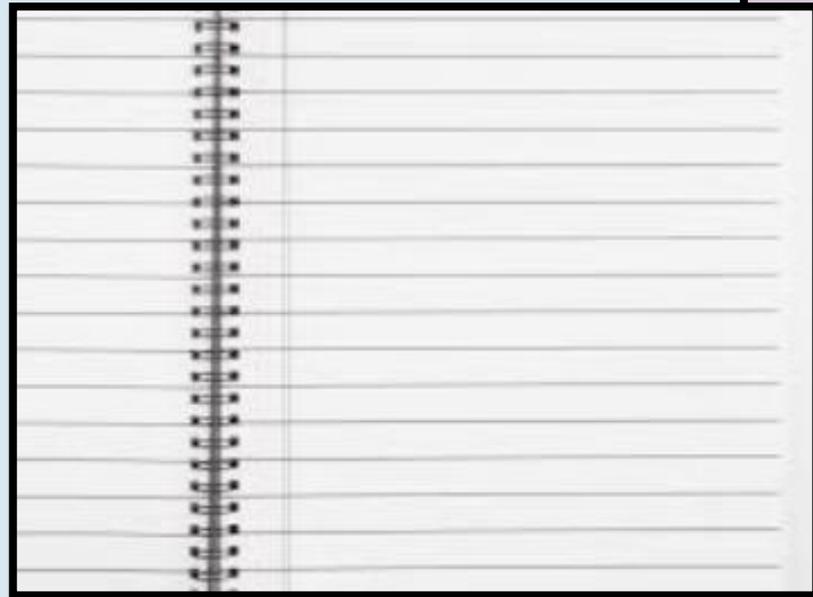
DID YOU NOTICE?

- **One of the background of one photo was blue not black?**
- **Did you notice the trash in two of the photos?**
- **Did you notice the fence in one of the photos?**
- **Did you notice the trash was in the same area of the photos? Bottom right quarter?**
- **Did you notice my Zipper half way down?**

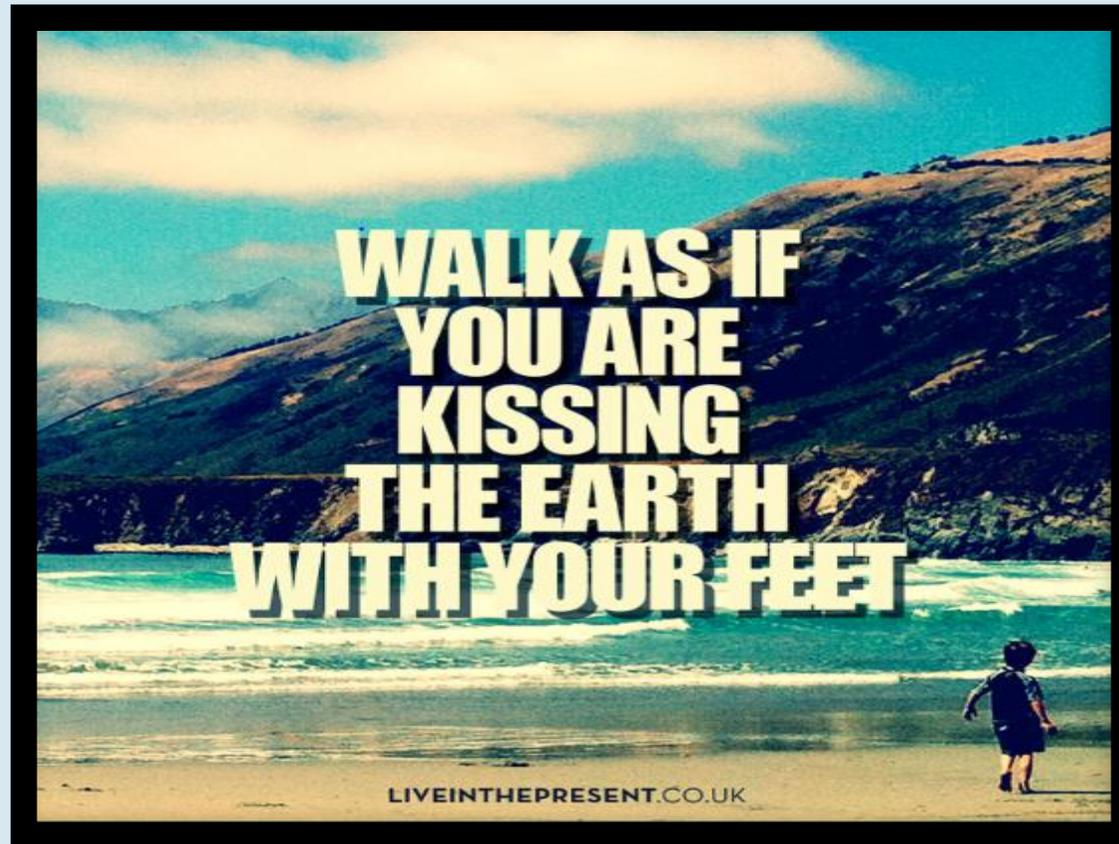
WHY IS THIS IMPORTANT FOR MDT'S?

- **Team mindfulness can reduce conflict and increase focus**
- **We share the same goals**
- **We can achieve change together**
- **Make a larger difference in the world**

TEXTURE



SELF PRACTICE



REFERENCE MATERIALS

VISUAL INTELLIGENCE



Sharpen Your
Perception,
Change Your Life

AMY E. HERMAN



Ret. Lt. Richard Goerling

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