



© Suharu Ogawa

Mindfulness In Practice: For you and your patients

Orit Zamir MSc, MD FRCPC

Women's College Hospital

Assistant Professor

Department of Psychiatry

University of Toronto

LEARNING OBJECTIVES

1



Gain experiential understanding of mindfulness practices to target provider stress

2

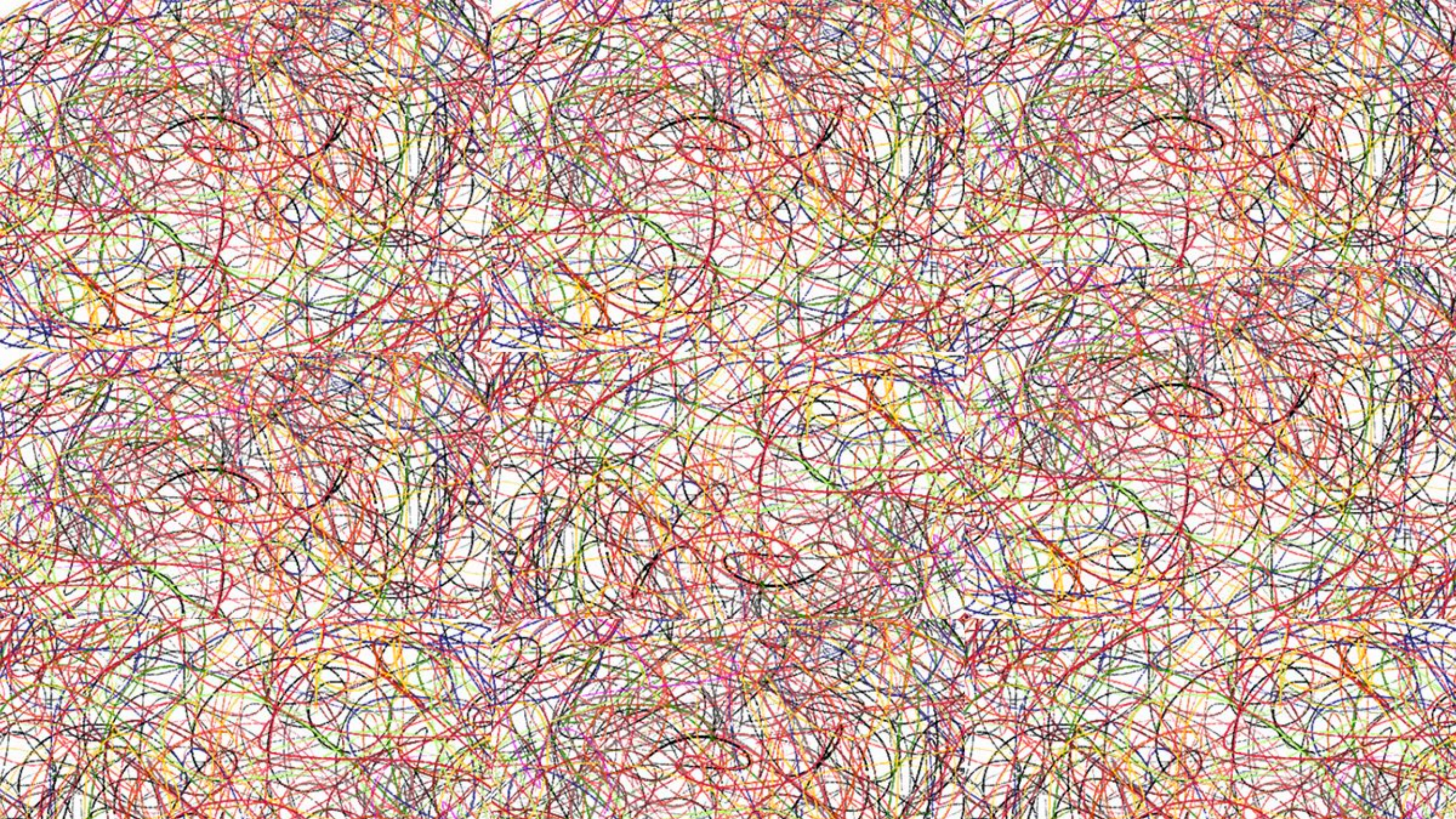


Appreciate how brief mindfulness practices can be helpful in the office for provider and patient



Presenter Disclosure

- Faculty: **Orit Zamir**
- Relationships with financial sponsors:
 - **Not Applicable**



“

*Awareness that arises through
paying attention, on purpose,
in the present moment,
non-judgementally*

- Jon Kabat-Zinn



**THE BEST WAY TO LEARN IS
THROUGH EXPERIENCE**

An informal Practice:

S

STOP.

Stop what you are doing; put things down for a minute.

T

Take a few deep breaths.

If you'd like to extend this, you can take a minute to breathe normally and naturally and follow your breath coming in and out of your nose. You can even say to yourself "in" as you're breathing in and "out" as you're breathing out if that helps with concentration.

O

Observe.

Observe your experience just as it is – including thoughts, feelings, and emotions. You can reflect about what is on your mind and also notice that thoughts are not facts, and are not permanent. Notice any emotions present and how they are being expressed in the body.

P

Proceed.

Proceed with something that will support you in the moment: talk to a friend, rub your shoulders, have a cup of tea.

A WAY TO MEET STRESS

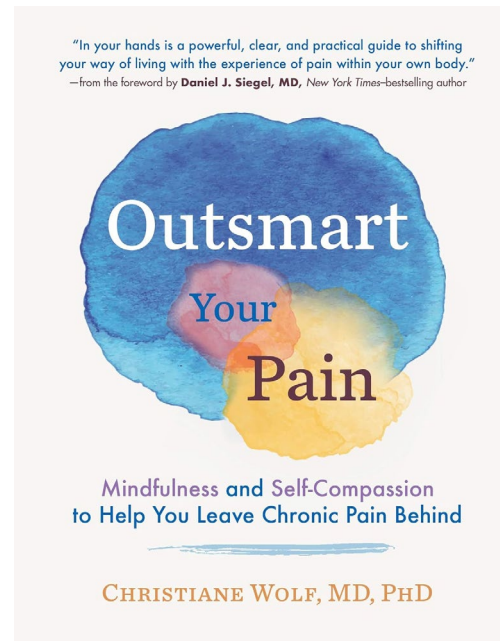
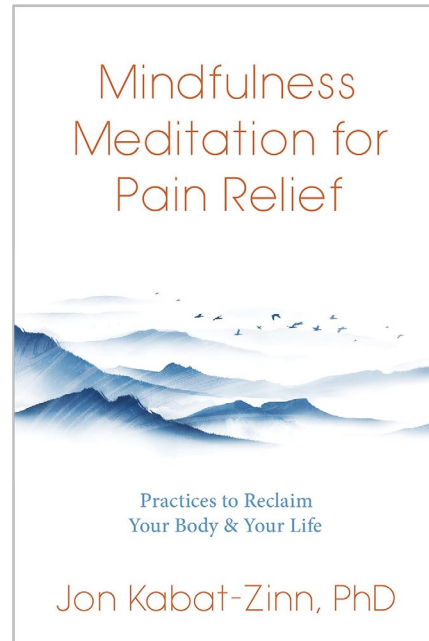
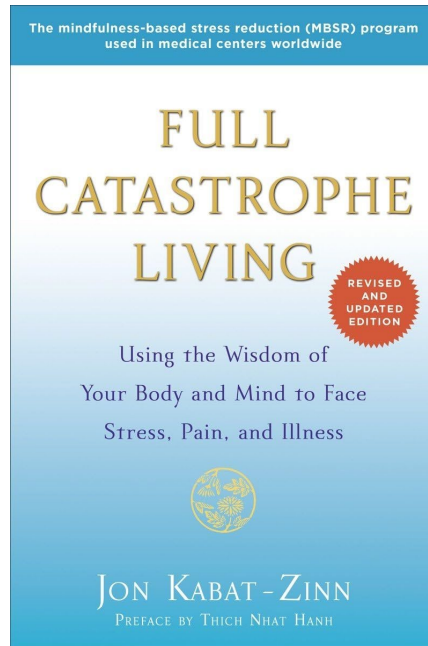
by Alisha Goldstein

www.mindful.org

A person wearing a dark hoodie and jeans stands with their back to the camera on a train platform. A train is passing by, creating a strong horizontal motion blur effect across the middle of the image. The platform has a tiled floor and a dark ceiling with fluorescent lights. The overall color palette is cool, with blues and greys, and a slight orange glow at the bottom.

Somatic Tracking (Pain Reprocessing Therapy)

Resources



<https://www.mindfulnessstudies.com/>



<https://themindfulnessclinic.ca/>



<https://neuronovacentre.com/>

<https://www.brown.edu/public-health/mindfulness/>

THANK YOU!
Questions?
Comments?

orit.zamir@wchospital.ca