

Mindfulness Based Cognitive Therapy for Chronic Pain

Session 8: Harnessing the Power of the Mind for Chronic Pain Management

Agenda Session 8

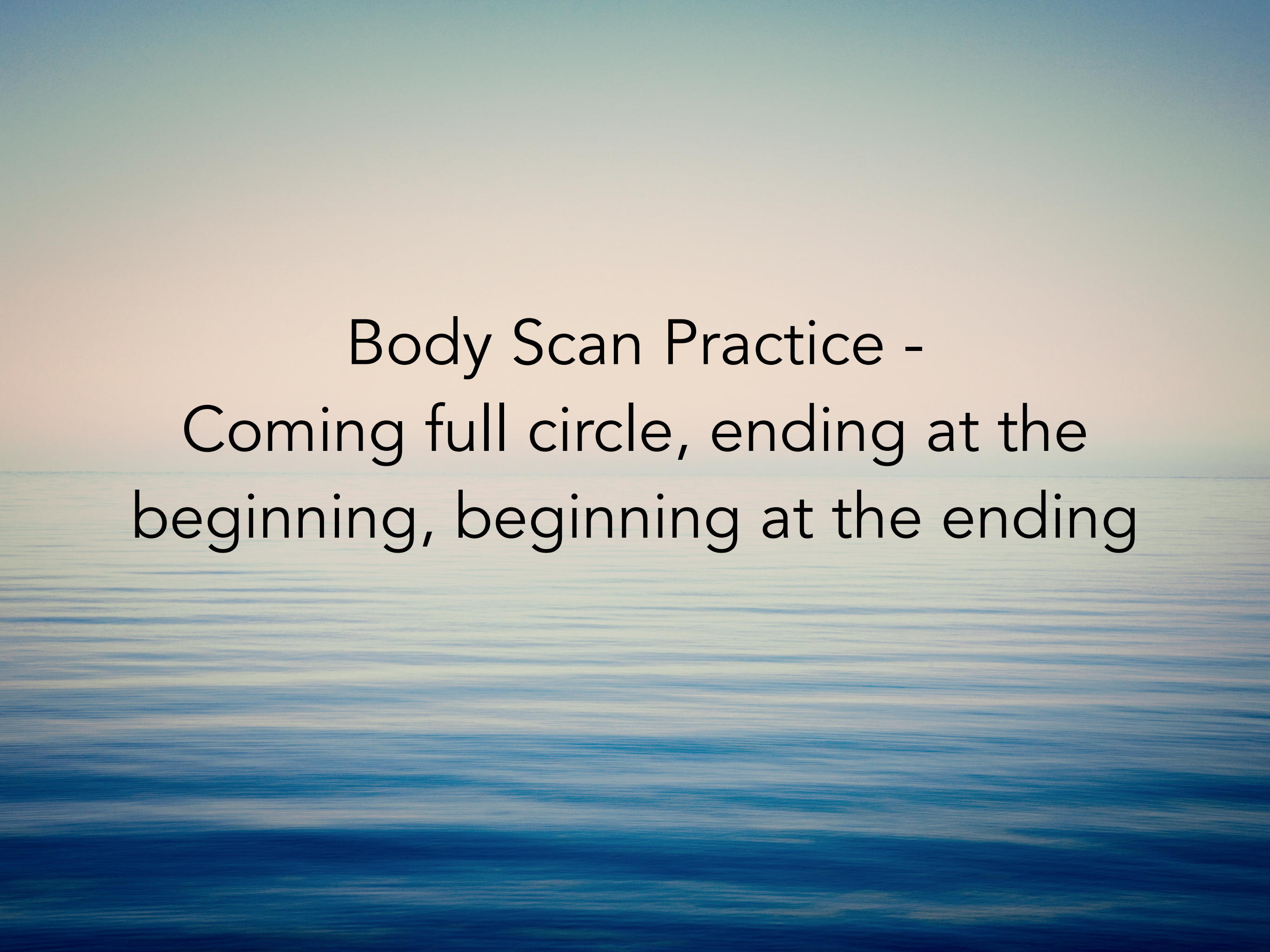
- Mindfulness Practice
- Home Practice Discussion
- Nourishing Activities
- Looking Back
- Connecting with an Intention to Sustain Practice
- Moving Forward
- Check out

Orientation

- This session is much **more a beginning than an ending as this is the start of the rest of your lives**
- We have built awareness, can better see automatic ways of reacting to pain, of thinking and feeling
- By bringing in a pause/mindfulness, can respond skillfully and have more choice

Theme

- Intention to keep up the practices can be strengthened by linking intention to positive reasons for taking care of oneself
- Regular mindfulness practice needed to support pain management and a balanced life



Body Scan Practice -
Coming full circle, ending at the
beginning, beginning at the ending

Living in the Now by Vanessa Hughes

What's gone has made you what you are

So don't fear what's ahead

Put trust in what will be, will be

And choose to live instead

Don't live in the now worrying

What may or may not be

Take this moment in your time

And live it totally

There's no time like the present

Breathe deep and feel alive

Living in the here and now

Will help you rise and thrive

Now is all there ever is

It's the only time that's real

Let the future take its course

And leave the past to heal

Nourishing Activities or Non-Activities

- Call or visit a friend or family member
- A long, hot bath
- Read a book or a hobby
- A cup of your favorite hot drink
- A walk outside
- Cook a nourishing meal
- Listen to your favorite music
- Gardening, or some other (nourishing) household task

Nourishing Activities or Non-Activities

- Yin yoga
- Paint by number - requires attention
- Word searches
- Beach and sun
- Audio recordings rather than reading a text
- Planting seeds and seeing them sprout or not
- Comedy clips - laughing
- Traditional medicine people, healers, elders. Listen and share, and get traditional medicine. Intention. Sharing good energy and healing for body and mind
- Bird songs/activities

Nourishing Activities or Non-Activities

- Make list visible
- Include activities that do not take a lot of energy or planning
- Might start the list with "***self-care is not selfish; something today to look after you***"
- Use the list when there are early warning signs of pain flare-up or stress overload
- Catching warning signs earlier decreases the momentum behind the flare up

Course Review - Looking Back

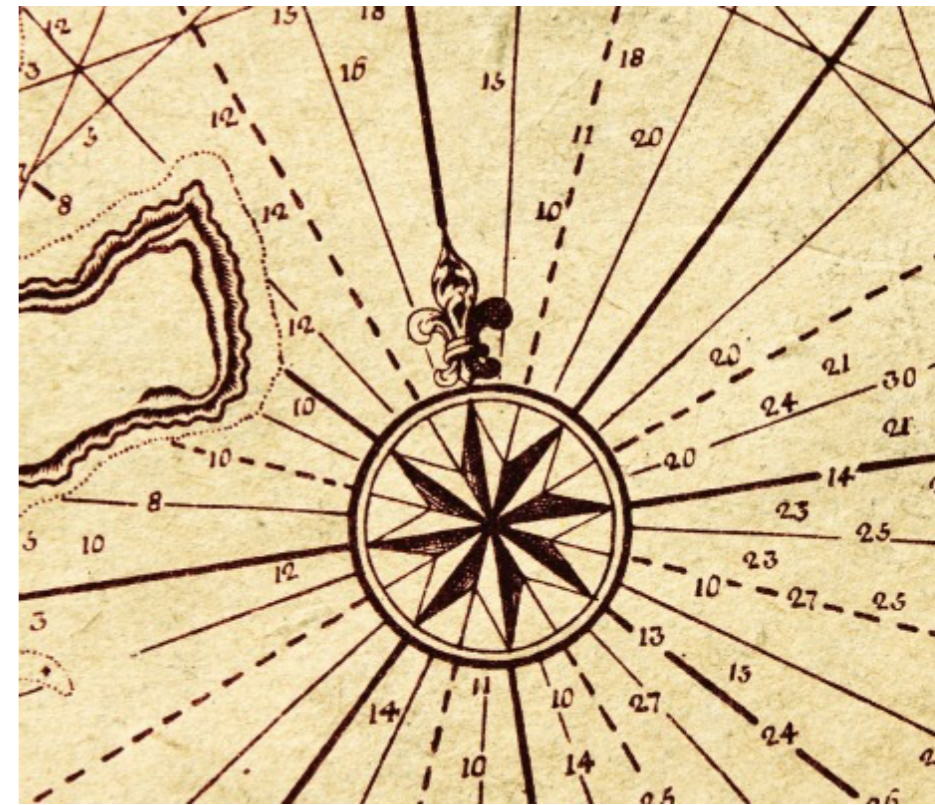
- When you first learned of this program, what made you decide to join the group? What did you hope to get out of the program?
- Did you get what you had wanted from the group? Were there any surprises?
- What were the most important or useful things you learned during the program?



Moving Forward, Keeping up the Momentum
Sustaining Practice Exercise

Why am I Doing This?

- A **positive reason to sustain mindfulness practice**, linked to something you care about deeply, can be empowering
- **Clear intentions** are important and **remind** us of what we truly **value**
- Helps with **motivation and momentum**
- **Watch for striving or "doing" mode** - try to connect with intention to care for self and "being" mode



One Reason for Sustaining Practice Exercise

What is it you value the most in life that you have noticed is fostered, strengthened, or helped in some way by training in regular mindfulness?



Tips for Maintaining Your Practice

- **Incorporate** mindfulness into your **daily** routine
- Be **kind** to yourself and **flexible** - life happens!
- Better to do **shorter** practices **more regularly** than one long practice once a week
- Keep it fresh - **switch it up** - try a movement based practice, different postures, a new guided meditation, take a different course
- Keep it **accessible** - have your favourite guided meditation, quote, or book **ready and available for when you need it**

Formal Practice

- Finding a community is helpful
 - Banyan: <https://banyantogether.com/>
 - BC Association for Living Mindfully BCALM <https://www.bcalm.ca>
 - Awake in the Wild: <https://www.awakeinthewild.com/>
 - BC Insight Meditation Society: <https://www.bcims.org/>
 - Center for Mindfulness Studies - Free Mindfulness Drop Group
[https://www.mindfulnessstudies.com/community/mindfulness-drop-in/?
_ga=2.180268132.1906509695.1703694014-370936844.1663858733](https://www.mindfulnessstudies.com/community/mindfulness-drop-in/?_ga=2.180268132.1906509695.1703694014-370936844.1663858733)
- Consider retreats, other courses

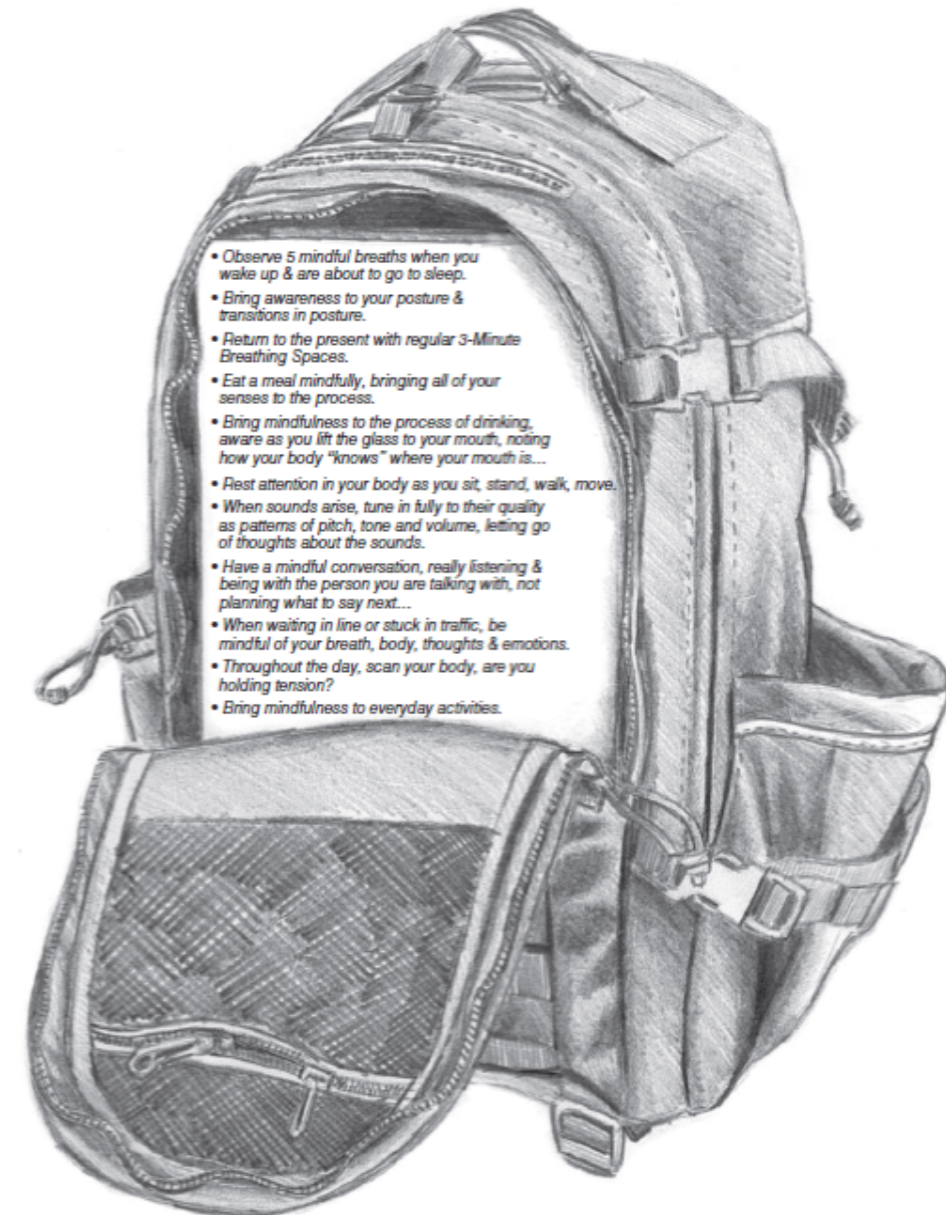
Three Minute Breathing Space

First step to mindfully observe what would be ***most nourishing in this moment***—

allows our wise mind to see more clearly **what action, if any, is needed to best take care for self**

Mindfulness Knapsack - Portable Pain Tools

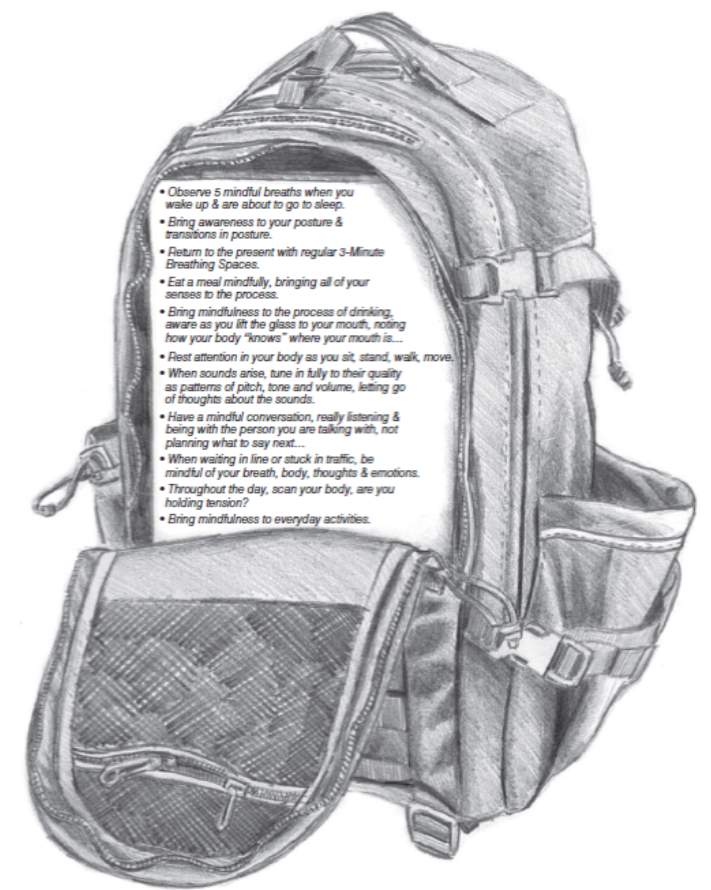
- Observe 5 **mindful breaths** when waking and falling asleep
- Bring **awareness to posture and transitions** in posture
- **Eat a meal mindfully**, bringing all your senses to the process
- Bring **mindfulness to the process of drinking** - aware as you lift the glass to your mouth, noticing how your body "knows" where your mouth is...



- Observe 5 mindful breaths when you wake up & are about to go to sleep.
- Bring awareness to your posture & transitions in posture.
- Return to the present with regular 3-Minute Breathing Spaces.
- Eat a meal mindfully, bringing all of your senses to the process.
- Bring mindfulness to the process of drinking, aware as you lift the glass to your mouth, noting how your body "knows" where your mouth is...
- Rest attention in your body as you sit, stand, walk, move.
- When sounds arise, tune in fully to their quality as patterns of pitch, tone and volume, letting go of thoughts about the sounds.
- Have a mindful conversation, really listening & being with the person you are talking with, not planning what to say next...
- When waiting in line or stuck in traffic, be mindful of your breath, body, thoughts & emotions.
- Throughout the day, scan your body, are you holding tension?
- Bring mindfulness to everyday activities.

Mindfulness Knapsack - Portable Pain Tools

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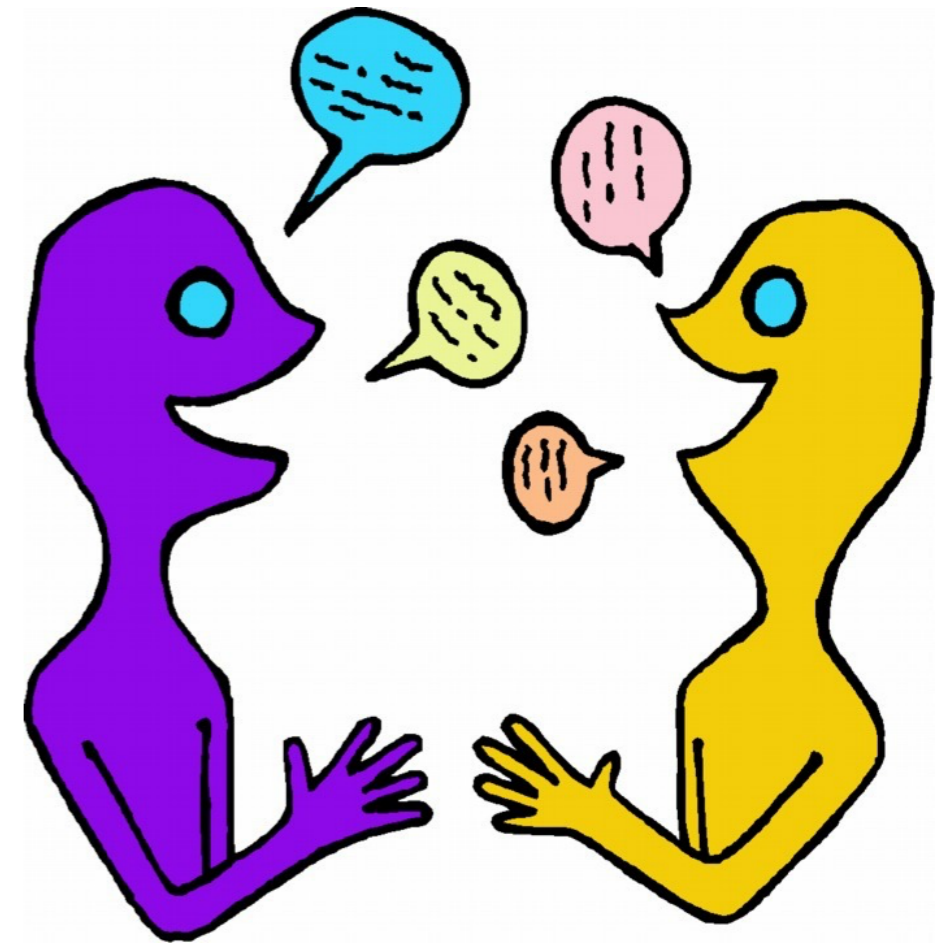


Informal Practice Tips

1. When possible, do **one thing at a time**
2. Pay **full attention** to what you are doing
3. When your mind wanders from what you are doing, **bring it back**
4. **Repeat** step 3 **several billion times**
5. **Investigate** your **distractions**

Looking Forward - Mindfulness Maintenance Plan

- What practices have you settled on for your Mindfulness Maintenance Plan?
- What are your biggest blocks/obstacles to continuing?
- What strategies might help you not get stuck?



The Beginning Always Exists in the Present Moment

- Each moment is a new beginning
- “Now” is all we ever have, and is truly the only time we have to live
- Each moment is the first moment of the rest of your life



Feedback Survey

[https://forms.gle/
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