

# Mindfulness as Complementary Medicine

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- Definition of Meditation
- Merriam-Webster defines it as:
  - “to engage in contemplation or reflection”
  - “to engage in mental exercise (such as concentration on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness”

- Definition of Mindfulness by Jon Kabat-Zinn
- “The awareness that arises from paying attention, on purpose, non-judgmentally and moment to moment.”

- Mindfulness of breath, body, emotions, sounds, taste, walking, thoughts.....

## How Mindfulness Can Affect Us: Research

- Jon Kabat-Zinn started Mindfulness Based Stress Reduction (MBSR) with chronic pain patients in 1979 at the University of Massachusetts.
- The Clinical Use of Mindfulness Meditation for the Self Regulation of Chronic Pain (1985)
- Significant Decrease in multiple measures.

## Use of Compassion Meditation

- 2014, Chapin, et al., looked at targeting anger as a way to work with chronic pain.
- After 9 week compassion meditation program saw decrease in pain severity, acceptance, reduced anger, increase self-compassion and interpersonal compassion.

- Essential not to leave out the importance of palliative providers and caregivers compassion *towards* the patient