



University
of Glasgow | Institute of Health
& Wellbeing

The Promise of Mindfulness

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The Scottish School of Primary Care



Mindfulness Scotland
Enhancing the well-being of the people of Scotland



Mindfulness Scotland

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“Mindfulness Scotland endeavours to engage in socially oriented activity rather than profit driven activity, working alongside the NHS and other public institutions.”

<http://www.mindfulnessscotland.org.uk/>

Mindfulness

- Translation of ancient Pali word “sati” - “awareness”
 - direct, open-hearted “knowing”
- Traditionally cultivated by meditation practices
 - Learning to pay attention
 - Moment by moment
 - Intentionally
 - With curiosity and compassion







The Four Noble Truths



Ordinary Life brings about suffering.



The origin of suffering is attachment.



The cessation of suffering is attainable.



There is an eightfold path to the cessation of suffering.



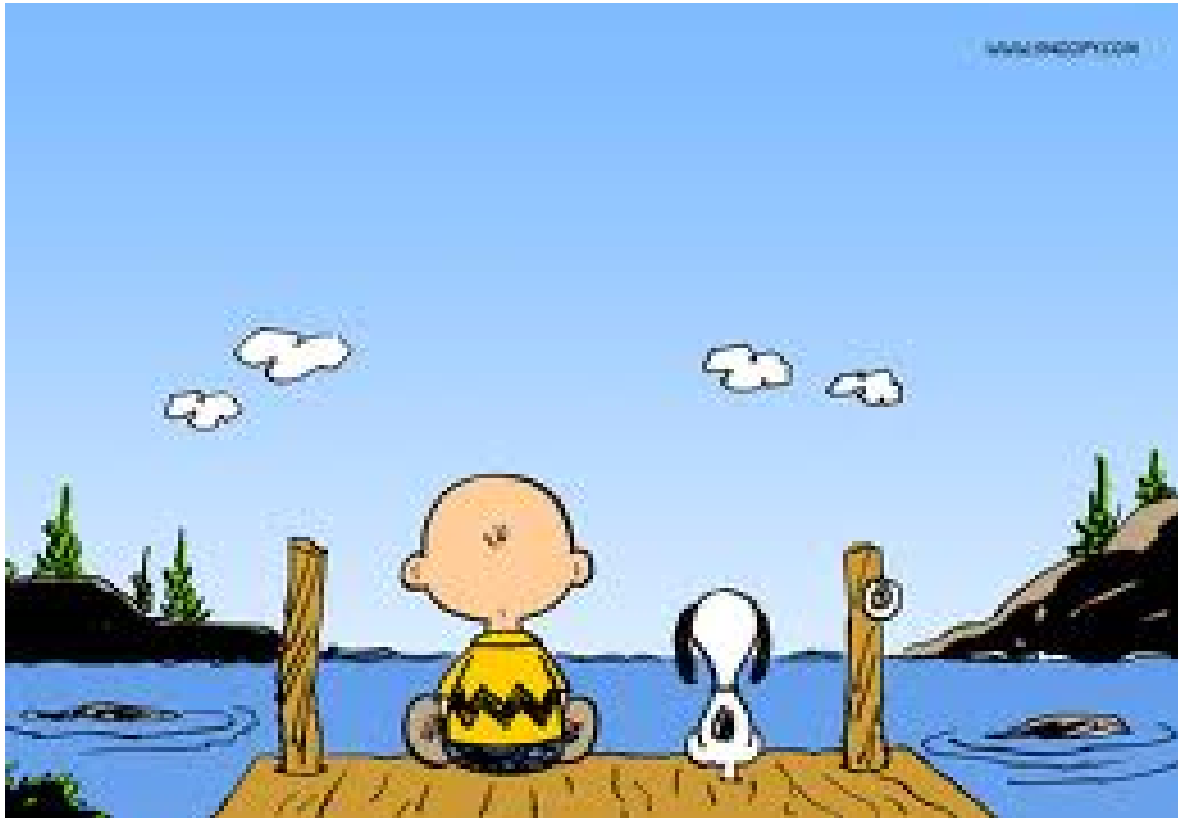
THE NOBLE EIGHTFOLD PATH

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Is it just for Buddhists?

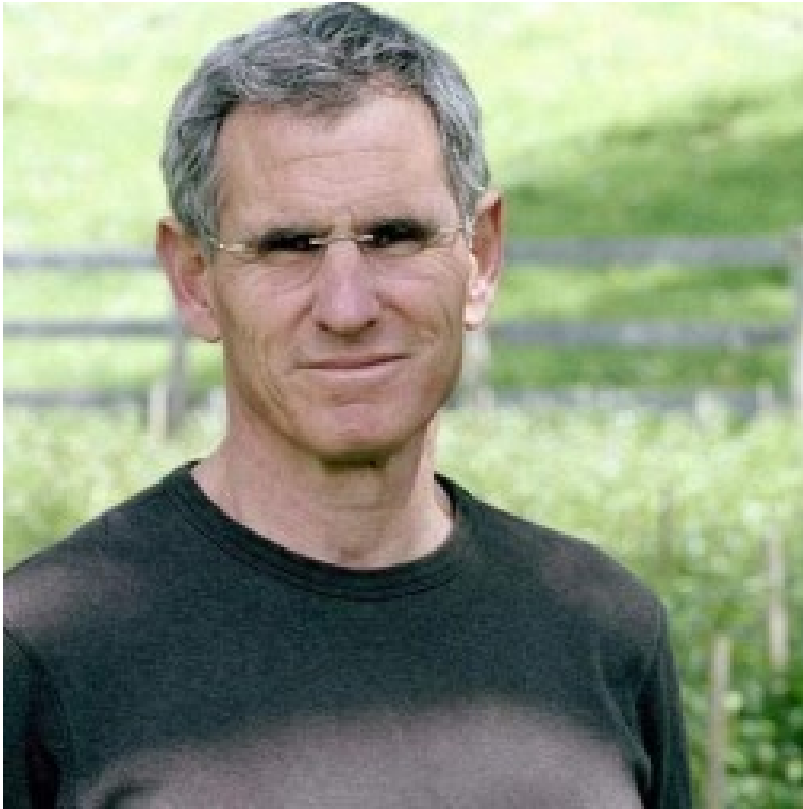


No...



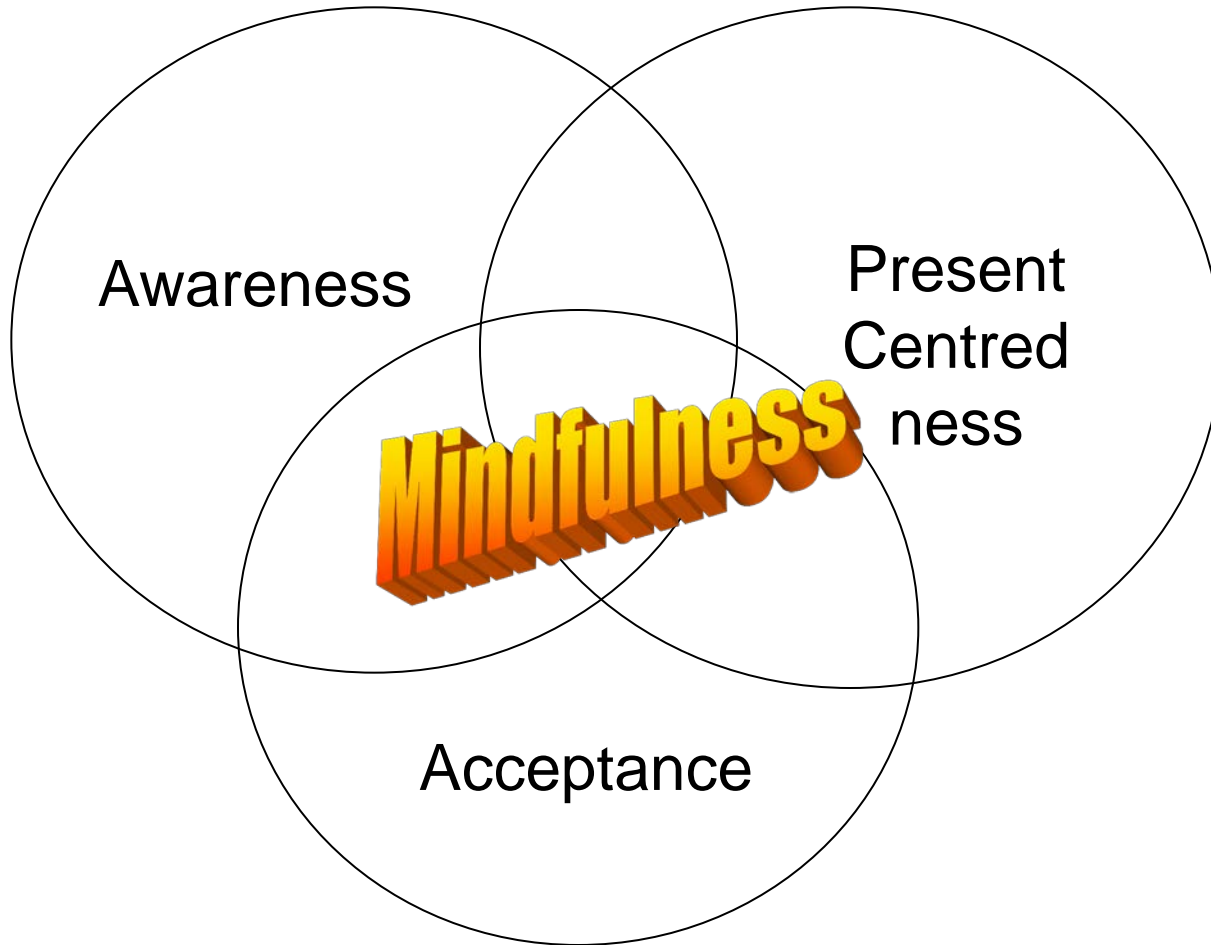
Mindfulness-based Stress Reduction (MBSR)

Professor Jon-Kabat-Zinn:



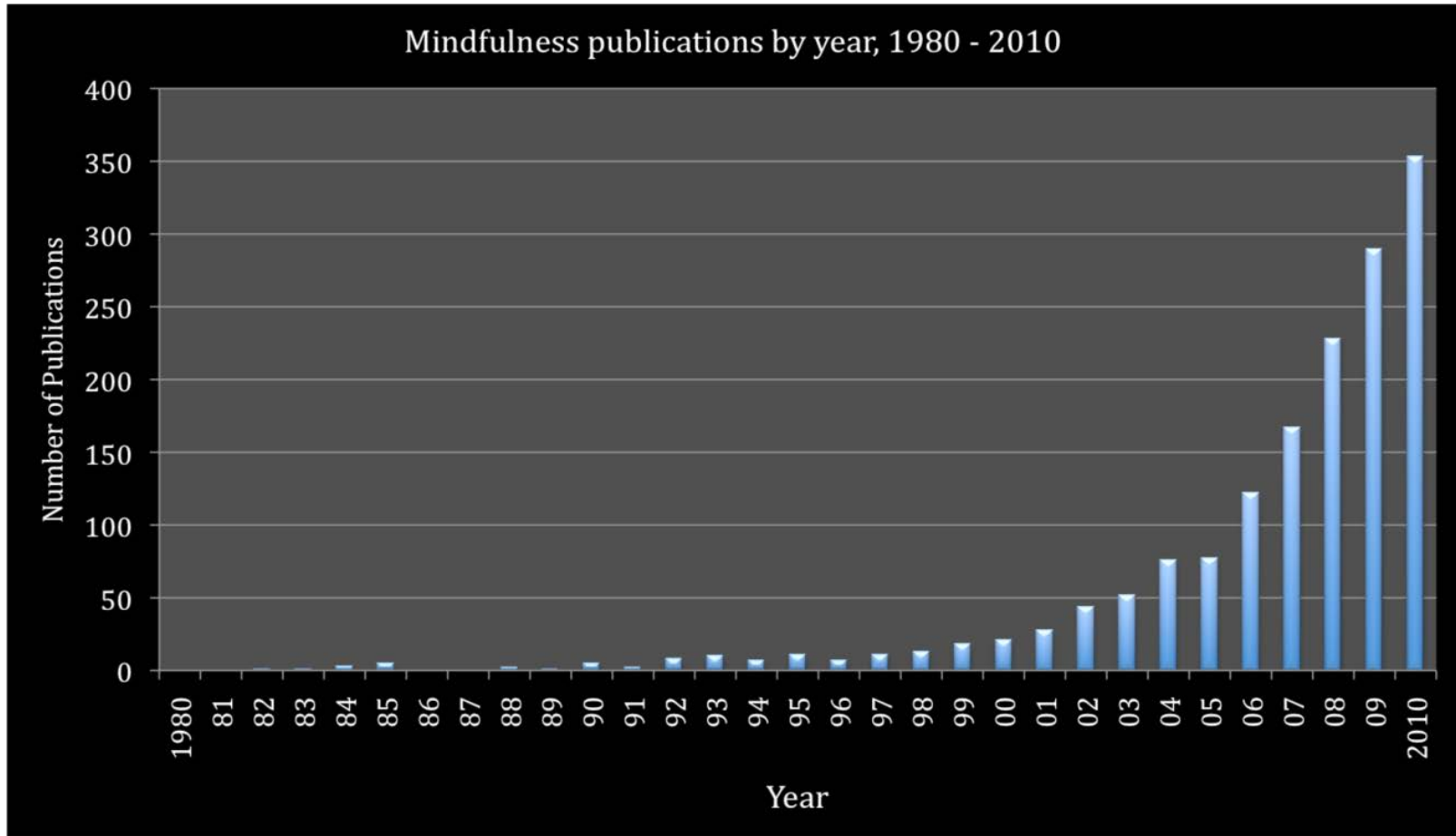
“Mindfulness is the awareness that emerges through paying attention in a particular way, on purpose, in the present moment, and non-judgementally, to the unfolding of experience moment by moment.”

Mindfulness



Does it work?

Research Publications on mindfulness-based approaches



Mindfulness-based Cognitive Therapy (MBCT)

- High quality RCTs on MBCT for prevention of relapse in recurrent depression
- The UK *National Institute of Clinical Excellence* (NICE) has endorsed MBCT as an effective treatment for prevention of relapse.
- Research has shown that in people who have been clinically depressed 3 or more times MBCT helps to reduce considerably their chances that depression will return.

Teasdale, Segal, Williams et al., 2000, *JCCP*

50% reduction in depression relapse after MBCT

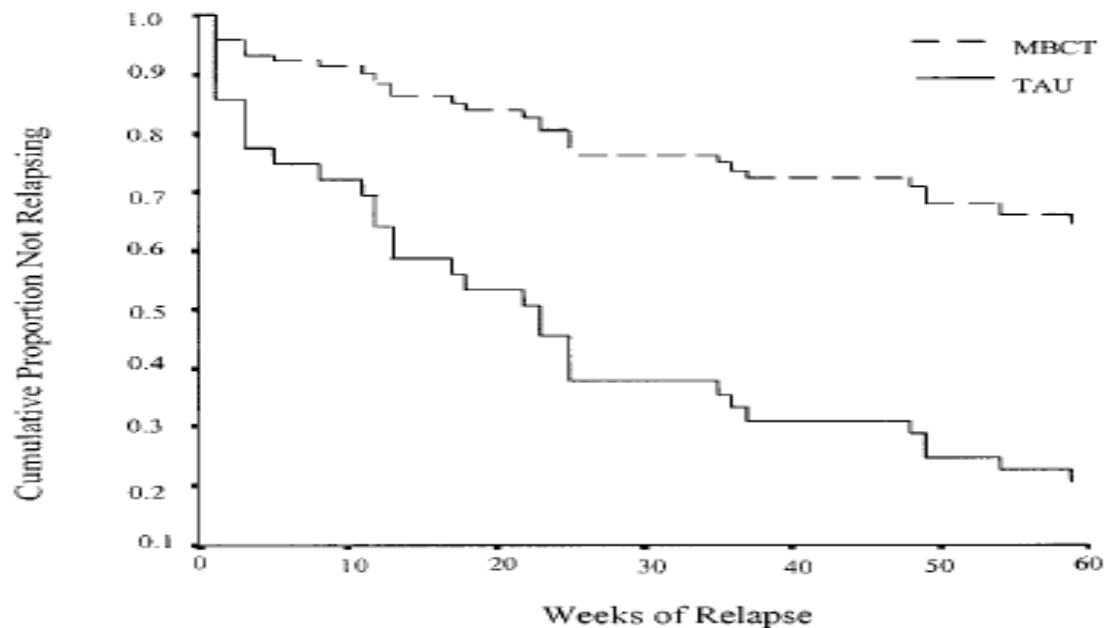


Figure 1. Survival (nonrelapse/nonrecurrence) curves comparing relapse/recurrence to *Diagnostic and Statistical Manual of Mental Disorders* (4th ed.) major depression for treatment-as-usual (TAU) and mindfulness-based cognitive therapy (MBCT) in patients with three or more previous episodes of major depression (intent-to-treat sample).

How does it work?

How does mindfulness work?

Changes in three domains

- **What** the mind is processing (from doing to being mode)
- **How** the mind is processing (openness to experience , acceptance, curiosity , compassion,)
- **View** or perspective (of self and others)

But mindfulness needs to be tasted rather than described...



Meditation is too hard. How do you keep one thought in your mind for this long?

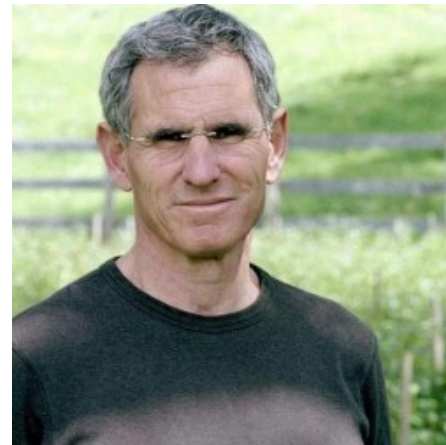
Dinner dinner dinner dinner dinner...



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Thank you







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Our values include:

- A strong commitment to contribute to the reduction in health inequalities and other inequalities in Scotland
- A community focus, bridging the gap between health and social care services and local communities
- An assets-based philosophy, aiming to nurture and enhance self-care and resilience in individuals, and communities
- A non-religious stance, engaging with people of all faiths and of no faith
- Respect of multiple views and perspectives

***“Grant yourself a moment of peace
And you will understand how
foolishly you have scurried about***

***Learn to be silent
and you will notice
That you have talked too much***

***Be kind
and you will realise
that your judgement of others
was too severe.”***

[Chinese Proverb]

