

An aerial photograph of the SUNY Downstate Medical Center building. The building is a modern, multi-story structure with a mix of grey and white panels and large glass windows. The text "SUNY DOWNSTATE MEDICAL CENTER" is visible on the upper part of the building. In the foreground, there is a street with cars and a parking lot. The background shows a clear blue sky and some greenery.

SUNY
DOWNSTATE
MEDICAL CENTER

Mindfulness in Medicine

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A serene sunset over the ocean. The sky is a mix of soft pinks, oranges, and light blues, with a few wispy clouds. The horizon line is visible in the middle ground. In the foreground, white-capped waves are breaking onto a sandy beach, creating a textured, foamy appearance. The overall mood is peaceful and contemplative.

Why is this important?

A serene sunset over the ocean. The sky is a mix of soft pinks, oranges, and light blues, with a few wispy clouds. The ocean is calm, with gentle waves rolling in from the right. In the foreground, white foam from a wave is visible, creating a textured, bubbly appearance. The overall mood is peaceful and contemplative.

Awareness and Self Care

“Awareness awakens you to the truth that you possess everything you need right now to be happy and fulfilled.”

Awareness and Uniqueness

Awareness is a state of being conscious of one's self and one's surroundings.

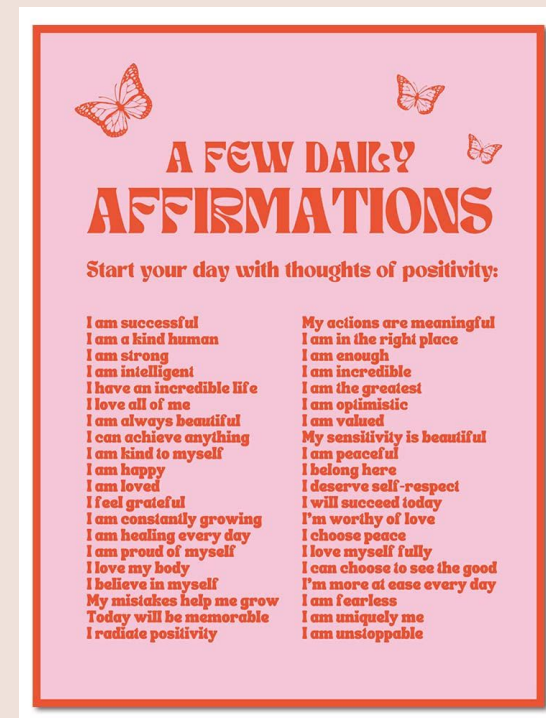
Self-awareness, a higher form of awareness, is a state of being conscious and aware of one's awareness.

Awareness is a perception and cognitive response to a situation or circumstance.

- How does awareness connect to yoga?
- Why is awareness important in medicine?

Affirmations and Manifestations

- Affirmation - a statement of truth one aspires to absorb into his/her life
 - How to embody these affirmations to radiate positivity and joy
- Manifestation - to create something or turn something from an idea into a reality
- Why are affirmations and manifestations important in medicine?

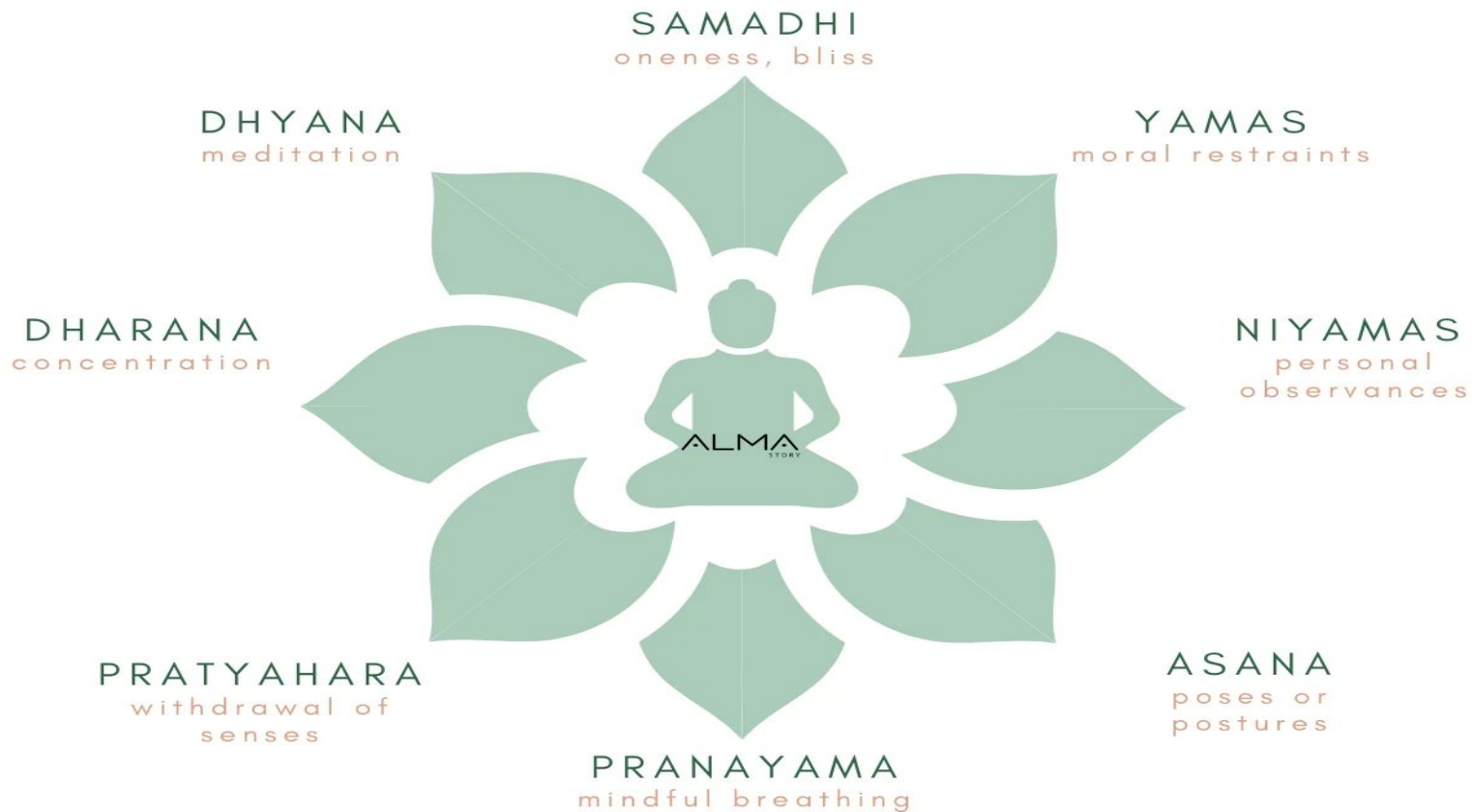




Yoga and the Eight Limbs

“A union between body, mind, and spirit, between individual being and universal consciousness.”

THE 8 LIMBS OF YOGA



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Mindfulness

“The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.” - *Jon Kabat Zinn*

Mindfulness – drawing attention to the present experiences and sensations

- What are the benefits of mindfulness?
 - Reduce anxiety
 - Prevent and treat depression and burnout
 - Increase body satisfaction
 - Improve...
 - Mind's ability to focus and decrease distractions
 - Attitude of curiosity
 - Connection to self and patient
 - Attentive listening
 - Error recognition
 - Clinical insight
 - ...the list goes on
 - ...and on

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Meditation

“Learn to be calm and you will always be happy.” - *Paramahansa Yogananda*

Meditation – a moment of peace, balance, and tranquility

- What are the benefits of meditation?
 - Manage stress
 - Gain new perspectives on situations
 - Increase self-awareness
 - Focus on the present moment
 - Reduce negative thought patterns
 - Build patience
 - Improve sleep quality
 - Lower resting heart rate and blood pressure
 - Manage symptoms of anxiety, asthma, depression, headaches, chronic pain
 - ...the list goes on
 - ...and on



Types of Meditation

- Mindfulness meditation
- Movement meditation
- Mantra meditation
- Loving kindness meditation

Meditations and Mantras

- Why is meditation an important practice in medicine?
- What is a **mantra**?
- Let's practice...
 - Meditation
 - Mantra

Mindfulness in Your Day-to-Day

- Why is mindfulness an important practice in medicine?
- Mindfulness in and outside the “classroom”
- Six simple mindfulness practices
 1. *Pause and breathe*
 2. *Mindful meditation*
 3. *Awareness of feelings and thoughts*
 4. *Find your feet*
 5. *Make ordinary tasks extraordinary*
 6. *Body scan*
- Let's practice mindfulness

