

# A self-care Dilly bag

*Anthony Weller: National Program Centre ANFPP*



‘Dillybag’ or ‘dilly bag’ is a traditional Aboriginal bag, generally woven from the fibres of plant species of the Pandanus plant. It is used for a variety of food transportation and preparation purposes. *Dilly* is derived from the Jagera word *dili*, which refers to both the bag and the plants from which it is made.

The ‘dilly bag’ term is also used to describe bags used by non-aboriginal Australians; for example, a smaller food bag carried by swagmen along with their swags.

# Mindfulness and self care





# Connection to Country

- Did you know that spending time in a rainforest activates the vagus nerve, which is responsible for inducing calm and regeneration?
- Or that spending just one single day in area with trees increases the number of white blood cells that help with immunity in the body by almost 40 percent on average?
- Clemens G. Arvay MSC, is a biologist He centers his work on the relationship between man and nature, focusing on the health-promoting effects of contact with plants, animals, and landscapes



CLEMENS G. ARVAY

# **THE BIOPHILIA EFFECT**

A Scientific and Spiritual  
Exploration of the  
Healing Bond Between  
Humans and Nature



Follow your heart's desire

Only a small change  
is necessary

You are an expert  
in your own life



Focus on strengths

Focus on solutions

# What is mindfulness?

Mindfulness is about '**paying attention**' - It is about being aware of what is happening in the **present** on a **moment-by-moment** basis

It includes a sense of approaching all experience with openness and kindly curiosity, rather than avoiding difficult experience or judging them or us.

So – a **self-awareness** of our thoughts and feelings without being self-critical

Involves regular meditation practice

Origins in Eastern meditation tradition but is not dependent on any belief or ideology – it is not a religion.

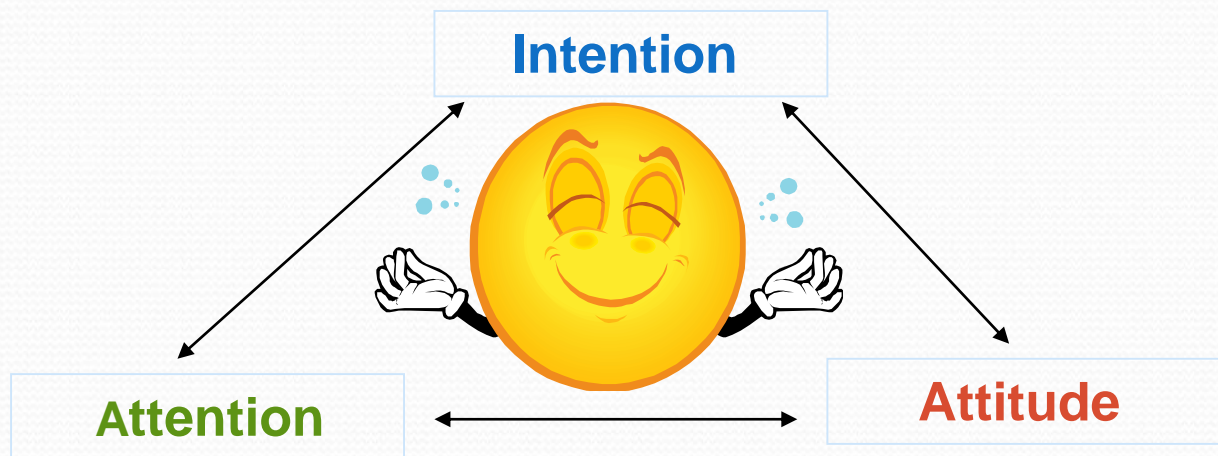
# Mindfulness

“paying attention in a particular way;

On purpose, in the present moment,

and non-judgmentally”

*(Jon Kabat-Zinn, 1994, pg4).*



# Cultural Considerations


## Dadirri

- Being still, Deep listening
- Being aware
- Miriam-Rose Ungunmerr Baumann is a former school principal and community elder in the Top End community of Nauiyu in the Northern Territory, Australia.
- [https://www.youtube.com/watch?v=PiWTgyt8\\_f8](https://www.youtube.com/watch?v=PiWTgyt8_f8)



# Dadirri

- The Aboriginal writer Miriam-Rose Ungunmerr-Baumann of the Ngan'gikurunggur people of the Daly River.
- Describes deep listening as '*Dadirri*' which: is inner, deep listening and quiet, still awareness. *Dadirri* recognises the deep spring that is inside us. We call on it and it calls to us. This is the gift that Australia is thirsting for. It is something like what you call 'contemplation'

- 
- Mindfulness of the breath
  - Body scan
  - Mindfulness of the body, in stillness and in movement
  - Mindfulness of thoughts
  - Mindfulness of everyday experiences
  - Compassion, acceptance

# What does it mean to be unmindful?

- Mindfulness is contrasted with states of mind in which attention is focussed elsewhere e.g. pre-occupation with memories, fantasies, plans or worries, and behaving automatically without awareness of ones actions.
- Distraction, Caught up in thoughts, Day dreaming
- Known as ‘Wandering mind’ in mindfulness practice

## excuses not to meditate

- Sounds boring
- I can't sit still
- I don't have time
- I'm scared to be alone
- My mind is too fast

## reasons to give it a try

- Lower stress
- Connect better
- Improve focus
- Reduce brain chatter
- Understand your pain

# Mindfulness Meditation

## **Mindfulness meditation is NOT:**

- Positive thinking
- Just another relaxation technique
- Going into a trance
- Trying to blank your mind

# Is It Just Distraction?

“Meditation is not an escape from life ... but preparation for really being in life”

*Thich Nhat Hanh*

# Mindfulness is essentially experiential - we practice it

- Formal practice – meditation e.g. bodyscan, mindful movement, sitting practice, breathing space
- Informal Practice – awareness of body sensations, thoughts, emotions and sensory input during daily life. Practiced in ordinary activities like eating, washing brushing teeth

# Meditation changes the brain structure



- Study by 8 weeks of sustained practice (27 min/day) and MRI scans - **increases grey matter density** in several regions of the brain (Hozel, 2011)
- brain regions involved in *learning and memory, emotion regulation*

# The Handy Brain Model

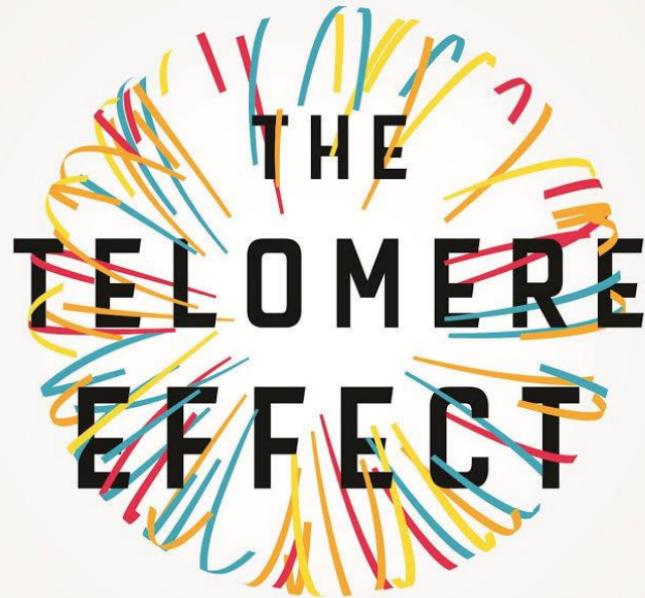
- <http://www.handybrainmodel.com/>



# Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres

- Being singularly absorbed in the moment generates brain cells in the PFC, hippocampus (the centre for long term memory) and insular (the part of the brain responsible for awareness of our internal physical and mental states). It also stimulates telomere maintenance, slowing down the very process of aging.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3057175/>

-THE NEW SCIENCE OF-  
**LIVING YOUNGER**



**THE  
TELOMERE  
EFFECT**

NOBEL PRIZE WINNER  
Elizabeth Blackburn, PhD  
Elissa Epel, PhD

regular meditation may slow  
age-related thinning of the  
frontal cortex.

# What is happening in our body when we pay attention to our breathing?

- When you pay attention to your breath – your exhalations become longer.....
- .....This activates the vagus nerve which connects our brain stem to internal organs...which releases the neurochemical acetylcholine which builds new brain cells in the frontal cortex and boosts immune system and reduces inflammation - it also activates the parasympathetic nervous system which calms and relaxes the body.
- Mindfulness is biologically good for health – the vagus nerve connects our brain stem to internal organs, oxytocin is released and circulates, and the body moves to a more accepting state of calmness, rest and repair. Oxytocin dampens the stress system and decreases cortisol production thereby decreasing blood pressure, heart rate and sad feelings

# Evidence on Health (mental & physical)

- **Meta-analysis** ( 64 studies of which 20 high quality from 1995-2001) MBSR intervention (Pre-Post) (N=1605) (10 RCT)
- Clinical sample: **chronic pain, cancer diagnoses, fibromyalgia, coronary artery disease, anxiety, depression, obesity, binge eating and stress.**
- Students and inmates sample: **stress.**
- MBSR positive effects on a broad range of clinical and non clinical problems: Medium strength effect size  $d = 0.54$

*Grossman et al (2004) Journal of Psychosomatic Research*

# Benefits for Workers in Health care

- **Health** (Improves the immune system, heart and circulatory health, reduces anxiety and stress levels, depression and fatigue, improves sleep quality, healthier lifestyle etc )
- **Wellbeing** (resilience, stress reduction)
- **Cognitive skills** (improves working memory, creativity, attention span, **focus**, memory and reaction speeds)
- **Self-regulation of emotions**
- **Interpersonal skills** (communication, assertiveness)
- **Leadership** (decision-making, perspective)
- **Team development** (awareness of others' needs)

# Multitasking and unitasking

- Multitasking involves rapidly switching our attention from one task to another. This can result in what is known as ‘attentional blinks’ – and we can actually have losses in our attention
- Unitasking is giving any single task your full attention instead of trying to do several things at once. The key is efficient attention switching. If the phone rings, stop emailing and focus on the call, then switch back to the email. By giving a task our full attention, we experience better productivity, better memory, better learning, better health.



## ONE **POMODORO** CYCLE



 WORK

 BREAK

# Mindfulness and hand hygiene



- Hand hygiene is a habitual procedure before and after patient contact.
- The cleansing of one's hands should be reframed as an act of self care that provides a moment of mindfulness to increase presence and awareness, as well as an act of infection prevention for each other.

<https://www.bmj.com/content/352/bmj.i13>

# Alcohol based hand rub



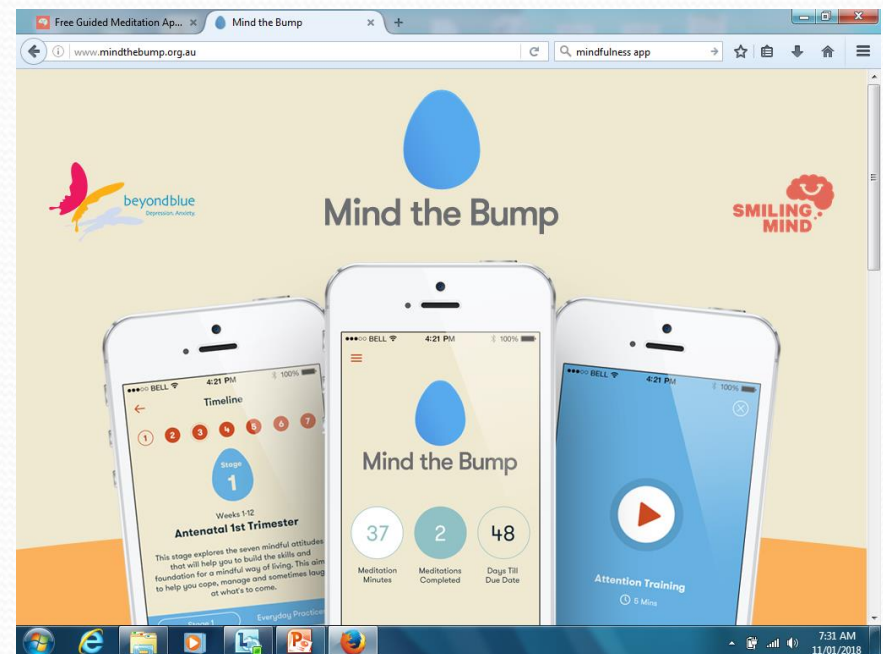
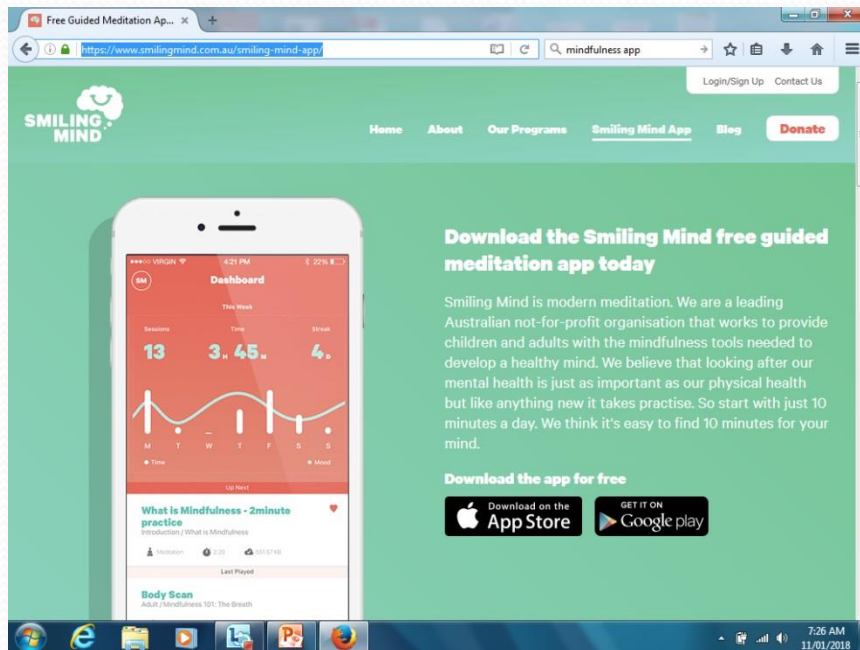
- Pause, take a breath, and notice the sound and feel of hand rub being delivered to your palm.
- Be present in the moment and experience the sensation of rubbing the foam/gel into your wrists, hands, and fingers until the product evaporates and leaves you clean.

# Mindfulness with children: belly breathing



# Mindfulness Apps

- Mobile App Rating Scale (Qld University of Technology)
- <https://www.smilingmind.com.au/smiling-mind-app/>



# Resources from CRANA

CRANApplus is the peak professional body for the remote and isolated health workforce of Australia.

CRANA has a mindfulness weekly email you can sign up for at the following link

- <https://crana.org.au/resources/media/mindfulness/>

# Exercise for Practice

- Sit on a straight-backed chair or cross-legged on the floor.
- Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
- Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
- Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

# Emotional refuelling and Burnout



- What fills up my tank and what empties my tank

ABCs

- Awareness
- Balance
- Connection

# Daniel Goleman -EI

5 Key elements to  
emotional intelligence:

- Self awareness
  - Self-regulation
  - Motivation
  - Empathy
  - Social Skills
- Self-awareness
  - Self management
  - Social awareness
  - Relationship  
management

# Daniel Goleman: Emotional Intelligence

## Intrapersonal intelligence

## Interpersonal intelligence

**Self-awareness**

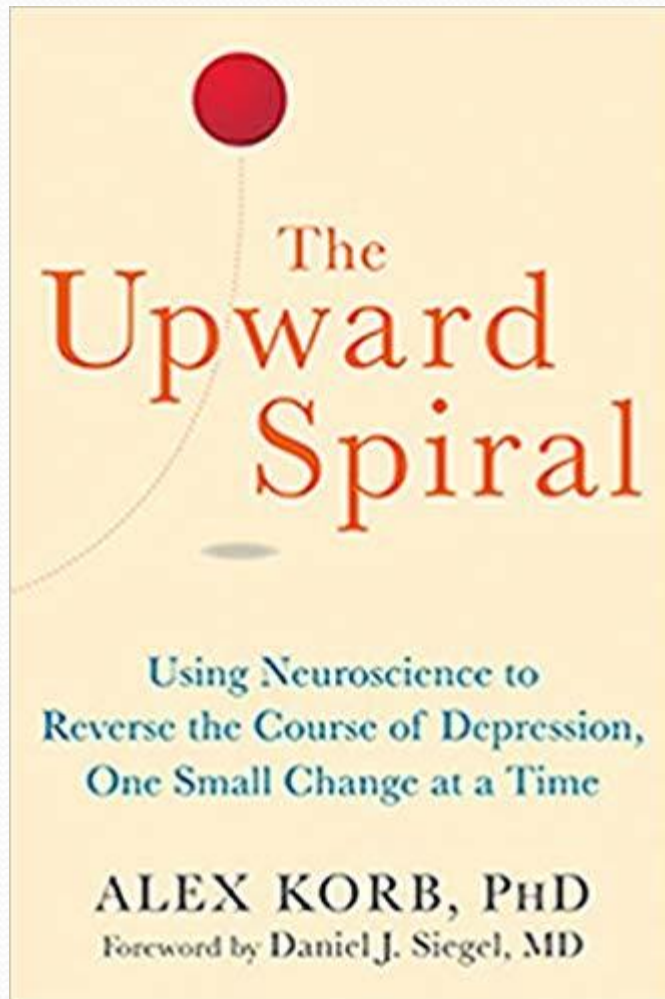
**Other awareness**



**Self management**  
**Self regulation**

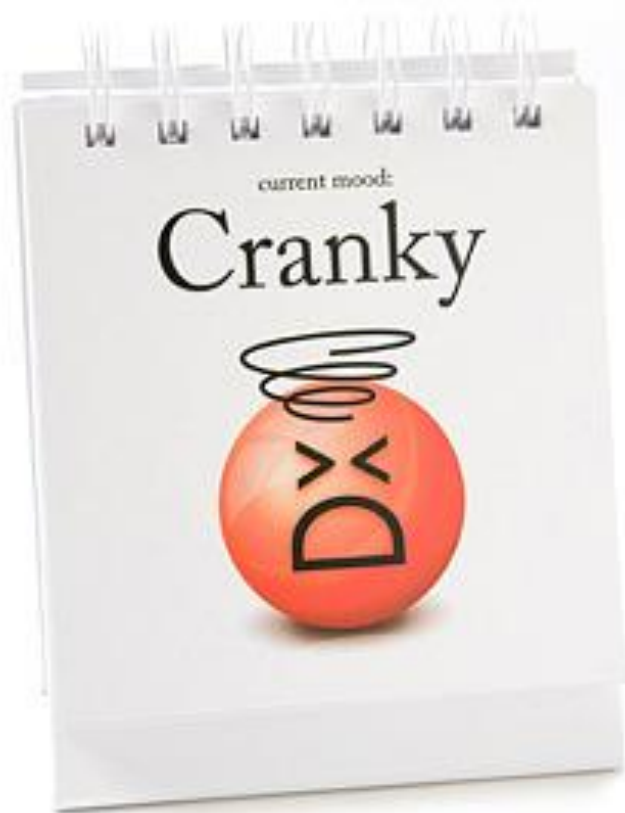


**Relationship  
management  
and regulation**

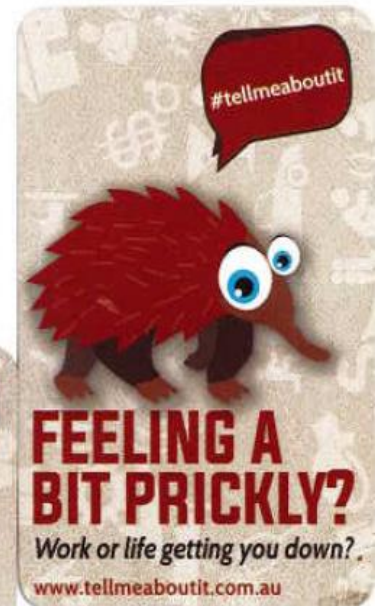
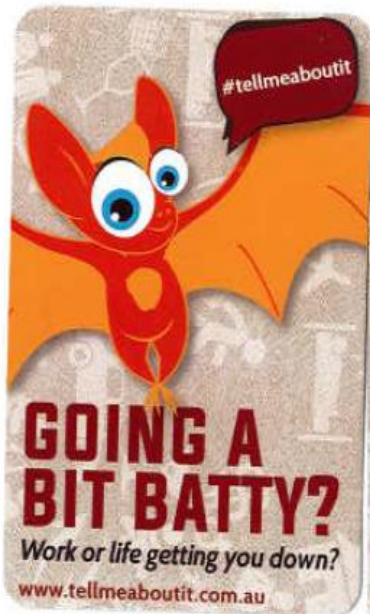


- The body can interpret negative thoughts, ruminating or worry as threats as this triggers the amygdala – our flight/fight freeze centre to react





Self awareness of thoughts and feelings  
Naming is taming  
Recognising rumination



# Self-compassion

Mindfulness and being present while noticing thoughts and feelings without criticism.

What do I need in this moment and how do I actively give this to myself

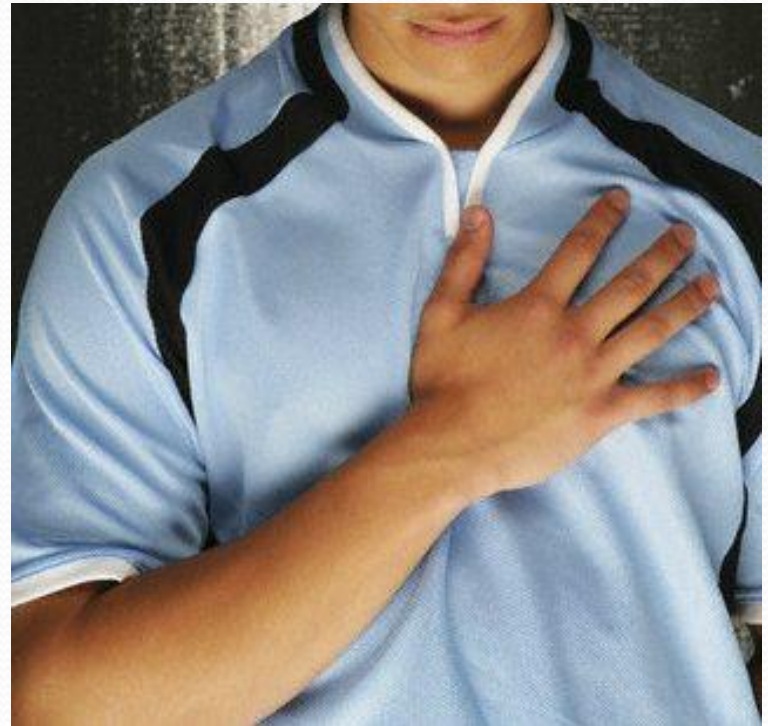
All of us are imperfect and we make mistakes or feel pain

This is hard..this is a normal part of life

What would you say to a good friend in this situation and how would you say this to yourself – is there a gesture of self-compassion

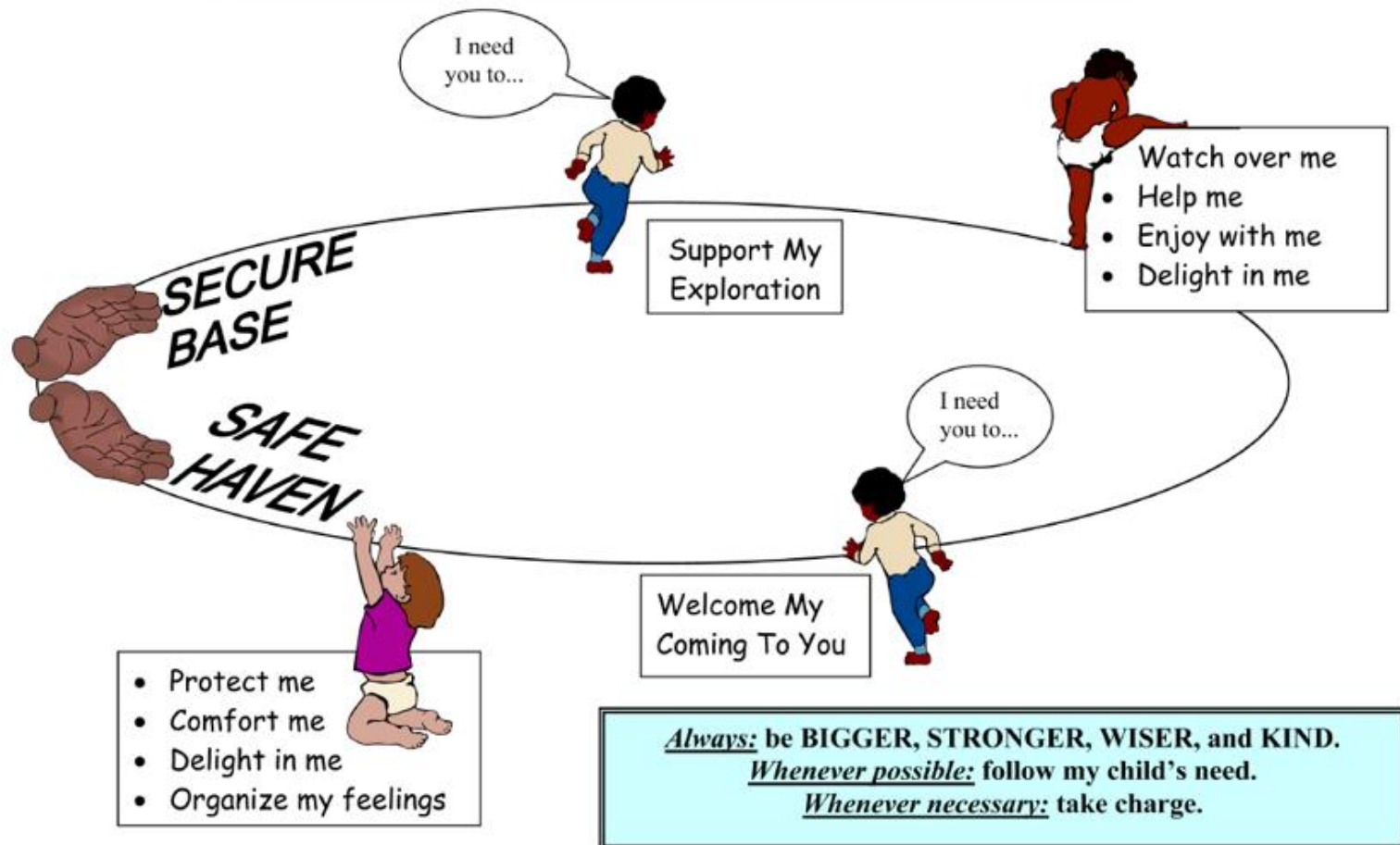
www. <https://self-compassion.org/>

Dr Kristen Neff



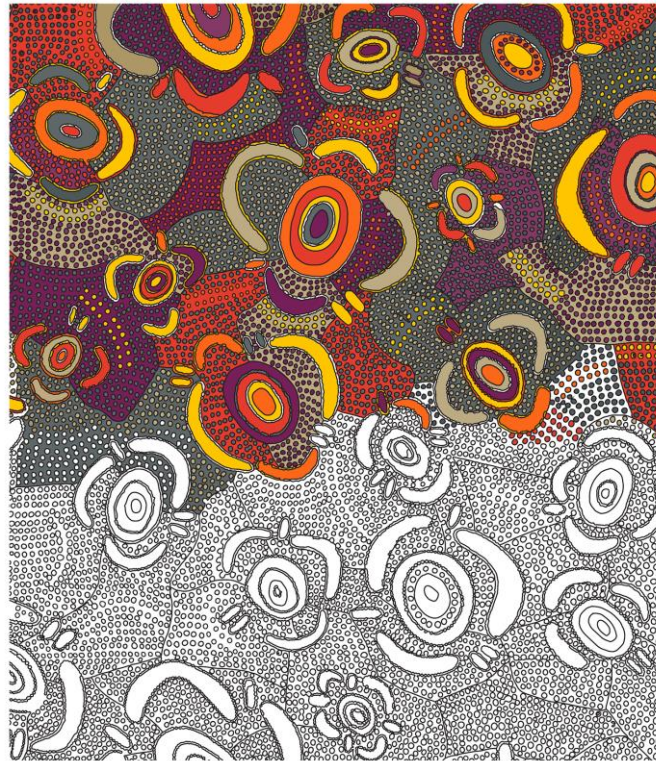
# CIRCLE OF SECURITY®

PARENT ATTENDING TO THE CHILD'S NEEDS



# Mindful colouring in – Ros Moriarty

Colouring Country - contains art of Yanyuwa culture in Borooloola in the Gulf of Carpentaria, "The stories are very much around the landscape and the interconnectedness of people, land, respect for land.



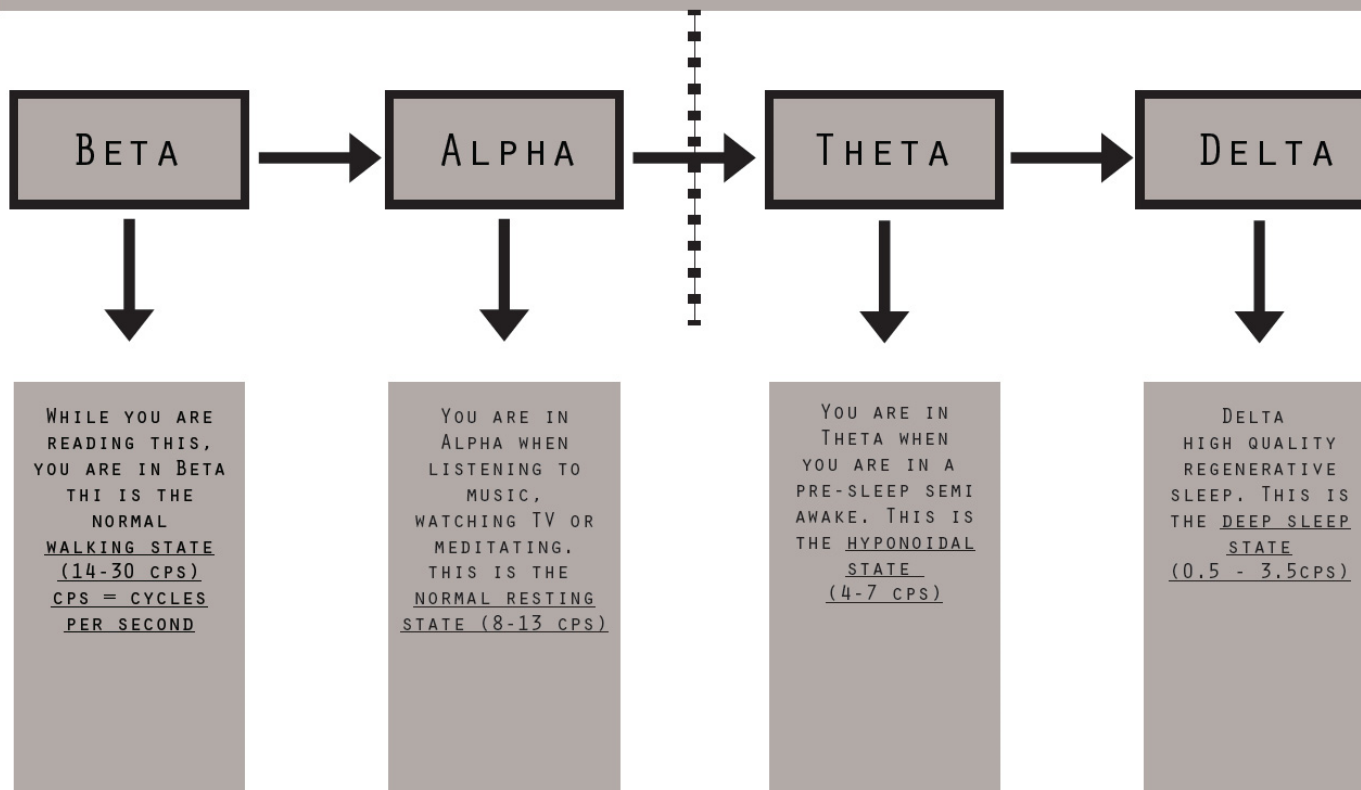
## COLOURING COUNTRY

An Australian Dreamtime colouring book

ROS MORIARTY

Ros founded the Indi Kindi early literacy programme for babies to five-year-olds, to help remote-region Aboriginal families change life opportunities for their children.

## BRAIN WAVE FREQUENCIES RELATING TO SLEEP



# *COLOURTATION*: Mindful colouring in

- Brain studies show us that when under pressure we can ‘manually’ change ‘gears’. By focusing on the task of ‘colouring between the lines’ we can change our ‘brainwaves’ from being in a continual state of ‘BETA’ (pressured and stressed) to a more relaxed state of ‘ALPHA’
- *COLOURTATION DEFINITION: Meditation through colouring-in, meaning ‘The act of colouring to enable a calming or meditative state’.*
- *Dr Stan Rodski*
- <http://www.colourtation.com/brain-science>

# Research on gratitude

- **Positive emotions in early life and longevity – the Nuns study (Snowdon)**
- In the Eammons & McCullough study, all participants were asked to write a few sentences each week, focusing on particular topics.
  - One group wrote about things they were grateful for that had occurred during the week.
  - A second group wrote about daily irritations or things that had displeased them,
  - and the third wrote about events that had affected them (with no emphasis on them being positive or negative).
- After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

# Ways to cultivate gratitude

- thank work colleagues
- Write a thank-you note.
- Thank someone mentally.
- Keep a gratitude journal.
- A gratitude wall with post it notes
- Celebrate team achievements





# Who keeps me strong at work?

**Who keeps me strong at work?**

**YOU**

Support people?

Colleagues and staff?

Elders or Managers?

Family?

Friends?

**Things I need to work on**

- Thinking positive
- Talking more with people

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**Debriefing -**  
Taking time to share your feelings and worries after something happened.

# What keeps me strong at work?



# Yarning about Work

## Yarning About Work - What could we yarn about?



What's changed since we last had a yarn?



## Good Things

### Things that are going well

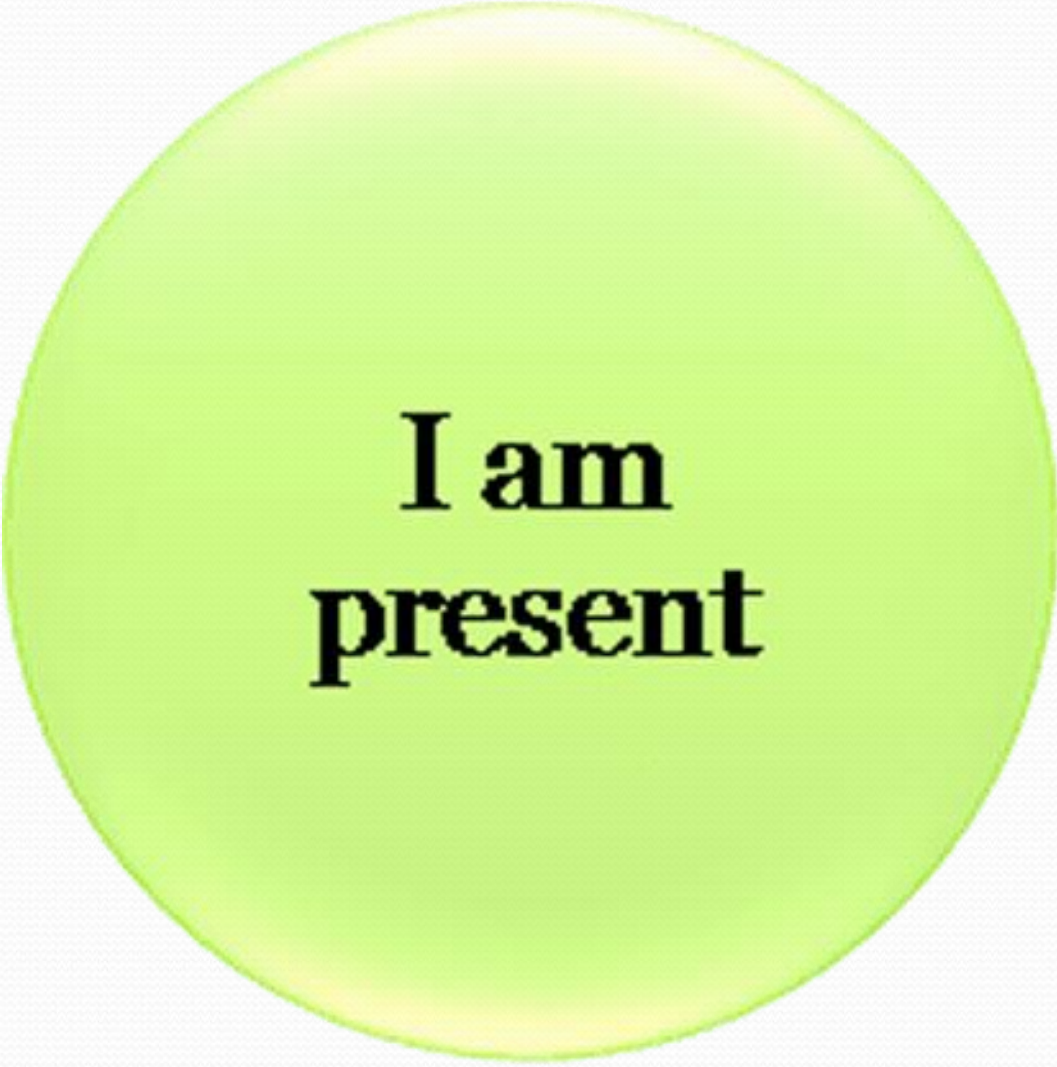
- Learning new skills
- Helping the community
- Talking better to people

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# Wheel of Wellbeing Program





**I am  
present**

## **Publications/online magazine**

<https://www.mindful.org/magazine/>

## **Web Sites**

- Centre for Mindfulness Research & Practice:  
University of Wales  
[www.bangor.ac.uk/mindfulness](http://www.bangor.ac.uk/mindfulness)

## **Courses**

- <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

- Brantley, J. (2003) Calming your anxious mind. New Harbinger Publications.
- Curtin University Working Together Module 2 Mindfulness
- Eckhart, T. (2002) Practicing the power of now. Hodder & Stoughton
- Kabat-Zin, J. (2005) Wherever you go there you are. Hyperion
- Wolf, C & Serpa, J.G. (2015) A Clinician's Guide to Teaching Mindfulness
- Pagnoni G. Dynamical Properties of BOLD Activity from the Ventral Posteromedial Cortex Associated with Meditation and Attentional Skills. *J Neurosci*. 2012 Apr 11;32(15):5242-9.
- Taren et al (2015). Mindfulness meditation training alters stress-related amygdala resting state functional connectivity: A randomized controlled trial. *Social Cognitive & Affective Neuroscience*, 10(12), 1758–1768.