Mindfulness Based Resiliency Training

PC Jon Carson #1498

@mindfulcop



“Train before the Trauma “

Mission

Build Community.

Champion resiliency.

Bring mindfulness training to first responders & public safety organizations.



2016

- University of Toronto Applied Mindfulness Meditation Program
- CIT International Certified Coordinator

2015

- Mindfulness without borders Instructors Training

2014

- Individual/Peer CISM Training & Group Training
- Pacific University Mindfulness Based Resiliency Training

2013

- Crisis Intervention Training Train the Trainer Miami- Dade Police
- National Organization for Victims Assistance
- MANERS Psychological 1st Aid
- Osgoode Hall Mental Health Law Certified
- Applied Suicide Intervention Skills

Resilience is cultivating a practice of wellness in many dimensions of our lives:

-Physical
-Mental
-Emotional
-Social/Family
-Spiritual

Said another way, we in police work are often focused on the tactical…

resilience is a strategic vision.

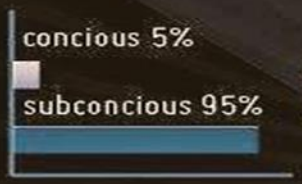
THE POWER OF YOUR AMAZING BRAIN

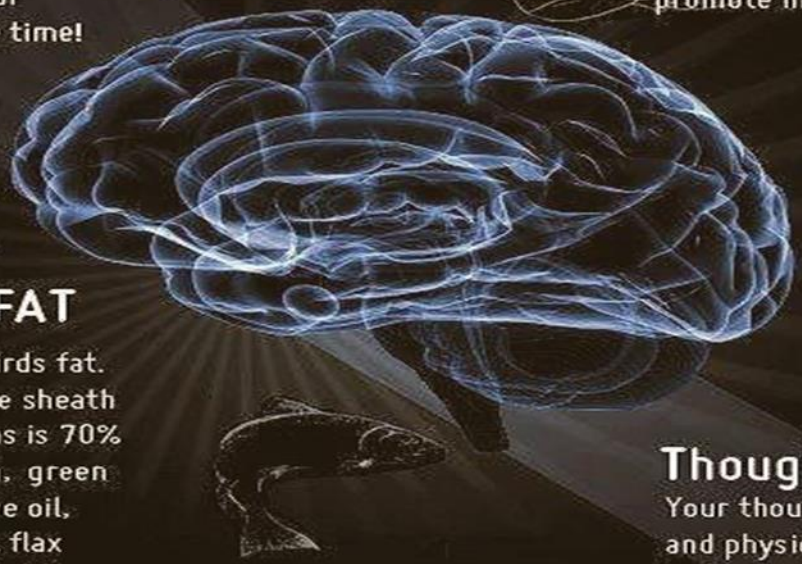
The conscious mind controls our brain **only 5%** of the day, whereas the subconscious mind has a hold of our thoughts **95%** of the time!

You have **70,000** thoughts per day



Boost your brain power with Meditation, it's proven to **increase IQ**, relieve stress, and promote higher learning levels.





Listen to Music

Studies have proven that listening to music strengthens the brain and literally changes the structure.

66.66667% FAT

Your brain is two-thirds fat. Myelin, the protective sheath covering your neurons is 70% fat. Eating fatty fish, green leafy vegetables, olive oil, avocados, chia seeds, flax seeds, and nuts, replenish your neurons and brain cells.

Loss of fatty acids EPA and DHA are linked to depression, Parkinson's and Alzheimer's

Thoughts Are Real

Your thoughts cause biological and physiological effect - Your body responds to mental input as if it were physically real.

AUTO PILOT



47% of your daily life you are lost in thought

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn



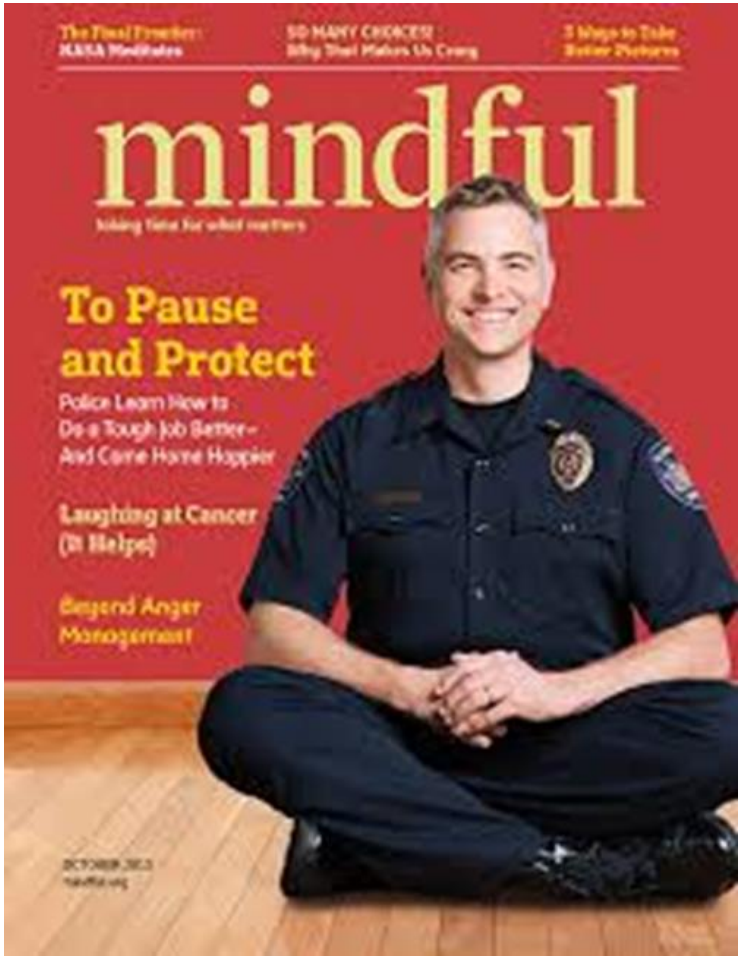
Don’t’ Think … Feel !!



2009 – 2013 PTSD Diagnosis



…..2013


mindful
To Pause and Protect
Police Learn How to Do a Tough Job Better—And Come Home Happier
Laughing at Cancer (It Helps)
Beyond Anger Management

2014 within Crisis Intervention Team Training



Sept 2014







October 2014

Historically, we have delegated stress management to the officer
(CISM, EAP, FITNESS All REACTIVE)

Facilitating holistic wellness through resilience building strategies is a new concept (organizationally and culturally)

Resilience is hampered or enhanced by organizational leadership & management*

Fitness 1970's
Wellness 1990's
Resiliency 2010

January 2015

MINDFULNESS WITHOUT BORDERS

1. Mindfulness Basics
2. Practicing Gratitude
3. Mind/Body Connection
4. Emotional Triggers
5. Open Mindedness
6. Handling Conflict Skillfully
7. Nurturing Compassion
8. Being the Change

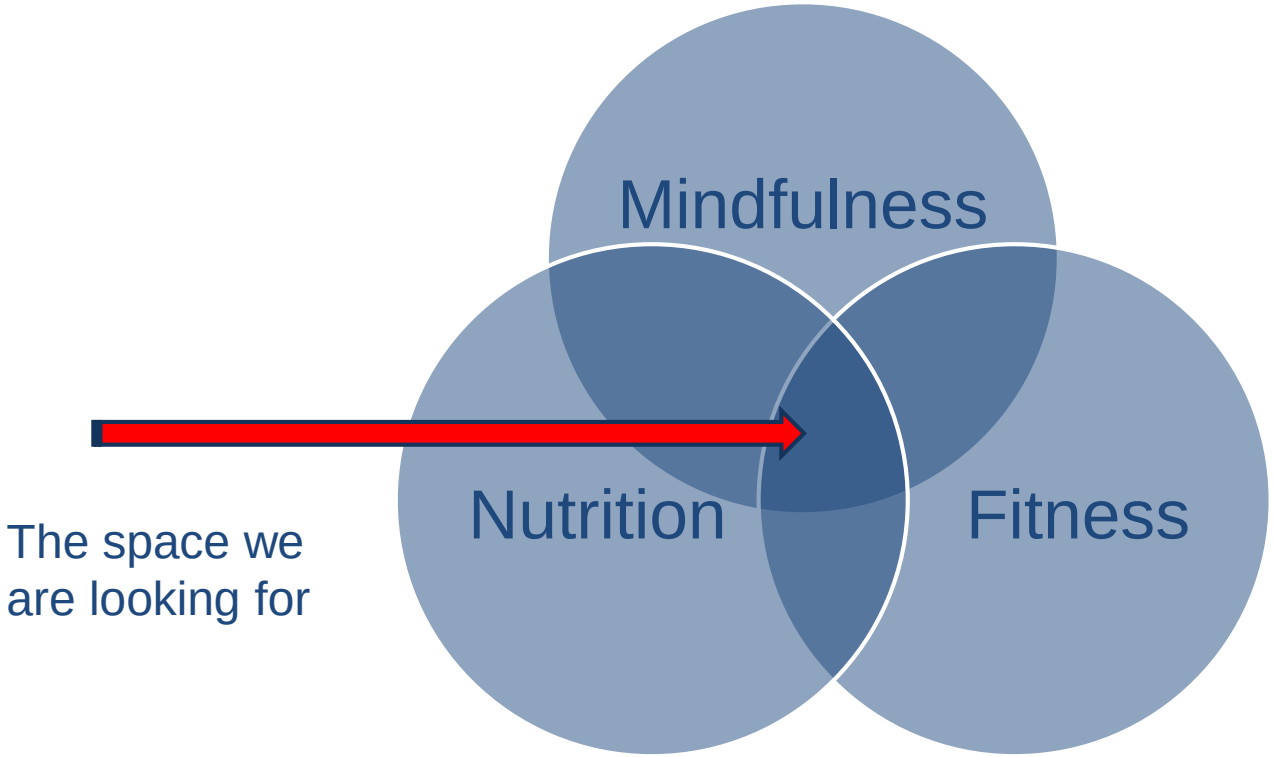


Mindfulness Meditation tradition is a Psycho Physical strategy or Technique

Mindfulness is a strategy of awareness enabling one to be present and focused on whatever arises in the moment.

U of T – The history of Mindfulness Meditation – Michele Chaban & Dekyi Lee Oldershaw

Balance



The space we are looking for

Health Benefits





- ADHD (Young people)
- Cognitive Decline (Old people)
- Mitigates Depression, Anxiety
- Lowers the level of Stress Hormones
- Lowers Blood Pressure
- Boosts Immune System

The Voice in your Head

- Inner Narrator
- Self talk
- Attitude
- Mindset
- Negative or Positive outlook
- Does it focus on the Past or Future



Mindful Performance

Create Space (for a response)

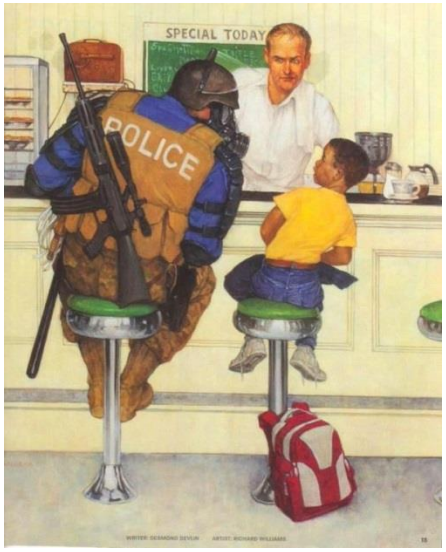
Commitment (sacrifice)

Small Gains (reasonable)

Self Confidence (know you can)

Purpose (what’s your WHY)

Appearance of a Warrior



Spirit of a Warrior



The Runaway, 1958

Instead of panicking or returning to business as usual, commit to grounded compassion, pragmatic wisdom, skillful action. Let awareness be your weapon...be there for those who have suffered more than we have. Step beyond yourself and be of use to someone. Be courage in uncertainty. Be love in chaos.

— Richard Strozzi-Heckler, In Search of the Warrior Spirit



STRESS





Building Adaptive Capacity

Mindfulness practice

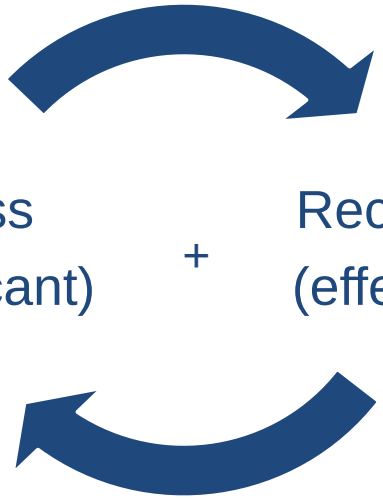
- Deploying and sustaining attention
- Tolerating challenging experiences

- Self-regulation
- Clear assessment
- Enhanced decision making
- Creative problem solving



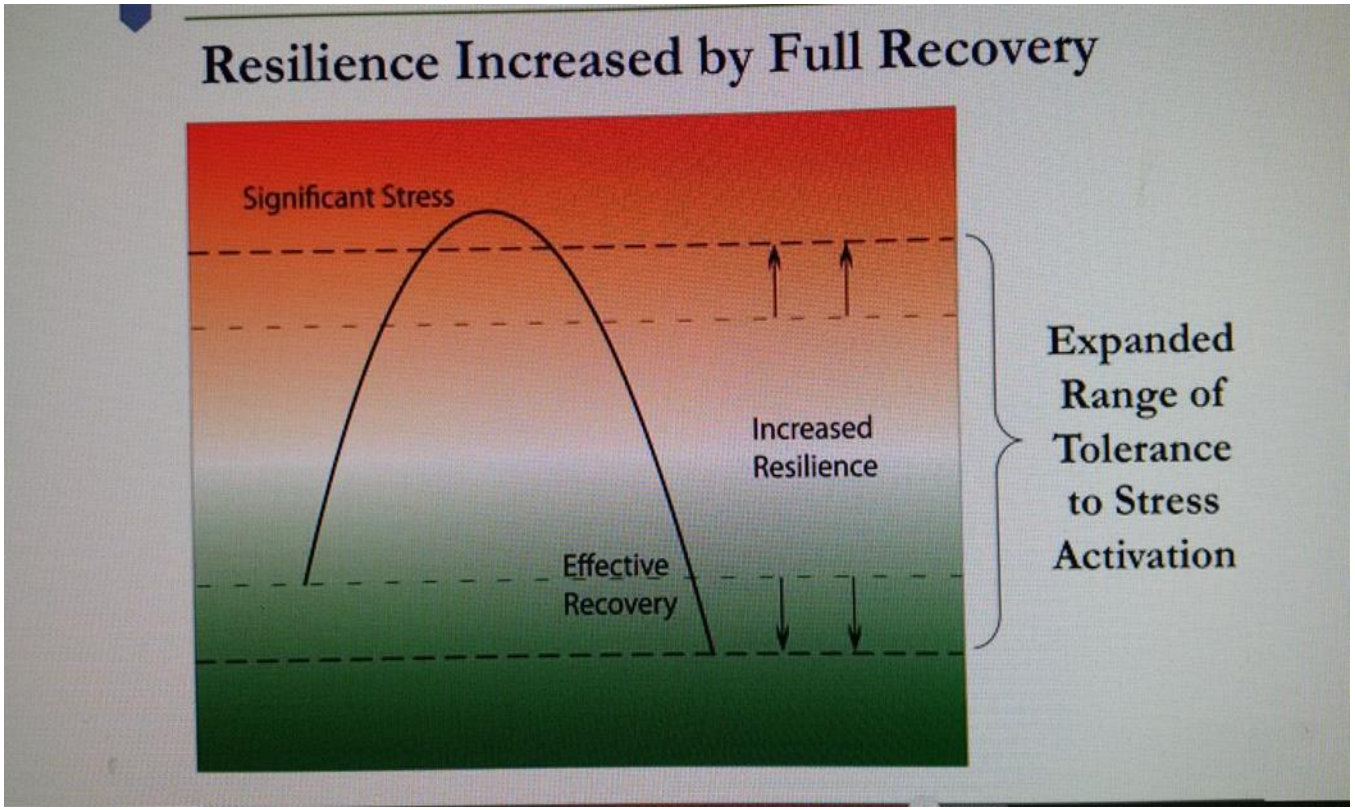


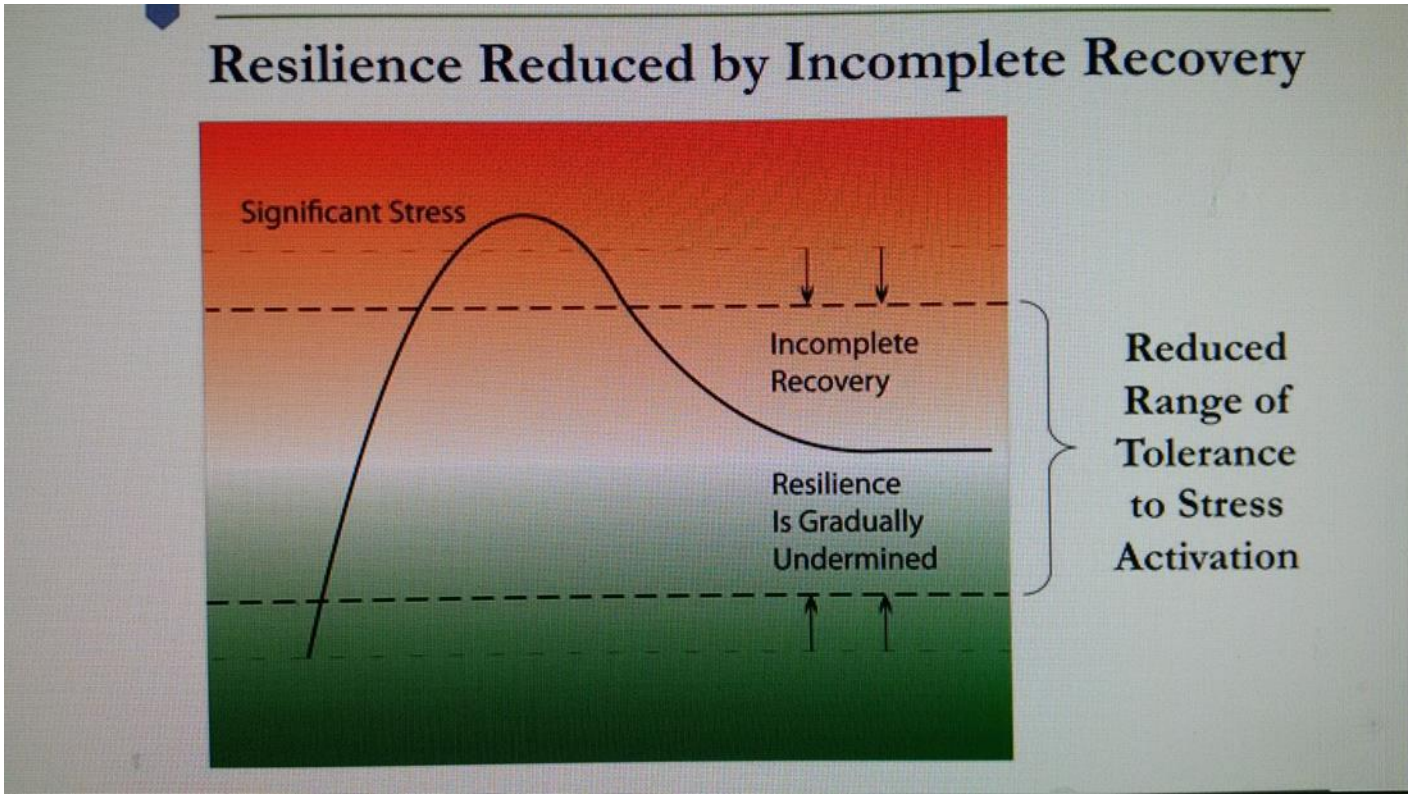
The Formula

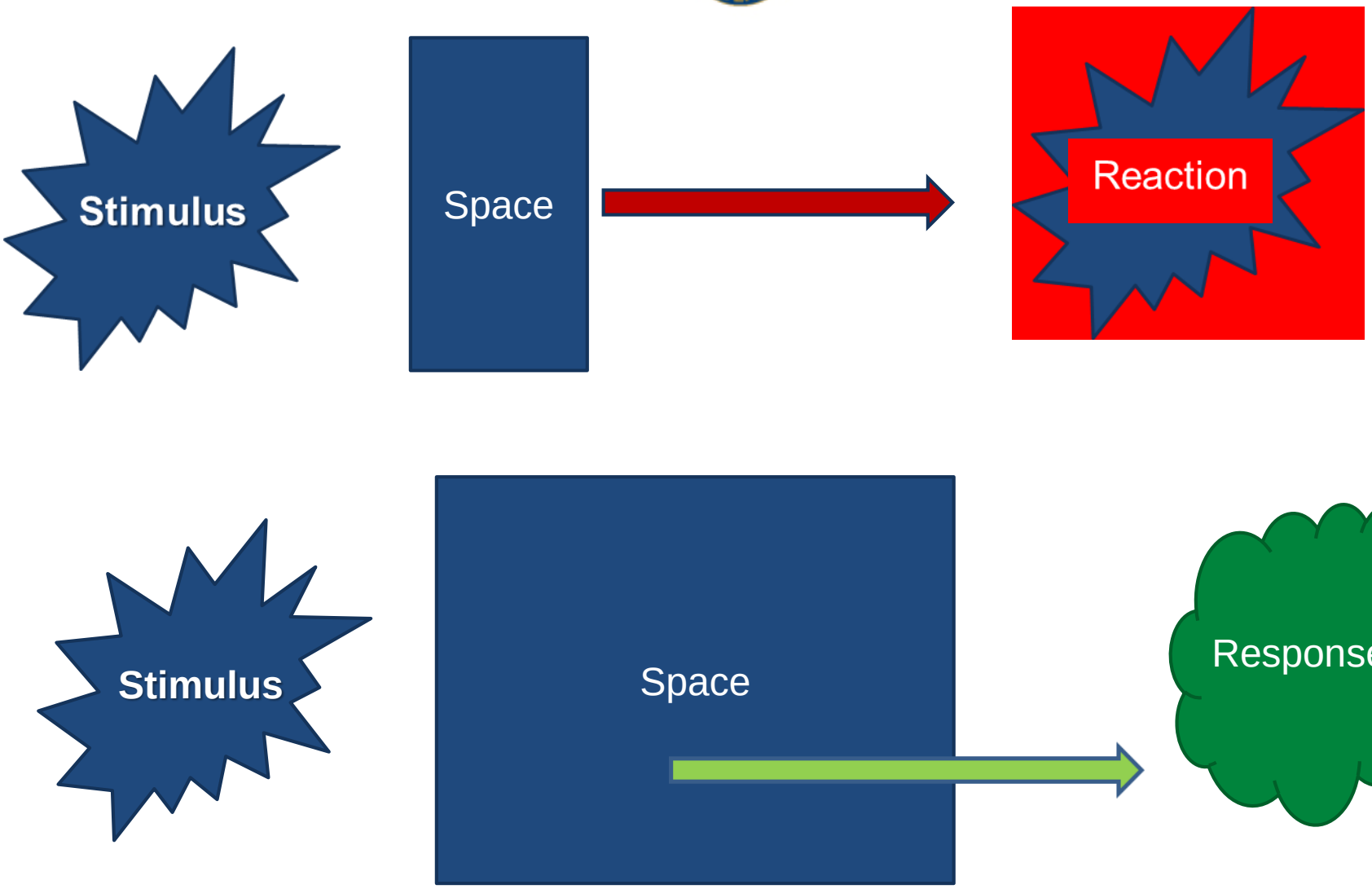


Stress (significant) + Recovery (effective) =

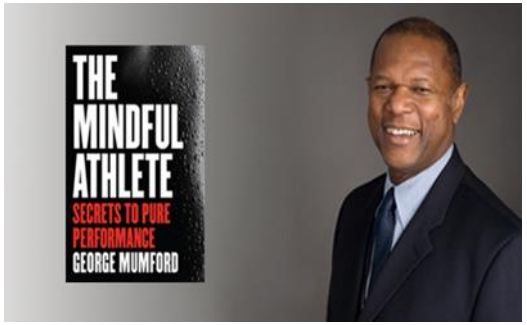
Increased Resilience


Resilience Increased by Full Recovery
Significant Stress
Increased Resilience
Effective Recovery
Expanded Range of Tolerance to Stress Activation


Resilience Reduced by Incomplete Recovery
Significant Stress
Incomplete Recovery
Resilience Is Gradually Undermined
Reduced Range of Tolerance to Stress Activation


Stimulus
Space
Reaction
Stimulus
Space
Response

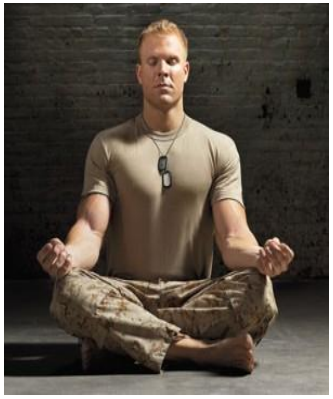








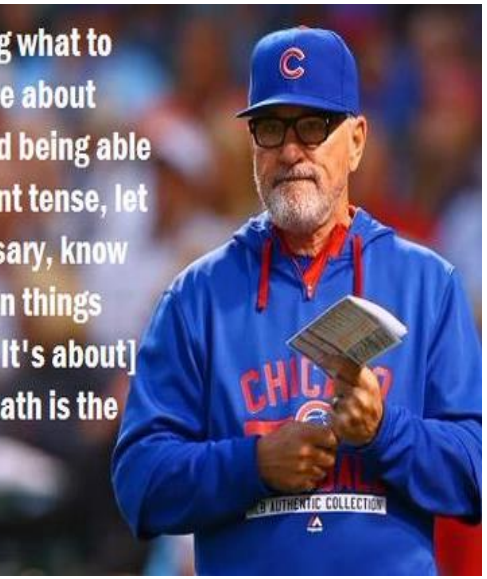




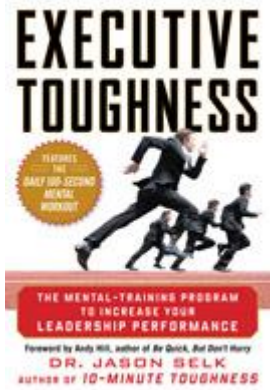




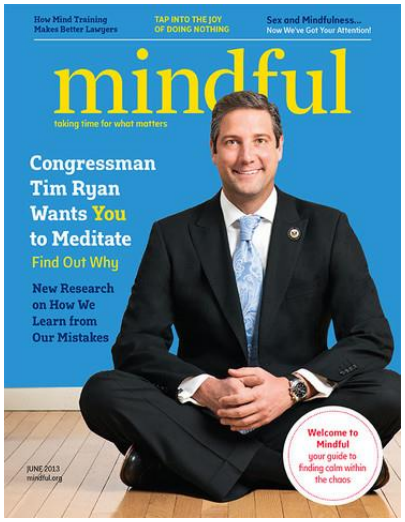
We need to take a holistic approach to officer safety- from vest use and seat belt wear to officer wellness…it is incumbent upon us to look at officer safety in a different way. This approach needs to address both the officer and the person." Chief Walter McNeil, IACP President

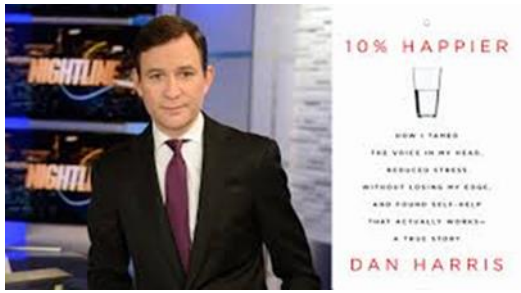

"It's about knowing what to recognize. It's more about building routine and being able to stay in the present tense, let go when it's necessary, know how to refocus when things aren't going well. [It's about] breathing -- the breath is the anchor."
--Joe Maddon


NAVYSEALS



HEADSPACE





MINDFULNESS WITHOUT BORDERS



FACTOR-INWENTASH
FACULTY OF SOCIAL WORK
UNIVERSITY OF TORONTO



- Sit comfortably with your back upright and your feet flat on the ground.
- Focus on the feeling of your breath as you breathe in and out.
- When your mind starts to wander, re-focus on your breathing. Repeat as often as necessary.
- That's it. That's all you do. Bringing your focus back to your breathing when your mind drifts again and again and again.



"Just Breathe" by Julie Bayer Salzman & Josh Salzman
(Wavecrest Films)





In the end we are all
Looking for our own way

References

Dr Elizabeth Stanley PhD -Mind fitness Training Institute

George Mumford – The Mindful Athlete

Lt Richard Goerling – Pacific University/ Hillsboro Police Dept.

University of Toronto AMM program -- Michael Apollo- Chabior , Michele Chaban, Robert McFadden

Mindfulness Without Borders – Theo Koffler

How Stress Kills - Robert Sapolsky – Stanford University

Questions

