

Power of Mindfulness- Relaxation Response Elicited

Carole C K Li

Corporate Clinical Psychologist

Corporate Clinical Psychology Services

Oasis-Centre for Personal Growth and Crisis Intervention



醫院管理局
HOSPITAL
AUTHORITY

A close-up photograph of a vibrant green leaf, showing a detailed network of veins. The central vein is the most prominent, with several secondary veins branching off at an angle. The leaf's surface has a fine, textured appearance. The lighting is soft, highlighting the natural colors and structure of the plant.

Let's experience

A close-up photograph of a vibrant green leaf, showing a detailed network of veins. The central vein is the most prominent, with several secondary veins branching off at an angle. The leaf's surface has a fine, textured appearance. The lighting is bright, highlighting the natural green color and the intricate vein structure.

How's your experience?



Definition of Relaxation Response

"The *Relaxation Response* is
a physical state of deep rest that
changes the physical and emotional responses to
stress... and the opposite of the fight or flight response
(stress reaction)."

Herbert Benson, M.D.
Associate Professor
Harvard Medical School



A Definition of Mindfulness

“Mindfulness means paying attention in a particular way:
on purpose,
in the present moment,
and non-judgmentally.”

Jon Kabat-Zinn

Professor

University of Massachusetts Medical School



Mindfulness

Mindfulness, the complete "owning"
of each moment of your experience, good, bad, or ugly.

念
心

Thought

今 (present, here & now)

心 (heart, mind)

Openness & Acceptance

By-product: Relaxation → Wisdom of your Body



The Study

Objectives

To study the psycho-physiological impact of Mindfulness-Based Stress Reduction (MBSR) course

- ⊕ An 8-week, 9-session program
- ⊕ 45-min homework, six days a week
- ⊕ Over three decades
- ⊕ To teach participants how to integrate and apply mindfulness in everyday lives
- ⊕ Evidence-based program
- ⊕ Developed by Jon Kabat-Zinn, Ph.D.
- ⊕ Facilitated by Dr. Helen Ma in 2007 & 2009



Methodology

Subjects

N=25

Design

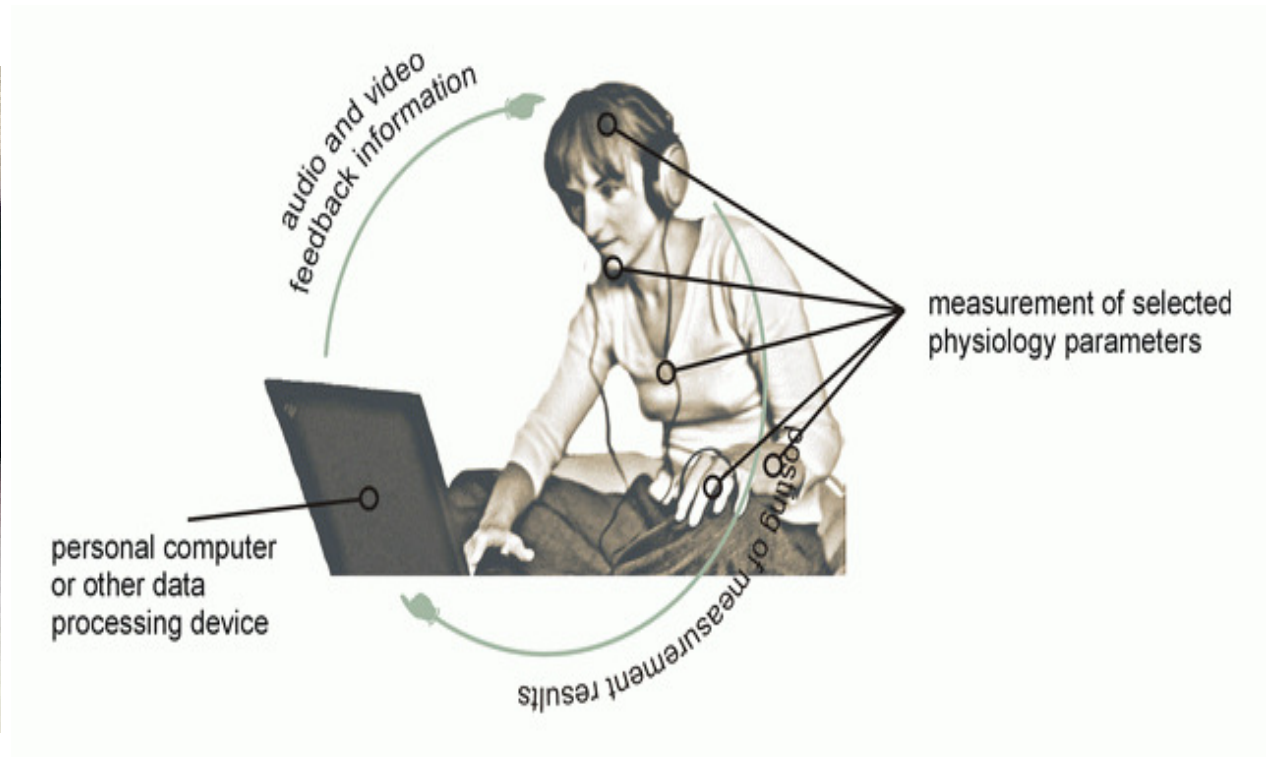
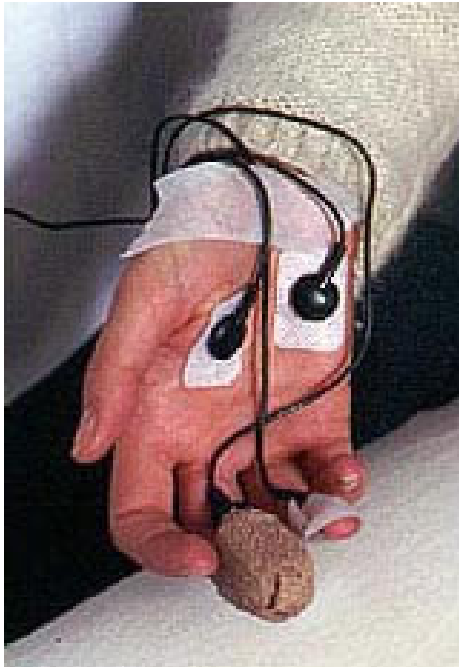
Pre-test Vs post-test

Measures

- ⊕ Psycho (mind) –paper and pencil questionnaire
- ⊕ Physiological (body) –Biofeedback measures of alpha/theta EEG, thoracic and abdominal breathing



Biofeedback





Results

- ✦ Less symptom distress on post-test [$t(24)=2.07, p<.05$]
- ✦ Nil conclusive EEG
- ✦ Slower average breathing rate [$t(22)=5.01, p<.01$]
- ✦ higher abdominal but lower thoracic respiration amplitude after MBSR



Conclusion

- ⊕ The Improved breathing rate and patterns implied relaxation response was elicited
- ⊕ MBSR enhanced both subjective feeling (mind) and physical well-being (body)
- ⊕ Mindfulness – elicits the

Wisdom of your Body and Mind



*Breathe
you are alive!*