

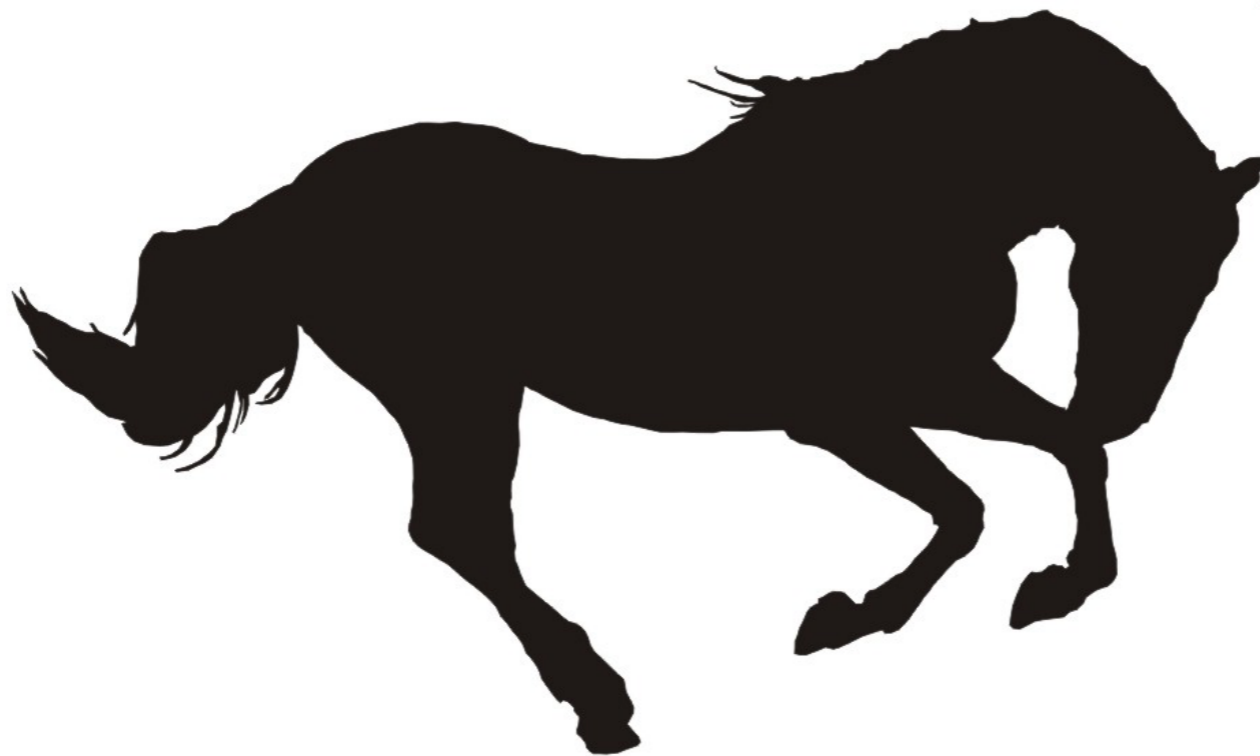
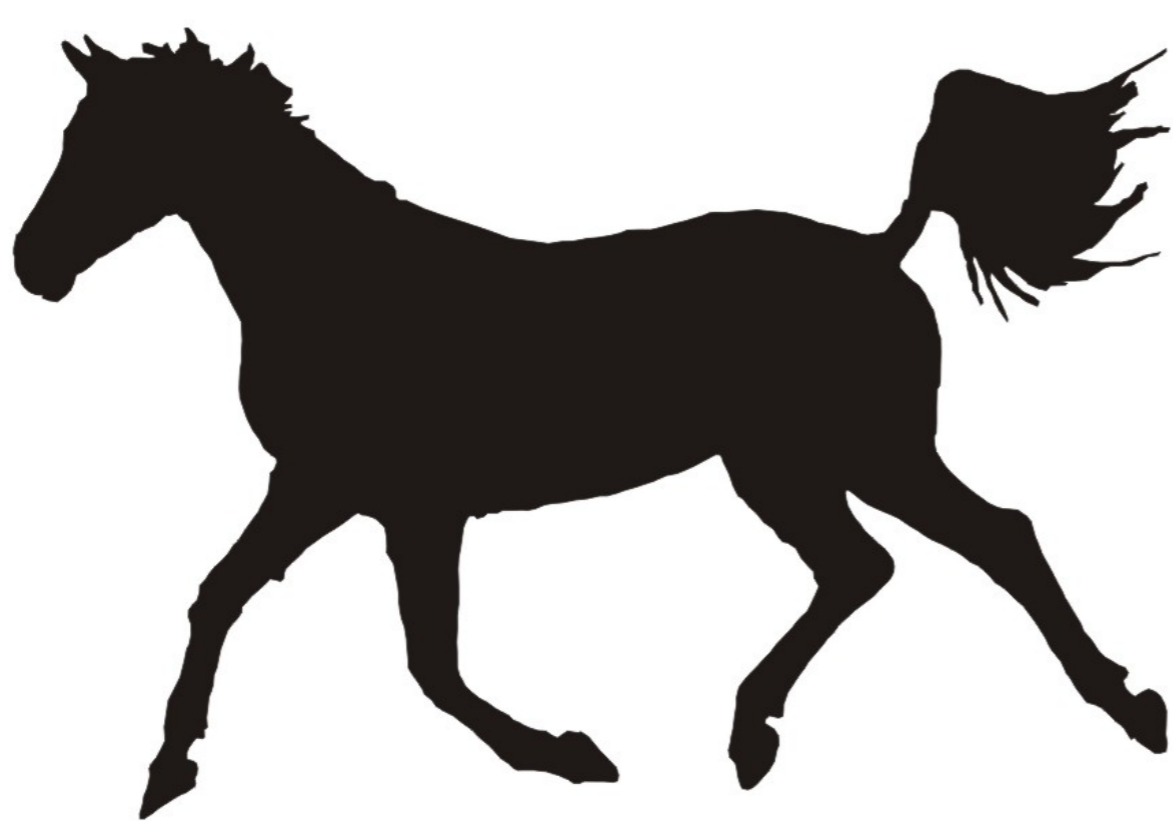
Mindfulness Based Cognitive Therapy for Chronic Pain

Session 4: Learning to Stay Present

Theme

Mindfulness helps to ***stay present and observe*** - whether pleasant, unpleasant or neutral - and ***respond wisely with equanimity, letting go of attachment and aversion***

Awareness of the ***body in movement*** is another ***anchor*** to the ***present moment*** to help manage pain more effectively

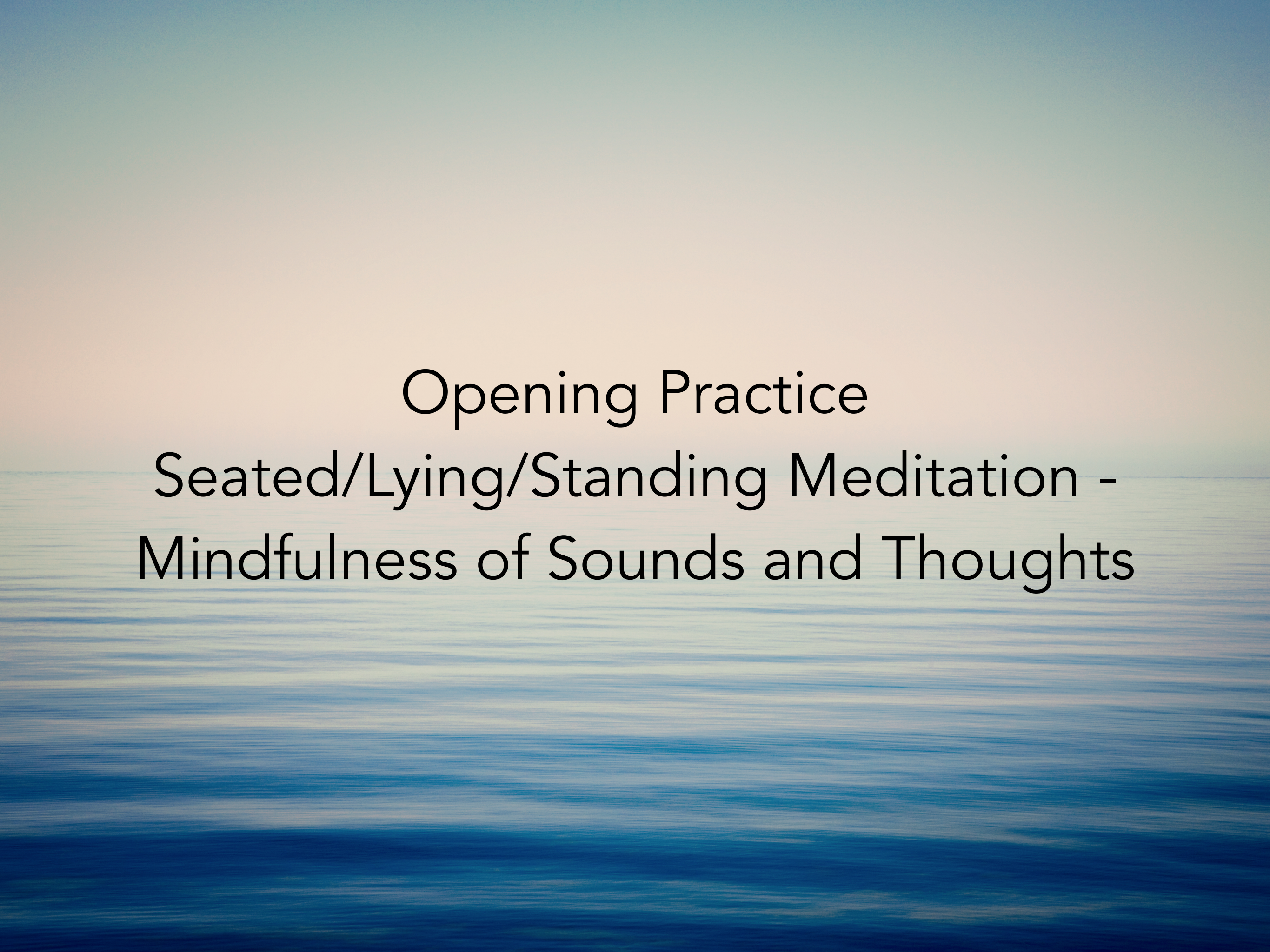


- **Observer self** - Changing perspective using mindfulness:
<https://www.youtube.com/watch?v=iN6g2mr0p3Q>
- **Accepting the mind - like a still pool**
<https://www.youtube.com/watch?v=qUcC71-W9Os>

Observing Thoughts as Mental Events







Opening Practice
Seated/Lying/Standing Meditation -
Mindfulness of Sounds and Thoughts

Stressful Experiences Diary

What did you notice engaging in this exercise each day?

Stressful Experiences Diary

Thoughts

Body Sensations

Emotions

I'm going to have more pain.
Swearing What if I don't know?

Tense, tight

Irate with self for being careless

Nausea

Shame

Pit in stomach

Anxiety

Thoughts as the **visible tip of an iceberg** which includes body sensations and emotions



Unhelpful Habits of Mind

- Also called **cognitive distortions**
- **Common**, occur in all people
- Bringing **awareness** by catching and categorizing them **allows for distance**
- Will seem ***more true when stressed or in pain***
- Often **more than one** can apply to a given thought



All or Nothing Thinking



- Also called Black and White Thinking
- “I can’t do anything right!”
- “I can’t coach my son’s football team anymore because of the pain so I am an epic failure of a dad”

Fortune telling



$$2+2=5$$



- A form of jumping to conclusions
 - “There’s no point to even try, it won’t work”
 - “This tension is going to lead to a full-blown migraine and will knock me out of action for a week!”

All or nothing thinking

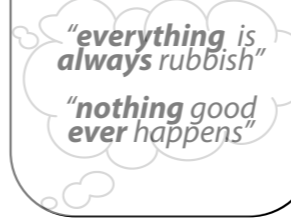


Sometimes called 'black and white thinking'

If I'm not perfect I have failed

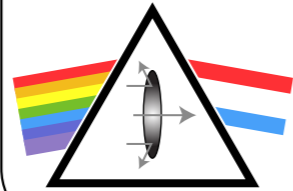
Either I do it right or not at all

Over-generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence

Noticing our failures but not seeing our successes

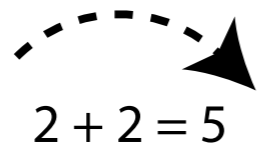
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalization

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault

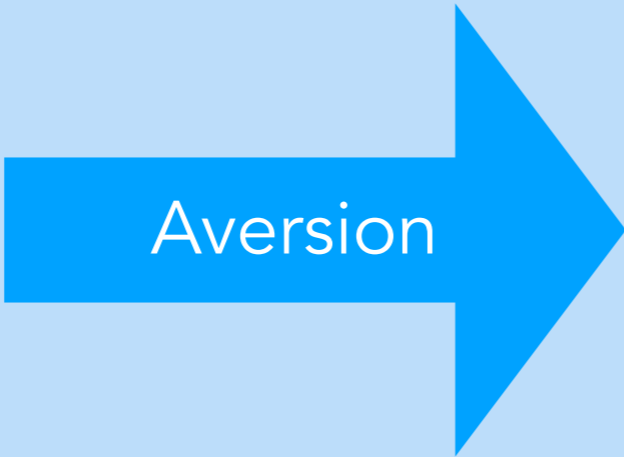


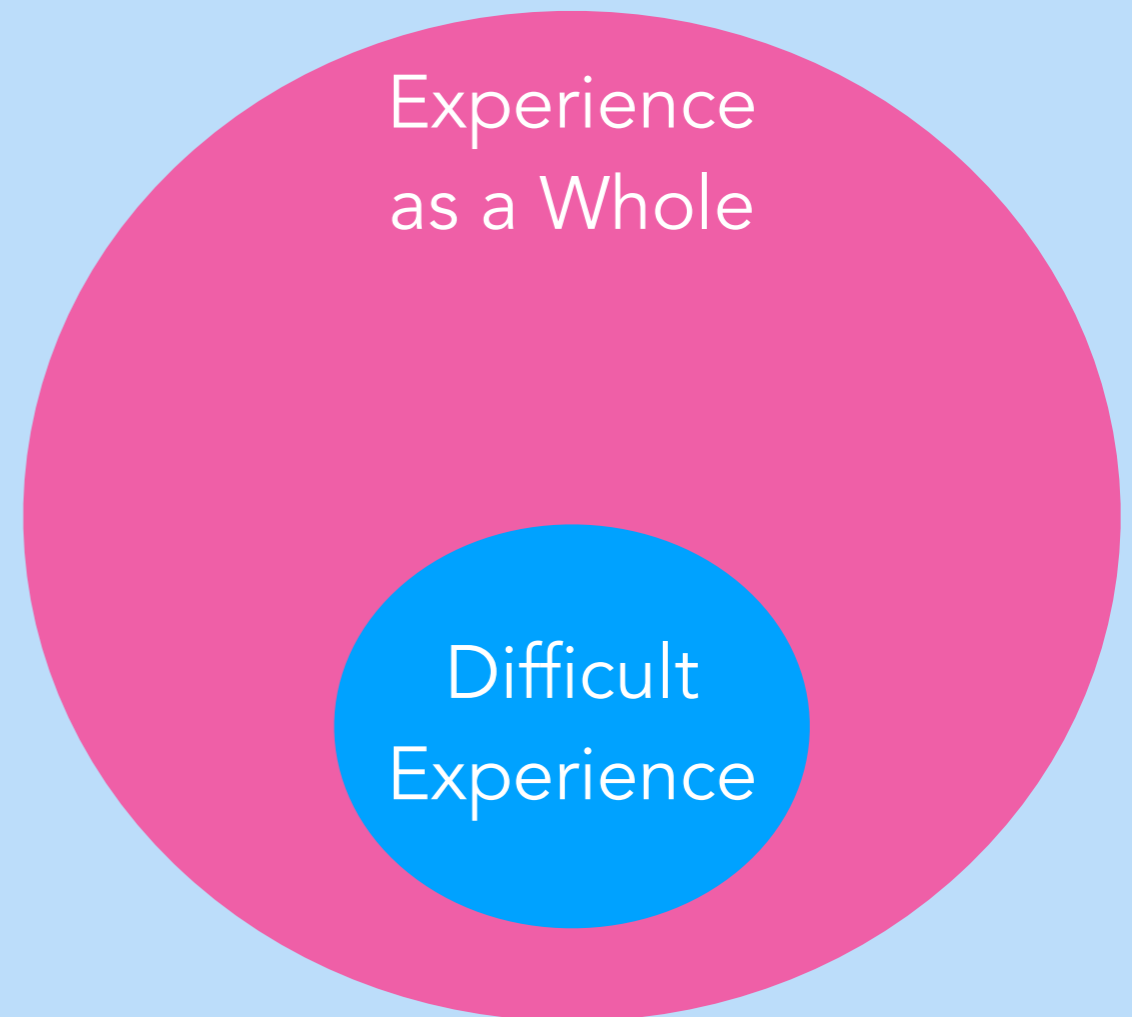
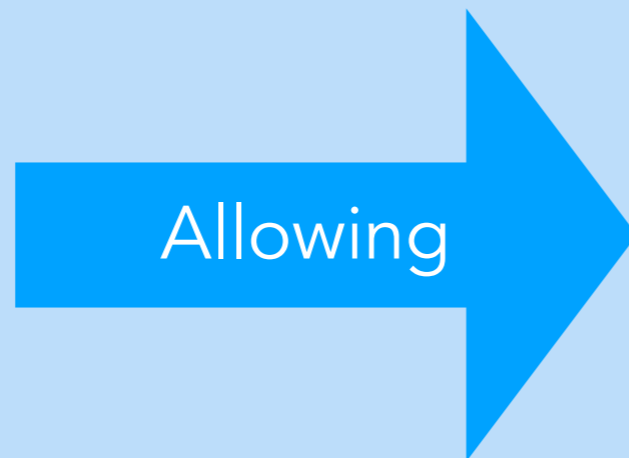


3 Minute Responsive Breathing Space

Responsive 3 min Breathing Space

1. **Awareness** - Stop, switch from "doing" to "being" mode, notice and acknowledge what is present
 - *"Anger is arising" or "self-critical thoughts are present"*
2. **Anchoring** - to the present moment (breath, sounds, feet)
3. **Opening** - Expand awareness to include breath and body, holding it all in open, spacious awareness
 - Breathe in to and out of the area of greatest intensity
 - Softening and releasing
 - *"It's already here, let me be with it"*





Mindful Movement

Mindful Movement

- Moving ***slowly, gently***, paying close attention to the sensations, ***honouring messages from YOUR body***
- Gently working at the edges of any limits or sensations; ***not holding a posture until it becomes painful***
- ***No pushing or forcing through resistance or pain***
- Bring a ***beginner's mind*** - a sense of ***curiosity*** about what is present in this moment, not letting our mind impose standards of what we can and can't do

Mindful Movement

- Helps ***step out of unhelpful habits of mind*** and ***connect with the body***
- Seated
 - Arms raised in front
 - Shoulder rolls
 - Hug
- Standing, shifting weight from side to side
- Watch for ***striving, comparison*** to self and others
- Exercise in ***self kindness***



Mindful Walking

Mindful Walking

- Paying attention to walking itself
- Not trying to get somewhere, just being present where you are
- ***No pushing or forcing through resistance or pain***

Suggested Home Practice Week 4

- Mindfulness of Sounds and Thoughts (seated/lying/standing), and Mindful Movement guided meditation audios, alternating each day
- Explore Mindful Walking practice - formally or informally
- Three short 3-Minute Breathing Spaces at regular times
- Practice 3-Minute Responsive Breathing Space whenever you notice your stress-pain thermometer rising
- Read "Unhelpful Habits of Mind" handout, and consider which of these habits you might engage in, especially during times of stress and pain

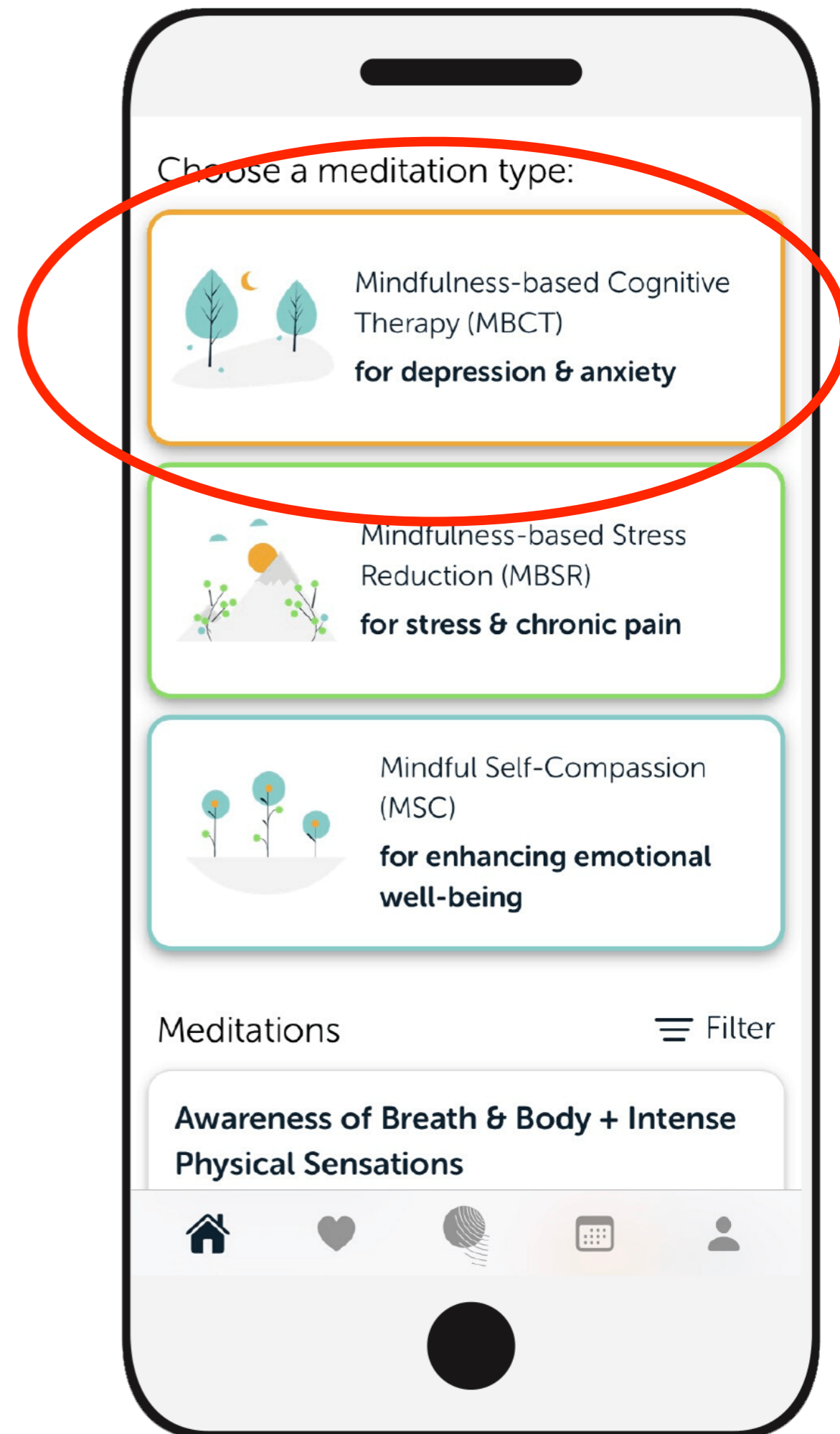
Midpoint Feedback

[https://docs.google.com/forms/d/e/
1FAIpQLSeNAciQgGpWgl0yrxEsrvxjT670jd7qVsu
otz5XHyTxWXJl1A/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeNAciQgGpWgl0yrxEsrvxjT670jd7qVsuotz5XHyTxWXJl1A/viewform?usp=sf_link)



CENTRE FOR
Mindfulness
Studies

Free



Insight Timer Free content

