

# Beyond Calm: The Essential Mindfulness Toolkit for Coaches

**Gail Gazelle, MD, MCC, CMMT**

**Master Coach for Physicians**

**and Physician Leaders, [www.gailgazelle.com](http://www.gailgazelle.com)**

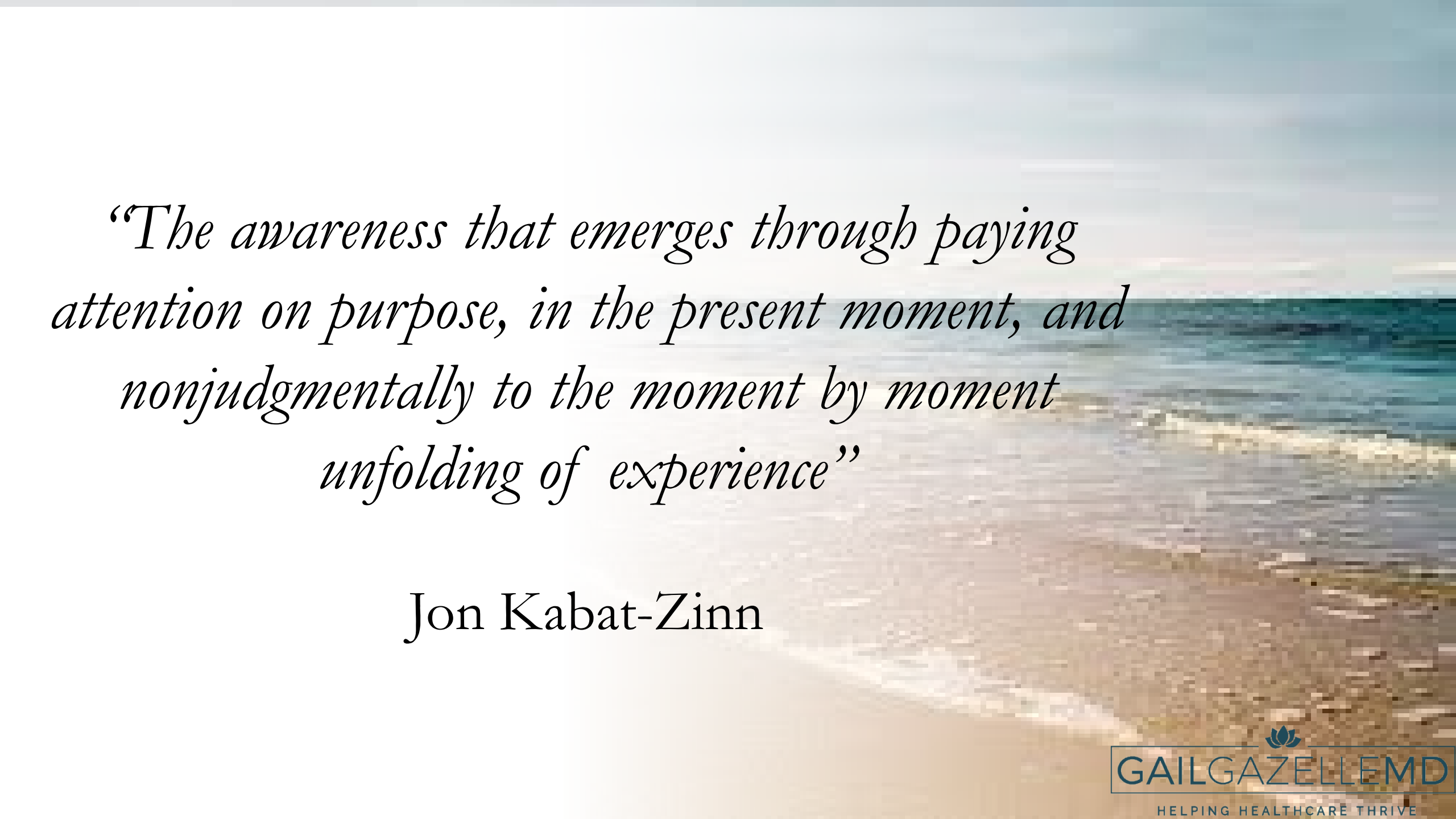
**Harvard Medical School, part-time Assistant Professor of Medicine**



HELPING HEALTHCARE THRIVE

A blurred background image showing a group of people in a meeting or conference. Many of their hands are raised in the air, suggesting an interactive session or a vote. The image is overlaid with a semi-transparent dark grey rectangle containing text.

Have you ever meditated?



*“The awareness that emerges through paying  
attention on purpose, in the present moment, and  
nonjudgmentally to the moment by moment  
unfolding of experience”*

Jon Kabat-Zinn



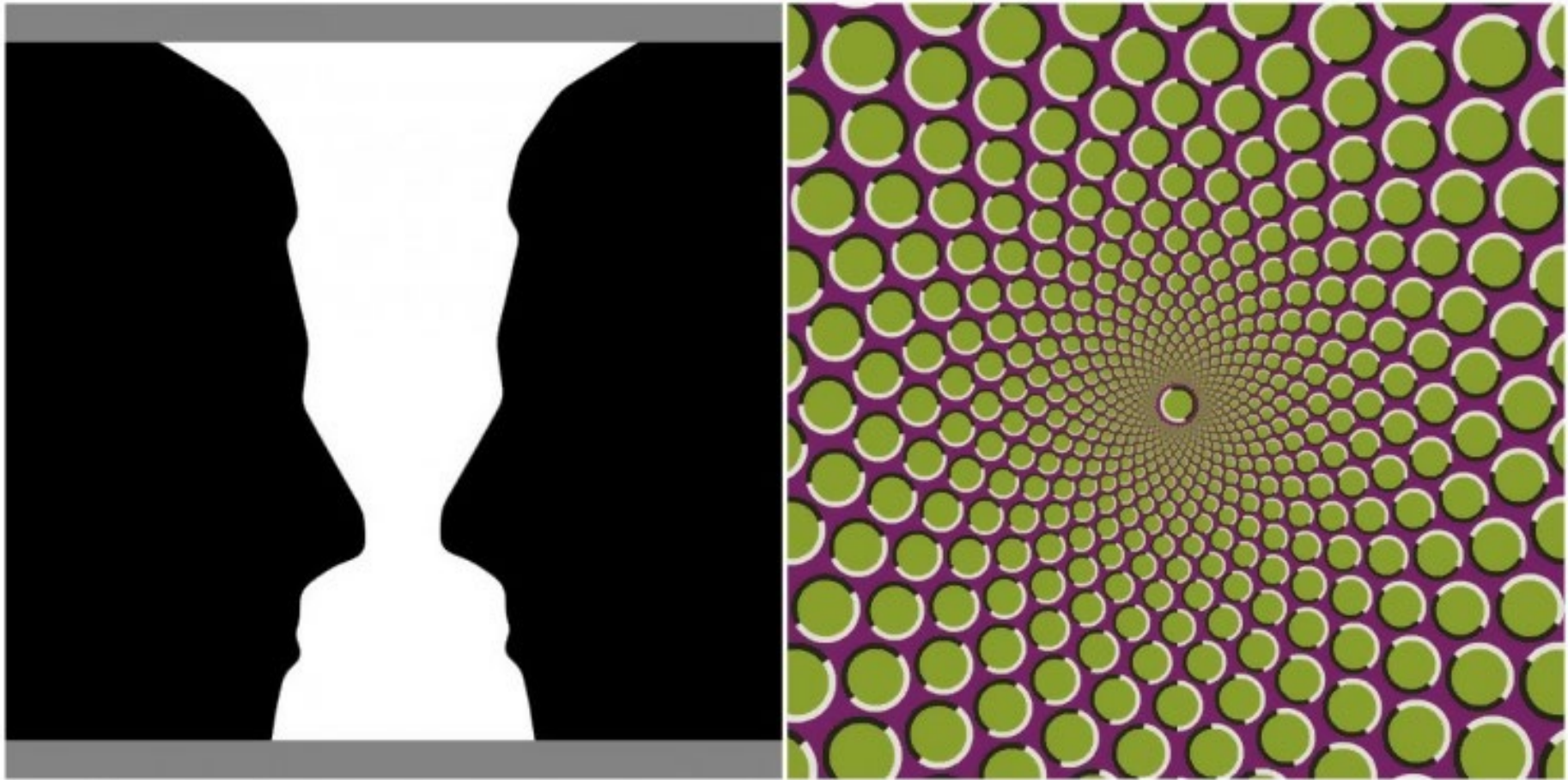
- Leads the mind back from theories, attitudes, and abstractions to the experience itself (Kabat-Zinn)
  - ❖ prevents us from falling prey to our own prejudices, opinions, projections, expectations
  - ❖ enables us to free ourselves from the straightjacket of unconsciousness
- With the loving awareness of mindfulness, we see the shared humanity and develop compassion from the truth that we are all more alike than different (Brach)
- Naturally brings kindness, compassion, and a sense of balance and even joy that can surprise us (Segal et al.)

# Awareness

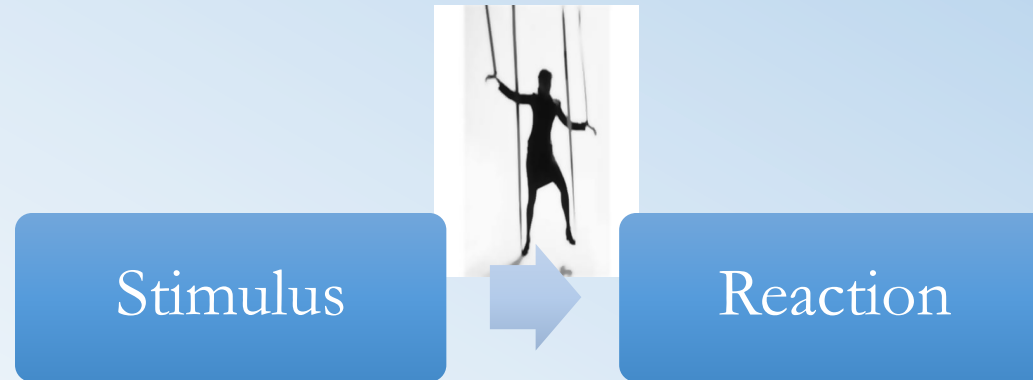




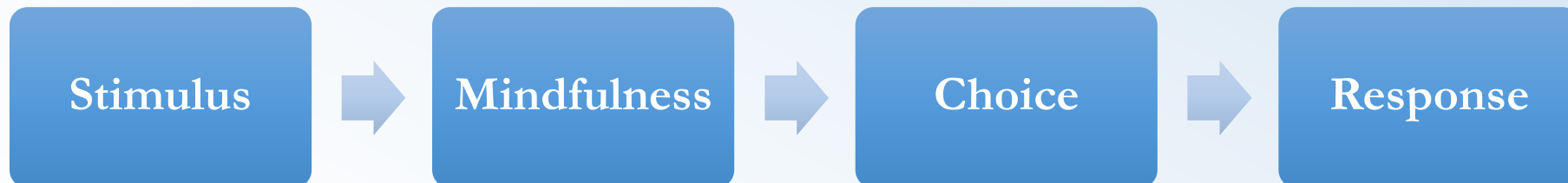
# Recognizing patterns



# Without Mindfulness:



# With Mindfulness:



# Mindlessness

- On autopilot
- Lack of awareness of what's happening right in front of us
- Focus is on the past or future
- Stuck, rigid, judgmental
- Reactivity rather than poised response





# Mindfulness is not

- Religious
- No thoughts
- Constant happiness and bliss
- Never thinking about the past or future
- Passive resignation
- Self-indulgent

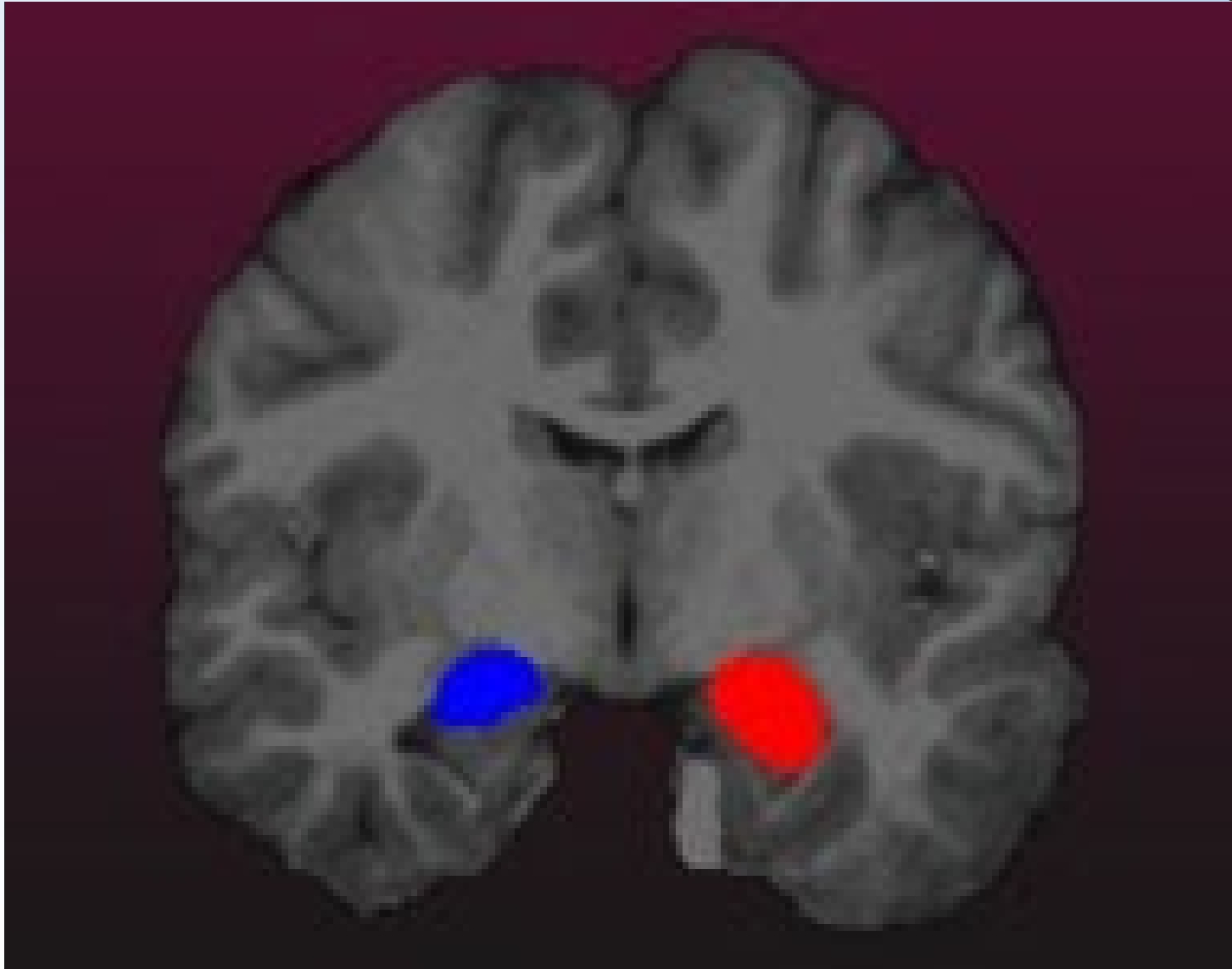
A blurred background image showing a group of people in a meeting or conference, with many hands raised in the air, suggesting an interactive session or a vote-taking process. The image is overlaid with a semi-transparent dark grey box containing text.

Have you struggled to maintain a  
longitudinal meditation practice?

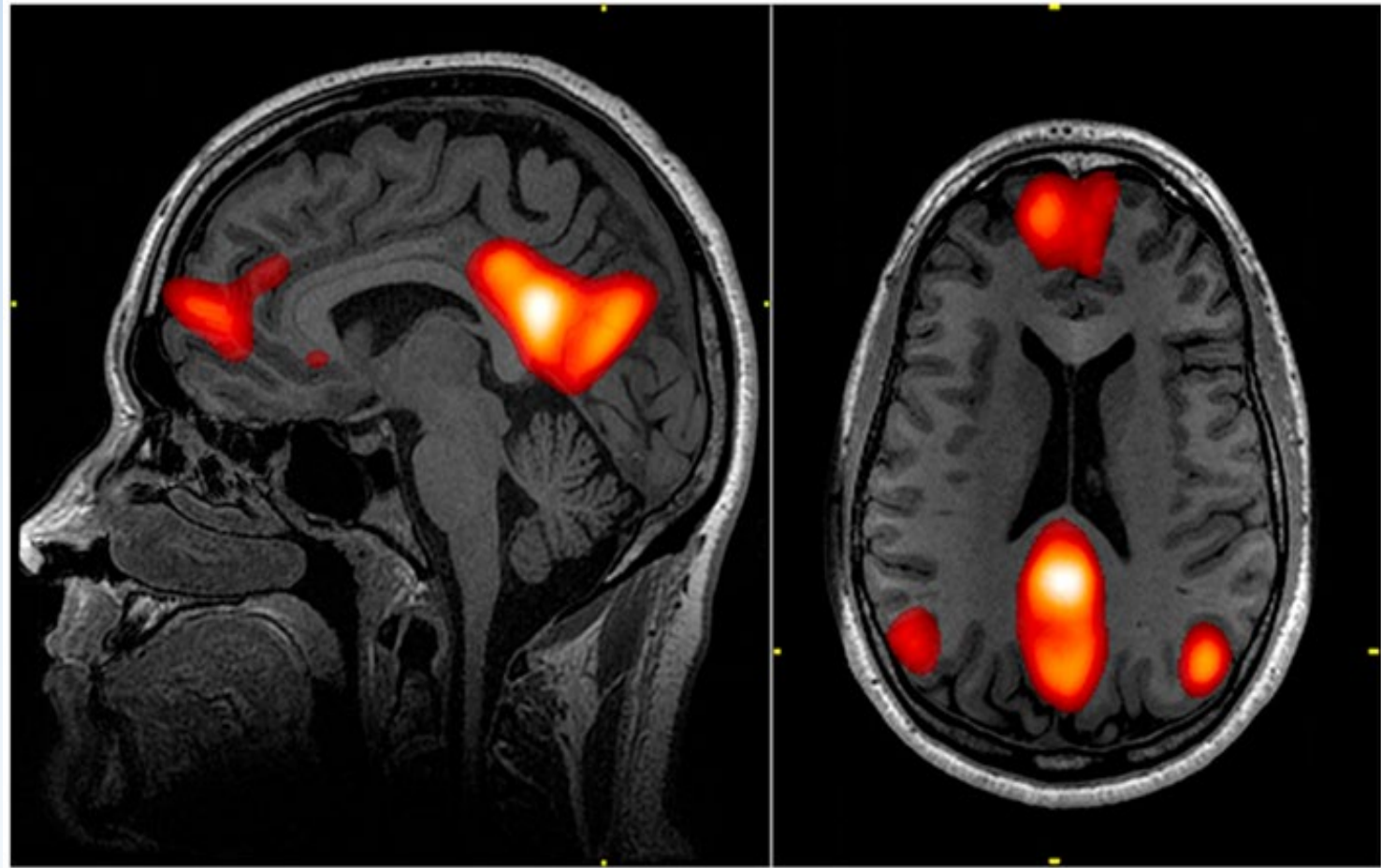
*“Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already.”*

Pema Chodron

# Mindfulness: The role of the amygdala



# Mindfulness: The default mode network

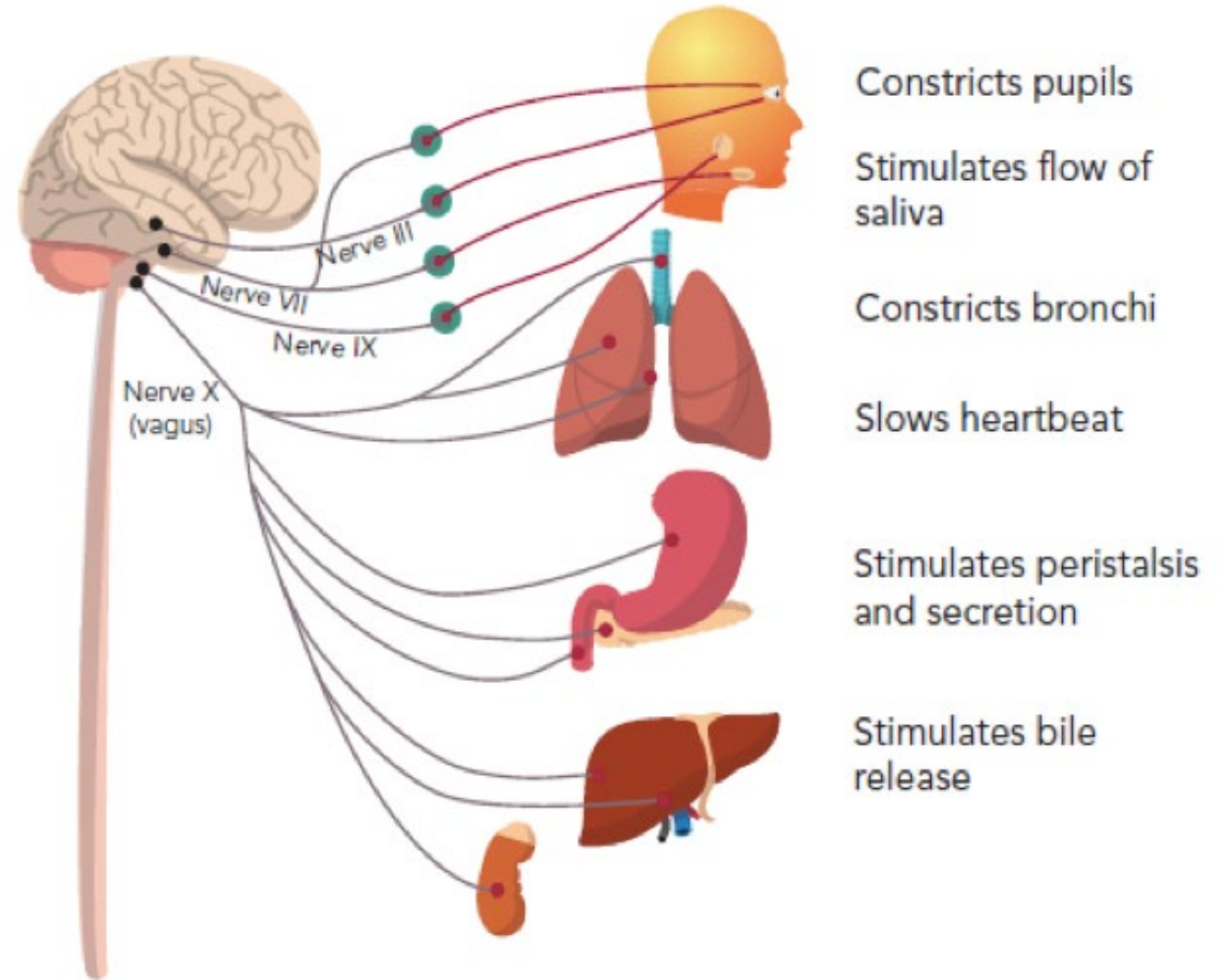


*“In long-term practitioners, activity in the DMN lessens...the resulting decrease in stickiness means that focused thoughts and feelings have much less “grab” and decreasing ability to hijack awareness.”*

Dan Goleman, *Altered traits*



# Mindfulness: The parasympathetic nervous system





The two wings:  
Mindfulness and Compassion

# Mindfulness: Attitudinal foundations

- Non-judging
- Patience
- Beginner's mind
- Trust
- Non-striving
- Acceptance
- Letting go/letting be

Gratitude, generosity, compassion, curiosity



Our minds are full  
of thoughts  
and judgments...



# Non-judging





*"What is thought?  
Thought is your friend.  
Thought is your enemy.  
No one can harm you  
as much as an unwise thought.  
No one can help you more  
than wise thought."*

Buddhist text



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*“The way out of judgment begins when you witness the judgment without more judgment.”*

Gabby Bernstein

# Beginner's mind



“In the beginner’s  
mind there are  
many possibilities.  
In the expert’s mind  
there are few.”

*Shunryu Suzuki*







# Acceptance



# S.T.O.P. practice



**S.** Stop

**T.** Take 3 slow deep breaths

**O.** Observe as a neutral yet compassionate 3<sup>rd</sup> party

**P.** Praise and proceed

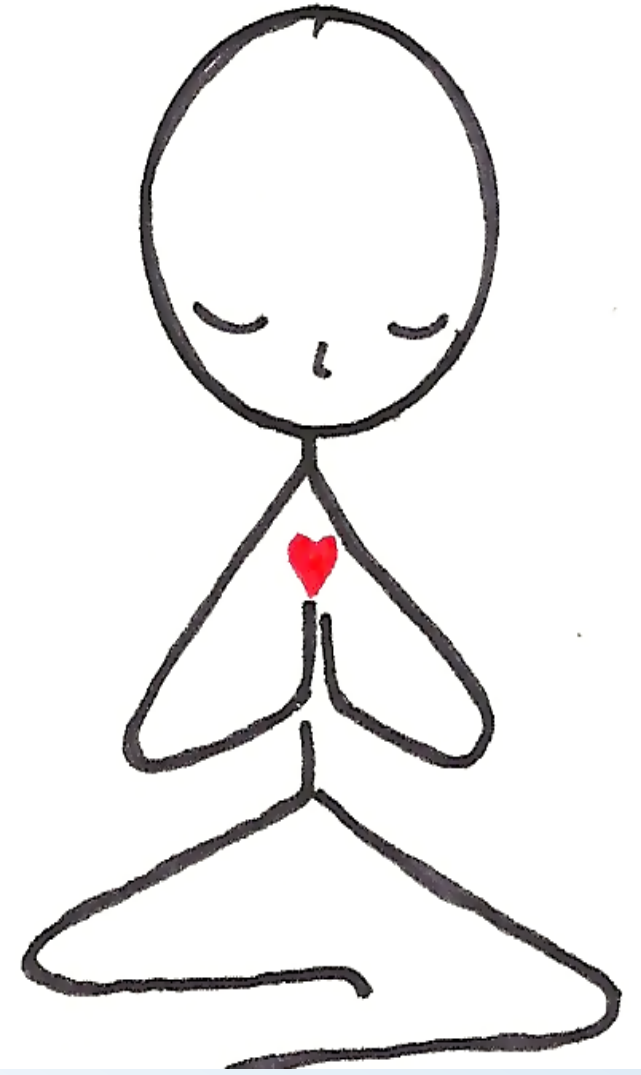
# The purposeful pause



# Self-compassion

*“Unlike self-criticism which asks  
if you’re good enough, self-compassion asks:  
What’s good for you?”*

Kristin Neff



# Meditation



# Mindfulness coaching questions

- What's here right now?
- What are you noticing physically as you're experiencing this challenging emotion?
- If where you are is exactly where you're supposed to be, what actions are possible?
- How can curiosity expand your view of this situation?
- What's one compassionate thing you can say to yourself?



# Mindfulness coaching questions

- If there's a story you're telling yourself about this circumstance, what would it be?
- If you were a beginner in this situation, what options would become apparent?
- When you accept your imperfections, what shifts?

# Mindfulness coaching questions

- How does knowing that all human beings experience suffering impact your view of this dilemma?
- What happens when you remind yourself that change is the only constant?
- If your ego was not involved, how would this situation look?
- What if nothing about this is truly personal?

# Mindfulness coaching questions

- When you view your circumstance from the vantage point of a neutral observer, what options do you see for action?
- What aspects of your current life/work circumstances are you grateful for?
- What small daily intention will you set to further your goals?



# Build compassion

May I be happy

May I be healthy

May I live in safety

May I live with ease



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# Get Dr. Gazelle's free mini-mindfulness course

- Spending less than 10 minutes/day, learn about mindfulness and get started meditating
- **Text DDOC to 33777 to start your course**





# Resources:

- Dr. Gazelle's 14-day mini mindfulness course
- Mindfulness-based stress reduction course
- Mindfulness-based self-compassion course
- Power of awareness course
- MindfulnessMD blog series
- *Mindfulness for Beginners: Reclaiming the present moment* by Jon Kabat-Zinn
- *Altered Traits* by Dan Goleman and Rich Davidson
- Insight Timer app



# Let's connect



@GailGazelleMD



/gailgazelle