Why mindfulness?
Define Mindfulness  
Research  
Application
Define Mindfulness
Beginner’s mind
THE MENTAL BENEFITS OF MINDFULNESS

MINDFULNESS INCREASES BRAIN GYRIFICATION (FOLDING OF BRAIN TISSUE), WHICH ALLOWS THE BRAIN TO PROCESS INFORMATION MORE EFFICIENTLY - PROVIDING A BETTER GRASP ON LIFE’S STRESSORS

- FIGHTS PTSD
- FIGHTS DEPRESSION
- FIGHTS ANXIETY
- FIGHTS MEMORY LOSS
- IMPROVES ACADEMIC PERFORMANCE
- HELPS REGULATE EMOTIONS

(Grossman, et al, 2004; Siegel, 2007)
But why is this so hard?
Attention?
What is mindfulness?

Moment to moment non-judgmental awareness.

- Jon Kabat-Zinn
Mindfulness is NOT...
Mindfulness & Cancer

• Carlson LE, et al., *Psychoneuroendocrinology*. 2004 May;29(4):448-74
History of Mindfulness

1979 Jon Kabat-Zinn

Research

Today
Mindfulness-Based Stress Reduction

Layout of 8-Week MBSR Course

- Class length: 2.5 hours
- Retreat length: half day

RCT of Mindfulness in Active Surveillance
REDEFINE

Reducing Emotional Distress, Enhancing Function and Improving Network Engagement in Adolescent and Young Adult Oncology
When it comes to cancer, we all know the usual suspects are...

Rumination

Uncertainty

Worry
Qualitative Quotes: 12 Months

- Increased Emotion-Regulation

*I slow down more often and think of the fact that there is a stressful moment occurring. I react more slowly to situations; I think before acting, life's space is more even.*

*I now meditate more and try to keep a clear head and quit worrying a lot about what I can't change.*

*I have more of an attitude of letting be, of seeing with a certain perspective what I had considered negative before.*
Applying Mindfulness to our Personal Life
Applying Mindfulness to Relationships
Emotional Reactivity
what does being kind to yourself look like?
i am enough.
I live & love with my wholeheart
TRUE NORTH TREKS
Young Adult Cancer Survivors Charting A New Course

www.truenorthtreks.org
Presently Recruiting for Study

MINDFULNESS CLASSES STARTING SOON

Ages: 18-39 Diagnosed with Cancer

Contact: evelyn.cordero@northwestern.edu
Thank you

CARLY MALETICH
carlymaletich@northwestern.edu