



A Taste of TITER Take-IT-Easy, Relax~

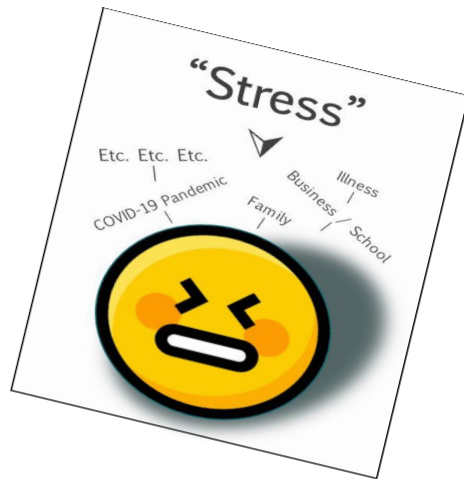


Introduction of Mindfulness and Relaxation Practices

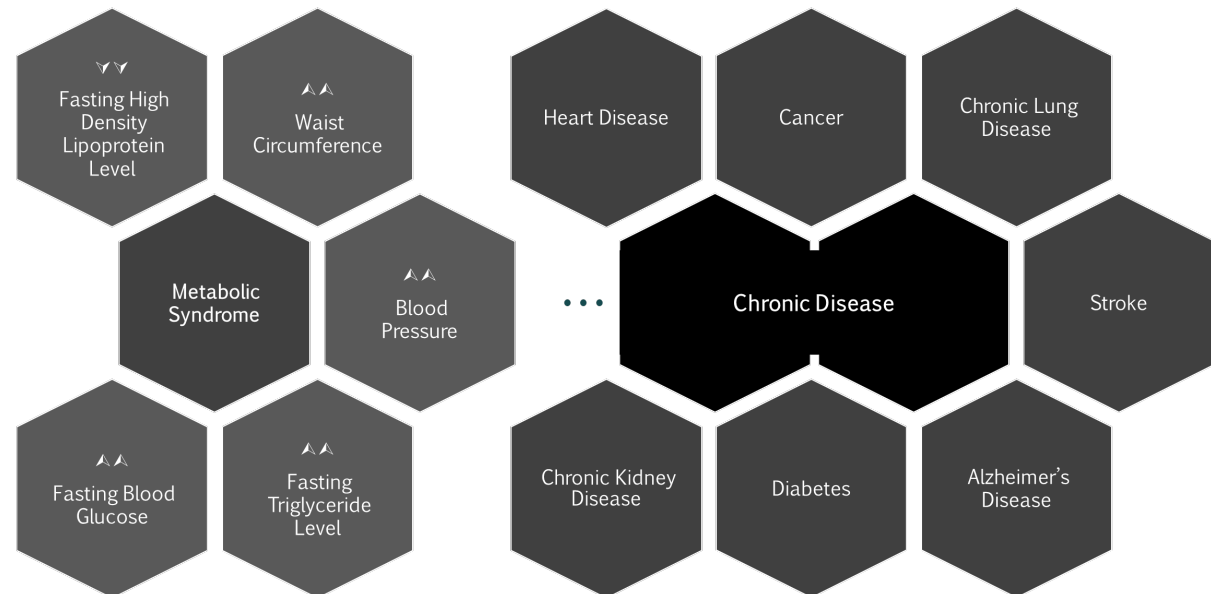


Mindfulness In Biz
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How are you doing?



- ▲ Heart rate
- ▲ Breathing rate
- ▲ Muscles tension
- ▲ Blood pressure



Grundy SM, et al. Circulation. 2005; 112:2735-2752

<https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>

Confidential | TITER

Mindfulness and relaxation practices

A Perspective on the Similarities and Differences between Mindfulness and Relaxation, Christina M Luberto et. al

- ➔ **Mindfulness and relaxation practices** are two **mind-body interventions** mostly used by clinicians today for **reduction of chronic stress**.
- ➔ Research studies reported that the cultivation of mindfulness and elicitation of relaxation response is an effective therapeutic intervention to counteract the adverse clinical effects of **stress disorders** that include: **hypertension, anxiety, insomnia, chronic fatigue, rash, and premature aging**.
- ➔ Mindfulness and relaxation practices have their own theoretical foundation and intention, with similarities and differences in psychological and physiological effects.

Mind-body interventions

- **Mind-body interventions** is an evidence-based approach to health and healing that focus on interactions between the **mind, body, and behavior**.
- Mind-body interventions encompasses a diverse range of techniques that all aim to unite the mind and body to promote health and well-being. Examples include **meditation** (eg. mindfulness meditation, loving kindness meditation), **relaxation practices** (eg. diaphragmatic breathing, progressive muscle relaxation, guided imagery), and **meditative movement practices** (eg, qi gong, tai chi, yoga)
- This variety allows researchers, and practitioners to select a specific approach best suited to their interests and needs, with the knowledge that each one could benefit health and well-being by uniting the body and mind.



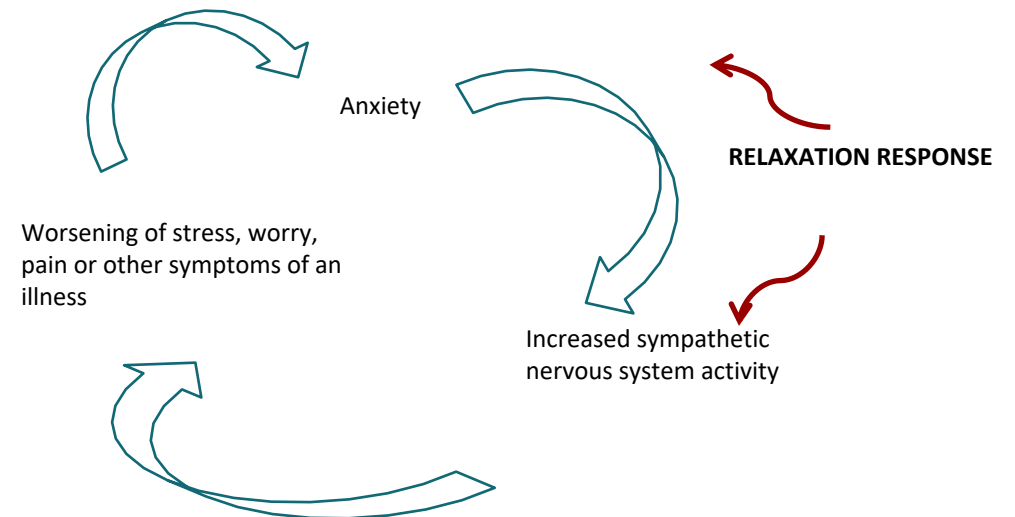
Relaxation

- ✓ Heart rate
- ✓ Breathing rate
- ✓ Muscles tension
- ✓ Blood pressure

Benson H, et al. Psychiatry. 1974; 37(1):37-46

Relaxation response

- **Relaxation response** is a physiological and psychological state opposite to the stress response.
- Relaxation response is a neurological reaction which results in decreased sympathetic nervous system activity, decreased heart rate, lower metabolism, and decreased respiratory rate.
- Research studies indicate various mind-body interventions can **reduce chronic stress and enhance wellness** through the induction of relaxation response.

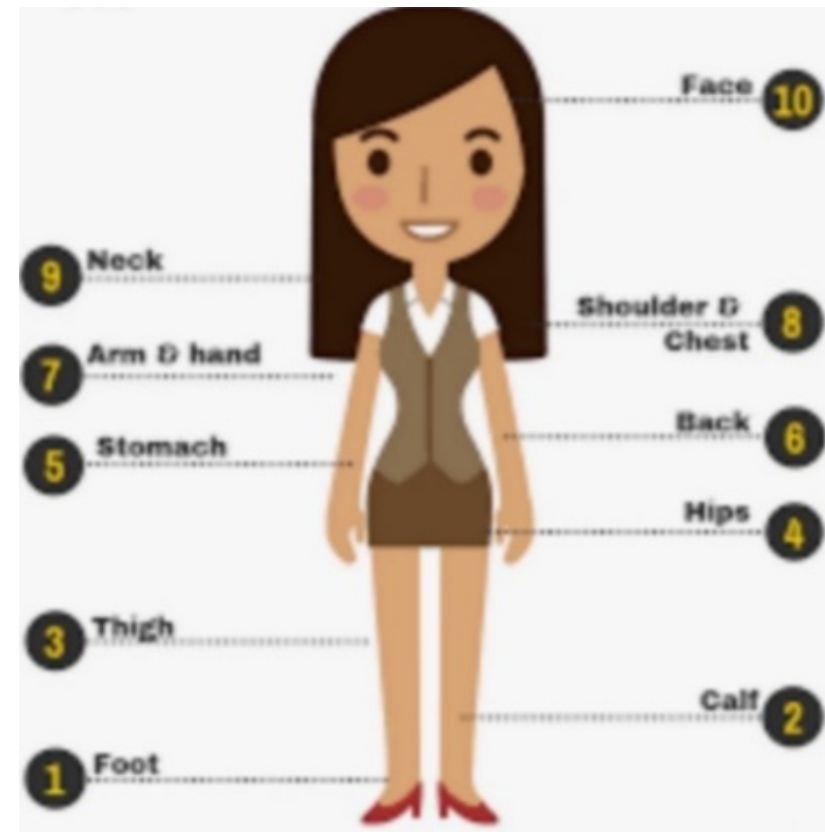


Benson H, et al. Psychiatry. 1974;37(1):37-46

Direct experience with relaxation practice

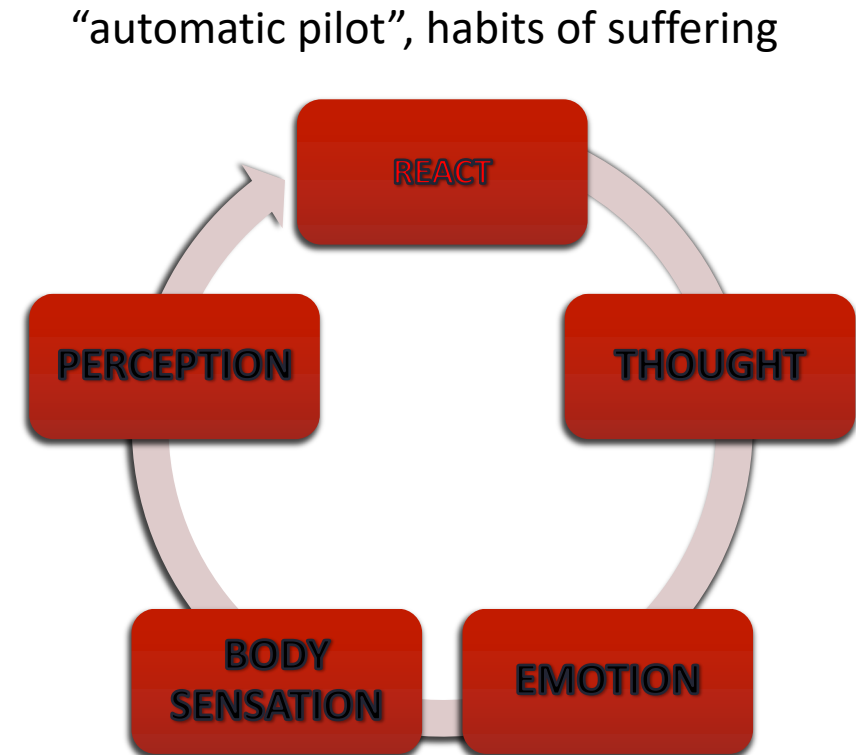
Progressive Muscle Relaxation

is an exercise that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle. This exercise can provide an immediate feeling of relaxation, but it's best to practice frequently. With experience, you will become more aware of when you are experiencing tension and you will have the skills to help you relax. During this exercise, each muscle should be tensed, but not to the point of strain. If you have any injuries or pain, you can skip the affected areas. Pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation.



Mindfulness

- **Mindfulness** can refer to a state (ie, being mindful in a given moment), a trait (ie, the tendency to be mindful in everyday life), or mindfulness meditation practices.
- Mindfulness is essentially a “way of being” that involves intentionally self-regulating one’s attention non-judgmentally toward current moment experiences, and noticing those experiences with an attitude of openness, acceptance, and curiosity; the opposite of “automatic pilot”.
- The goal of secular mindfulness training is to develop a more open, nonreactive relationship with internal experiences (eg, thoughts, emotions, physical sensations) through engagement in mindfulness practices in order to **reduce suffering and promote adaptive behaviors**.



What is mindfulness?

Increase **awareness** of yourself by purposefully paying **attention** in the **present moment** with an **attitude** of non-reactivity, non-judgment and openness
~Kabat-Zinn

- **Attention** corresponds to the ability to notice **thoughts, emotions** and **sensations**, sustain attention on them and shift attention away from distractions
- **Attitude** relates to the quality of attention in mindfulness which can be characterized by **non-reactivity, non-judgment** and **openness**

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How does mindfulness improve health?

- Recent scientific evidence confirms that mindfulness nurtures the **brain** sections that contribute to **well-being**. A **regular practice** may deprive the **stress** and anxiety-related sections of the brain.
- **Mindfulness-based attention** helps you to recognize your internal patterns and **reduce chronic stress**
- Increasing **awareness** of internal events helps you to step back and determine an optimal way to **respond** (“cycle breakers”)



Direct experience with mindfulness practice



Mindfulness Meditation

Is to keep attention to breath, goals to stabilize attention, a good way to center yourselves in your body. The attention mechanisms involved in mindfulness and meta-awareness training, this model described a cycle of attention processes including sustaining attention on a meditation object, distraction, noticing of distraction and shifting attention back to the meditation object (Hasenkamp et al., 2012)

- 1) Focused attention to the breath
- 2) Stabilize attention
- 3) Open awareness

Breath focus with an attitude of non-reactivity

The 5 steps



1.

Sit cross-legged on a cushion on the floor or in a chair. Keep your back straight and let your shoulders drop. Take a deep breath and close your eyes if you wish.



2.

Notice your breath. Don't change your breathing, but focus on the sensation of air moving in and out of your lungs.



3.

As thoughts come into your mind and distract you from your breathing, acknowledge those thoughts and then return to focusing on your breathing each time.

Breath focus with an attitude of non-reactivity

The 5 steps

4.



Don't judge yourself or try to ignore distractions. Your job is simply to notice that your mind has wandered and to bring your attention back to your breathing.

5.

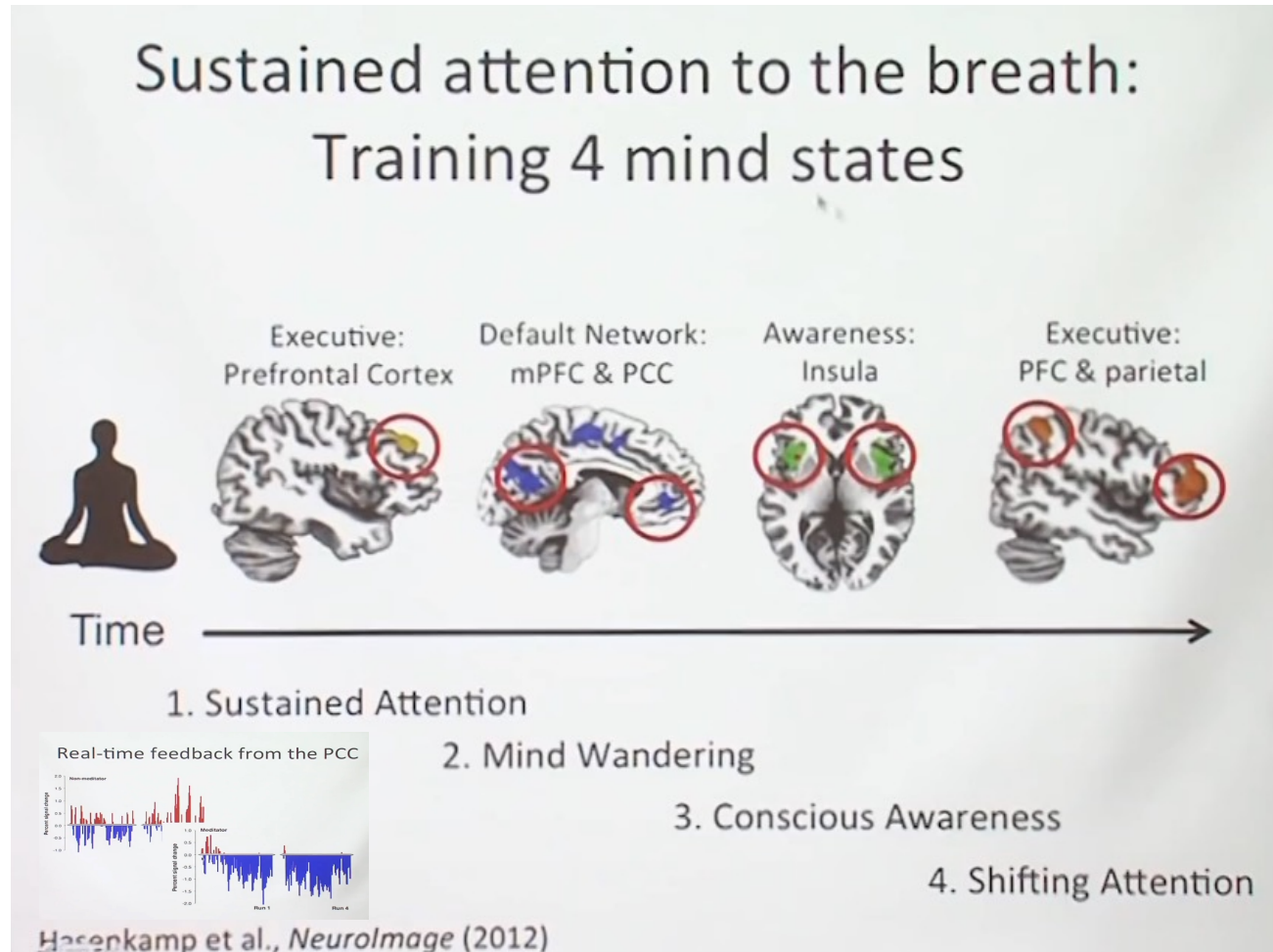
Start by doing this 10 minutes a day for a week. The more you meditate regularly, the easier it will be to keep your attention where you want it.



Adapted from *Full Catastrophe Living*, 2nd edition, by Jon Kabat-Zinn

Sustained attention to the breath and open awareness

The 4 mind states



Stress reduction programs

Common and Dissociable Neural Activity After MBSR and RR Programs, Gunes Sevinc et. al

Relaxation response - Relaxation

- Guided relaxing body scan (explicitly instructs practitioners to intentionally reduce arousal and muscle tension in each body area with the goal of decreasing sympathetic activation),
- Focus word (mental repetition of a word, sound, or phrase),
- Breath counting, and breath awareness

MBSR - Mindfulness

- Mindful body scan (emphasize paying attention to present moment sensory experience in each body area without trying to change anything and explicitly teaches practitioners that physical relaxation is not an aim of meditation practice)
- Mindful yoga (simple yoga postures done with a mindful attitude)
- Sitting meditation (which comprises watching the flow of breath and mental phenomena without trying to control these)

Relaxation response emphasizes the induction of a relaxed physiological state hypothesized to be the opposite of the stress response, whereas the MBSR is hypothesized to work by cultivating a particular nonjudgmental attitude (mindfulness). Consequently, MBSR does not necessarily encourage relaxation but posits that a form of “meta-relaxation” may arise from the nonjudgmental acceptance of any given body state. MBSR is more associated with improvements in self-compassion and rumination.

Direct experience with body scan

Common and Dissociable Neural Activity After MBSR and RR Programs, Gunes Sevinc et. al

Relaxation Response Body Scan – Relaxation

“Now bringing awareness to your jaw, and as you exhale release any tension or clenching”

“Now feeling a wave of relaxation spreading down over your face, letting your cheeks release and soften so your whole face feels comfortable and relaxed”

MBSR Mindful Body Scan – Mindfulness

“Be aware of the jaw, the hinge joint on either side of the face,, and the muscles of the jaw”

“Bringing attention to the cheeks, the muscles of the cheeks and face that give expression to our many emotions, the sinuses, the ears, the outer ear, the ability to hear at this moment”

Behavioral Outcomes:

Both programs were successful in reducing perceived stress and sleep problems. Relaxation response increases in the “describing,” “acting with awareness”, “observing”, and “non-reactivity” facets. MBSR increases in the “observing”, and “non-reactivity” facets, as well as increases in “self-compassion” and decreases in “rumination”

Learn standing practice:

Standing with Awareness

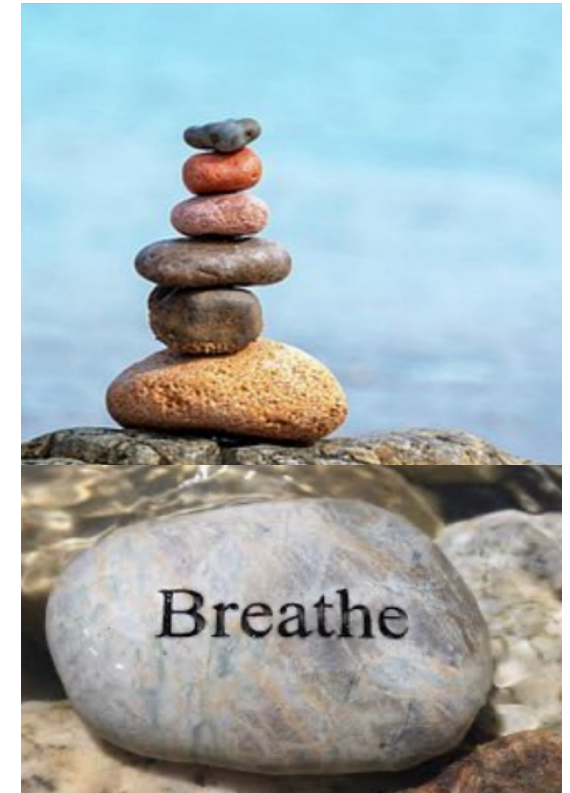
Standing in the mountain pose: Let's begin by standing with your feet directly under your hips, feeling as much of the soles of the feet as possible...aware of your toes, the heels, and the solid support of the floor. And moving awareness up through the body, bringing a gentle lift through the arches, the ankles, and the lower legs, knees, upper legs, and up through the spine, shoulders at ease, the chest is open...head, neck, and back aligned, if that is possible for you...the head balanced on the neck and shoulders, arms alongside the body... Experiencing a sense of presence and elevation, just like a mountain.

Be aware of your breathing, and bring awareness to your feet' soles. Notice the support and connection with the floor at this moment. Shift the body's weight to the right leg and, on an inhalation, release the muscles of the left foot...and, exhaling, place the weight back, heel first. And shift the body's weight to the left leg, and inhaling, release the muscles of the right foot...and exhaling, place the weight back, heel first. And continue to do this, inhaling—releasing; exhaling—placing.

Next, expand your awareness to include sensations in the legs for a few moments, and lastly, expand the field of awareness even wider to include the whole body. Notice sensations in your entire body. And if you notice that your mind has been caught in a story, that it is in a blaming, judging mode, notice that and gently direct your attention back to feeling sensations in your entire body...

Now coming to an ending... Lower your eyes and notice how your body feels. What are the thoughts and emotions present at this moment?

Relaxation



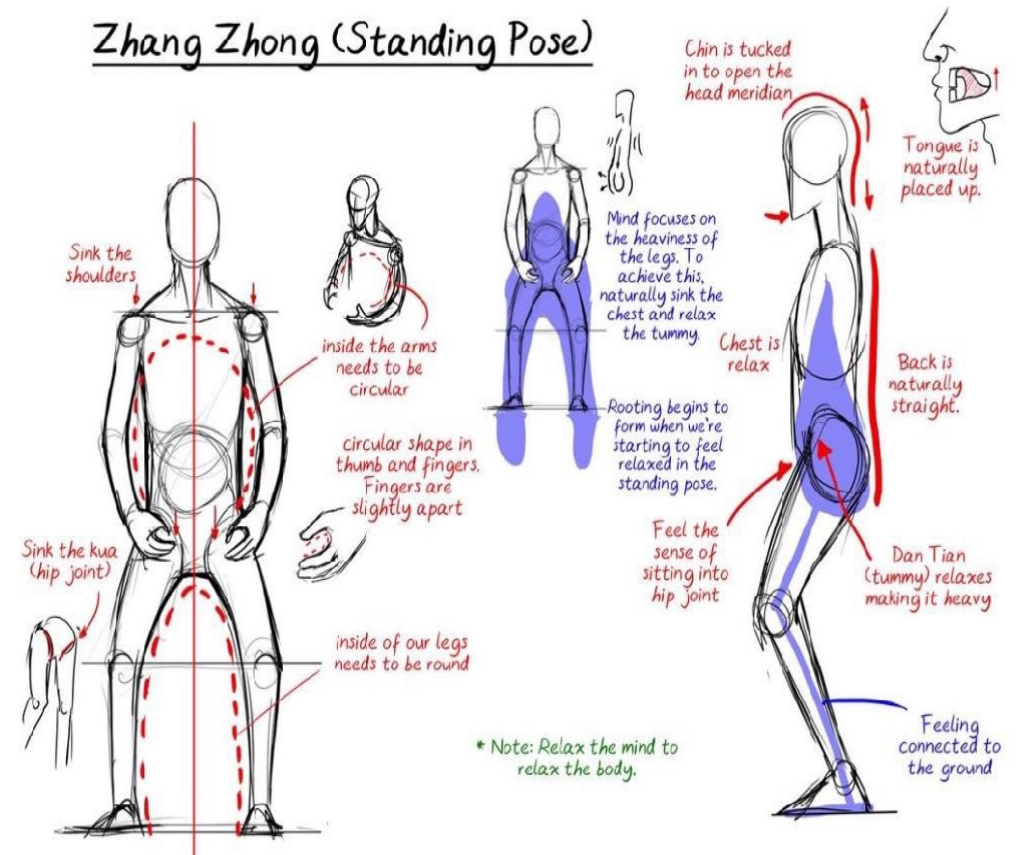
Learn standing practice: Relax, Energy Boosting

Relaxation

The whole point of meditation practice is to learn to bring the quality of relaxation into our daily life.

Stand with your feet shoulder-width apart. Position your feet so your heels are slightly closer together than your big toes. Don't lock your knees; a soft bend in them is fine. Place your hands over your belly, right hand over left, to feel the breath moving through your body.

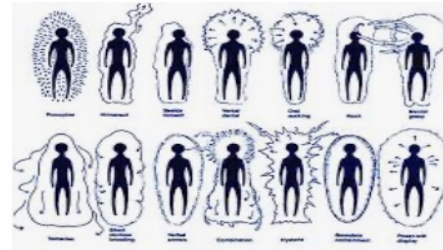
Allow your body to root down through your feet with each exhale. Imagine your energy lifting out through your head's crown with each inhales.



Take-IT-Easy, Relax~ TITER steps overview

* TITER Standing

- * Standing upright, relax
- * Energy boosting standing
- * Standing with awareness



* TITER Walking

- * The happy foot fall
- * Employ psoas muscle in walking
- * Walking with awareness

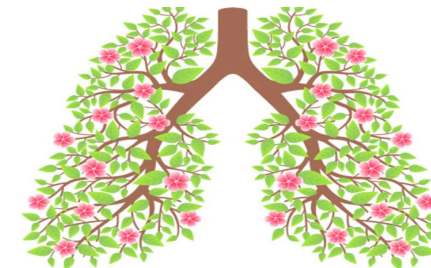


* TITER Breathing

- * Breathe, relax, smile
- * Diaphragmatic/Abdominal breathing
- * Breathing with awareness

* TITER Sitting

- * Sitting upright, relax
- * Body scan – 4 lines relaxation
- * Sitting with awareness



Stress adaption

- ➔ *The TITER Steps* is a multi-modal program designed by MIB that blends posture and movement with focus and awareness for developing skills and habits to **elicit the relaxation response, cultivate mindfulness, reduce stress response, and enhance resiliency sustainably.**

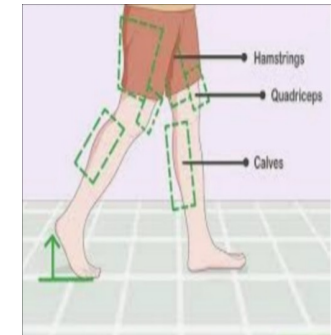
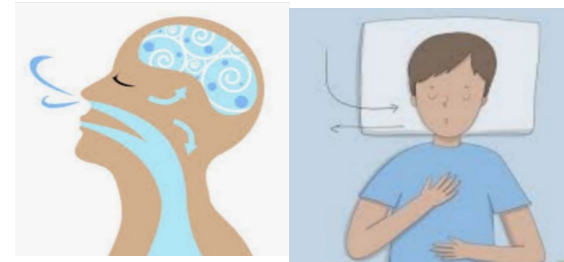


Image source: Google

Take-IT-Easy, Relax~ Questionnaire

Tell us how the TITER steps work for you

- Were you able to elicit the TITER: Take-IT-Easy, Relax~?
- Did the process make you feel more relaxed?
- What challenges did you encounter during the process?
- What tips work for you?

A Taste of TITER Take-IT-Easy, Relax~



Q&A

MIB TITER
Take-IT-Easy, Relax~
Wellness Program

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Mission

Through the Take-IT-Easy,
Relax~ (TITER) program and
its **EASY** approach, MIB aims
to work with you and support
you to optimize your own
well-being.



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