



Mindfulness for Performers

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Why mindfulness?

- 🌐 Carol's quote
- 🌐 Dissertation to present day
- 🌐 Anxious students... and colleagues
- 🌐 Two ways we can change



THE CENTER FOR
KORU
mindfulness

MBSR to Koru

- 🌐 1979: Jon Kabat-Zinn
- 🌐 Stress Reduction Clinic at U-Mass; medical mainstream
 - 🌐 8- week program
 - 🌐 22,000 people have completed MBSR training
 - 🌐 750+ MBSR programs worldwide

Koru Mindfulness

Developed by Duke University

Focus on emerging adults

Jeffrey Greeson, Ph.D.
comparable results for EAs

Two-year certification period

Four classes, diverse group



What didn't work...

- 🌐 Drop-in classes
- 🌐 Loose structure
- 🌐 No commitments to attendance or practice
- 🌐 Lots of sitting meditation
- 🌐 Traditional language surrounding mindfulness
- 🌐 Anything too new-age or corny

What did work

- 🌐 **Small groups, 4-week structure, commitment**
- 🌐 **Each class includes:**
 - short opening meditation
 - check-in on reading and logs
 - mind-body skills: active practice
 - mindfulness meditation practice

Mindfulness is learning

to pay attention,

without judgment,

to your

present moment experience.

“As our focus level on a task increases, our anxiety level decreases.”

- Karen Leigh-Post

So, if life is a river...



... mindfulness is your boat.



Meditation = paddle



Awareness vs. judgment

- ✧ Principal tenet of meditation
- ✧ Allows for true, open learning
- ✧ Process vs. product (non-linear)
- ✧ Imagine cultivating this: lessons

Meditation...

- IS NOT a religion
- IS NOT the suppression of all thoughts
- IS NOT something just for the enlightened
- IS learnable, by anyone
- IS NOT terribly time-consuming
- IS a process, not a product
- DOES reduce stress and improve sleep
- CHANGES brain shape and function

Benefits are cumulative

- Respiration slows, deepens
- Heart rate & blood pressure decrease
- Digestion improves; effective eating disorder treatment
- Heart disease risk decreases as anxiety is reduced
- Stimulates vagus (parasympathetic, or calming) nerve
- Amygdala shrinks; hippocampus thickens
- Better concentration, sleep, short-term memory recall
- Perceived stress reduced; self-compassion increased
- The match and the fuse

Guidelines

- Find a reasonably comfortable space / position
- Guided meditation / ambient sound if you wish
- Have timer or app to signal ending
- Semi-supine is an option for added benefits
- Release expectations
- Sample skills

Try it on



Meditation Resources

Koru

Insight Timer

Leaf (like Fitbit)

Rain Rain

Thunderspace

White Noise

Ocean Sounds

Breeze

Simple Habit

Winter Feast for the Soul

Cognitive distortions

(exaggerated or irrational thought patterns)

- Filtering / disqualifying the positive
- Polarized (B & W) thinking
- Fortune telling / overgeneralizing
- Mind-reading
- Magnifying / minimizing
- Personalization
- Control fallacies
- Fallacy of fairness
- Blaming
- “Should” statements
- Emotional reasoning
- Fallacy of change
- Global labeling
- Always being right
- Heaven’s reward fallacy

Resolving distortions

1. Identify the distortion
2. Examine the evidence
3. Double standard method
4. Thinking in shades of gray
5. Survey method
6. Definitions
7. Re-attribution
8. Cost-benefit analysis

Korumindfulness.org

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