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- Call 866-782-6258 (M-F, 8 AM-8 PM ET)
- Email customerservice@PhysicalTherapy.com
Holistic Practices for Self and Patient Care
Breathing, Meditation, Mindfulness and Resiliency
Laura Covill DPT, OCS

Learning Outcomes
After this course, participants will be able to:
• Assess and perform diaphragmatic breathing for relaxation and spinal stability
• Know resources to assist with a meditation practice
• Understand mindfulness and its effect on the brain
• Use resiliency practices to increase resiliency and happiness
3 diaphragms model

Mathew Taylor PT, PhD;
https://www.youtube.com/watch?v=VbizoP44fyc

Diaphragmatic Breathing:
- Increases mood
- Decreases pain
- Decreases Inflammation
- Improves Immune system
- Decreases Tone
- Improves balance
- Facilitates GI tract
- Improves sleep
- Increases cognition
Breathing pattern disorders

Contributing factors

Breathing pattern alters

Indicators

Resulting Effects

Habitual pattern

Habitual pattern

Breathing pattern disorders

Breath assessment
Breathing practices

Relaxation practices
- Diaphragmatic
- Pursed lip
- 3 or 4 part breath
- Diaphragmatic with holds

Stabilization practices
- Transverse Abdominus assisted
- Thorocodiaphragmatic breathing (TATD)*
- Ujayii breath

Facilitation practices
- Alternate nostril breathing
- Agni Sara
- Kapalabhati

* Gardner, Ginger. Medical Therapeutic Yoga

Meditation
Mindfulness

Practice
Being
Present

Malinowski P. Neural Mechanism of Attention Control in Mindfulness Meditation, February 2013, Volume 7, Article 8
Mindfulness Meditation for Self-Care


- 8 PT students involved 8 PT's in weekly mindfulness activities
- 4 themes emerged
  - “Need to fix this” - need a tangible strategy to manage stress
  - “I pause and I notice but this is hard” – awareness of difficulty thoughts and emotions
  - “Mindfulness works” – sharing of benefits of mindfulness practice
  - “I need support” – desire to be led by an expert, with others to share the experience
Resources

**Applications**
- Calm
- Insight Timer
- Aura
- Headspace
- Simple Habit
- The Mindfulness App

**Websites**
- Gratitude meditations: [https://positivepsychologyprogram.com/guided-meditations-meditation-happiness/](https://positivepsychologyprogram.com/guided-meditations-meditation-happiness/)
- Meditation practice – yoga with Adriene: [https://www.youtube.com/watch?v=d4S4wznRz8A](https://www.youtube.com/watch?v=d4S4wznRz8A)
- [https://mindful.org](https://mindful.org)
- [Http://lifeisnow.ca/pain-care-for-life](Http://lifeisnow.ca/pain-care-for-life)

**Resiliency**
How do we become resilient?

We raise resilient kids
- Loving and supporting environment (home, school, community)
- Positive relationships with adults and peers
- Supportive, attentive, responsible parenting
- Avoiding repeated exposure to avoidable stress and trauma (abuse, war)
- Avoid early entry into adult roles (teenage pregnancy)
- Experiences of overcoming manageable life challenges
- Supportive foster care and/or adoption

Feder G et al., Frontiers in Behavioral neuroscience, 2015

Who are resilient adults?

- Can adapt to stress response
- Recovers from stress quickly
- Low susceptibility to stress-related psychopathologies
- High coping
- High cognitive functioning and autonomy
- Planfulness, motivation, positive risk-taking
- Secure attachments, trust

Feder G et al., Frontiers in Behavioral neuroscience, 2015
Resiliency

- Realistic optimism
- Facing fear
- Moral compass
- Religion and spirituality
- Social Support
- Resilient role models
- Brain fitness

- Physical fitness
- Paying attention
- Gratefulness
- Cognitive and emotional flexibility
- Meaning, purpose and growth

Realistic Optimism

Picture success
Repeat a positive affirmation (into the mirror!)
Estimate your abilities and add 10%
Every day you have a choice, you can chose to be positive or chose to be negative – chose positivity
Face Fear

- Focus on the goal.
- Use friends and colleagues for support.
- Use spiritual support.
- Accept the fear, observe it, and let it go. Study what happens to you when you are fearful. Look at the affects dispassionately.

Develop a Moral Compass

- Articulate your core moral principles
- Evaluate if you are living these principles
- Challenge yourself to adopt a higher standard to build greater character
Religion and Spirituality

- Set a daily routine of meditation or prayer
- Practice creative or physical spirituality such as singing, dancing, yoga, walking prayer
- Become part of a group that worships or practices together

Social Support

- Join groups that might interest you – biking, books, running, continuing education
- Volunteer
- Make time for friends and family
Physical Activity

- START MOVING
  - Enjoy what you choose to do physically
  - Push past your comfort zone but not into danger

Pay Attention

- Notice nature at least once a day
- Spend 10 minutes of quiet time without electronic diversion
- Spend the first ½ hour of your day at home with your family without distractions
Be Grateful

- Greet your loved ones like you haven’t seen them for a long time
- Smile
- Do at least one act of kindness daily
- Spend every day thinking about 3-5 people or things that you are grateful for

Have cognitive and emotional flexibility

- Accept the things we cannot change
- Meet failure by using the opportunity to learn and self correct
- Laugh
- Keep Perspective – could a bad situation have been worse?
Meaning, purpose and growth

- What is your purpose?
- Are you living your purpose?
- Search for it.
- Experience it.
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