

# Care Redesign Spine Health Project:

## Provider Informational Module “Tip Sheet”



### Mindfulness

## Overview

Mindfulness is the practice of intentionally attending to the current experience with an attitude of curiosity and non-judgement. It is a way of cultivating awareness and acceptance, and in that process, it allows us to develop the ability to pause between action and reaction in order to choose our response.

By practicing mindfulness in the setting of pain, you can start to become aware of other factors that influence the experience of pain and start to tease out and examine these connections which can then allow shifts in these relationships with new insight and healing.

## How Can We Help

Duke Integrative Medicine offers several programs and classes to teach you mindfulness meditation to maximize your physical, emotional, and social health. Some of these available options include:

- Mindfulness Based Stress Reduction: Instructs patients on methods of using meditation and yoga to cultivate awareness and reduce stress.
- Cultivating Kindness: Instructs patients on how to cope with a stress-inducing environment by teaching meditation practices that can bring compassion, joy, and balance into their life.
- Day of Mindfulness: A full-day meditation intensive session to renew or deepen a patient’s mindfulness practice in a supportive retreat environment.
- Experiencing Mindfulness: Weekly sessions where patients can learn meditation practices with instructor guidance and experienced meditators.

## What is the Cost?

Costs for mindfulness courses vary based on the program or class type. Pricing information, course availability, and details on each learning option can be found on the Duke Health & Well-Being [website](#).



## Refer a Patient

- No formal referral is needed. Instruct patients to call Guest Services at **919-660-6826** or visit these websites for more information on how to sign up:
  - <https://www.dukehealth.org/treatments/integrative-medicine/integrative-medicine-programs-and-workshops>
  - <https://dhwprograms.dukehealth.org/>

## Other Resources

- Mindfulness & Meditation APPs: Insight Timer, Calm, & Headspace
- Guided Imagery: [www.healthjourneys.com](http://www.healthjourneys.com)
- Breathwork: 3 Deep Breaths, Pranayama, & Heart-Focused Breathing (Heart Math)
- Subscribe to the Duke Integrative Medicine Well-Being Newsletter: [Click here to sign-up](#)

Please send questions or concerns to [SpineHealth-Info@duke.edu](mailto:SpineHealth-Info@duke.edu).