

Mindfulness @ Work

SUPPORTING COMPASSION
AND RESILIENCE AT
HAMILTON HEALTH SCIENCES

A Newsletter for Staff, Physicians and Leaders



Upcoming courses, workshops and events!

September 2017

- **One Day Silent Graduate Retreat for Mindfulness Practitioners** – September 23, 2017, 8:30 am – 4:30 pm, St. Peter's Hospital, Auditorium

October

- **Free Introduction to Mindfulness** – October 4, 2017, 5:00 – 7:00 pm, Juravinski Hospital, Auditorium A4-4
- **Caregiver Fatigue & Trauma Exposure: Developing Resilience at Work** October 18, 2017, 9:00 am – 4:00 pm, Ron Joyce Children's Health Centre
- **Mindful Leadership For Formal Leaders – Intensive**, October 20 **AND** November 24, 2017, 8:30 am – 4:30 pm, St. Peter's Hospital, Auditorium

November

- **Mindful Self-Compassion – One Day Course** – November 3, 2017, 9:00 am – 4:00 pm, St. Peter's Hospital, Auditorium

Coming up in Winter and Spring of 2018:

- **Free** Introduction to Mindfulness (*coming January*)
- Mindful Self-Compassion (*coming January*)
- Caregiver Fatigue & Trauma Exposure: Developing Resilience at Work (*coming February*)
- **Free** Introduction to Mindfulness (*coming March*)

To register see www.centreforpeopledevelopment.ca

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The power of awareness changes our well being, D. Siegel

Greetings

Hello Mindful HHS Community or as Dan Siegel might say the HHS MWE (see below for further information).

I can't believe it is 7 months since the last Newsletter. It has been a busy year so far, so much so that the Spring Newsletter has now become the Summer Newsletter. Many exciting things have been happening at HHS and in our local Mindfulness Community. I had the privilege of attending the 3rd Annual Mindful Society Conference in Toronto entitled Finding Common Ground. It was great to hear some of the latest research, innovative programs and strategies being implemented to build more mindful communities. There was even a member of the British Parliament speaking about how mindfulness practise has been brought into the English Government. Who would have thought this was possible and we certainly know other governments that would greatly benefit from some mindfulness.

A highlight for me though was to hear Dr. Dan Siegel speak. Many of you will be familiar with him as a long time practitioner and researcher of Mindfulness. He is a psychiatrist by trade and a mental health practitioner who has written several interesting and ground breaking books like "Mindsight" and his latest book "Mind: A Journey to the Heart of Being Human". At the conference, he shared with the audience his journey in trying to define the mind. He has found it very strange over the course of his career that many professions, including his, work with the mind but don't have a clear definition of the mind. He states that the mind is not just about the brain or producing thoughts. He further postulates that the mind goes beyond the skull and even the skin to encompass the inter-relationship between human beings. He uses science to discuss how we now know that the mind is not confined to the brain but that it extends through the nervous system and beyond. Numerous studies point to how we are interconnected as human beings and how what is happening within me will be viscerally picked up by you and affect you and vice versa. In this way we shape each other. He highlights this interconnectivity to the degree to say that there really is no such thing as a self, only inner and inter experiences. Mind is both embodied and relational. This truly speaks to our ability and responsibility to build and influence community. As a result he has proposed a new word to reflect this which combines the words ME and WE into MWE. Intrigued...read more in his latest book.

2017/2018 McMaster Mindfulness Courses



Mindful Self-Compassion

(no previous experience is required to attend this course)

Sept. 26 - Nov. 21, 2017 (9 weekly sessions Tuesdays 6:00 - 8:30 p.m.)

Retreat: Sat., Oct. 28, 2017

(9:00 a.m. to 1:00 p.m.)

[\[Flyer & Registration form-Mindful Self-Compassion\]](#)

To register see: www.fhs.mcmaster.ca/facdev

Discovering Resilience Through Applied Mindfulness (DRAM) Weekend Modules – get 48 hours of CME credits!

These workshops are specially designed for healthcare professionals, staff and faculty, giving participants an opportunity to either begin or deepen their own Mindfulness Practices and explore the relevance of Mindfulness to clinical practice and/or education. This program presents interdisciplinary perspectives on Mindfulness, including neuroscience, psychology, health sciences, ethics and educational theory. Participants will learn the fundamentals of Mindfulness Practices and their application to professional and daily life, including workplace health, personal resilience, teaching and interpersonal relationships.

Module 1 January 26-27, 2018

Module 2 February 23-24, 2018

Module 3 March 23-24, 2018

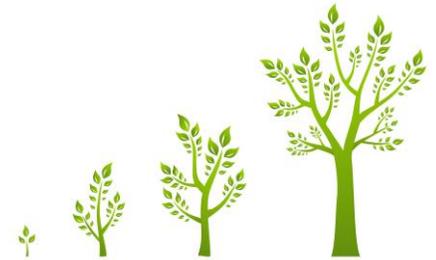
Module 4 April 28-29, 2018

Integrating Mindfulness at HHS

I have been providing many workshops to various units and groups throughout the hospital and wherever I go I meet graduates of various HHS mindfulness courses. I frequently hear about how the courses have not only contributed to changes in their personal life but also professionally. Some folks have said how it has been life changing and even in some cases life saving. People talk about how they are no longer affected by stress in the same way and are less reactive and/or recover more quickly when they have been hijacked into reactivity. I attend other HHS learning sessions where mindfulness is not the focus however, people consistently report that they look forward to the mindfulness portion of the meeting the most. It makes such a difference to build pauses into your workday whether they be one, five or even ten luxurious minutes. These few minutes go a long way in not only rewiring the brain but settling our entire nervous system.

I would like to take a few minutes to highlight our newest course that was run for the first time in the winter as an 8 week program including a half day retreat. Mindful Self-Compassion not only cultivates mindfulness skills but particularly helps us to develop the vital skill of self-compassion. A skill that I think is crucial for health care providers because we can have a tendency to be quite hard on ourselves or quick to give compassion for others without recognizing the need to give it to ourselves. In fact Dan Siegel states that wellness is a reflection of an integrated brain, mindfulness integrates the brain and integration made visible is kindness and compassion.

It was quite a privilege to be able to witness the group participants turning inward to learn to befriend themselves. Offering compassion to ourselves is vital so that we can continue to do our caring work without feeling completely depleted. Participants indicated that they were highly satisfied with the course.



“Here’s what participants have said about the Mindful Self Compassion Course:”

- It was amazing and an eye opening experience.
- I always felt safe in the group and felt encouraged to move at my own pace and participate as I felt comfortable.
- I can’t speak highly enough about the program and it came along just when I needed it.
- I liked the weekly balance of practise, theory and sharing.
- The course has had a profound impact on the way I view myself, my colleagues and the organization. It has impacted my self-confidence and my ability to affect change.
- One participant recently wrote about her experience with the course and how it has impacted her life in the Shine Newsletter which you can access at the following link: <http://www.shinehhs.ca/cool-stuff/shine-spotlight/>

Mindfulness Communities

Mindfulness for Lunch

- A half-hour in your day, once a week, to come together with colleagues and refresh your spirit. Check <http://www.shinehhs.ca/get-healthy/be-mindful/> for more information about days, times and locations for your site.

McMaster Professional Sangha

- A once-a-month opportunity to practice with colleagues and discuss how the practice is impacting your work. Held on the 4th Tuesday of every month, 5:30-7:00 pm, at the David Braley Health Sciences Centre (corner of Main and Bay).

Mindfulness Hamilton

- A bi-weekly opportunity to practice with colleagues in healthcare and education, in downtown Hamilton, 7:00-8:30 pm. Check www.mindfulnesshamilton.ca for more information.

Mindfulness for Lunch @ HHS needs you!

Seeking facilitators at all sites. Just greet your colleagues, play the CD, facilitate a short debrief and enjoy the satisfaction of keeping a vital practice alive! It's a good way of ensuring that you get there once in a while. The teacher Shinzen Young says "If you can't be disciplined, be clever!" Contact your site leads for more information, available through <http://www.shinehhs.ca/get-healthy/be-mindful>.

Return To Love

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?

...

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people

will not feel insecure around you.

We were born to make and manifest the glory ... that is within us.

It is not just in some of us; it is in everyone.

And as we let our own light shine,

we unconsciously give other people permission to do the same.

As we are liberated from our own fear,

our presence automatically liberates others.

Author: Marianne Williamson, 1992

Resource Review

Two books guide the Mindful Self-Compassion course. One is called “Self-Compassion” by Kristen Neff who is the foremost researcher in the area of self-compassion. Her book is based on her research but also quite personal as a mother of a child with special needs. She speaks about how the skill of self-compassion has helped her through many challenging parenting moments. Her first chapter where she compares self-esteem to self-compassion really grabbed me as it talks about the numerous pit falls of self-esteem including how it has contributed to an increasingly narcissistic society. There are many exercises in the book that help one explore their own beliefs and challenges in regards to being compassionate towards themselves. I can easily say it is the book that I most recommend to my clients.

The second book is “The Mindful Path to Self-Compassion” written by Christopher Germer who is a clinical psychologist and the co-creator with Kristen of the course. His book begins with focusing on the skill of mindfulness and loving-kindness practises before he talks more specifically about self-compassion. He brings a wealth of varied research, exercises/practises and humour into his book. I think it’s a good read and very helpful to those wanting to makes changes for themselves but also for those who are clinicians and are wanting to help patients/clients who may be struggling with issues of self-worth.

NEW* [Mindfulness Resources at HHS Libraries](#). *Here is a snapshot of what you'll find!*

Hope to see folks at one of the fall or winter courses. Have a fabulous, restful summer!

Mindfulness Library Collections

Reminder: We have a special selection of mindfulness books and CDs for you to borrow to help keep your practice alive - and only a short walk away for most of you. Check out the Mindfulness Section of your site’s library at HGH, Juravinski and SPH. At McMaster, visit the Office of Clinical and Organizational Ethics, on the first floor just across from the Red Elevators.

[Click on this link to start browsing:](#)

Audio Practices on Shine!

A reminder that there are numerous audio practices on ShineHHS. Go to <http://www.shinehhs.ca/get-healthy/be-mindful/> to play or download on your favorite device. The Short Calming Practice is true to its title...only 5:15 minutes long!