



Cognitive Behavioral Therapy (CBT) and Mindfulness

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What is the Evidence for utilizing CBT & Mindfulness for Health Promotion?

Gilmartin, et al., 2017.

- Mindfulness can **promote** mindfulness, quality of life, resiliency, relaxation, satisfaction with life, and can decrease stress, anxiety and burnout symptoms.
- **Promotes** - mindfulness, quality of life, resiliency, relaxation, and satisfaction with life
- **Decreases** - stress, anxiety, and burnout symptoms

Melnyk, et al., 2020.

- Mindfulness and cognitive-behavioral therapy-based interventions are **effective** in reducing stress, anxiety, and depression.
- Brief interventions that incorporate deep breathing and gratitude may be beneficial. Visual triggers, pedometers, and health coaching with texting increased physical activity.

What are the Mechanisms for the Health Effects of CBT & Mindfulness?

- Responding to Stress
- Increased emotional regulation
- Awareness of thoughts
- Control/mastery over thoughts and responses

CBT Practices

- Learning about automatic thoughts
- Cognitive Restructuring, Reframing, and Refuting Irrational Thoughts using the ABC model
- Journaling
- Containment and thought stopping techniques
- Gratitude

CBT Practices

- Learn to identify when you are experiencing a negative, distorted, or irrational thought pattern.
- Select a CBT technique to apply such as reframing.
- When a negative automatic thought occurs, such as "I'm so stupid" apply reframing such as "It is okay to not know everything." Or "I am still learning."



Another example is “People don’t like me. I’m unlikeable.” An example reframe is “People’s actions may not have anything to do with me personally.”

- Keep a journal to record when you experience automatic thoughts and when you apply CBT techniques.
- Notice any shifts in feelings and emotions as you learn to shift your thought patterns.

Mindfulness Practices

- Relaxed breathing
- Guided Visualization
- Progressive Muscle Relaxation
- Loving-kindness meditation
- Mindful eating or movement

Strategies for Implementing Mindfulness

- Commit to a regular time of day for practice
- Start with just a few minutes and gradually work up to longer sessions
- Find a quiet, undisturbed location
- Choose a type of meditation that resonates with you (ex: breathing, loving-kindness, etc.)
- Be kind to yourself and practice without judgment

Mindfulness Practice Debrief

- Share what the mindfulness experience was like for you?

- How might this be used in one’s daily life?

- When might it fit into your routine?



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