

Be Here Now

Self-Care During a Pandemic

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Prince, Prince & The Revolution. Lyrics to "Let's Go Crazy." NPG Records, 1984

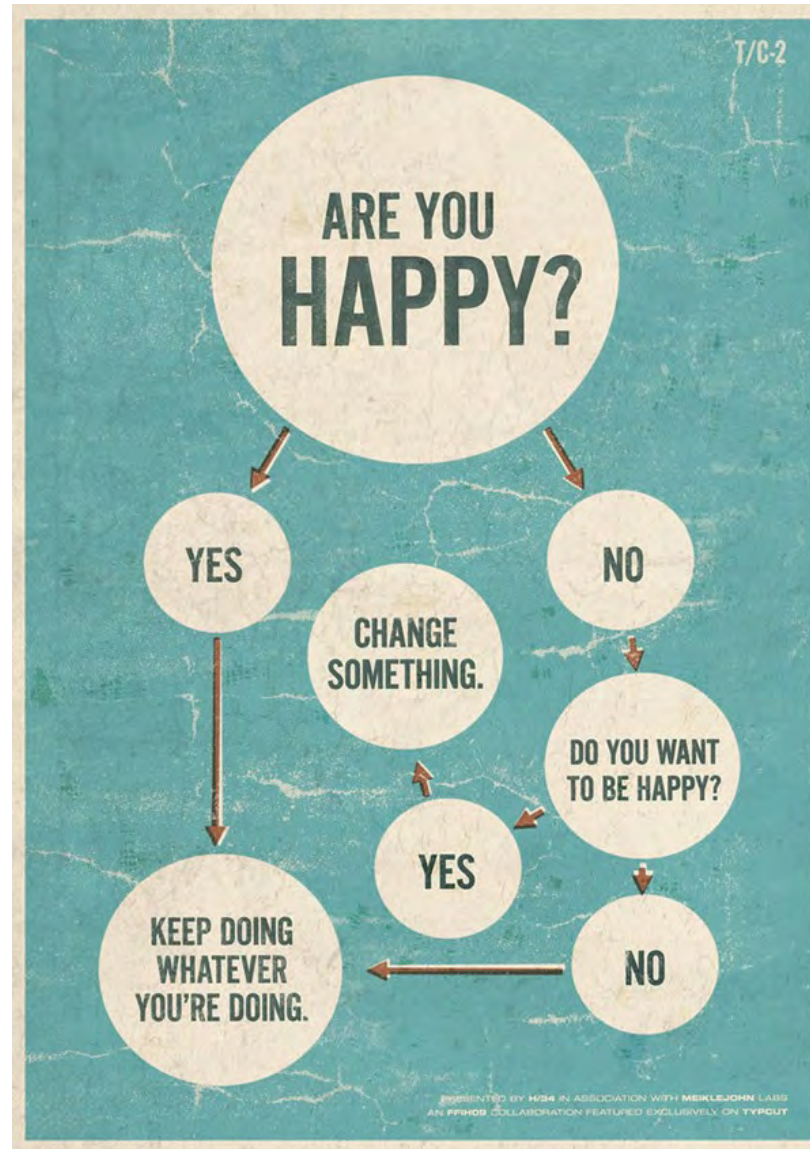
Delta Airlines Safety Card Safety Video (2019)



bag doesn't inflate be sure to adjust your own mask before helping others

2:29 / 3:52





NATIONAL BESTSELLER

Stumbling on
HAPPINESS

"If you have even the slightest curiosity about
the human condition, you ought to read it. Trust me."
—MALCOLM GLADWELL, AUTHOR OF *BLINK*



DANIEL GILBERT

New York: Vintage Books, 2005

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MENTAL HEALTH & ADDICTION CARE

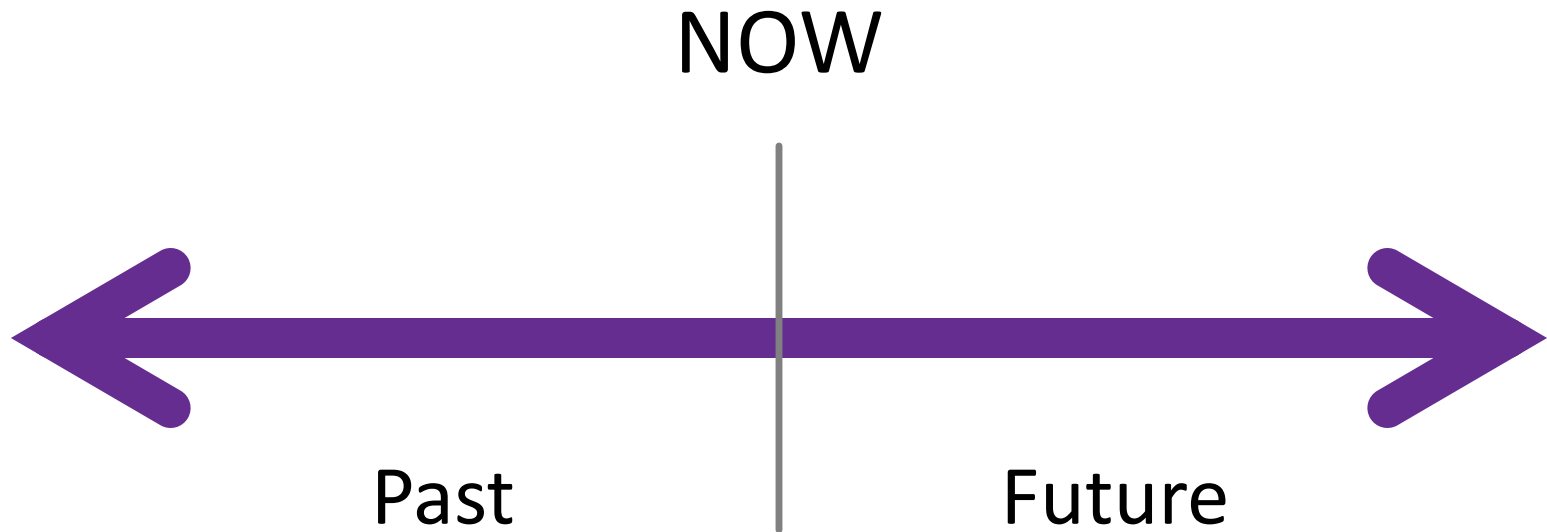
Confused

Most of us spend so much of our lives turning rudders and hoisting sails, only to find that Shangri-la isn't what and where we thought it would be.

▶ *Daniel Gilbert*



Psychological Time



Now

Nothing ever happened in the past;
it happened in the Now.

Nothing will ever happen in the future;
it will happen in the Now.

▶ *Eckhart Tolle*

Dissatisfied

When we aren't present, it makes us feel vaguely and persistently dissatisfied. This sense of dissatisfaction, of a gap between us and everything and everyone else, is the essential problem of human life.

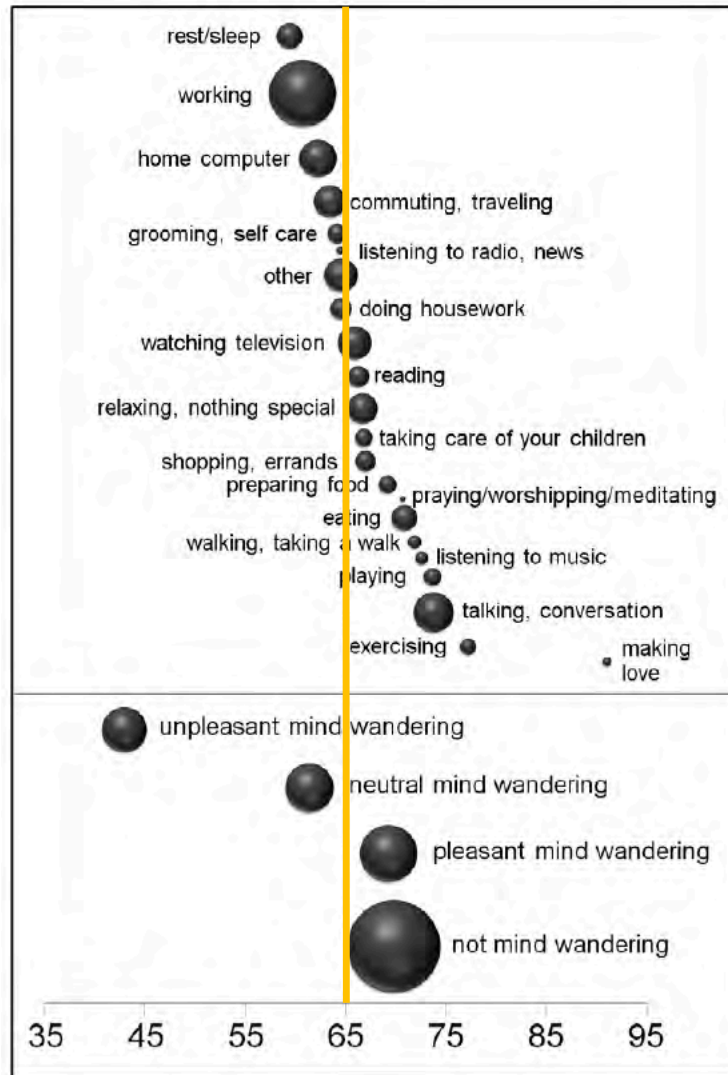
▶ *Jan Chozen Bays*

Brilliant Study

- Real time, real world, experience sampling
- N = 2,250
- Randomly pinged via iPhone
 - “How are you feeling right now?” (0 to 100 scale)
 - “What are you doing right now” (22 options)
 - “Are you thinking about something other than what you’re currently doing?”

Mind Wandering

- Occurred in 46.9% of samples
- Occurred in at least 30% of every activity except sex



Conclusions

- “ People’s minds wandered frequently, regardless of what they were doing
- “ The nature of people’s activities had only a modest impact on whether their minds wandered and had almost no impact on the pleasantness of the topics to which their minds wandered
- “ People were less happy when their minds were wandering than when they were not
- “ What people were thinking was a better predictor of their happiness than what they were doing ”

Wandering = Unhappy

“ A human mind is a wandering mind, and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost ”



Sign in

What makes you happy?

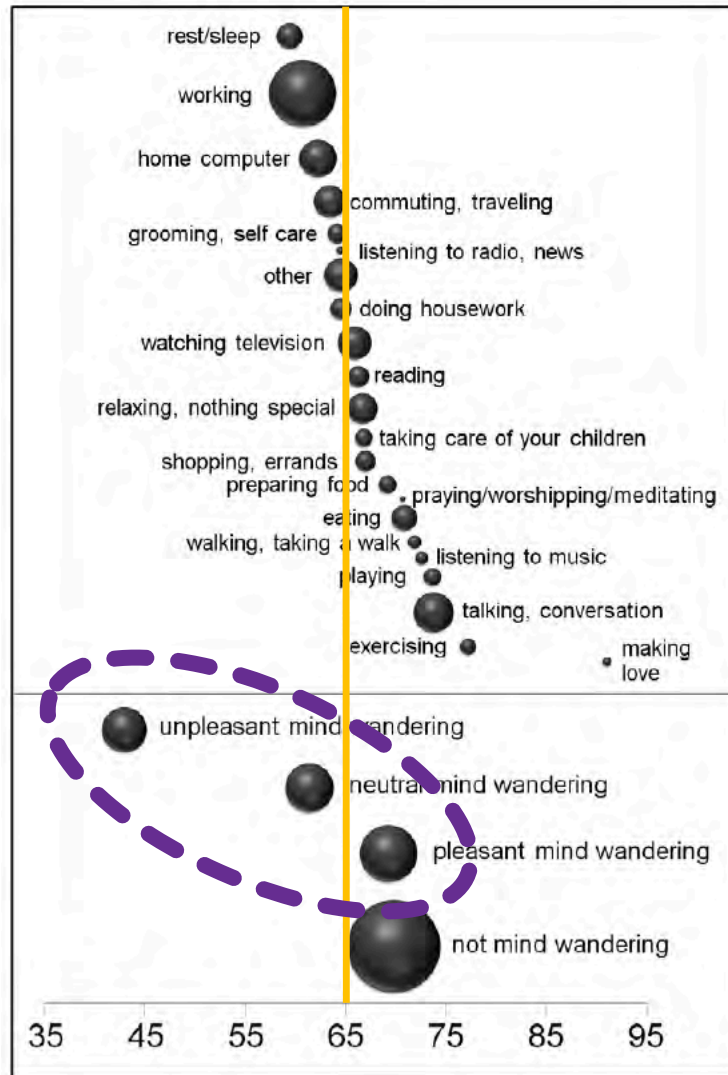
Track Your Happiness is a scientific research project that investigates what makes life worth living.

Using this app, you'll be able to track your happiness and find out what factors — for you personally — are associated with greater happiness. You'll also contribute to our scientific understanding of happiness.



You answered **Home** the most. On average, you were happiest when you answered **Other, Concert** and least happy when you answered **Vehicle**. Your happiest moment was when you answered **Home** and your least happy moment was when you answered **Work**.

Contact About Privacy



Science 2010;330:932

External Situation

“ You will agree with me that sometimes a person who is in a good external situation in life with enough money and with pleasant surroundings, and without serious trouble, etc., is unhappy and miserable, and on the other hand that a person in very different and even adverse circumstances is often quite the reverse. ”

Events ≠ States

- “ One’s life consists not only of events, but of *states*. States are inner and events are outer. ...
- “ Now one’s inner state may correspond to an external event, or may be caused by it or may have no relation to it. ...
- “ Can you say for certain that when the outer event occurs your inner state corresponds to it? ”

CBT

“ What people were thinking was a better predictor of their happiness than what they were doing ”

Epictetus

“ It isn't the things themselves that disturb people, but the judgements that they form about them. ”

Shakespeare

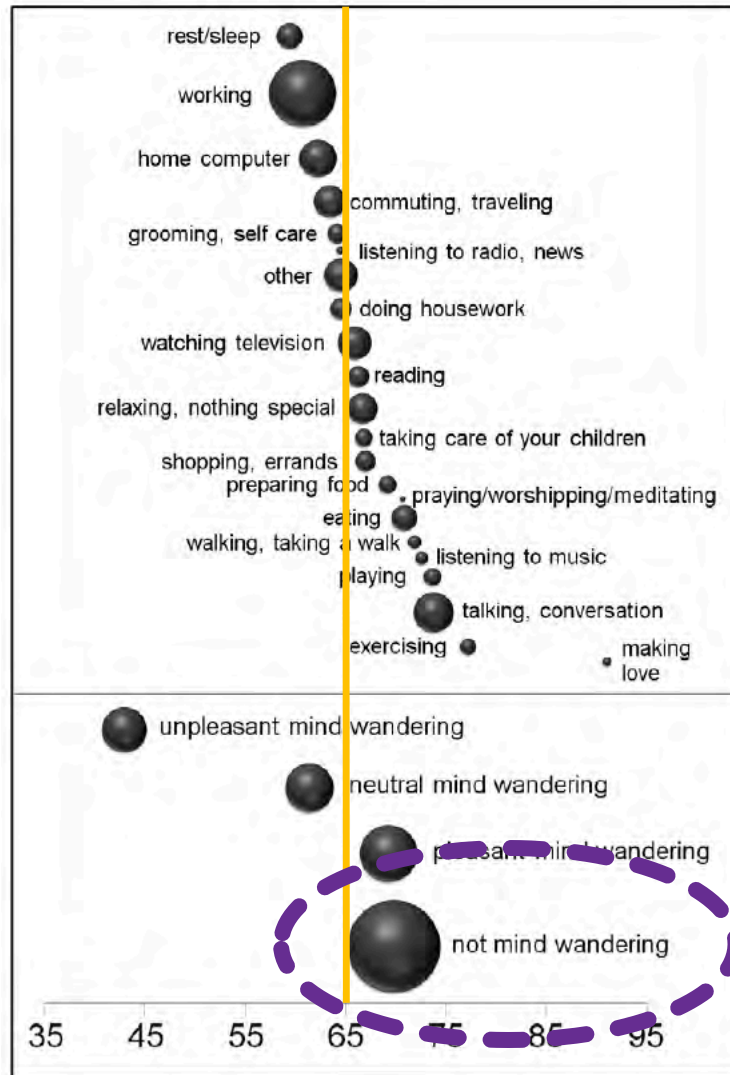
“ For there is nothing either good or bad, but thinking makes it so. ”

John Milton

“ The mind is its own place, and in it self
Can make a Heav'n of Hell, a Hell of Heav'n. ”

Marcus Aurelius Antonius

“ It is possible to form no opinion on this matter and not be troubled in one’s mind; for things themselves are not of such a nature that they can create judgements within us. ”



Mindfulness

Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally.

▶ *Jon Kabat-Zinn*

Mindfulness

We drop thoughts by temporarily withdrawing energy from the thinking function of the mind and redirecting it to the awareness function of the mind. This deliberate infusion of awareness is the essence of mindfulness.

▶ *Jan Chozen Bays*

Mindfulness

Consciously bringing awareness to your here-and-now experience with openness, interest and receptiveness.

▶ *Russell Harris*

Mindfulness

Mindfulness is a mental mode of being engaged in the present moment without evaluating or emotionally reacting to it.

▶ *Amishi Jha*

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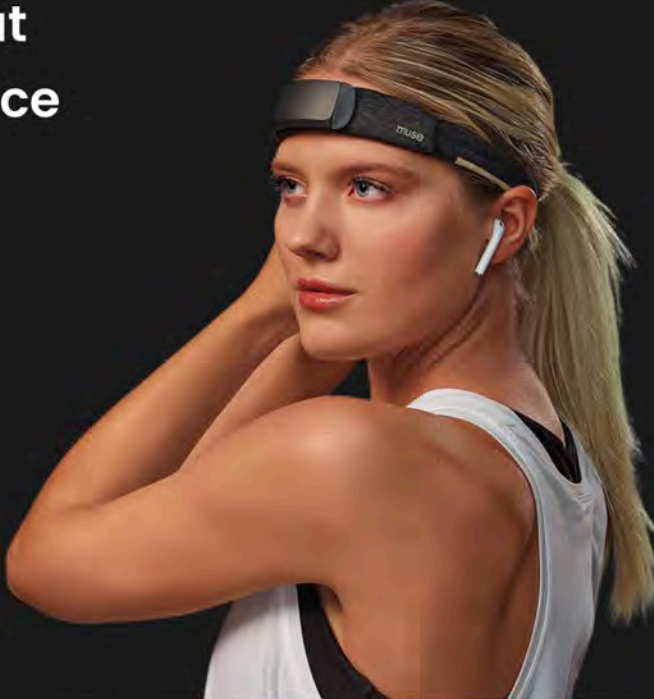
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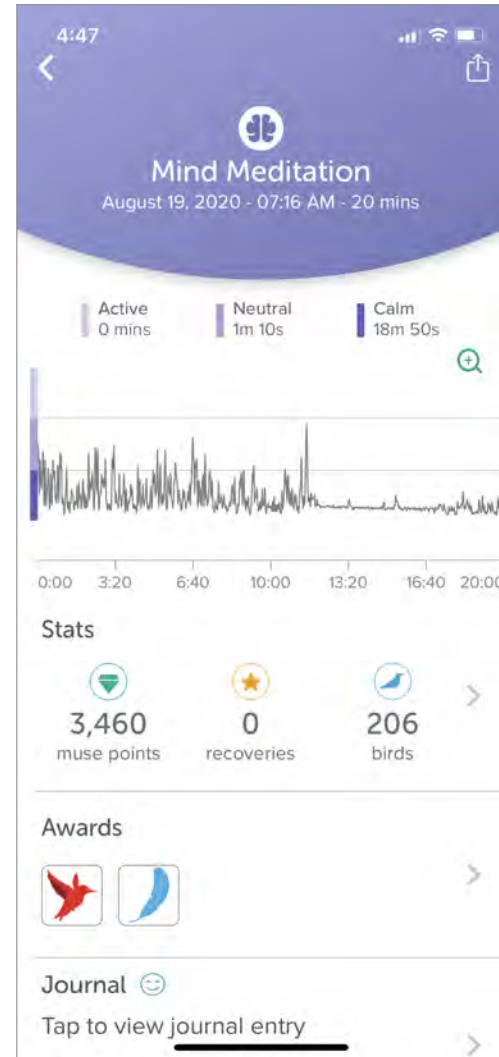
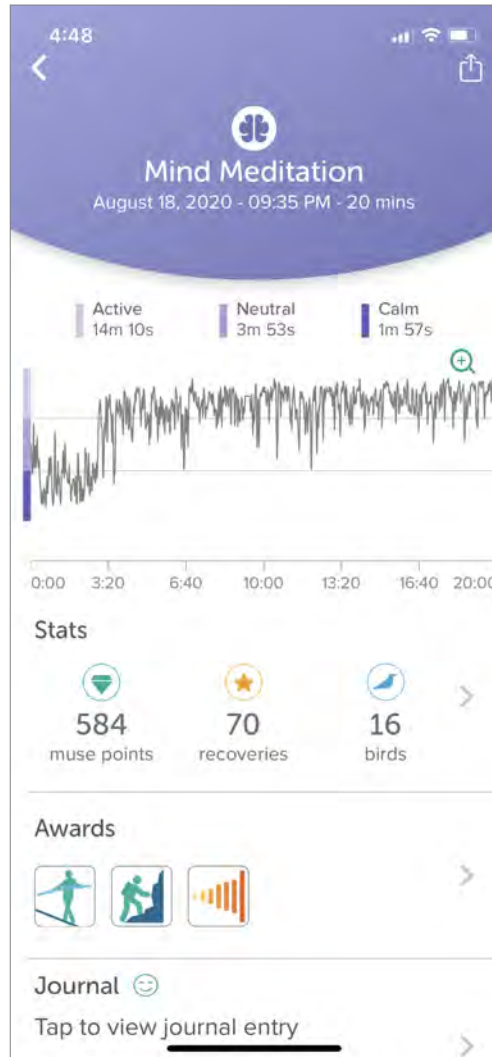
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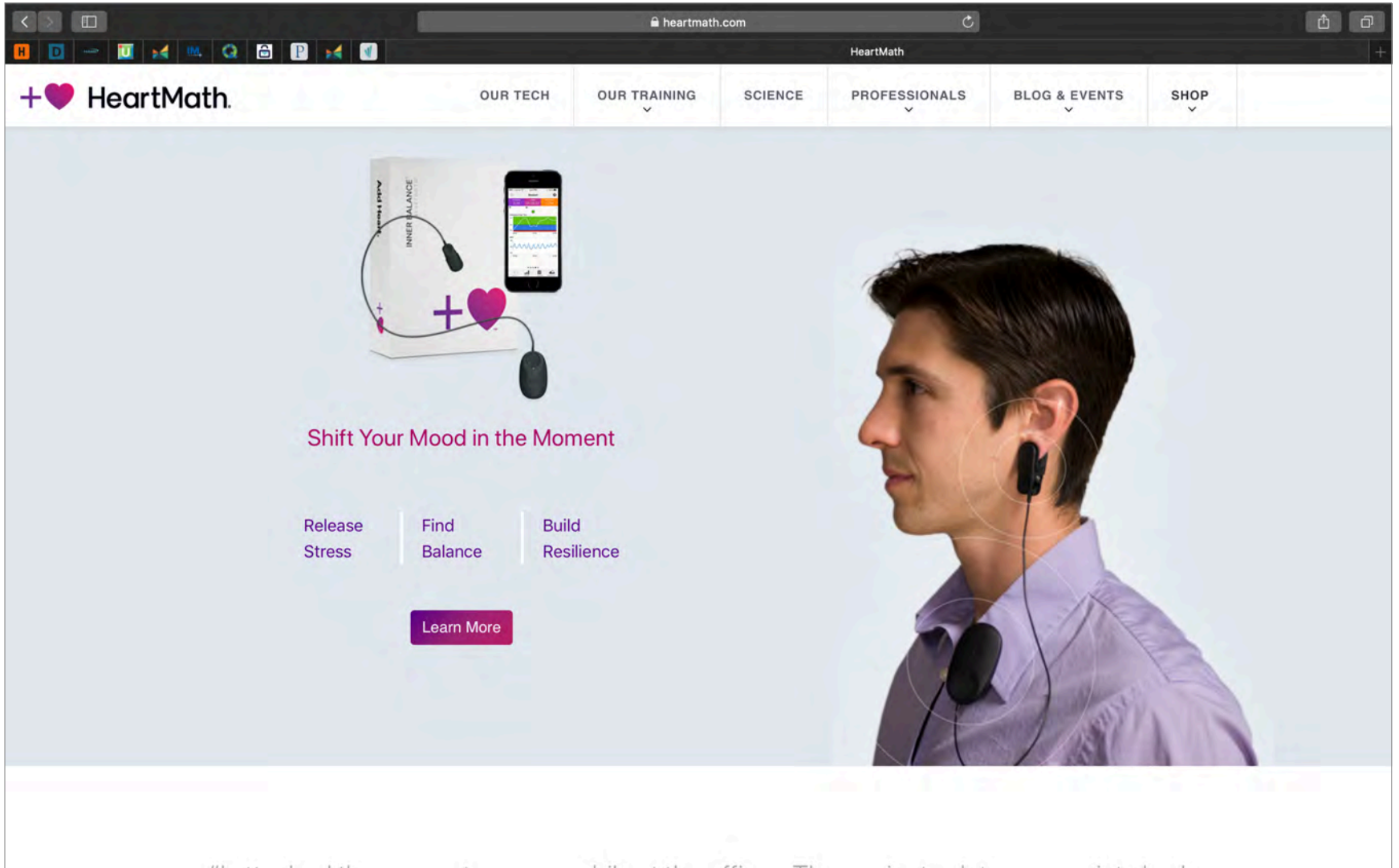
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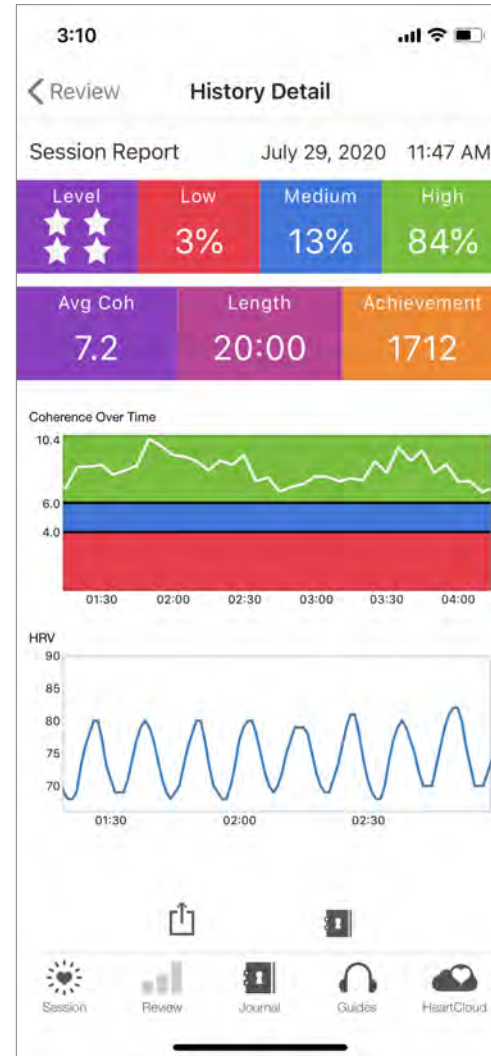
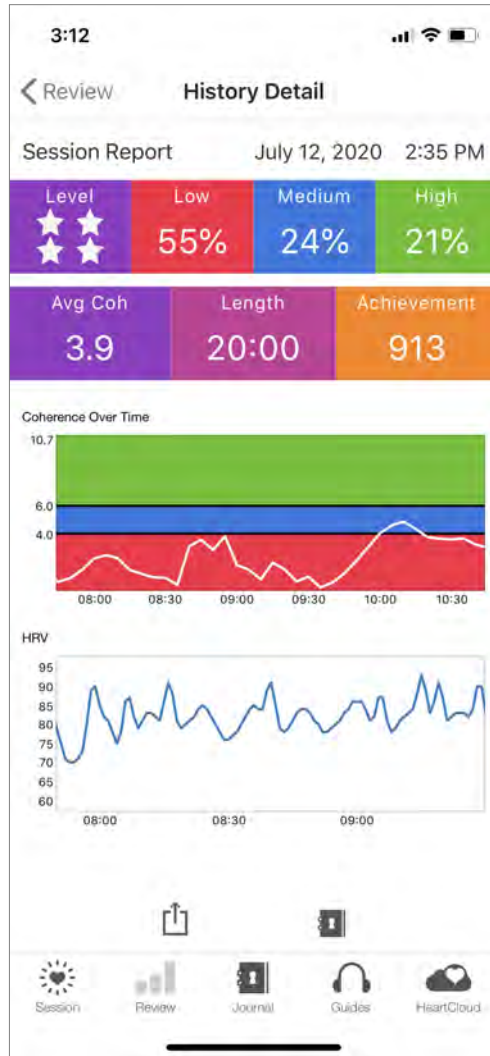
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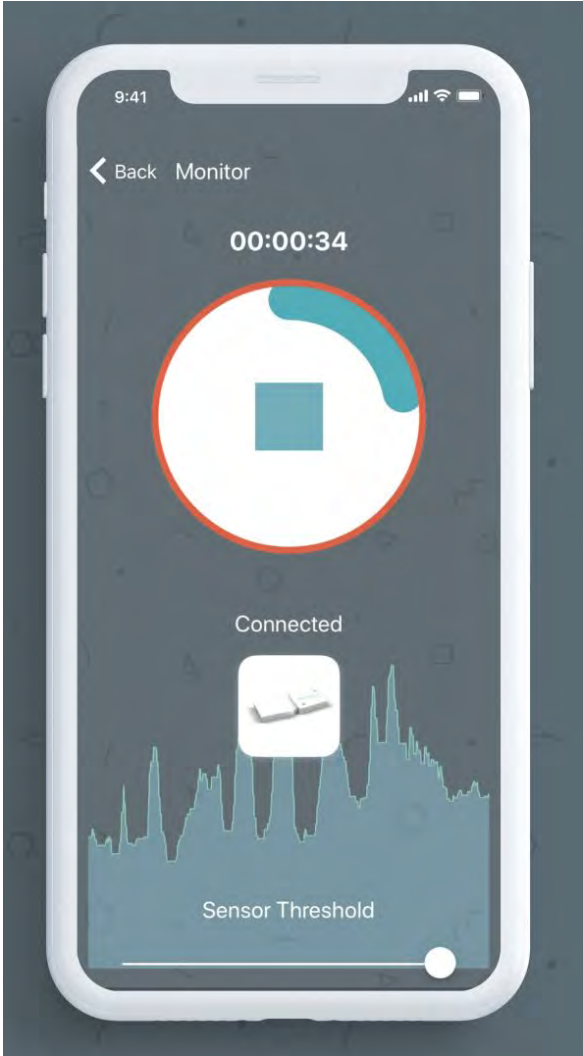






Biofeedback Sensor





SOLAR

- Stop and sit
- Observe (pause, breath and feel exactly what arises in your experience)
- Let it be (let everything be as it is without reacting to it or trying to change any of it)
- And
- Return to the present moment (return repeatedly to your breathing if distracted)

Flow

A person in flow is completely focused. There is no space in consciousness for distracting thoughts, irrelevant feelings. Self-consciousness disappears, yet one feels stronger than usual. The sense of time is distorted: hours seem to pass by in minutes.

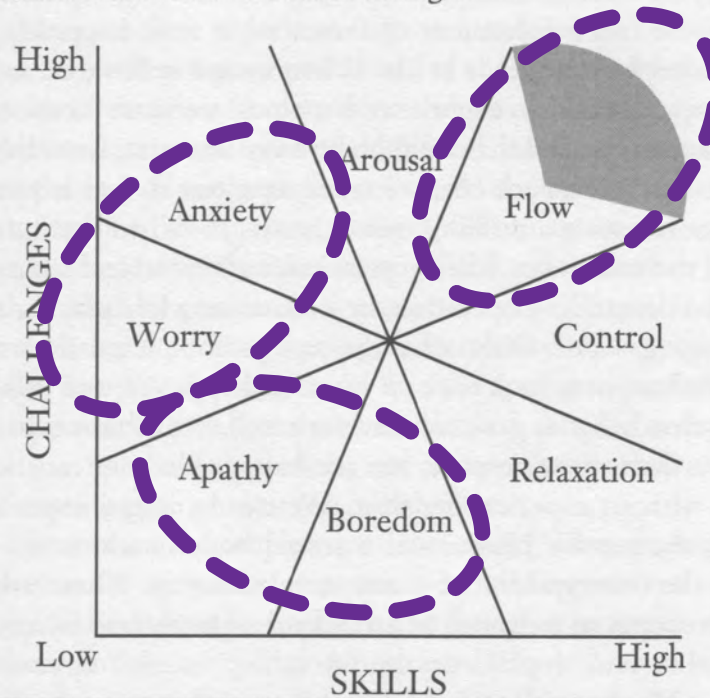
▶ *Mihaly Csikszentmihalyi*

Flow

- Clear set of goals that require appropriate responses
- Immediate feedback
- Skills are fully involved in overcoming a challenge that is just about manageable
- The point of the activity is the activity, not some outcome contingent on the activity

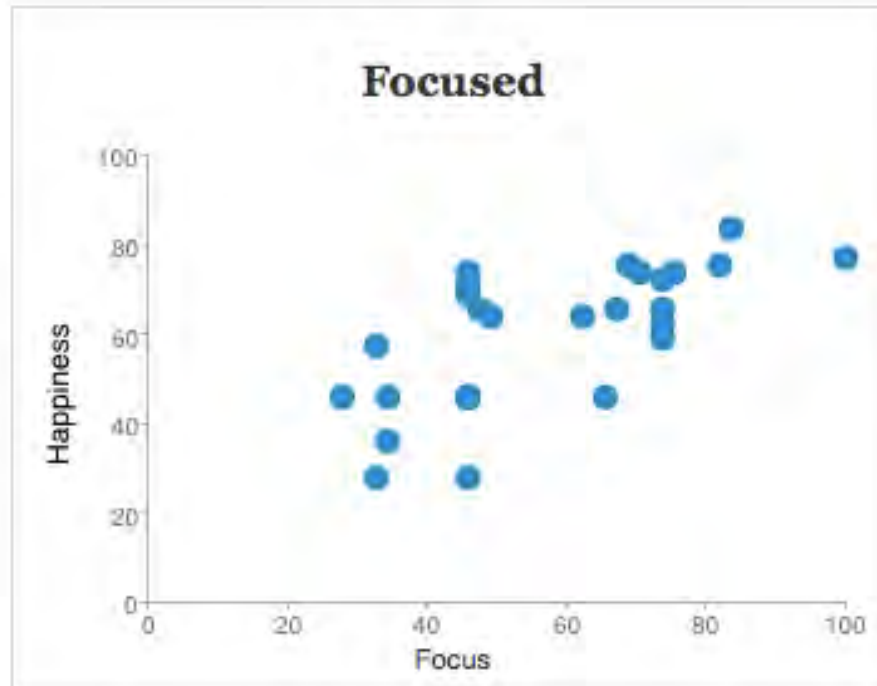
Figure 1

The quality of experience as a function of the relationship between challenges and skills. Optimal experience, or flow, occurs when both variables are high.



Sources: Adapted from Massimini & Carli 1988; Csikszentmihalyi 1990.

True For Me



Problem

Your life situation may be full of problems—most life situations are—but find out if you have any problem at this moment. Not tomorrow or in ten minutes, but now. Do you have a problem now?

▶ *Eckhart Tolle*

Three Options

If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally.

▶ *Eckhart Tolle*

Acceptance Was the Answer

When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at that moment.

▶ *Anonymous*

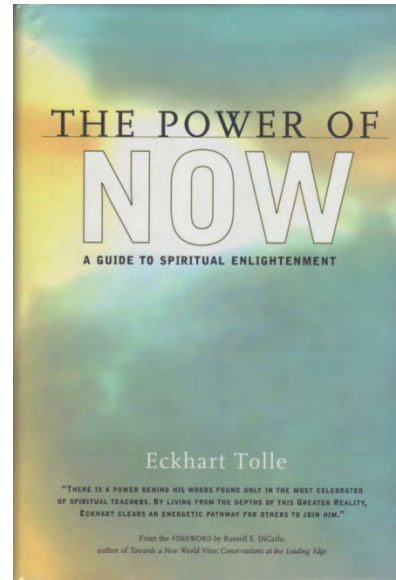
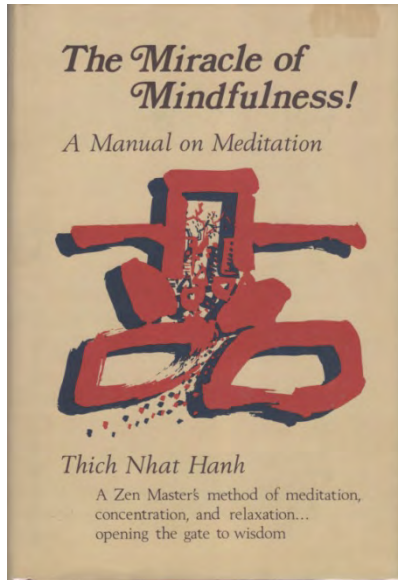
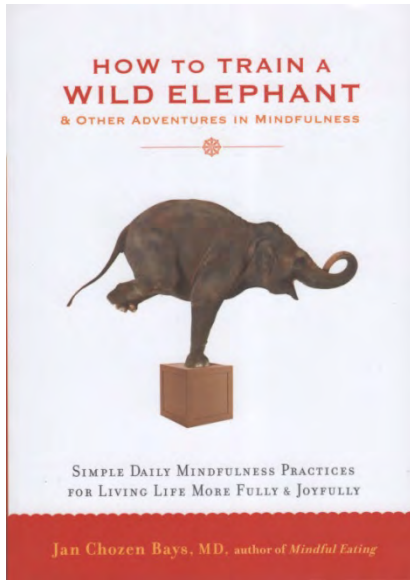
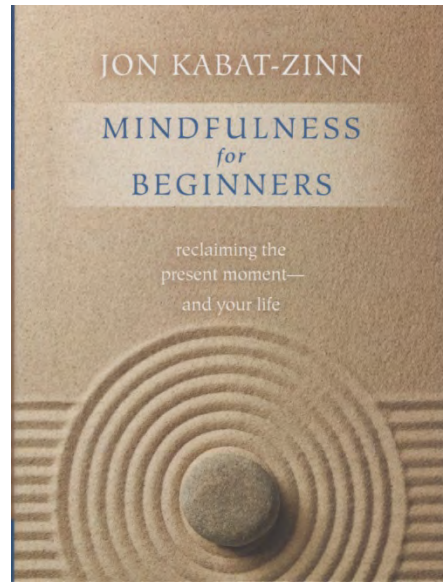
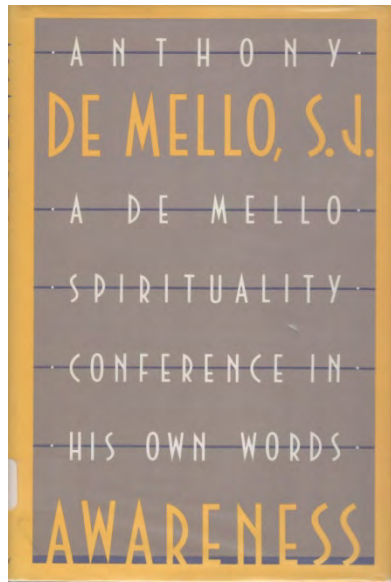
Not

Psychological acceptance is not the same as stoicism or rationalized helplessness.

▶ *Steven C. Hayes*

Continuum of Acceptance

1. Deliteralization, that is, the defusion of the derived relations and functions of events from the direct functions of these events
 - See thoughts as what they are, not as what they say they are
2. Emotional or social willingness, that is, the openness to one's own emotions or the experience of being with others
3. Deliberate abandonment of a change agenda in situations in which that agenda does not work
4. Resignation and toleration



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- Board certifications
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Disclosures — 2

- Industry affiliations/income (pharmaceutical, medical device)
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- Off-label and investigational uses of medications
 - Will always be disclosed