Northern Rockies Dispatcher Workshop

Mindfulness

Michelle Reugebrink
April 27, 2022
“We don’t see things as they are. We see them as we are.”

Anais Nin
Road map for this session

- Mindfulness “Emotional Intelligence”
- The Science of Mindfulness
- Mindfulness Practice throughout
Guided Reflection

Mindfulness Moment

This is all about “You”!

Photo Reugebrink Family Album
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

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
Latest Research

Human beings our attention is 8 seconds

We used to be 12 seconds

A goldfish is 9
“First thing to get out of prison is to realize you are in prison.”
5 Ways to Organize Your Phone to Unhijack Your Mind

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

www.goeatrightnow.com

promo code online for 25% off: HPHCERN
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

• 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."

- Bill Duane
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
Mindfulness Leadership

The Mind of the Leader
How to Lead Yourself, Your People, and Your Organization for Extraordinary Results
Rasmus Hougaard
Jacqueline Carter

Discover Your True North
Becoming an Authentic Leader
Bill George
Expanded and Updated Edition

Foreword by Arne Sorenson
President and CEO, Marriott International

Foreword by David Gergen
Bestselling Author of Authentic Leadership
A few other resources
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.
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 meditating fire, 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.”

So he signed his brigade up to participate in one of Jha’s studies. Jha focuses her research on interventions that require intense preparation or special training, followed by immediate application. The results thus far have been promising.
Breath 2 Relax App
Department of Defense United States of America
Mindful Running

https://runningwiththemind.com/

RUNNING WITH THE MIND OF MEDITATION
Lessons for Training Body and Mind

SAKYONG MIPHAM
Author of the National Bestseller Turn the Mind into an Ally

“There is much wisdom to be found in this brilliant yet simple book. The lessons offered by Sakyong Mipham are like spiritual vitamins that will nourish the runner’s soul.”
—John Jastrzembski, PhD, author of A Training of the Heart: Warrior and the Bestseller Training Body Dancing Mind
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/

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Mindfulness Apps

#1 app for sleep, anxiety and stress: https://insighttimer.com/

Meditation and Sleep Stories App: Calm

Productive Study and Work Timer: Forest

Sesame Street: Breathe, Think, Do with Sesame

Stress less and relaxing sounds: Headspace: Meditation

Meditation for all ages: Smiling Mind

Enlightening Kids Through Tech: DreamyKid
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

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Michelle Reugebrink & Jon Kabat-Zinn

To learn more, visit the website Mindfulness & Resiliency
or http://fsweb.wo.fs.fed.us/wepo/eas.php)