



United States Department of Agriculture

Northern Rockies Dispatcher Workshop

Mindfulness

Michelle Reugebrink
April 27, 2022

Photo by Reugebrink Family Album



Forest Service

Work Environment and Performance Office

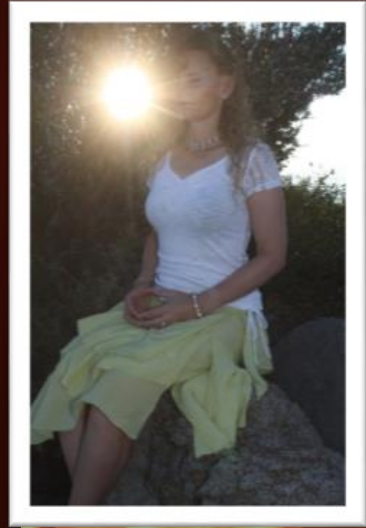
**“We don’t see things as they are.
We see them as we are.”**

Anais Nin



Photo By Michelle Reugebrink

Michelle Reugebrink



Road map for this session

- **Mindfulness “Emotional Intelligence”**
- **The Science of Mindfulness**
- **Mindfulness Practice throughout**



Guided Reflection

Mindfulness
Moment

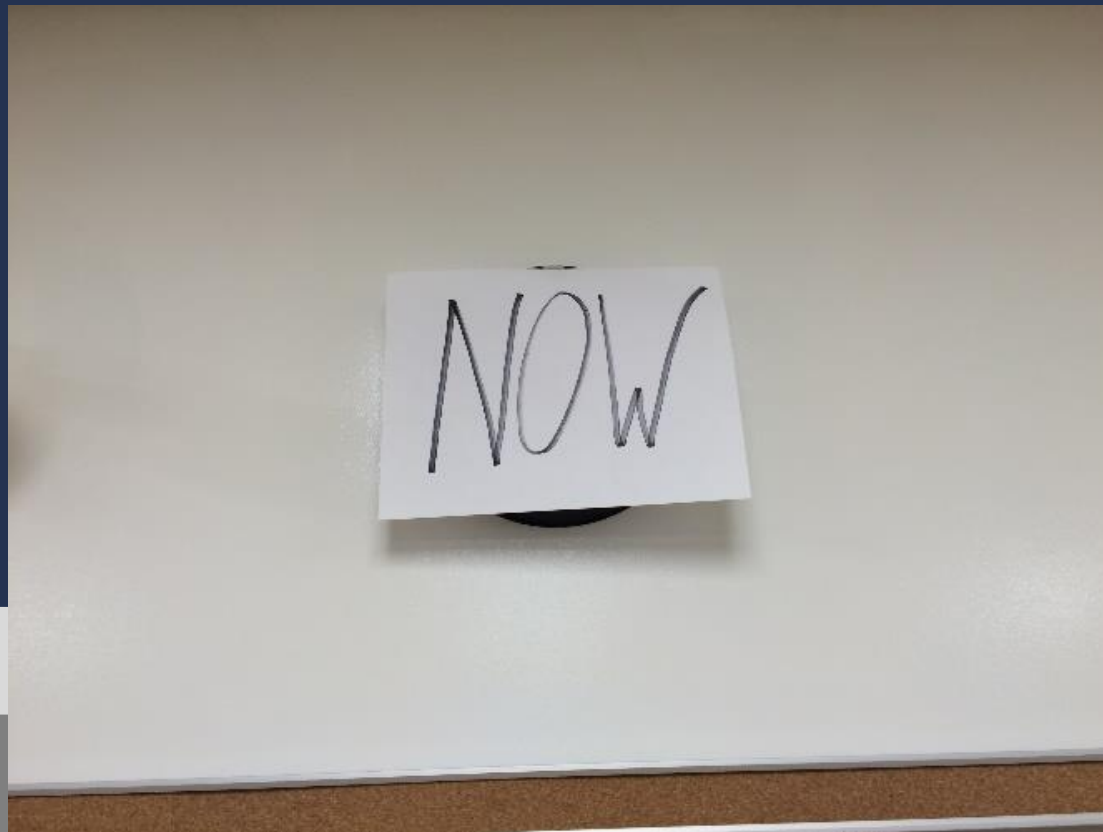
Photo Reugebrink Family Album

This is all about "You"!



Ground Rules

Invitation to turn cell phones “Off” or mute
... Please ... Unless you would like to work on
shame. 😊 (Self-care)



Mindful Movement



Your brain on meditation: Practice makes perfect

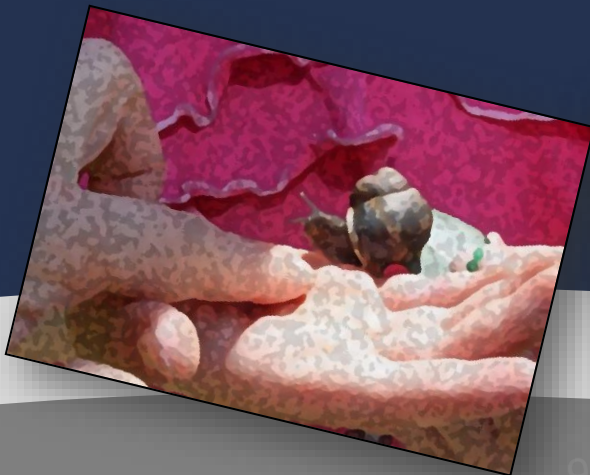


Your brain on meditation: Practice makes perfect
Using functional MRI to study focused attention

Mindfulness/Self-awareness

The ability to pay attention in the moment nonjudgmentally, to notice “what is” Example: “Watching cars go by but not getting hit by a car.”

Neuro-biology: Mindfulness is the capacity to calm the mind/body—to be present in the moment without judgment.





- Less stress
- Greater happiness
- Improved emotional stability
- More empathy and kindness

- Increased concentration
- Enhanced immune system
- Balanced blood pressure
- Better sleep quality

9 Attributes of Mindfulness

- Non-Judging
- Patience
- Curiosity “Beginners Mind”
- Trusting
- Non-Striving
- Acceptance
- Letting Go
- Gratitude
- Generosity



Mindfulness, Compassion & Inclusivity Summit



Tim Ryan

*U.S. House of
Representatives, Ohio*



Dan Harris

News Anchor, ABC



Amishi Jha

*Neuroscientist
University of Miami*



Jane Baraz

Mindful Self-Compassion



Ashanti Branch

*Executive Director
Forever Forward*



Jon Kabat-Zinn

Mindfulness Teacher



Michelle Reugebrink

Mindfulness Teacher



Dan Siegel

*Neuroscience and Mindsight
University of California Los Angeles*



Byron Katie

Loving What Is: The Work



Rhonda Magee

*Professor of Law
University of San Francisco*

Mindfulness & Resiliency Summit August 6 & 7 2019 Washington DC



Michelle Reugebrink
Mindfulness & Resiliency
Program Manager
USDA Forest Service



Soren Gordhamer
Founder of Wisdom 2.0



Leslie Weldon
Chief Executive for Work
Environment and Performance
USDA Forest Service



Dan Harris,
News Anchor, ABC



Gretchen Rohr
Facilitator of transformative action
and Open Society Foundations US,
Program Officer



Elizabeth Esalen
Movement Teacher & CEO, The
Lotus Collaborative



Ashanti Branch
Executive Director
Forever Forward



Amishi Jha
Neuroscientist
University of Miami



Latest Research

Human beings our attention is 8 seconds

We used to be 12 seconds

A goldfish is 9



67% of cell owners find themselves checking their phone for messages, alerts, or calls — even when they don't notice their phone ringing or vibrating.



“First thing to get out of prison is to realize you are in prison.”

5 Ways to Organize Your Phone to Unhijack Your Mind

THRIVE
GLOBAL

5 WAYS TO ORGANIZE YOUR PHONE



School Replace Detention with Mindfulness

Robert W. Coleman Bethesda, MD



Mindfulness and How to Practice

Intentionally investing awareness in the present

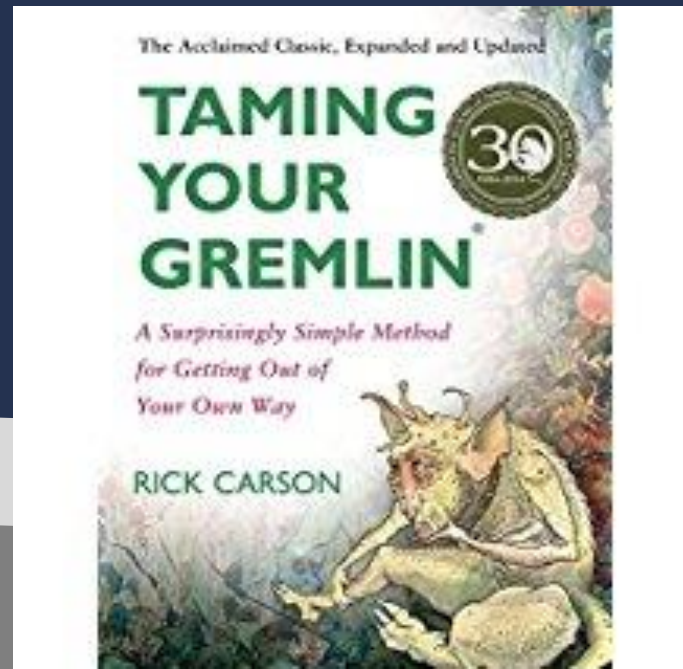
Michelle's "Mindfulness Minute"

Mindfulness Breathing Exercise

- 3-2-6 Breath in for 3 hold for 2 out for 6



Name it to Tame it.
Just like brushing your
teeth, mindfulness is your
mental floss. 😊



Types of Practices

- Breathing
- Body Scan
- Visual Imagery (5 senses)
- Prayer
- Eating
- Self Expression (walking, running, reading, creative writing, painting, photography, wood working, etc.)





Body Scan



Mindful Eating
changes everything

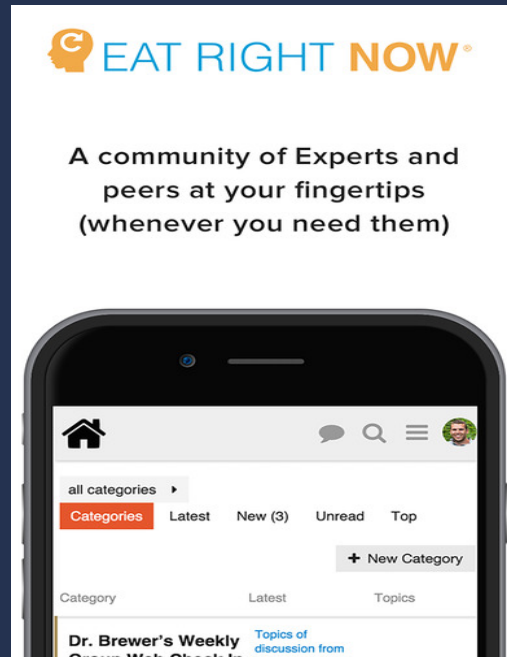


Mindful Eating

A Book: The Mindful Diet
By Ruth Wolfever
check out Bright Line Eating.



www.goeatrightnow.com

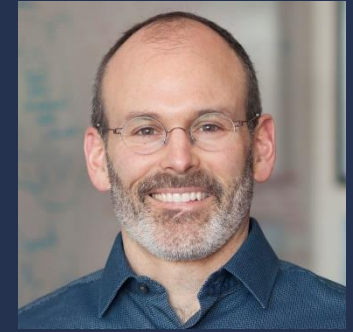


promo code
online for 25%
off: HPHCERN

[Dr. Judson Brewer](#), course instructor and world-renowned expert on addiction has developed [Eat Right Now](#)[®], an App that delivers mindfulness training right at your fingertips.



Judson Brewer MD PhD is a thought leader in the field of habit change and the “science of self-mastery”



- Session #1: Hack Your Brain’s Habit Loops
- Session #2: Rewire Your Food Cravings and Triggers
- Session #3: Unhook From Your Phone Addiction
- Session #4: Tame Your Feelings of Anxiety

He is the author of *The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits* (New Haven: Yale University Press, 2017).



Addiction



A Simple Way to



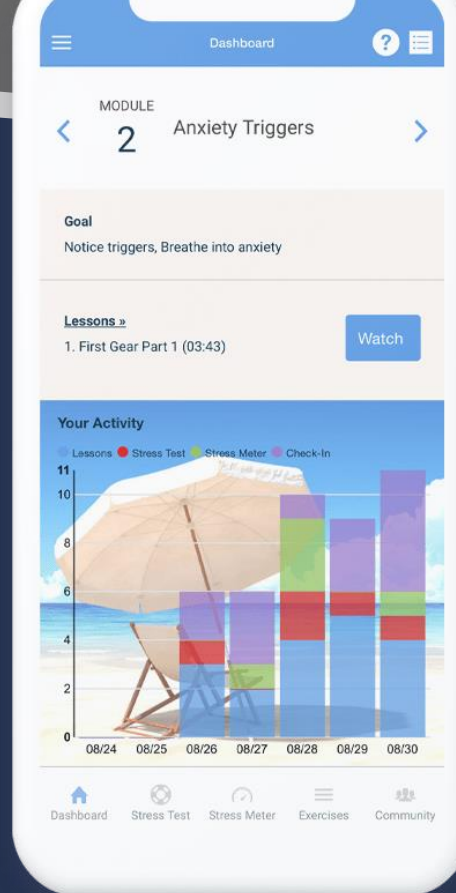
VIDEO

Break a Bad Habit

- Relationship between mindfulness and addiction
- From smoking to overeating
- The things we do even though we know they're bad for us

Source: Judson Brewer, MD, PhD, Director of Research at the Center for Mindfulness and Associate Professor of Psychiatry and Medicine at the University of Massachusetts Medical School / Now with Brown University





Unwind Your Anxiety

Unwinding Anxiety® is a step-by-step program developed by psychiatrist and neuroscientist Judson Brewer MD PhD –

<https://www.unwindinganxiety.com/>





Mindful Walking

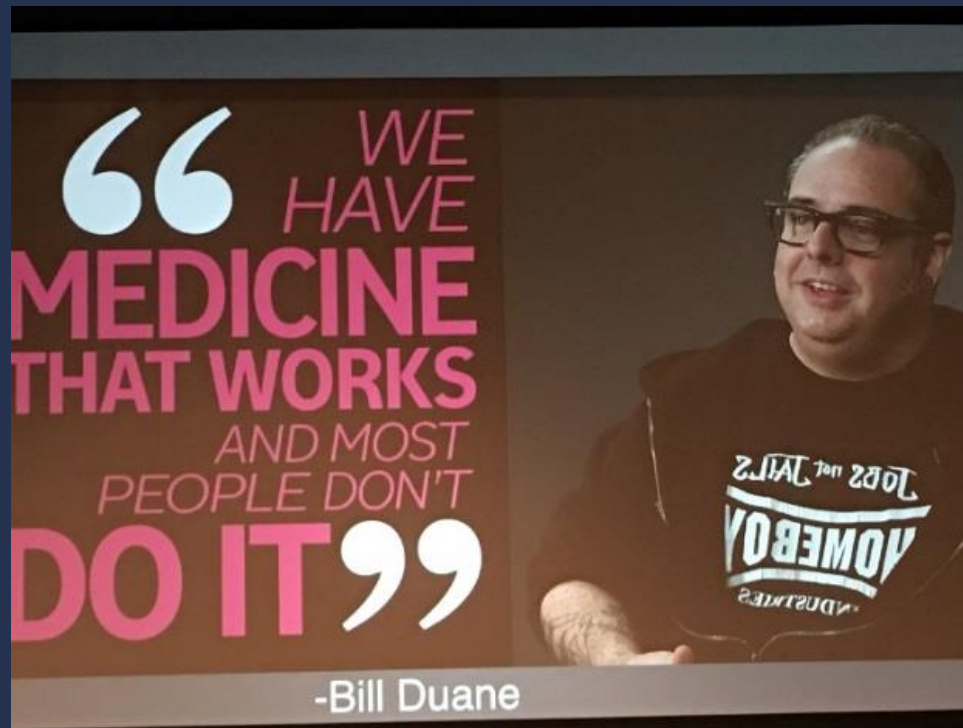




Mindful Sitting



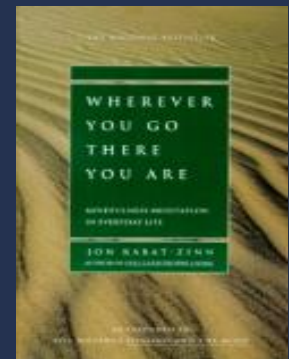
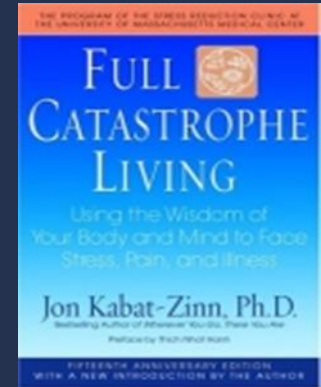
Supporting your Mindfulness Practice



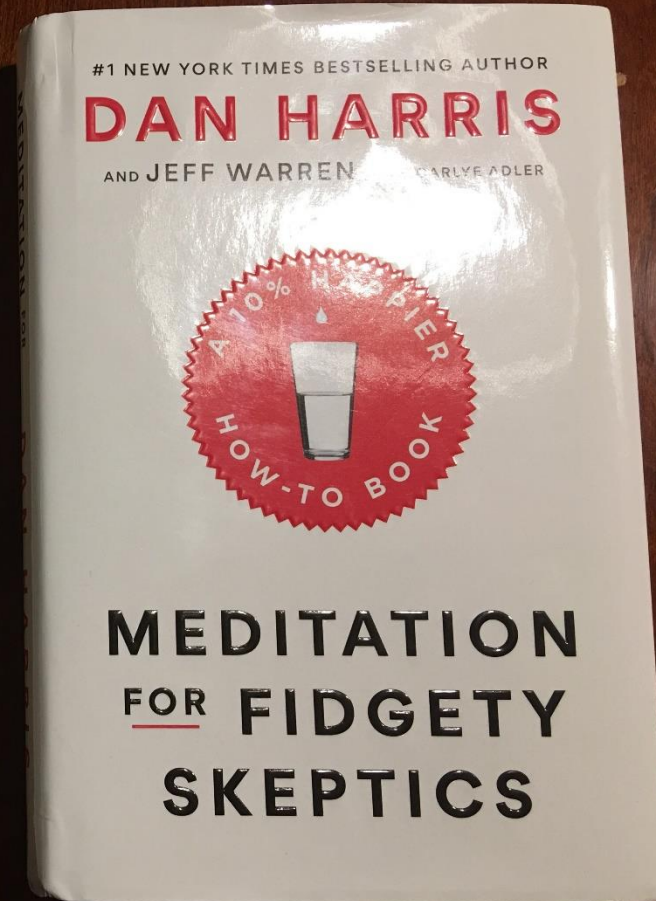
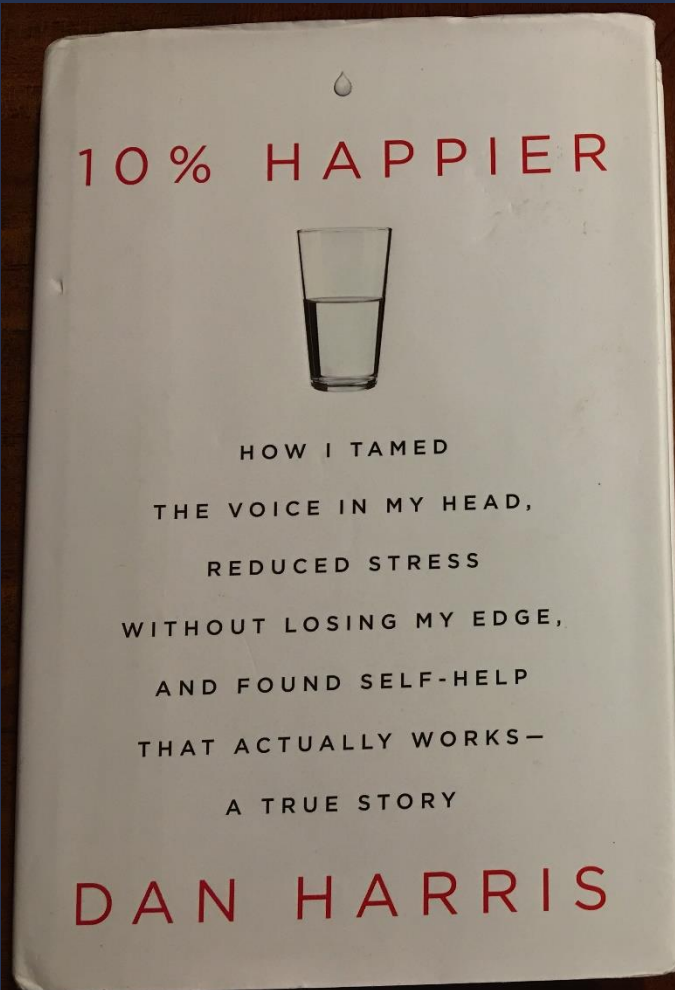
The real learning happens when we get out of our own way.

Books & over 3,000 to pick from

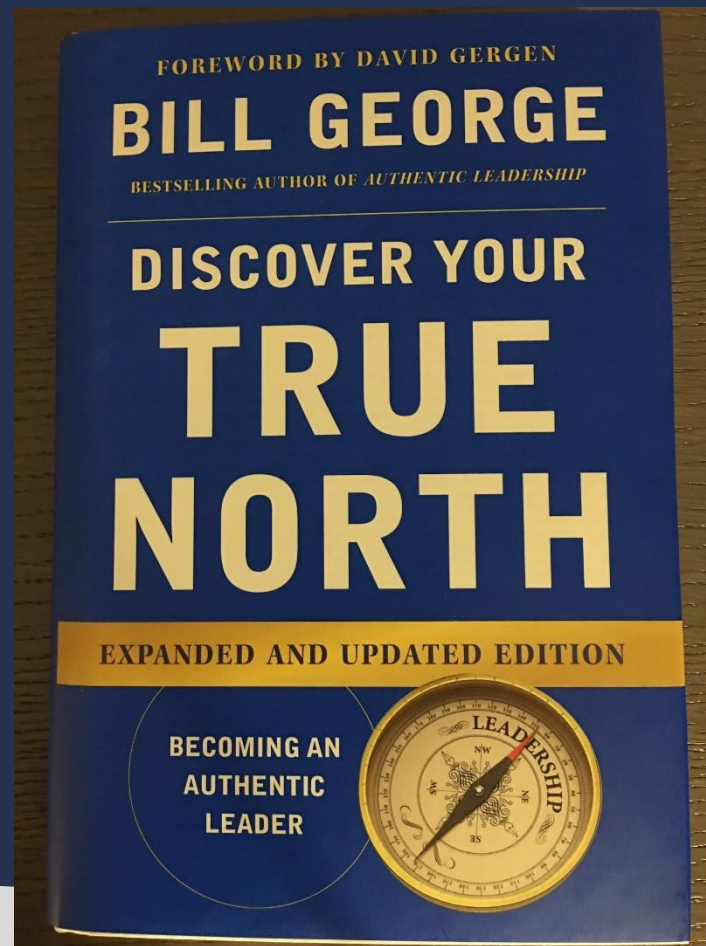
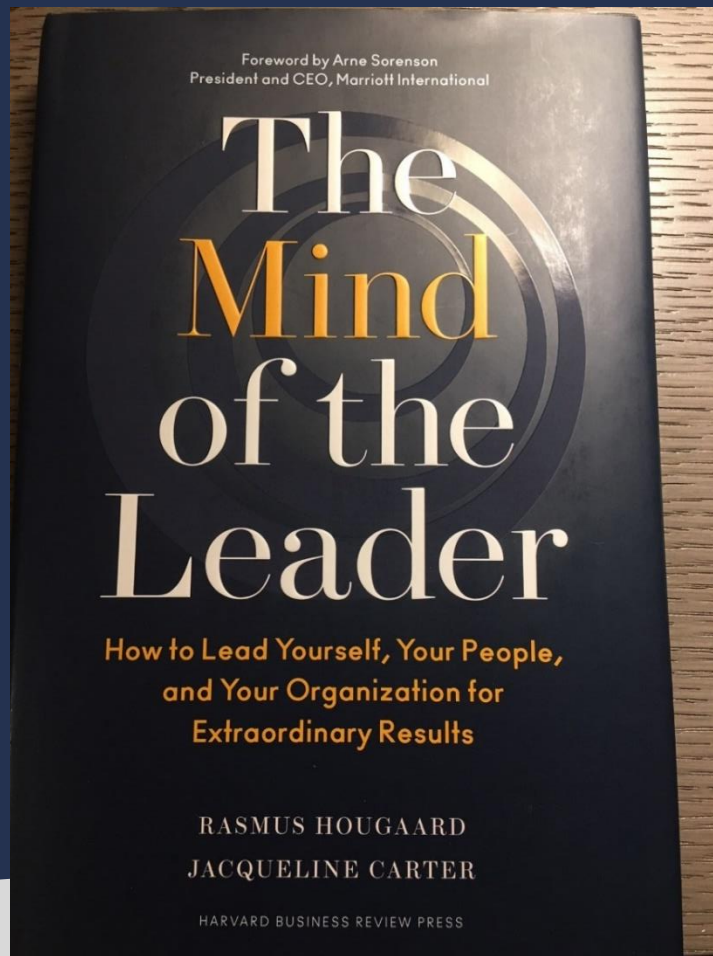
- Full Catastrophe Living Jon Kabat-Zinn
- Wherever You Go There You Are Jon Kabat-Zinn
- Mindsight Daniel J. Siegel, M.D.
- Self-Compassion Kristin Neff
- The Mindful Path to Self Compassion Chris Germer



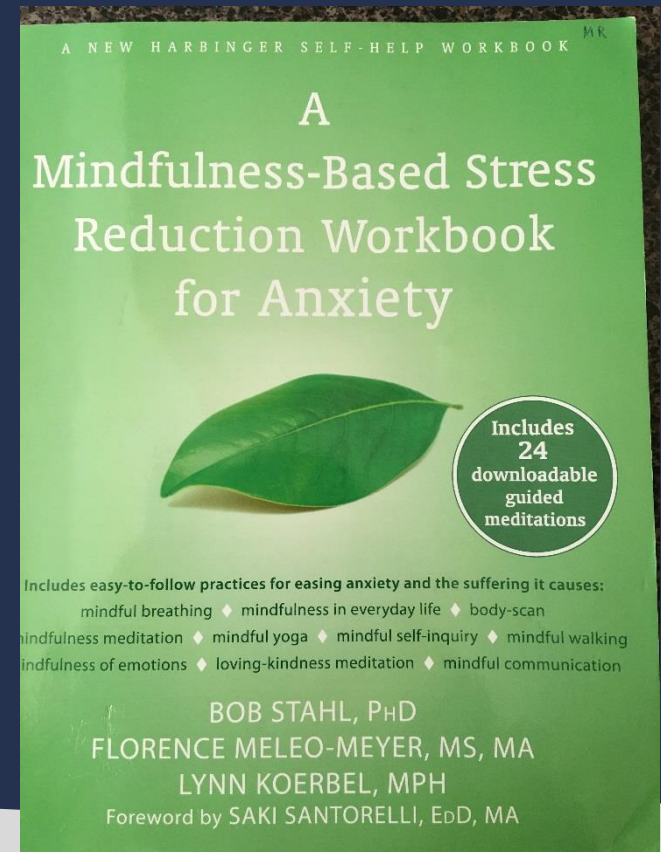
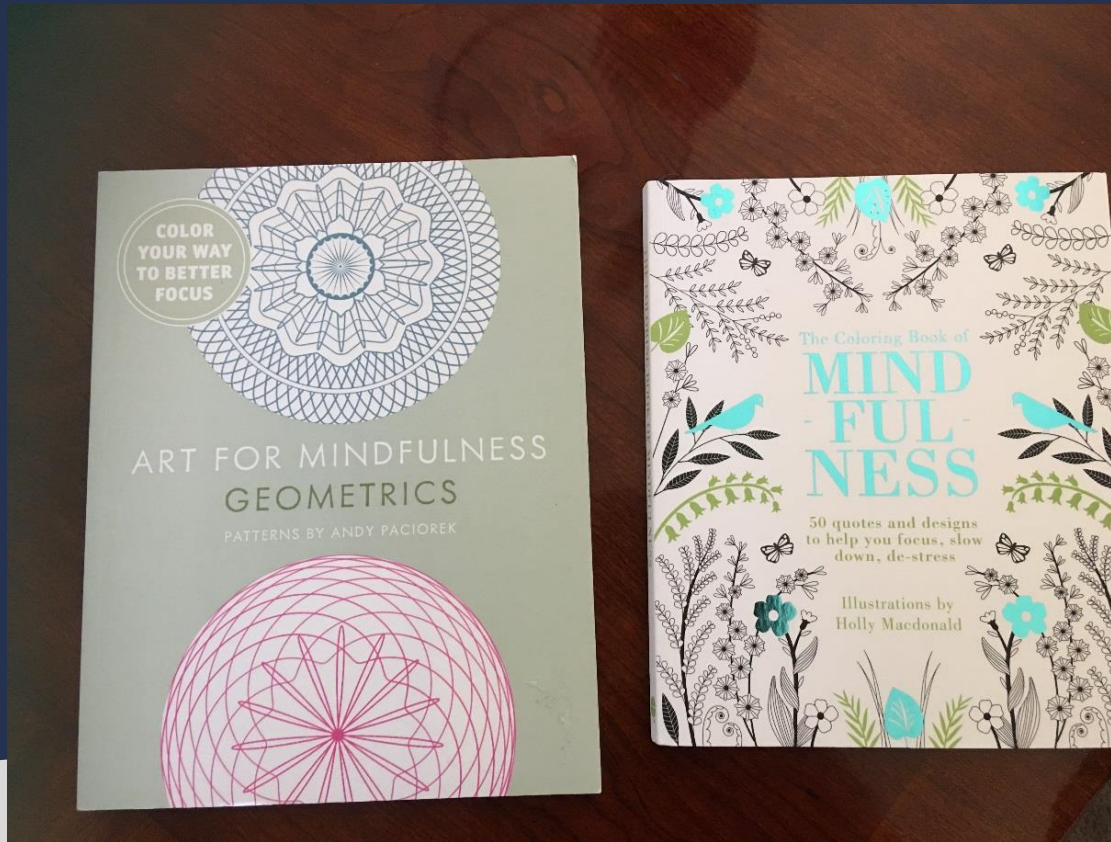
Dan Harris & Jeff Warren



Mindfulness Leadership



A few other resources



Includes easy-to-follow practices for easing anxiety and the suffering it causes:
mindful breathing ♦ mindfulness in everyday life ♦ body-scan
mindfulness meditation ♦ mindful yoga ♦ mindful self-inquiry ♦ mindful walking
mindfulness of emotions ♦ loving-kindness meditation ♦ mindful communication

BOB STAHL, PhD
FLORENCE MELEO-MEYER, MS, MA
LYNN KOERBEL, MPH
Foreword by SAKI SANTORELLI, EdD, MA

5TH ANNIVERSARY ISSUE

mindful

healthy mind, healthy life

**THE SCIENCE
OF BAD HABITS**
*(and what mindfulness
can do about them)*

**FOCUS ON
THE GOOD**
*How gratitude can
change your life*

**PRACTICES
TO UNLOCK
YOUR LIFE'S
PURPOSE**

◀ Irene Au
Digital Designer
and Yoga Teacher

the Medicine of the Moment

Is Mindfulness the Future
of Health Care?

APRIL 2018 | mindful.org

\$5.99 US / \$6.99 Canada



Fight fire with mindfulness

Michelle Reugebrink—a former wildland firefighter with the Tahoe and Redding Interagency Hotshot crews and former regional safety officer—is now working for the US Forest Service Office of Civil Rights. Recently certified to teach Mindfulness-Based Stress Reduction, she will be bringing mindfulness practices to nationwide Diversity & Inclusion programs through webinars, MBSR classes, and mindful coaching—including for firefighters.

The New Mindfulness



THE NEW MINDFULNESS Introduction

Helping firefighters keep calm in chaos
“If you had told me 10 years ago—when I was fighting fires—that I would one day be teaching meditation, I would have said you’re crazy,” says Michelle Reugebrink, a health, wellness and resilience manager with the U.S. Forest Service. “But it has changed my life.”

Reugebrink became a U.S. Forest Service firefighter at the age of 16 as part of a program to support low-income teens, and she “instantly got the fire bug.” But when she lost her best friend to a Colorado fire in 1994, something changed for her. She transitioned to working on occupational health and safety for the service and kept following her heart and her passion until she found herself at the University of Massachusetts taking the Mindfulness-Based Stress Reduction training created by Jon Kabat-Zinn, the father of American mindfulness research. “It was transformational,” says Reugebrink, who brought it back to her work with employees of the U.S. Forest Service across the U.S.

Firefighters are “constantly under stress,” she says. “You are making quick decisions when a flame front is running up the ridge from you, or you are calling for an air-tanker drop. And you can actually take a pause and reset yourself in the midst of chaos.”

She sees the benefit in all areas of the job. “We have a very important mission in which we are taking care of our environment and our headwaters. It’s

a beautiful gift to be fully awake for that and to create a healthy work environment for our employees so they can thrive.”

And it’s catching on. There are already 500 people on the waiting list for Reugebrink’s fall session—which hasn’t even been announced yet.

Equipping soldiers for life after war

Half a world away, Maj. Gen. Walter Piatt brings mindfulness to his mission as the deputy commander for the Combined Joint Task Force, overseeing coalition operations in Iraq and along the Iraq-Syria border. “When you have to make the determination to use lethal force, you want to be at your absolute best,” says Piatt. “You have to feel it and deal with it, but you have to not be overwhelmed by it. You need mental clarity. Mindfulness gives me that ability.”

Piatt found his way to mindfulness after realizing that the programs to help soldiers reintegrate into life at home were falling short. “Anyone who deploys in a combat environment suffers from post-traumatic stress,” explains Piatt. “We do reintegration training, we do counseling, but we had been deployed so many times, and we were desperate to get something better so we could get soldiers home complete to their families.”

Then he heard Amishi Jha, a neuroscientist and associate professor of psychology at the University of Miami, speak about our inability to be present under stressful conditions. “It’s like she completely described me,” says Piatt. “I thought: This is something we should try.” He signed his brigade up to participate in one of Jha’s studies.

Jha focuses her research on studies that require intense preparation and are followed by imm



Angela Rose Black is committed to addressing racial disparities in mindfulness research.

Breath 2 Relax App

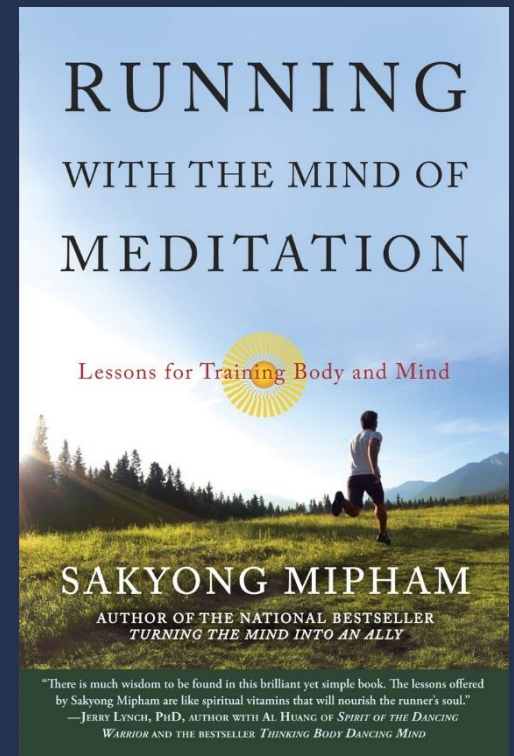
Department of Defense United States of America



Mindful Running

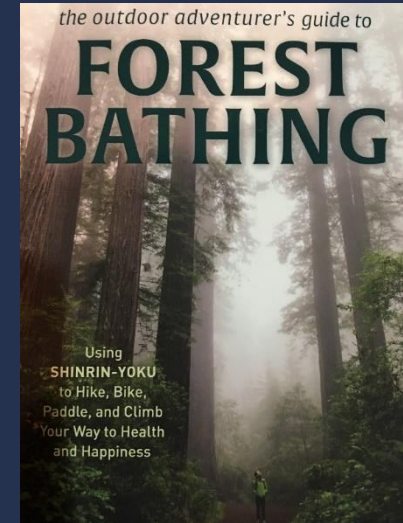


<https://runningwiththemind.com/>





An invitation to Go Out to Nature



Forest Bathing is the practice of taking a short, leisurely visit to a forest for health benefits.

The practice originated in Japan where it is called shinrin-yoku (森林浴).

Visit <https://www.natureandforesttherapy.earth/>

kristina.morgan@usda.gov

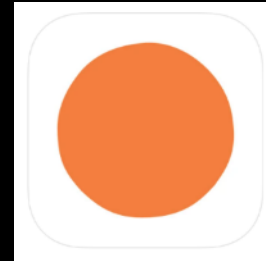
Mindfulness Apps

#1 app for sleep, anxiety and stress:

<https://insighttimer.com/>



Meditation and Sleep Stories App: [Calm](#)



Stress less and relaxing sounds:
[Headspace: Meditation](#)



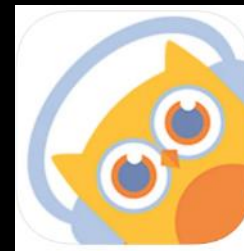
Productive Study and Work Timer: [Forest](#)



Meditation for all ages:
[Smiling Mind](#)



Sesame Street:
[Breathe, Think, Do with Sesame](#)



Enlightening Kids Through Tech:
[DreamyKid](#)

Guided Breaks



Photo by Reugebrink Family Album.

<https://m.youtube.com/channel/UCuqTel4YB1qFCKYzSc-PWBQ/videos>

Guided Reflection

Guided Health Vision

Gratitude is understanding that nothing is owed to us in life; everything we receive is a gift.

- Michelle Reugebrink -



“Mindfulness is simply being aware of what is happening right now without it wishing it were different; enjoying the pleasant without holding on when it changes (which) it will); being with the unpleasant without fear it will always be this way (which it won’t).”

James Baraz

Practice

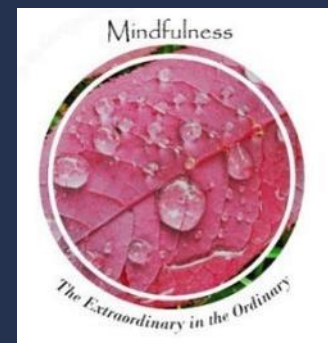
Mindfulness is not a tool to be brought out when needed, it is a way of being and to be cultivated daily regardless of current conditions.



Mindfulness = LOVE



Mindfulness-Based Stress Reduction (MBSR) Series and Upcoming Webinars



Summer MBSR series starts June 13, 2022
(Email michelle.reugebrink@usda.gov to sign up)



April 28, 2022, Mindful Leadership: Helping You Lead Effectively and Improve Your Team's Performance



May 5, 2022, Brain Health Tool Kit: Ensuring Physical, Mental and Emotional Comfort in the Workplace



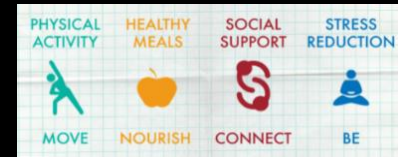
May 19, 2022, Mindfulness-Based Stress Reduction & Resiliency & Personal Effectiveness Panel Discussion



June 16, 2022, The Science of Happiness to Excel and Reach Your Full Potential



Thank You



Check it out for yourself. Don't take my or anyone else's word for it.

Me + We = MWE

Michelle Reugebrink

Email: Michelle.Reugebrink@usda.gov

Phone: 530-906-0917



Michelle Reugebrink & Jon Kabat-Zinn

To learn more, visit the website [Mindfulness & Resiliency](https://usdagcc.sharepoint.com/sites/fs-cr-mhw/SitePages/Home-Page)
[https://usdagcc.sharepoint.com/sites/fs-cr-mhw/SitePages/Home-Page.](https://usdagcc.sharepoint.com/sites/fs-cr-mhw/SitePages/Home-Page)

or <http://fsweb.wo.fs.fed.us/wepo/eas.php>