Mindfulness Cognitive
Behaviour Therapy for
Health and Wellness

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1. INTRODUCTION

"Mindfulness" is now a very popular concept for self-help & wellness
Empirically Supported Benefits of Mindfulness

- Increased immune functioning
- Reduction in physiological distress
- Less emotional reactivity
- Boosts to working memory
- Increase in information processing speed

Empirically Supported Benefits of Mindfulness

- Better focus
- Reduced rumination (automatic thoughts)
- More cognitive flexibility
- Double life expectancy
- Relationship satisfaction
WHAT DOES THE TRAINER SAY?

Improving your mental health
Participants will learn to recognize their wellbeing or training programme

WHAT DOES THE PARTICIPANTS SAY?
Mindfulness Based Cognitive Therapy (MBCT)

**Definition**

- Mindfulness is a practice. It is a way of being rather than merely a good idea or a clever technique.
- Because it is a practice, its cultivation is a process, one that of necessity unfolds and deepens over time.

72% of GPs think it would be helpful for their patients with mental health problems to learn Mindfulness skills

Source: Prof. Mark Williams
Oxford University
**Becoming More Mindful (Khyukyuk)**

**When Performing Prayers**

"I found all the Mindful Soliloquies/Prayers a very enlightening, refreshing, soothing and the most fascinating experience. Very much contrary to the message of my own religion Islam. I feel to be more aware and mindful (Khyukyuk) when performing my prayers, as I enjoy my meals better than before, as I can feel the earth beneath my feet, when I walk, appreciate the nature of my words when I talk, especially to my children.

Director of Panel Sejoltern, USM

**UNIVERSITI SAINS MALAYSIA**

"I find mindfulness helps me to stay in the present and appreciate the present moment and environment."

HR Management, USM

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**What is Mindfulness?**

- **Simple Definition**
  - Purposely paying attention to present moment experience with an open and accepting attitude.
  
  - Comprise components of Intention, Attention and Attitude (Shapiro, Carlson, 2009).
Mindfulness Intention

• Set the stage for what is possible.

• Focus on why we practice mindfulness in the first place.

• Allow change and deepen awareness and insight.

Mindfulness Attention

• Observe the operations of your moment-to-moment internal and external experience.

• Suspend all the ways of interpreting experience and attending to experience itself, as it presents itself in the here and now.

• Attend to the contents of consciousness at the moment.
1. Mindfulness of the Body and Breath

- Settle down
- Bring awareness to the body
- Pay attention on the sensations of breathing or body

3-Minutes Breathing Space

The 3-Minute Breathing Space provides a way to step out of Automatic Pilot (Doing) mode and reconnect with the present moment. The key skill in Mindfulness is to maintain awareness in the moment. Nothing else.
3-Minutes Breathing Space

- The purpose of the 3-minute breathing space is to help you step out of doing mode and access a clearer state of mind instead of reacting mindlessly to the negative thoughts created by your mind.

- This exercise can help you slow down so you can respond more skillfully to stressful situations and use different approaches to relate to your thoughts.

3-Minutes Breathing Space

1. AWARENESS – Adopt a dignified posture, whether sitting or standing. Acknowledge your present moment experience – thoughts, feelings, bodily sensations, sounds, etc. Ask yourself, “What is my experience right now? What thoughts are going through my mind?”

2. GATHERING – Redirect your attention to breathing and be aware of each in-breath and out-breath. Use breath as an anchor to the present moment.

3. EXPANDING – Expand your field of awareness around breathing, including posture, facial expression and body as a whole. Continue your work with a greater sense of Mindfulness.
(2) The Body Scan (cont.)

- Gently remind yourself that this is a time for 'falling awake' rather than falling asleep. It is a time to be fully aware of your experience as it is, not as you think it should be.

- The intention of this practice is to bring awareness to any and all sensations as you focus your attention systematically on each part of your body.

The Body Scan can be done in standing, sitting or lying position.
• Gently remind yourself that this is a time for ‘falling awake’ rather than falling asleep. It is a time to be fully aware of your experience as it is, not as you think it should be.

• The intention of this practice is to bring awareness to any and all sensations as you focus your attention systematically on each part of your body.

• Sometimes, you may feel no sensations at all. If this is the case, then simply acknowledge this. There’s no need to try and imagine sensations where none can be noticed.

• After you have scanned the whole body, spend a few minutes becoming aware of the body as whole.

(2) The Body Scan (cont.)
Mindfulness of the Body and Breath

Why Breath?
- Breath is life, but we always take it for granted.
- Breath provides a natural, gently moving target of focus, it grounds you in here and now.
- Breath provides an anchor for your attention, that you can see more clearly when your mind has wandered.
- Breath can be a sensitive monitor for your feelings.

Dealing Skillfully with Mind-Wandering
- Mind-wandering is not a mistake. It is simply what the minds do.
- No matter how many times your mind wanders, allow yourself on each occasion (without limit) to bring back to where you had intended it to be.

Dealing Skillfully with Mind-Wandering
- When you notice that your awareness is no longer on the breath – you have already ‘woke-up’ enough to know your experience in this moment.
- In time, you may discover that this quality of kindness towards the wandering mind brings a sense of compassion towards other aspects of your experience.
Exercise 3: 
Body Scan & Kindliness
(12 minutes)
Mindfulness Attitude

- Beginners Mind
- Letting go
- Non-striving
- Patience
- Trust
- Acceptance
- Non judging

Mindful Acronym

M - Moment-to-moment attention
I - In the here-and-now
N - Non-judgmental attitude
D - Detach from unhelpful thoughts
F - Forgive & be grateful
U - Unconditional acceptance
L - Learn with Beginner’s mind

Dispel the Myth

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
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<tbody>
<tr>
<td>Mindfulness practice (sometimes called mindfulness meditation) is a religion.</td>
<td>Mindfulness practice is simply a method of mental training.</td>
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<tr>
<td>Mindfulness practice takes a lot of time.</td>
<td>Some patience and persistence are required.</td>
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<tr>
<td>Mindfulness practice is complicated. It is about ‘success’ or ‘failure’.</td>
<td>Learning something valuable about the workings of the mind.</td>
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<tr>
<td>Mindfulness is just a relaxation technique.</td>
<td>Relaxation is part of mindfulness.</td>
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<td>Mindfulness is about trying to stop/prevent thinking.</td>
<td>Recognize and acknowledge thinking whenever it arises.</td>
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<td>Mindfulness will strike your mind or prevent you from striving towards important career or lifestyle goals.</td>
<td>Mindfulness is about enjoying the present moment experience.</td>
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<td>Mindfulness is about accepting the unacceptable.</td>
<td>It is about seeing the world with greater clarity.</td>
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What Makes Emotion?

The mind does not exist in isolation; it's a fundamental part of the body and they continuously share emotional information with each other.

- Much of what the body feels is colored by our thoughts and emotions, and everything that we think is informed by what's going on in the body.

- It's phenomenally complex process full of feedbacks.

Emotions are 'bundles of thoughts, feelings, bodily sensations and impulses to act'.

Mind Effects the Body

What we think and feel affects the mind.

- The body detects our thoughts almost before we've consciously registered them and frequently reacts as if they are said and real, whether they accurately reflect the world or not.

The Mind-Body Connection
Body Effects the Mind

- Research is showing that our whole outlook on life can be shifted by tiny changes in the body.

- Something as subtle as frowning, smiling or altering posture can have a dramatic impact on mood and the type of thought flickering across the mind.

The Fighting Ducks

Something in the animals' brains gave the alarm when they are in danger; switched off once the danger has passed.

Once the fight is over, the ducks quickly resume to peaceful states.
The Human

The human mind is different, especially when it comes to 'intangible' threats that can trigger anxiety, stress or worry (e.g. interview, exam, quarrel, broken relationship, insomnia, etc).

When a threat is sensed — whether real or imagined — our ancient 'fight or flight' reactions kick in. The mind then begins to trawl through memories to try and find something that will explain why we are feeling it.

A Vicious Cycle

1. Thought: 'How ready am I?'
2. Feel bodily symptoms: Heart pounding, breathing speeds up.
3. Thought: Something awful is going to happen to me.
4. Feel anxious.

Escaping the Vicious Cycle

- You can't stop the triggering of unhappy memories — but what you can stop is what happens next.
- Stop the vicious cycle from feeding off itself and triggering the next spiral of negative thoughts.
- Come back to the present moment — directly sensing your bodily and mental experiences! e.g. Body Scan, Mindfulness of Body and Breath.
1. Automatic Pilot versus Conscious Choice

**Automatic Pilot**
- Doing mode means that going around the vicious cycle.

**Conscious Choice**
- Mindfulness (being mode) brings you back, again and again, to full conscious awareness; a place of choice and intention. You become fully alive and aware again.

2. Analyzing versus Sensing

**Analyzing**
- Doing mode is thinking. It analyses, recalls, plans and compares – most of the time, we tend to live ‘inside our head’, without noticing the world around us.

**Sensing**
- Mindfulness (being mode) is to be back in touch with your senses, so you can see, hear, touch, smell and taste things as if for the first time.
3. Striving versus Accepting

Striving
- Doing mode means judging and comparing the ‘real’ world with the world we’d like to be in our thoughts - focusing on the gap.

Accepting
- Mindfulness (being mode) temporarily suspend judgment and just acknowledge an experience is here, while allowing it to be just as it is for a moment. Mindful acceptance allows you, simply and compassionately, to observe it rather than judge, attack, argue or disprove its validity.

4. Seeing Thoughts as Solid and Real versus Treating them as Mental Events

Seeing Thoughts as Solid and Real
- In Doing mode, the mind uses its own creations, thoughts and images, to form a thought. Ideas however, acquire a voice of their own. You can begin to mistake them for reality.

Treating Them as Mental Events
- Mindfulness (being mode) teaches us that thoughts are just thoughts; they are events in mind. The are often valuable but they are not ‘you’ or ‘reality’.

5. Avoidance versus Approaching

Avoidance
- Doing Mode is ‘running away’ or busy mind - focusing on places you don’t want to go (stress, anxiety, exhaustion) – eventually leads you step by step towards burnout and exhaustion.

Approaching
- Mindfulness (being mode) encourages you to ‘approach’ the very things that you feel like avoiding, be-friend with your difficult states of mind. This compassionate approach gradually dissipates the power of your negative feelings.
6. Mental Time Travel versus Remaining in the Present Moment

Mental Time Travel

In doing mode, when you are under stress, you tend to remember only bad things that have happened to you. We re-live past events and re-feel their pain, and we pre-live future disasters and so pre-feel their impact.

Remaining in the Present Moment

Mindfulness (being mode) trains the mind to consciously 'see' your own thoughts as they occur, so that you can live your life as it unfolds in the present moment.

7. Depleting versus Nourishing Activities

Depleting

In doing mode, we tend to get caught up in important career and life goals. They can be so demanding in the attempt to focus on them that it leaves you to exclude everything else, including your own health and well-being.

Nourishing Activities

Mindfulness (being mode) restores the balance by helping you sense more clearly the things that nourish you and those that deplete your inner resources.

Feel the Emotions in Your Body

Attempting to avoid emotions, thoughts and body sensations can become a habit. We may believe it protects us.

But research show that avoiding unpleasant feelings actually keeps them going. They are still there, even if we are not aware of them.

They indirectly influence our attitudes and judgments in ways that can turn passing unpleasant feelings into persistent suffering.

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When 'tuning out' has become a habit, how can we learn to "tune back in", without being overwhelmed?

- A first step is to learn to **tune into body sensations and feelings**, just as we did in the Body Scan. This opens opportunities to respond more effectively to unpleasant emotions as they arise.

- Now, we focus on **Mindful Movement**.

**Mindful Movement**

- Through Mindful Movement, we learn to recognize body sensations for what they are – sensations that arise and pass away.

**Stay in Touch With Unpleasant Sensation**

- Let's say, for example, that we deliberately hold a mindful stretch for longer than feels comfortable.

- Can we welcome and stay in contact with sensations, even if we find them unpleasant?

- Can we notice the impulse to label them as 'pain' and acknowledge it?
Stretching Without Striving

Mindful Movement

VIII. MINDFULNESS OF SENSES: THOUGHTS AND WAKING
Mindfulness of Sounds and Thoughts

• Mindfulness of Sounds and Thoughts gradually reveals the similarities between sound and thought.

• Both appears as if from nowhere. Both can seem random and we have no control over their arising.

• Both are enormously potent and carry immense momentum. They trigger powerful emotions that can easily run away with us.

Mindfulness of Sounds

• Practice Mindfulness of Body and Breath, until you feel reasonably settled.

• When you are ready, allow the focus of your awareness to shift from sensations of the body to hearing – bring your attentions to ears, and then allow the awareness to open and expand so that there is a receptiveness to sounds as they arise, wherever they arise.

• There is no need to go searching for sounds, or listening out for particular sounds.

Mindfulness of Sounds

• Simply open your mind so that it is receptive to awareness of sounds from all directions as they arise – sounds near, sounds far, sounds in front, behind, to the side, above or below – opening to a whole space of sounds around you.

• Aware of obvious sounds, and of more subtle sounds. Aware of the space between sounds, aware of silence.
Mindfulness of Thoughts

• When you are ready, let go of awareness of sounds, and refocus your attention so that your object of awareness are now thoughts as events in the mind.

• Just as with sounds, when you were noticing their arising, lingering and passing away, so now, as best as you can, attend the thoughts that arise in the mind, noticing when they arise, seeing as the linger in the space of mind. Eventually, see if you can detect the moment when they dissolve.

• In the same way that you relate to the arising and passing away of sounds, just let thoughts come and go on their own.

Just as clouds moving across a vast spacious sky are sometimes dark and stormy, sometimes light and fluffy, thoughts take different forms. Sometimes, clouds fill the entire sky. Sometimes they clear out completely, leaving the sky cloudless.
Mindfulness of Thoughts

- What is going through my mind?
- What sensations are there in my body?
- What emotional reactions and impulses am I aware of?

Wherever You Are. Whatever You are Doing, Whenever You Can.

Mindfulness of Walking

- simply means walking while being aware of each step and of our breath.
- It can be practiced anywhere.
- Allows us to be aware of the pleasure of walking.
- Release our sorrows and our worries.

Exercise 5: Mindful Walking

6 Minute

Mindful walking.wmv
Mindful Acceptance

- Acceptance means to receive or take hold of something – and through this, it also means to grasp or understand.

- Mindful acceptance allows the mind to embrace the true, deep understanding of how things really are.

- Acceptance is a pause, a period of allowing, of letting be, of clear seeing.

- It allows us to become fully aware of difficulties, with all of their painful nuances, and to respond to them in the most skillful way possible (i.e. Wise and Compassionate Way).

Mindful Acceptance

- Mindful acceptance is NOT the passive acceptance of the intolerable.

- It is NOT 'giving up', nor is it resignation or spinelessness.

It means turning towards it, befriending it, even when – indeed, especially when – we don’t like it or scare us.
Befriending Meditation

- The befriending meditation very gently invite you to bring unsettling situations to mind and then observe how your body reacts.

- Focusing on the body, by contrast, puts a tiny silver of space between you and the problem, so that you don’t immediately become entangled within it.

Befriending Meditation

It may be helpful to say to yourself inwardly:

- It’s OK to feel this. Whatever it is, it’s OK to allow myself to be open to it.

- See if it is possible to stay with the awareness of these bodily sensations and seeing your relationship to them.

- Are you trying to get rid of them, or are you able to give them your full attention, breathing with them, accepting them, letting them be?

Befriending Meditation

Recite /recollect the below sentences (meanings/feelings) in your mind and body:

* May I be free from suffering
* May I be well and happy
* May I have ease of being

(When you are ready, you can then slowly extend this goodwill to your parents, friends, everyone around you and all beings.)
Mindfulness is an approach for you to manage your day-to-day living.