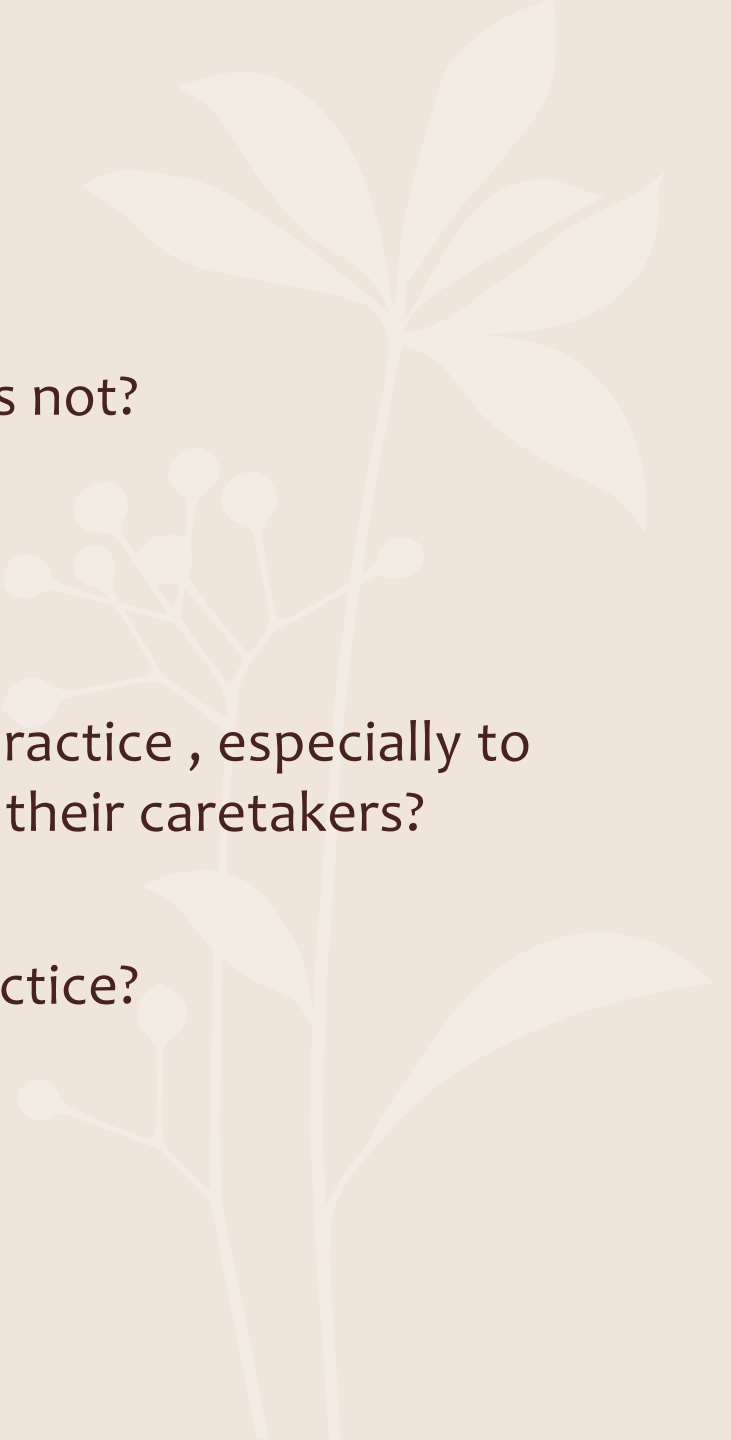




MINDFULNESS AND PARKINSON'S DISEASE

By Dr. Judy Zhu, Dr. TCM, R.C.C.

Agenda

- What is mindfulness? What mindfulness is not?
 - Why is mindfulness practice important?
 - What are some benefits of mindfulness practice , especially to people living with Parkinson Disease and their caretakers?
 - What are some types of mindfulness practice?
 - Some brief mindfulness exercises.
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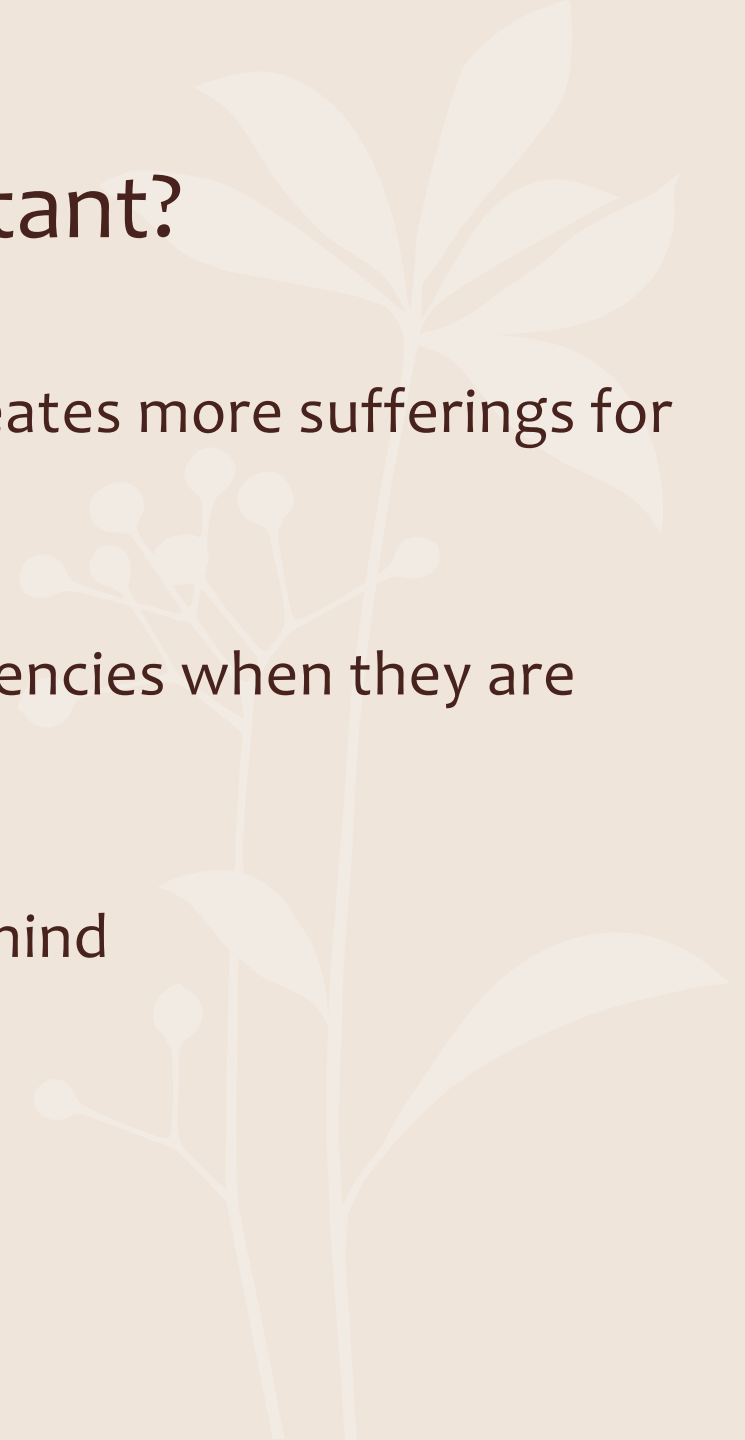
What is mindfulness?

1. Awareness
2. Present Experience
3. Acceptance



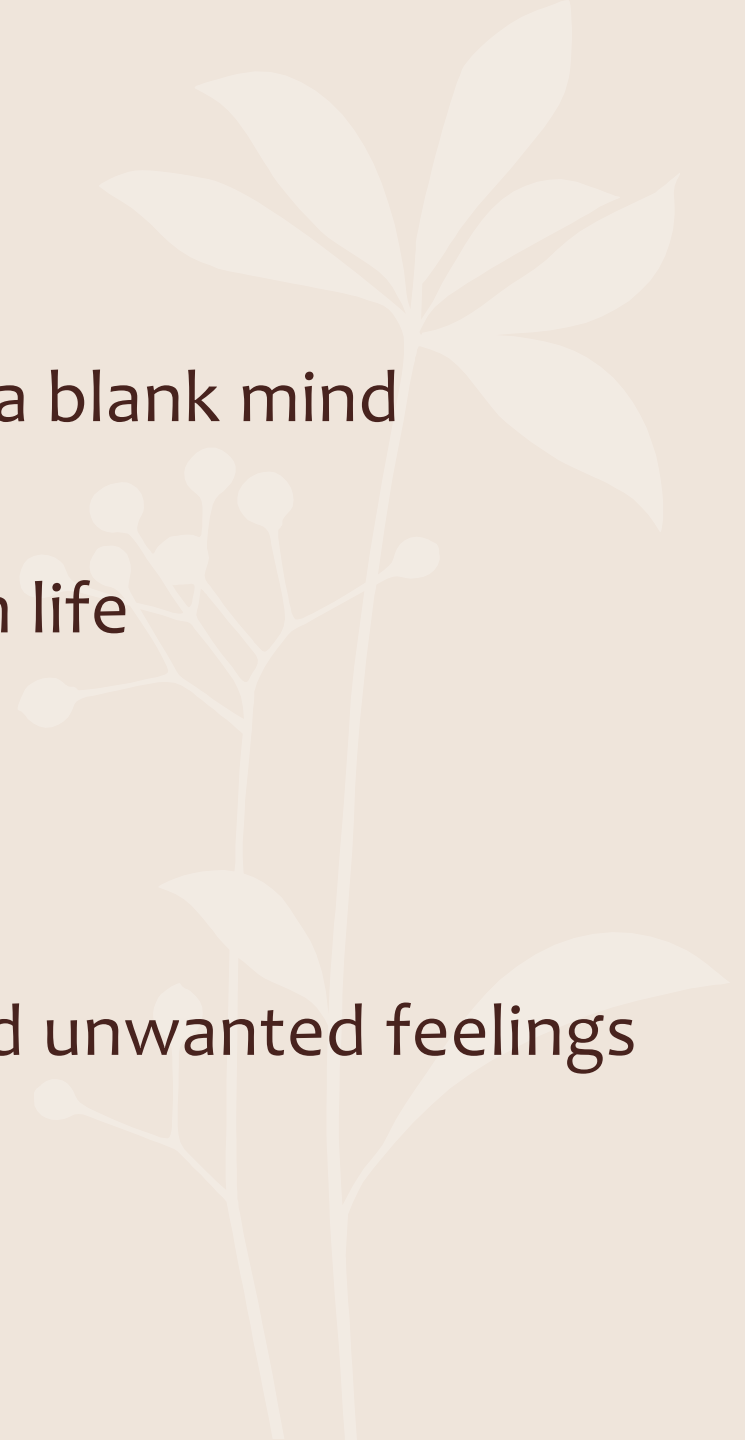
Why mindfulness is important?

- To gain insight into how our mind creates more sufferings for us
- To Interrupt our mind's natural tendencies when they are activated
- To change the way we relate to our mind
- To help us live life more fully



What mindfulness is NOT

- Getting rid of thoughts to have a blank mind
- Giving up and withdrawing from life
- Seeking relaxation and pleasure
- Getting rid of pain, suffering and unwanted feelings



Three main skills in mindfulness

- Concentration
- Open monitoring (awareness)
- Loving kindness



Mindfulness exercise 1

- Breathing Exercise



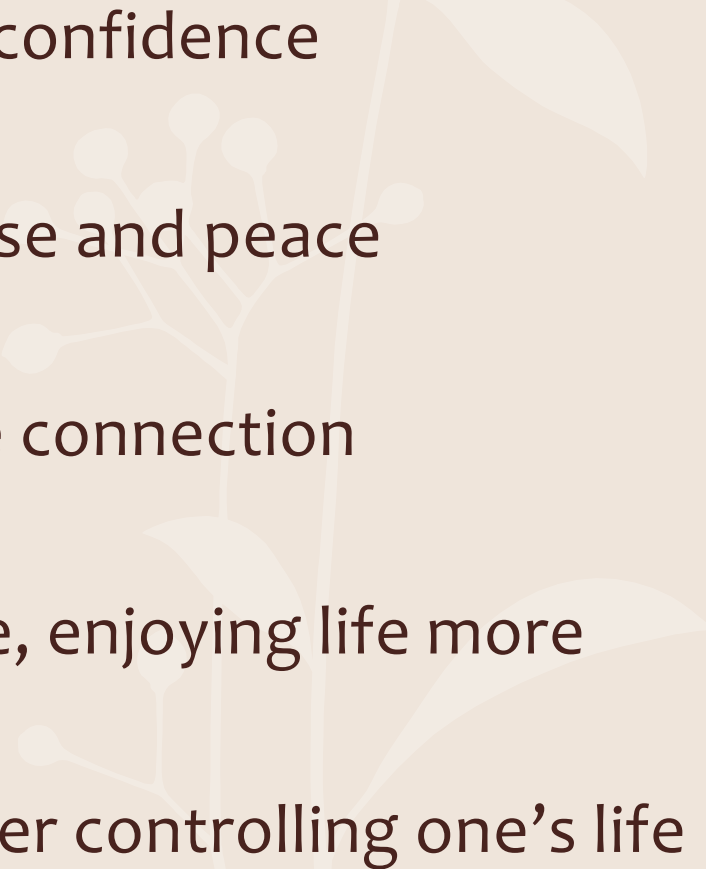
Research on Benefits of Practicing Mindfulness

- Preventing important parts of our brain from withering with age.
- Activating brain circuits associated with feeling happy and engaging in life with enthusiasm.
- Improving the ability of paying attention and sustaining attention.
- Regulating emotions and reducing anxiety and stress.
- Helping to heal and prevent many stress-related illnesses.
- Cultivating acceptance and empathy, improving quality of intimate relationship.
- Increasing feelings of social connectedness, reducing loneliness and isolation.
- Helping us to handle aging and illnesses with more ease.
- Enabling us to live life with more ease and fulfillment.

Research on Mindfulness and Parkinson's Disease

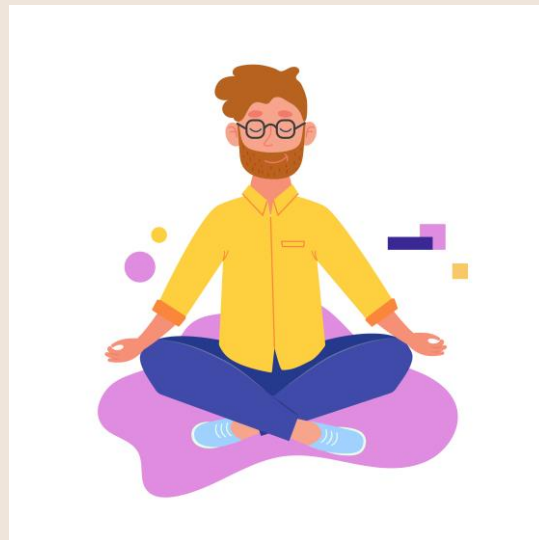
- A study by Pickut et. al (2013) showed that Increased GMD (Grey Matter Density) was found in the Mindfulness Based Intervention group in the neural networks that have been postulated to play an important role in PD.
- A study by Dissanayaka et. al (2016) indicated that mindfulness intervention tailored for PD was associated with reduced anxiety and depression and improved cognitive and motor functioning.
- A study by Pickut et. al (2015) indicated that mindfulness training may help to restore some degree of self-determination in the experience of living with PD.

How mindfulness based counselling helps people with PD and their caregivers?

- Improving the balance, increasing confidence
 - Accepting tremor, finding more ease and peace
 - Preventing burnout, creating more connection
 - Engaging with “small” things in life, enjoying life more
 - Finding meaning in life, PD no longer controlling one’s life
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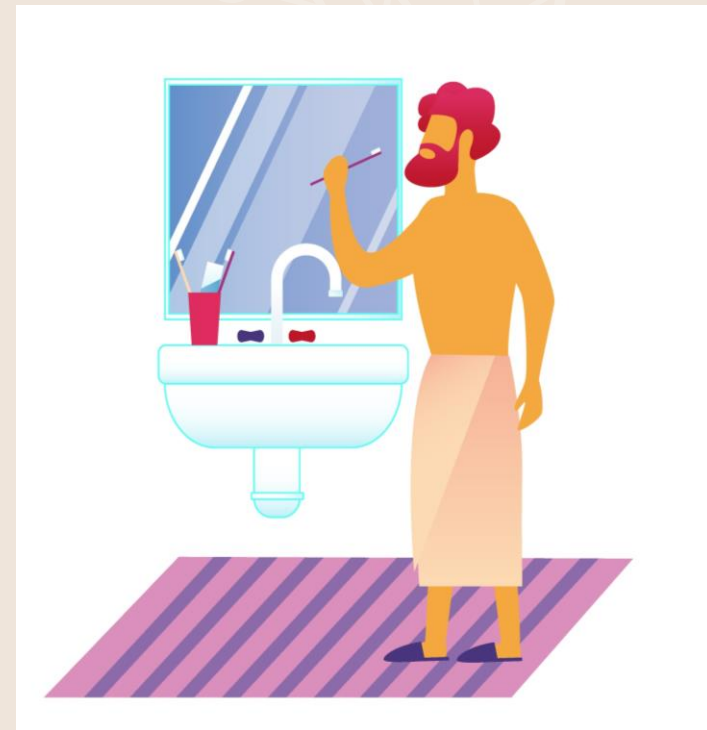
Types of Mindfulness Practice

- Informal mindfulness practice
- Formal meditation practice
- Intensive retreat practice



Daily Informal Practice

- Phone
- Sitting in the car in the traffic
- Walking your dog
- Doing dishes
- Folding laundry
- Tying your shoe laces
- Showering
- Having tea



Mindfulness Exercise 2

- Loving Kindness Meditation



Resources

Local mindfulness based services:

- Parkinson Society BC, Vancouver. (www.parkinson.bc.ca/resources-services/counselling)
- Turning Point Bodymind Wellness, Vancouver. (www.turningpointwellness.ca)
- Center for Mindfulness Canada, North Vancouver (www.mindfulnessstudies.com)

Books:

- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn
- Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. By Jon Kabat-Zinn and Thich Nhat Hanh
- Finding Freedom in Illness: A Guide to Cultivating Deep Well-Being through Mindfulness and Self-Compassion. By Peter Fernando
- Radical Acceptance: Embracing Your Life With the Heart of a Buddha. By Tara Brach

Online Audio and Video resources:

- Mindfulness for Beginners by Jon Kabat-Zinn <https://www.youtube.com/watch?v=NxYFjZBqHg>
- Guided Mindfulness Meditation by Jon Kabat-Zinn <https://www.youtube.com/watch?v=8HYLyJZKno>
- How Mindfulness Empowers us <https://www.youtube.com/watch?v=vzKryaN44ss>

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