

Mindfulness Meditation to Support Recovery and Well-Being

**Celebrating a Second Chance at Life
Survivorship Symposium**

April 27 – May 3, 2024



Lisa Thomas-Prince MPH, CYT200
Manager, Mindfulness Center,
UW Health Carbone Cancer Center

Mindfulness Meditation to Support Recovery and Wellbeing



2024 SURVIVORSHIP SYMPOSIUM

Lisa Thomas Prince, MPH

UW Health Mindfulness Program

Madison, WI



UWHealth

Session Objective – to experience first-hand the benefits of Mindfulness



IN THE PRESENT
MOMENT



WITH KINDNESS AND
CURIOSITY



TUNING ATTENTION TO
WHAT'S TRUE NOW



An invitation: Point practice

Mindfulness is NOT....

about clearing your mind

always peaceful

an end in itself

a panacea

one-size fits all

easy

Neuroplasticity and Mental Fitness



Mindfulness is a basic human capacity.

You can build the muscle of mindfulness through repeated and consistent practice.

Mindfulness and Stem Cell Transplant

- Longitudinal research study compared mindfulness and experiential avoidance among 111 HSCT patients
- Findings: Mindfulness supports resilience and recovery through first six months post-transplant
- Approaching the difficult thoughts, emotions, and physical symptoms that inevitably arise in treatment and recovery with an *open, aware, and nonjudgmental perspective* may be particularly valuable for patients recovering from this demanding treatment.

Larson, A, Morris, K, Juckett, M, et.al. (2019) Mindfulness, Experiential Avoidance, and Recovery From Hematopoietic Stem Cell Transplantation, [Ann Behav Med.](#) 2019 Oct; 53(10): 886–895.

An invitation: Big Sky Mind practice



Mindfulness and Medicine

Mindfulness is a form of **complementary care**.

It can be used in conjunction with and in support of most other forms of treatment, including:

- medications
- physical therapy
- mental health therapy
- surgery
- chemotherapy & radiation

With few detrimental side effects

A close-up, top-down view of a dense arrangement of plumeria flowers. The petals are a soft, pale pink color, with a distinct yellow-orange center. The flowers are layered and overlapping, creating a rich, textured background. The lighting is even, highlighting the delicate texture of the petals.

An invitation: Compassion practice

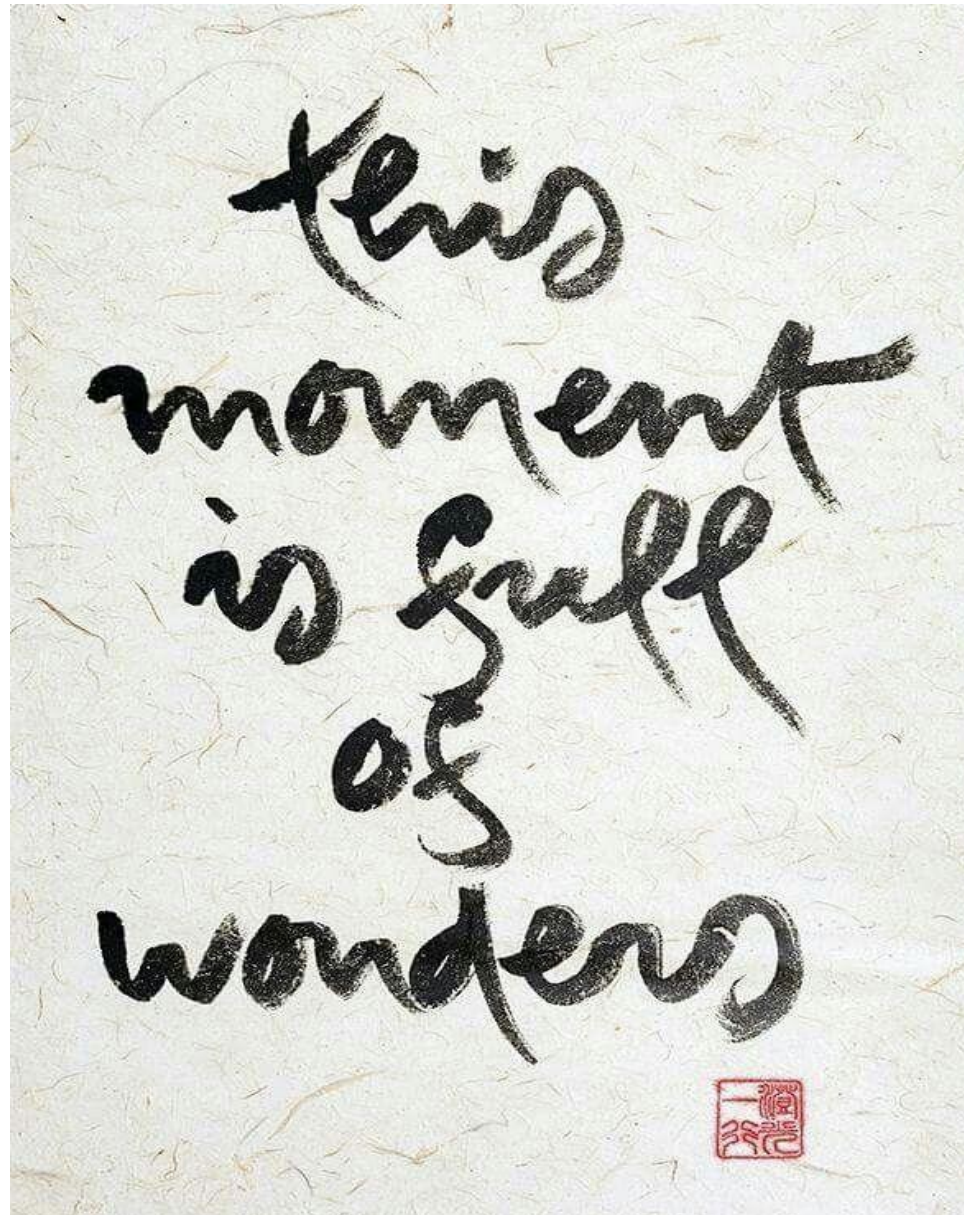
Mindfulness Resources to Support You

Courses at a hospital or mindfulness center near you:

- Mindfulness-Based Cancer Recovery (MBCR)
- Mindfulness-Based Stress Reduction (MBSR)
- Mindful Self-Compassion (MSC)

Mindfulness Resources to Support You

- Online Mindfulness Meditation Drop-In Sessions
 - UWHealth.org/mindfulness
 - UWHealth.org/meditation
- Audio Practices & Apps
 - Calm.com
 - Headspace.com
 - Healthy Minds Program (hminnovations.org/meditation-app)
 - Insight Timer (insighttimer.com)



Thank you!

*Calligraphy by Zen Master
Thich Nhat Hanh*



Questions?



Lisa Thomas-Prince MPH, CYT200
Manager, Mindfulness Center,
UW Health Carbone Cancer Center

Let Us Know How We Can Help You



Visit our website: bmtinfonet.org

Email us: help@bmtinfonet.org

Phone: 888-597-7674 or 847-433-3313

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