



Welcome to your Introduction to Mindfulness Meditation – The Mind can Heal the Body

Charlotte O'Hare
Qualified Meditation Teacher - DIPBSOM

Letitgomeditation.co.uk

Letitgouk@gmail.com



BSOM Registered Meditation Teacher



Grounding

Just breathe...



My Meditation Journey



Qualified and Registered Meditation Teacher with the British School of Meditation since March 2021.

I began meditating daily in 2015 - the practise was suggested to me during a difficult time in my life. My mental health was poor where I was suffering with stress and anxiety.

Work stresses, poor work life balance and no healthy outlet resulted in me becoming unwell and leaving my career as a Local Authority Social Worker. I never returned to my job or profession. By this time, the stress was too ingrained and it took a long time to heal and get well again.



My Meditation Journey



Meditation was fundamental in restoring my mental health and emotional well-being.

Because of my own experiences, I trained as Meditation Teacher to help others learn this lifelong and life enhancing skill.

Let it Go Meditation aims to make meditation accessible for all by providing a space for students to experience meditation in different forms. I teach meditation, mindfulness and breathwork, using visualisation, sound, light, movement, chanting and mantra.

Meditation is not 'one size fits all' - I want to help students find the practise that suits them, develop a regular practise and reap the holistic benefits.



What is Meditation ?

Meditation is the act of going within, detaching from all that is manifested in the outside world, being totally at one with yourself. It brings a sense of peace by providing respite from the chaos of life and the mind.

Meditation aids grounding, connection, reflection and helps you see things objectively, bringing answers or clarity to issues arising in your life.

'Meditation allows us to sit on the bank of the shores waters and observe the sometimes choppy sea of life.'



What is Mindfulness ?

Mindfulness is a form of meditation, while rooted in Zen Buddhism it has nothing to do with religion or spirituality. It is about being totally present, waking up, seeing the beauty in life and living in harmony with oneself and the world.

Even if our life or health is in discord, if we are suffering with poor physical or emotional wellbeing, we can find acceptance, peace and healing from mindfulness meditation.

We can't force illness or disease to go away by denying it's presence. In fact, denial may only intensify the feeling. We have to let go of trying to fight the current, but instead, flow gently down the stream of life.



We are a Stressed Nation

'74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope'

(Mental Health Foundation. 2022)

We can make ourselves sick from stress. The increasing level of stress in our world has been accompanied by an explosion of stress related disease such as heart disease, high blood pressure, depression and anxiety.



Maladaptive Response

Increased stress levels can also increase 'risk-prone' or maladaptive coping mechanisms, to 'self soothe' and temporarily alleviate the feeling of stress.

These include issues such as excessive alcohol consumption, illicit drug use, over eating, increased or decreased physical exercise and excessive shopping.

This can lead to poor health, addiction, financial issues and strained interpersonal relationships

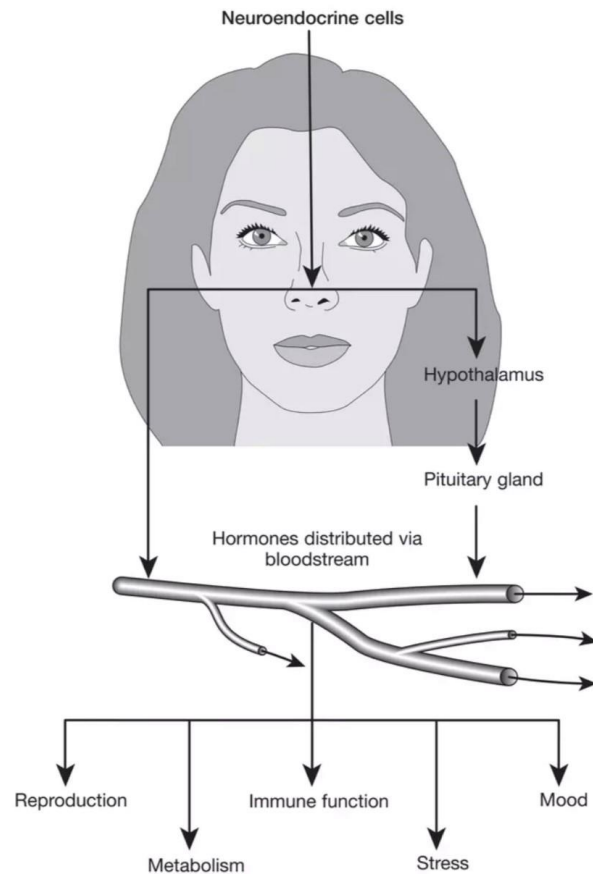


The Neuroendocrine System

Our bodies are a intricate web of systems, tissues and organs. Everything has an important role in keeping us alive and healthy.

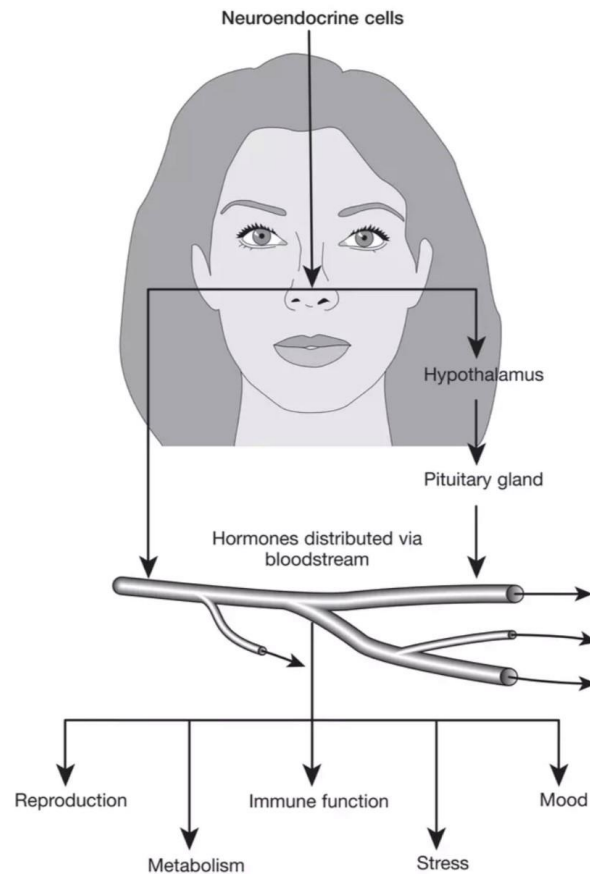
The main link between mind (psychological state) and body is the neuroendocrine system. This network of cells produces and secretes hormones into the bloodstream.

The link between stress and mood is thought to be the result of serotonin in the brain. Stress can trigger long-term abnormalities in the neuroendocrine system.





The Neuroendocrine System



Stress can lead to compromised immune system. The activation of the neuroendocrine system releases hormones that reduce immune function, increase blood pressure and negatively impact cardiovascular health.

The release of different hormones is triggered by activity in the brain. And so, changes in the brain activity can drive changes in the body's functioning, both **positively** (mindfulness meditation) and **negatively** (stress).



Flight, Fight or Freeze

Humans and animals have a primitive inbuilt response to threat and stress known as the 'fight, flight or freeze response' (Dr Canon. 1920), this prepares the body for fighting, fleeing, or freezing. Our bodies go into survival mode and the stress hormone cortisol is released into the body causing physiological change.

These changes include increases to metabolism, blood pressure, heart and breathing rate, dilation of pupils and constriction of our blood vessels.

This puts our bodies under distress which can increase the risk of heart disease, high blood pressure, depression and anxiety.



Counteract Stress with Meditation

Research shows that we can counteract, if not reverse stress and any stress related health issues with meditation.

This powerful mind-body complementary medicine can be used to assist healing or bring relief from illness and disease.

To be used alongside modern medicine, not instead of.



Mindfulness Based Stress Reduction Program (MBSR)

Jon Kabat-Zinn, created the world renowned 'Mindfulness Based Stress Reduction'(MBSR) program.

This is a mindfulness meditation behavioural therapy and a non-pharmacological approach for chronic illness, chronic pain, anxiety and stress reduction. It has been significantly proven to reduce the toxic effects of stress, provide relief from illness, disease and restore health.



Mindfulness Meditation for health

Mindfulness Meditation has been scientifically proven to reduce adrenaline and noradrenaline levels. Two hormones associated with the sympathetic nervous system and our 'fight, flight or freeze' response.

These activate an innate, integrated set of physiological changes, opposite to those of the 'Fight, Flight or Freeze' response. These protective and inbuilt mechanisms can heal the body by decreasing heart rate, lower metabolism, decrease rate of breathing thus restoring the body back into a healthier and more harmonious balance.

Benefits also apply to psychodynamic disorders, those that include physical symptoms and have an emotional psychological origin that are triggered by stress. These include psoriasis, eczema, stomach ulcers and irritable bowel syndrome.



Mindfulness Meditation for health

Mindfulness meditation has been scientifically proven to reduce cortisol levels, which can improve physical symptoms as well as psychological distress.

Decreased cortisol levels means that the body's immune system and response to injury are both improved. An improvement in the immune system and response to injury / illness can increase healing as the inflammatory response and healing process both speed up. Stress can be reduced when cortisol is decreased.

Effective method of enabling ill people to cope better with their conditions. Improve general wellbeing, emotional and social functioning, general health and vitality.



The Mind can Heal the Body

By changing state of the mind through mindfulness meditation, we can bring about positive change for our health and well being.

The clear link between a persons psychological state of mind and physical health warrants the active inclusion of mindfulness meditation into care plans, in addition to physical treatment.



Lets Meditate...



5 Senses Mindfulness Meditation

This mindful meditation aims to make you feel grounded in the present moment.

By tuning into our 5 senses with acceptance, we learn to reconnect with our body and environment.

We become the observer of our lives.

It can help bring peace, reduce mental chatter, reduce the protection of fears and anxiety.

Proven to reduce heart rate, stress, decrease depression, increase self compassion and improve memory.

Can be used as a daily practise, during moments of stress and panic attacks.



Research

Anxiety - Delmonte. 1985., Dillbeck. 1977., Miller et al. 1995

Addiction - Kabat-Zinn. 2008

ADHD - Zylowska et al. 2007

Asthma - Wilson et al. 1975

Cardiovascular disease - Glenn N. Levine et al. 2019, Kabat - Zinn et al. 1998

Immune system - Ader et al. 1970, Achter lock et al. 1987., Antoni et al. 2005., Davidson et al. 2003., Kabat - Zinn et al. 1998., Solberg et al. 2003.

Lowering of blood pressure – (Benson, 1970., Peng et al. 2004., Solberg et al. 2004., Telles et al. 2004.

Stress - Benson. 1970., Infante et al., 2001 Roth and Robbins. 2004., Walton et al. 2004. Kabat-Zinn. 2008

Stress related health issues skin - Kabat - Zinn et al. 1998

Irritable bowel syndrome - Hamilton. 2008, Keefer et al, 2001



Thank you, I hope you enjoyed your Introduction to Mindfulness - The Mind can Heal the Body

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