Mindfulness workshop

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Workshop Format

- Sharing of what we do now for chronic dizziness
- Mindfulness: what is it?
- How I used mindfulness (with Deb3!)

- Discussion as to whether you could use these techniques

- *Anything that you want to cover in particular?*

Remember Deb3?

- Vestibular neuritis…

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Management of PPPD
What do you do?

Management of PPPD +/- anxiety/ vestibular concussion

- Limited evidence, but this suggests combination of:
  - Medication- SSRI/SNRI
  - Psychological: Mindfulness /CBT/ACT
    + life style changes
  - VR (habituation)

Popkirov S et al. (2018) Treatment of Persistent Postural-Perceptual Dizziness (PPPD) and Related Disorders. Curr Treat Options Neurol. 20(12):50.

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2. Education
3. Goal setting/values
1. History
4. Written patient information
5. Medication
SSRI/SNRI/Migraine prophylaxis (if needed)

Rehabilitation for PPPD and other persistent dizziness

Don't rush in with VR initially!

6.
Grounding, breathing and relaxation
Basic mindfulness and CBT Strategies
Dizziness and
Thought diaries
Pacing
Mindful movement and yoga
Habituation and postural exercises

Dizziness **≠threat!**
Live well with…

7.
Advanced psychological (CBT, ACT, full mindfulness course)

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What is mindfulness?

Led meditation

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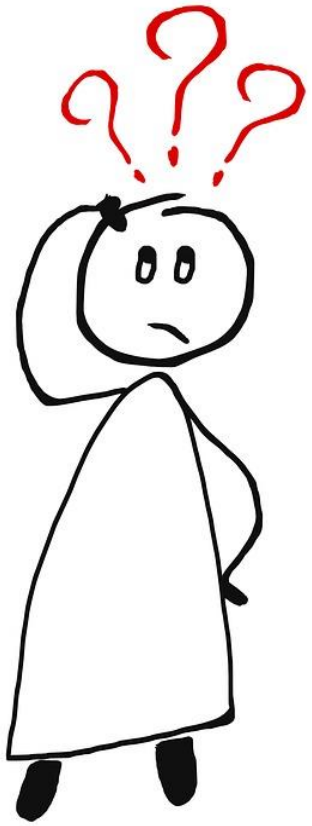
So what did you notice?

In your body?

How were you breathing?



In your thoughts?
What were you thinking?

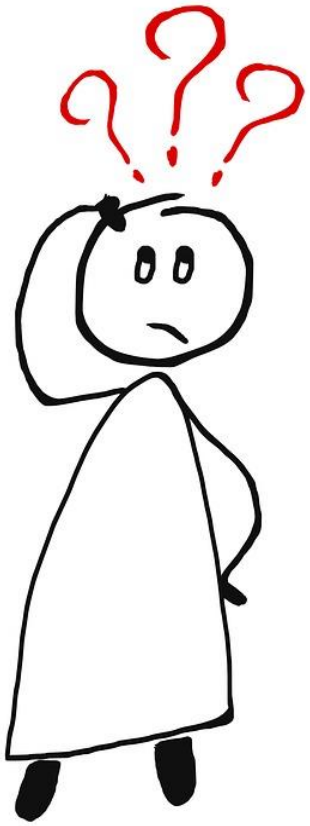
What did you hear?

Did your mind wonder? If so could you return to the breath

What did you notice?

In your body?
Calm and relaxed
Tension or stiffness

How were you breathing?
Slow deep and smooth
Shallow or anxious

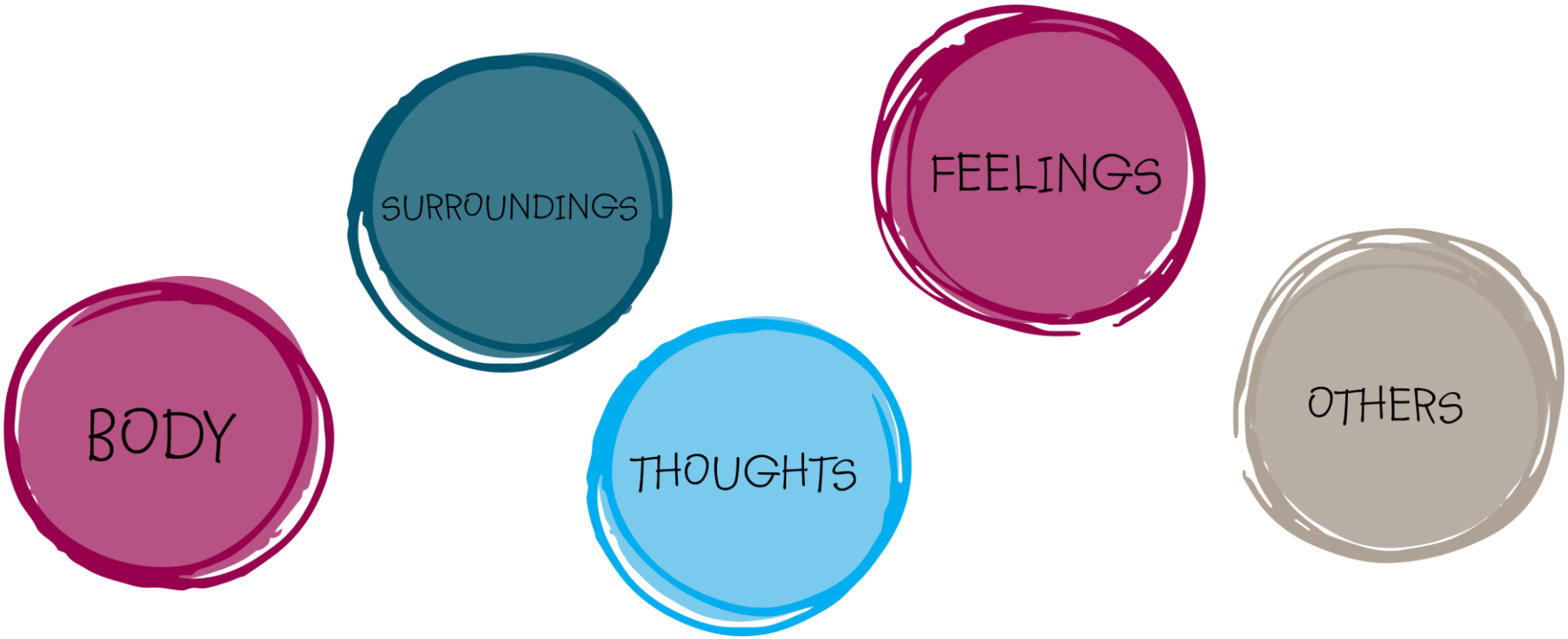


In your thoughts?
What were you thinking?
Calm peaceful mind
Repetitive or negative

What did you hear?
Pleasant or unpleasant sounds

What is mindfulness?

Present moment, non judgemental awareness
(with *non reactance, acceptance and self compassion)*



breathworks

Once we are aware, we can choose how we respond

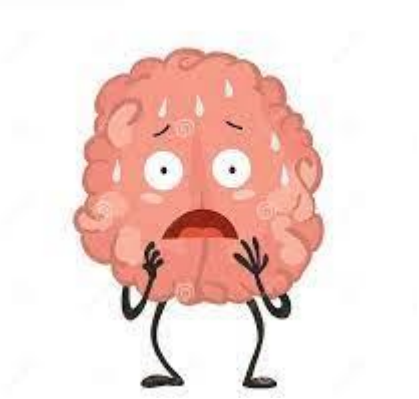
How well do you think Debbie 3 is practising mindfulness?

- Present moment full awareness… are they, what is the focus?
- Observation of or reactance to symptoms?
- Breathing well and relaxed body?
- Non judgemental?
- Active allowing or getting rid?
- Self compassion?

breathworks

Debbie 3…

- **Present moment full awareness**…
  - Worrying about the future, dwelling on how they used to be before the dizziness
- **Observation/**reactance to symptoms
  - Reactance: dizziness = threat- unhelpful (although understandable) behavioral/physiological response
    - Body (tense)
    - Breath (shallow/chest)
    - Thoughts (-ve)
- **Non judgemental?**
  - No! Dizziness = enemy
- **Active allowing or getting rid**
  - Need to get rid/fix..
- **Self compassion?**
  - Bad mother



breathworks

Dizziness in control of my life
I cant move on until the dizziness goes…

- Helpless
- Hopeless
- Scared

Mindfulness for dizziness

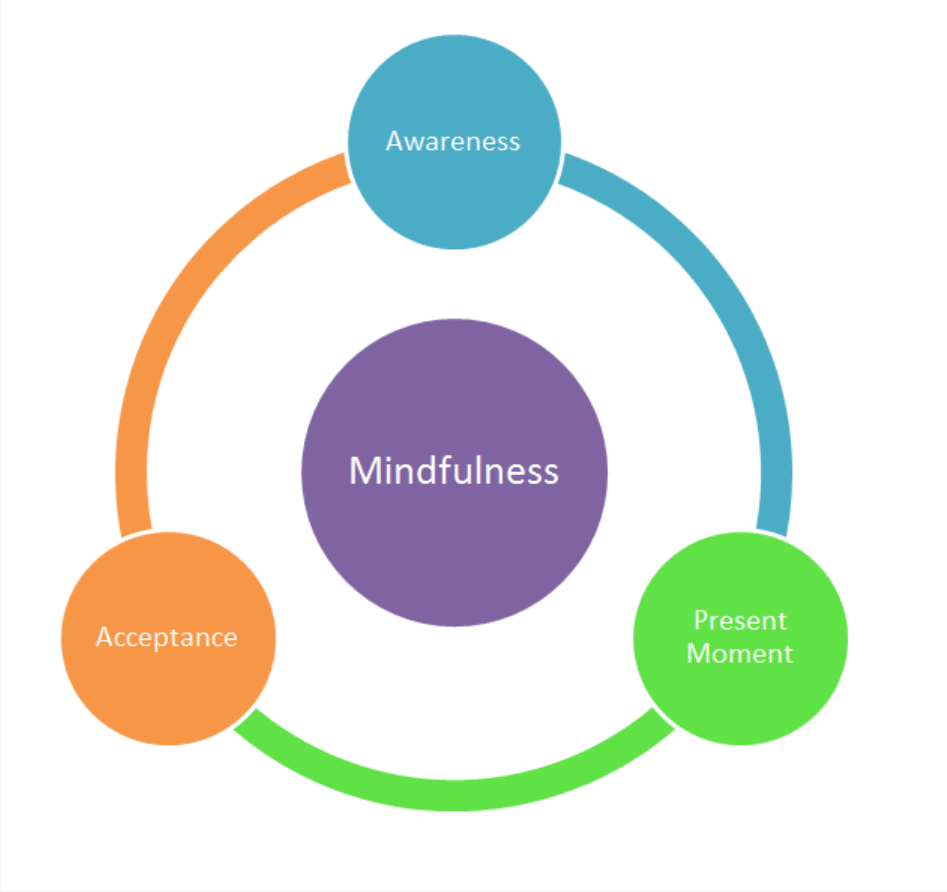
Build a different relationship with dizziness
Regain control.. Stop fighting
Lead life as you want to lead it NOW
Even if in context of continuing symptoms
NOT extinction of symptoms

Mindfulness for chronic dizziness: as *part* of a rehabilitation plan

What aspects of mindfulness may be useful for patients with chronic dizziness?

What techniques could I use in clinic?

How else can I access mindfulness for my patients?



Present moment, non judgemental awareness…

Why not jump in with VR?

- Fight/flight/anxiety/chronic 'stress' increasing symptoms and preventing habituation..
  - VR initially may ↑ SNS
  - Unhelpful behavioural and cognitive responses reinforcing this
  - Distraction techniques only useful in the short term

- Patient need for extinction of all symptoms before patient can 'get on with life'

- ***Unable to expose to provocative stimuli to habituate***
- ***Patient unable to move forwards***

To start: history, explanation of PPPD and way forwards

- What is important?
- ? Use of art
- How do you explain PPPD?
- Do you listen mindfully?

Dizziness and Me

the hidden disability of chronic dizziness expressed through art

I find it very frustrating that not many people know about Ménière's and the effects it has on a person. I would love to see this change so there is better understanding from friends, family and work colleagues"

No-one can see chronic dizziness.
People often report that friends, colleagues, families and loved ones don't understand what they are going through due to the hidden nature of this disability.

Living in fear
Many who experience dizziness fear going out. They worry if they will have another attack of dizziness, whether they will vomit or fall, or if they will be labelled as intoxicated by those who don't understand.

Words are not enough
No matter how many words they use, people still say their symptoms are not fully understood.

www.menieres.org.uk/dizzinessandme

NHS
Manchester University
NHS Foundation Trust

Ménière's Society
for dizziness & balance disorders
Registered charity number: 297246

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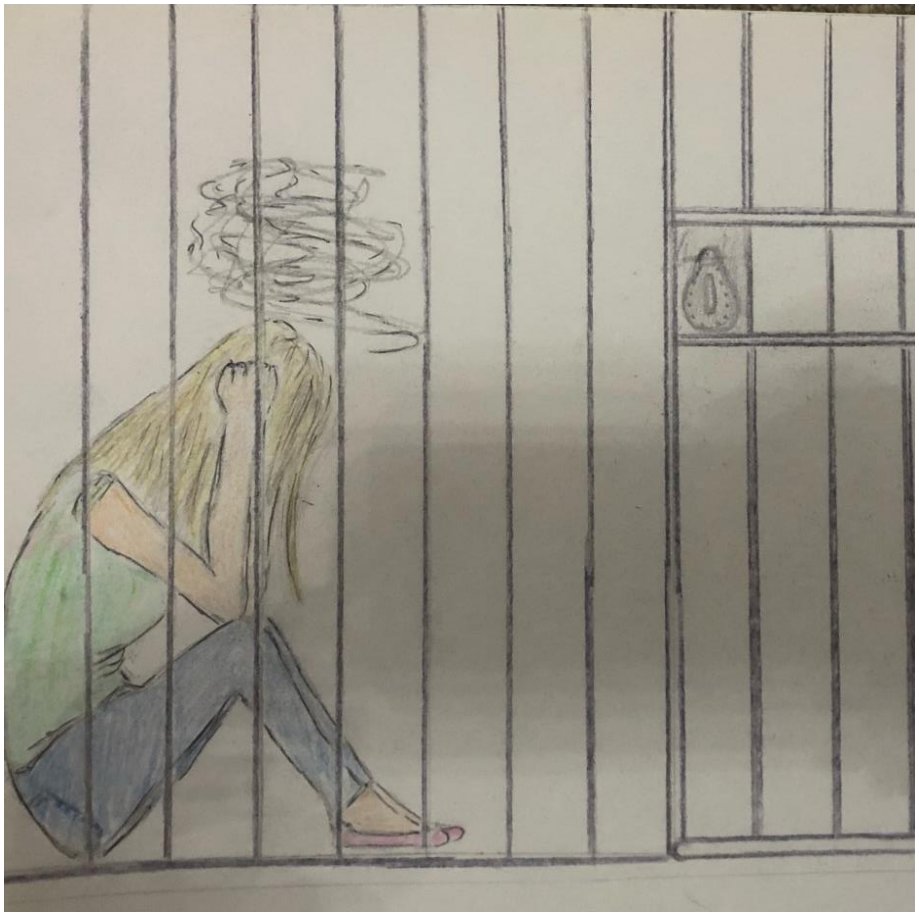
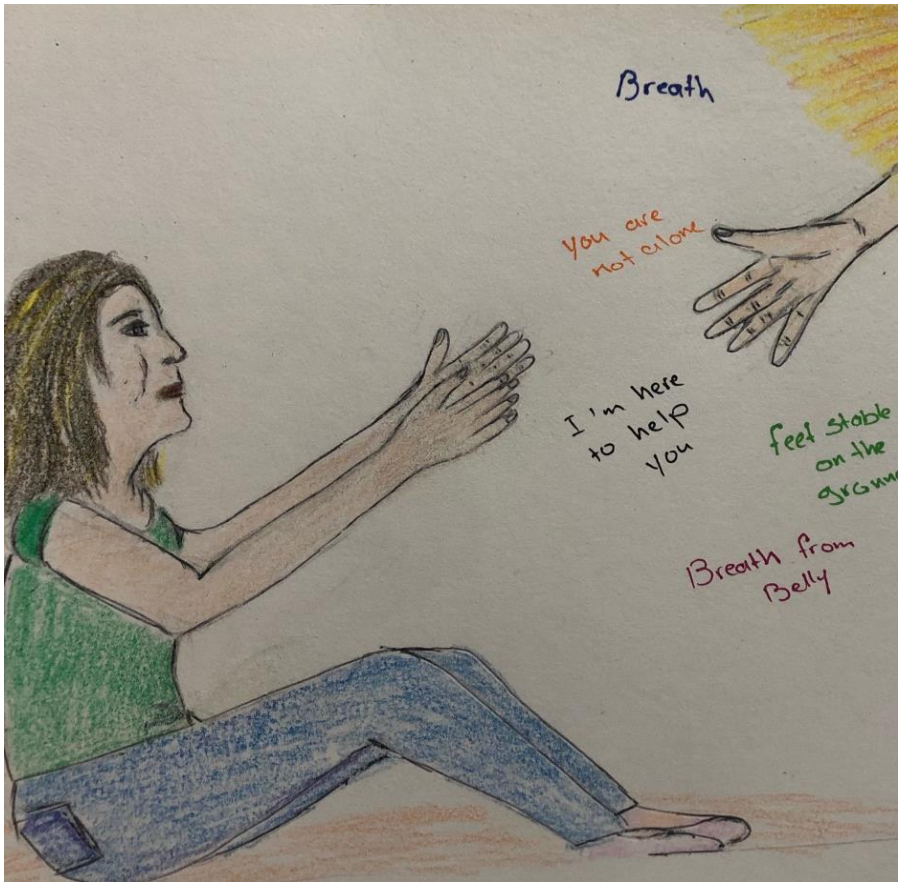
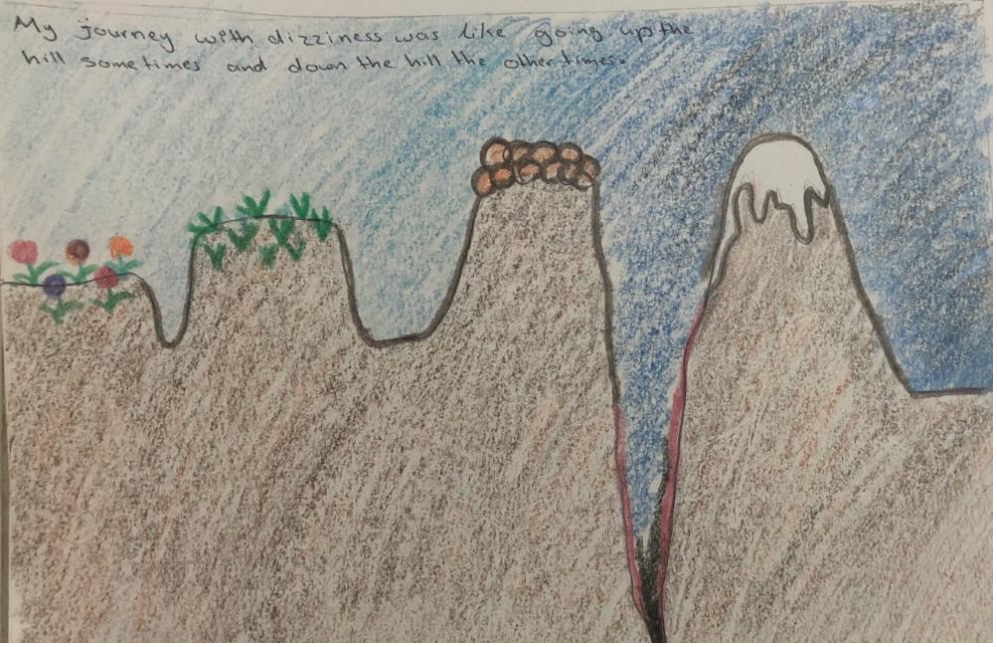
Mindfulness for dizziness and ***Art:***
My journey with dizziness..







Mindfulness for dizziness and ***Art:***

My journey with dizziness.

Encourage grounding and body awareness …

- **Grounding/down weighting**
  - Encourage patient to work out best technique for them

Body scan:
- Awareness of the body
- What is it telling you?

Dizziness and ANXIETY

- Understand how and why anxiety is occurring with symptoms (may need some specific cognitive work)
  - CBT hot cross bun can be useful here…
  - Interoceptive exposure?

- Be aware of when anxiety building and how to deal
- Empower the patient to **build grounding strategies to best manage**

Mindfulness 'for the most, prevented my anxiety attacks, it's helped me immensely in everyday life, how I approach and deal with things in work and family'

Patient experiences

Pacing: avoid boom and bust

Feel better

Over-activity

BOOM

BUST

↑ Dizziness

anxiety

stress

↓ Movement and activity

↑ Neck pain

anxiety

stress

Dizziness

'I will never get better'

Dizziness can become constant

Pacing diary

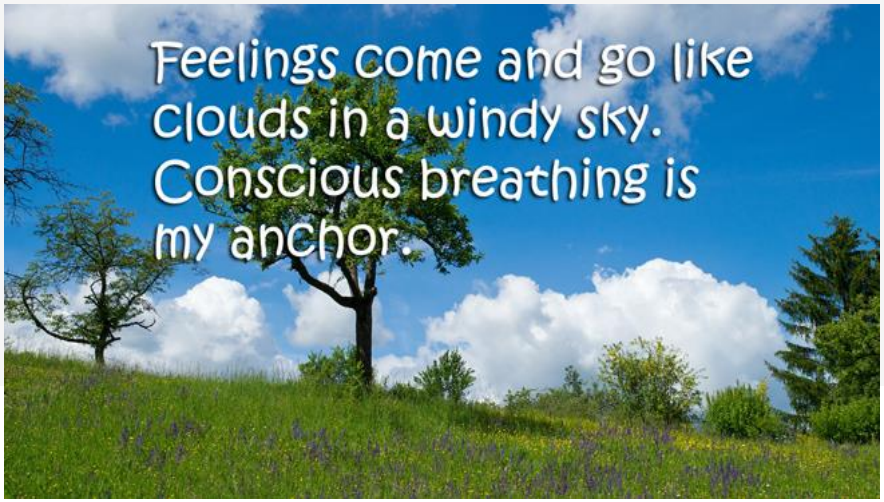
- Get patient to keep one of these and encourage frequent breaks to keep symptoms at a minimum
- Look for patterns and evocated stimuli- pace and build

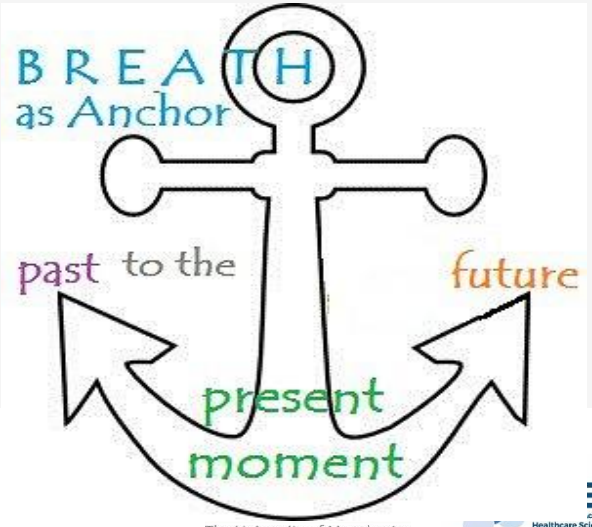
Time	Activity	Time taken	Dizziness at end	Anxiety/stress at end	Change in symptoms

Encourage breath awareness: breathing anchor

- ***Observation*** of breath
- Breath
  - As **anchor** when feeling dizzy/anxious or when consumed by –ve thoughts

- Breathing techniques to stimulate parasympathetic response and ↓ anxiety



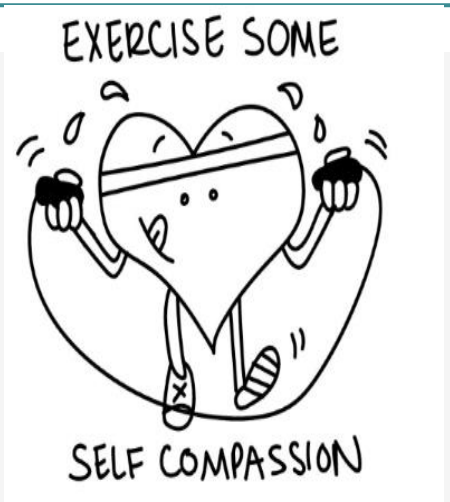


Get them to move! = VR

- ’Control anxiety- via breathing, grounding, gentle movement awareness of response..
- Mindful movement/ Qi gong/yoga
  - Slow movement with the breath- very mild if any evocation of symptoms
  - *Let thoughts, feelings and emotions come and go, try not to react*
- Can help ‘turning towards’ symptoms.. Leading to vr

Self-compassion

- Are they looking after themselves?
  …adequate breaks, rest and time out
  …doing things they enjoy
  …not beating themselves up for being ill
  …treating themselves as they would a friend



- *From 'I feel a failure as a mother'*
- *To: 'I've always beaten myself up and not cared for myself, putting others first. I've learnt to look after myself and the need to be kind to myself too'*

Neff self compassion scale http://self-compassion.org/test-how-self-compassionate-you-are/

Advanced technique: mindfulness of thoughts and emotions

Primary dizziness/suffering
Basic unpleasant symptoms from vestibular disorder including rotatory vertigo, dizziness, light headedness, nausea and vomiting

Emotional response to symptoms (and resistance to it)

Secondary suffering- minds 'reaction' to primary dizziness
Thoughts, feelings and emotions and memories associated with the dizziness e.g. anxiety, stress, anger, worry depression, hopelessness, fatigue and exhaustion. Resistance causes worsening of symptoms *'What you resist, persists'.*

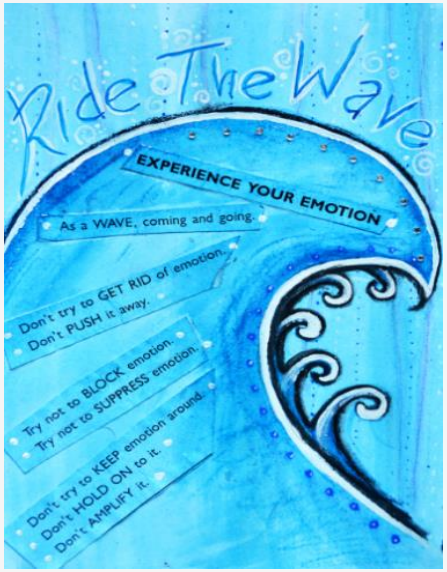
Modified from Burch and Penman: Mindfulness for health

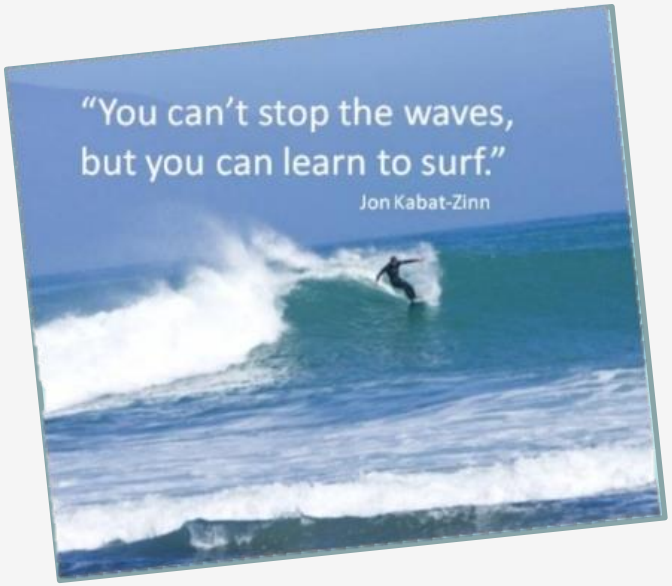
Encourage awareness of thoughts and emotions

- Via **observation of thoughts**

- They do have control over these
  - ‘Not all thoughts are facts’
  - **Challenge thoughts (cbt)** or let pass by (mindfulness)
    - *NB may need some psychological input*
  - **‘What we dwell on we become’**

Advanced technique: Acceptance
'active allowing, softening resistance'





↓ Secondary suffering

"It's accepting them, (the symptoms) even embracing them, and experiencing them, which helps make me feel stronger."

Turning towards symptoms… *slowly without judgement*

- To be curious about symptoms- can they describe them?

- *Be ok with and breathe into symptoms or fear of symptoms returning*

- **Do slowly- anchor of breath if too overwhelming**
  - ***Many patients find they are not dizzy all the time!***

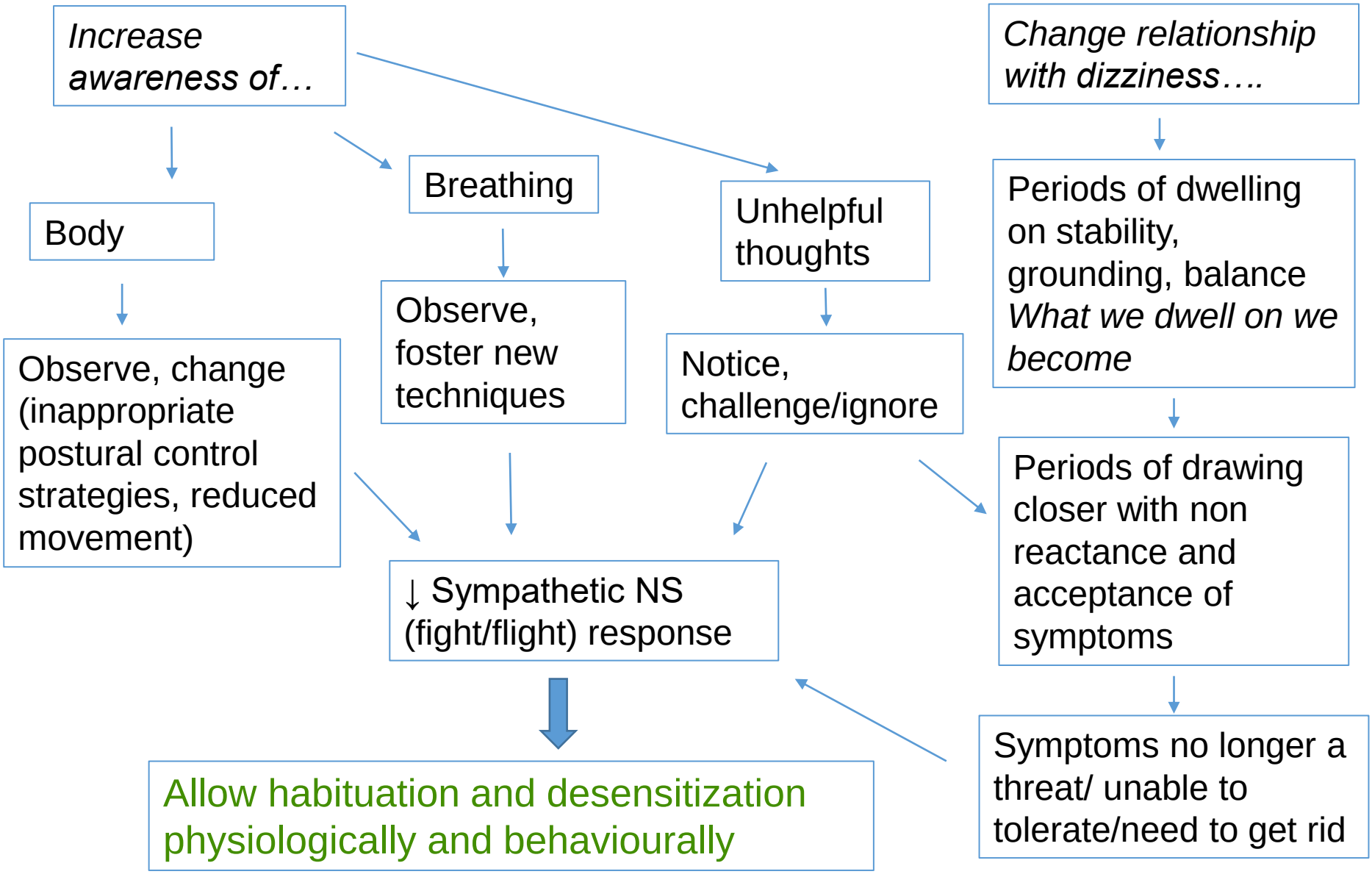
VR.. Once anxiety arousal controlled

- Habituation exercises
  - To visual and motion stimuli
- Sensory reweighting
  - Up-weighting of vestibular input (eyes closed, different surfaces)

- All exercises
  - *With the breath and building slowly*
  - *Patient specific*

- Behavioural aspects:
- Elimination of safety behaviour and avoidance

Could mindfulness techniques?



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What aspects of mindfulness do patients find helpful?

- General meditations promoting awareness (body scan, breath, movement)
- Secondary symptom information and how *'these are normal but can be controlled'*
- *Not all thoughts are facts..*
- Differentiating between dizziness types and formulating strategies as what to do
- Compassionate acceptance- of dizziness and being kind to self
- Getting together in a group/connection*' you are dizzy too? I though I was the only one..'*

Patient comments on mindfulness

*'I feel mindfulness has been **life changing in a positive way**. It has made me more reflective and aware of everything in my life'*

Mindfulness 'helped me take control' rather than *'sit passively'* and provided me with a ***'good insight into how to cope with the condition better'*** *and ability to find 'the positive in the negative.'*

*Mindfulness has helped me focus and stay in / **take control of the panic attacks** I now get as well as the dizziness.*

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What helped Deb3?

- Awareness of body breath and thoughts
- Grounding, breathing anchor, body scan, relaxation techniques, what to do with -ve thoughts
- Pacing
- Turning towards and active allowing
- Self compassion
- Mindful movement, yoga and then VR with help with avoidance behaviour if required

- Debs 2: grounding, breathing to help with VR exercises
- Debs 3: all of these

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So.. Eventually.. Deb 3 ☺

Why not try some mindfulness yourself?!

Mindfulness for clinicians. Don't forget your well being!

https://www.breathworks-mindfulness.org.uk/the-quiet-place
'Calming mindfulness practices for stressed healthcare workers'

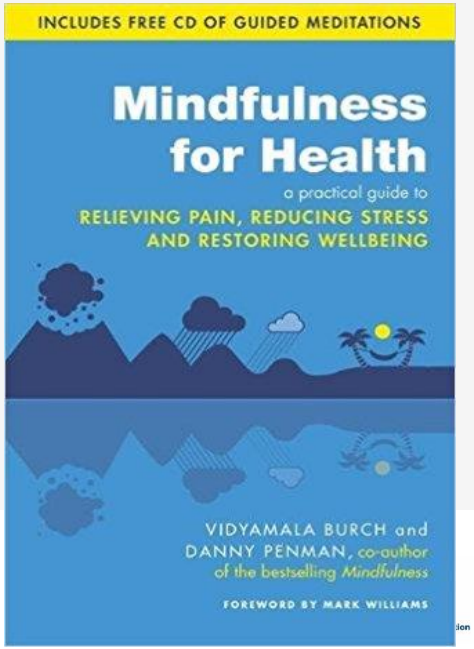
Summary..How can I use mindfulness with my patients?

- More research needed. Mindfulness as part of a MD approach to chronic dizziness? How?

- Use of individual techniques as part of broader rehab plan
- Suggest 8 week formal course. Support through and integrate into rehab plan

- Balance support group with mindfulness theme
- Balance buddies

- Don’t forget your own wellbeing!



Final Discussion

- What do you think?
- How may you incorporate into your rehab?
- Any other questions?

Mindfulness Resources

- https://www.breathworks-mindfulness.org.uk/
- https://www.breathworks-mindfulness.org.uk/breathworks-community-of-practice
- https://www.oxfordmindfulness.org/
- https://www.bangor.ac.uk/mindfulness/

When you next have a coffee: Drink it mindfully!

The coffee meditation

https://www.youtube.com/watch?v=Q_uNJXynIYw

- *Focus on the sensations coming from your coffee.*
- *Notice the warmth, the rising steam.*
- *How does the cup feel in your hand?*
- *When you take a sip, pay attention to the taste, the aroma.*
- *As you swallow, feel the warm liquid.*