MINDFULNESS AND EMOTION MANAGEMENT

Module 2
Agenda

1. Mindfulness
2. Functions of emotions
3. Common emotions
4. Opposite action
5. Mindfulness practice
Mindfulness

Originally a Buddhist concept:

Enhanced attention and awareness of current experience *without judgement*

- **Stage 1**: Learn to be mindful of self (observe, describe, participate, non-judgementally)
- **Stage 2**: Apply this to some daily experiences that you have
- **Stage 3**: Now add ‘other’ to the skill
- **Stage 4**: Add current moment

Self-reflection loop
Acceptance of emotions

- Emotions ‘just are’ – they are neither right nor wrong
- Whether an emotion is helpful or harmful depends on how we act in response
- Emotions have important functions:
  - provide information about ourselves and our environment
  - essential for decision-making
  - essential for effective mentalizing
Acceptance of emotions

Manage own emotions first
Be aware of emotions early on when not overwhelming

Fear warns of danger and so respond or avoid

Sadness tells what we’re sad about or if something was of value to us

Happiness encourages re-creation of situations
Being aware of emotions

- Be alert to early warnings through mentalizing and mindfulness
- Avoid keeping emotions away
- Practising emotion awareness helps interactions with family members with BPD
- Take a few minutes per day to reflect and label emotions
- First steps: **identification** and **acceptance**

Common emotions and how to identify them:

- Anger
- Fear
- Sadness
- Happiness
Opposite action: a way of managing emotion

- De-escalates emotionally driven interactions that might lead to non-mentalizing
- It is doing or saying something that’s the opposite of the emotion
- It’s not suppressing; it helps to calm a situation down

Not appropriate when situation needs immediate action
Three aspects of mindfulness

- **Emotional Mind (BPD)**
  - Flooded with feelings
  - Can’t think
  - Feelings become facts
  - Can’t problem-solve, may reject and dismiss others’ solutions
  - Unable to mentalize

- **Rational Mind**
  - Emotional distance, can problem solve
  - Emotions not taken into account, so ignoring helpful information
  - Can’t access emotional states, so not mentalizing

- **Wise Mind**
  - Emotions and logic given equal value in decision making
  - Allows emotion while maintaining rationality
  - Can interact with others without being ‘taken over’
  - Mentalizing
Mindfulness practice

- 2 Minutes: http://www.youtube.com/watch?v=w1EZ_hpnhDM
- 5 Minutes: http://www.youtube.com/watch?v=dEzbdLn2bJc
- 10 Minutes: http://www.youtube.com/watch?v=pv6Ot_Kr7D8
- 15 Minutes: http://www.youtube.com/watch?v=-tKUUPkR7c8
- Mindfulness on BBC Breakfast: http://www.youtube.com/watch?v=sMsUGB_KV7s
More about Mindfulness

- **Mind website:**

- **NHS Choices. Mindfulness for mental well-being.**
  [http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx)