

# Practising Well: Your Community of Practice

August 25, 2021

## Panelists:

Dr. Mel Borins  
Dr. Martin Lees  
Dr. Shira Taylor

With Dr. Melissa Holowaty, Dr. Javed Alloo  
and Dr. Peter Selby



Mindfulness and mental health, substance use disorders, chronic pain and our own wellness



Ontario College of  
Family Physicians

**Practising  
Well**  
Teaching.  
Learning.  
Connecting.



Family & Community Medicine  
UNIVERSITY OF TORONTO

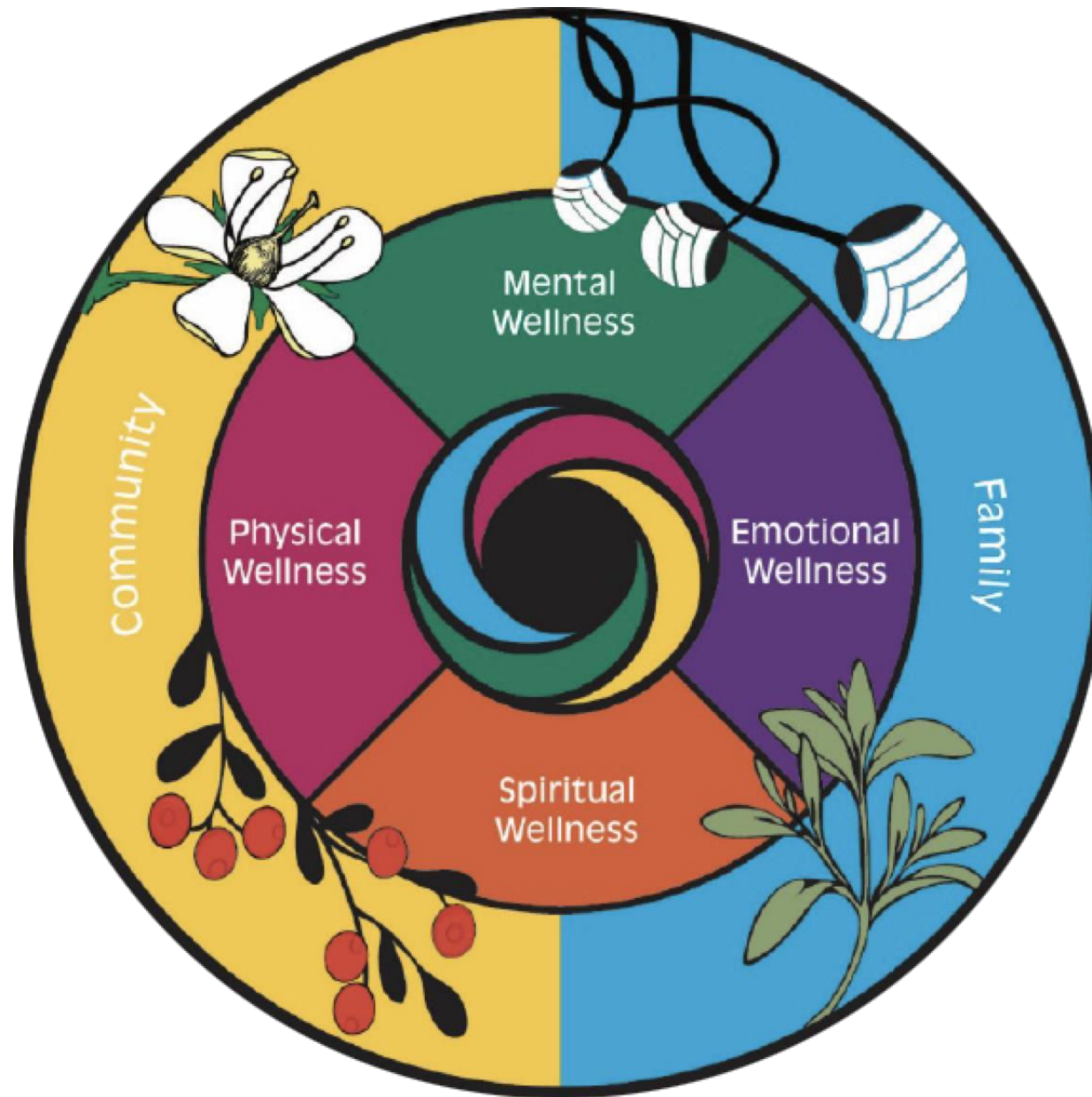


**We acknowledge that the lands** on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.



**Medicine Wheel**

First Nations, Inuit and  
Metis Wellness ECHO  
at CAMH





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HOME NEWS OPINION ARTS & CULTURE ANISHINABEK EDUCATION HEALTH JOB BOARD NOTICES ABOUT US»

## Indigenous mindfulness used for healing

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Posted on February 19, 2019 In Anishinabek, Education, News

**By Laura Barrios**

CHIPPEWAS OF THE THAMES FIRST NATION—Anishinabek Nation Family Well-Being workers attended a winter training session, with a key focus on mindfulness.

As part of the training held in Chippewas of the Thames First Nation on February 12 to 13, participants heard from keynote speaker Dr. Michael Yellow Bird, a professor of Sociology, and director of Indigenous Tribal Studies at North Dakota State University. Yellow Bird delivered a thought-provoking presentation on neurodecolonization and decolonizing practices, which involves combining mindfulness approaches with traditional and contemporary contemplative practices to re-sculpt neuronal pathways of negative patterns of thought,



Dr. Michael Yellow Bird, a professor of Sociology, and director of Indigenous Tribal Studies at North Dakota State University, delivered a thought-provoking presentation on neurodecolonization and decolonizing practices, including Indigenous mindfulness, at the Anishinabek Nation Family Well-Being Winter Training in Chippewas of the Thames First Nation on February 12.

Search this Site...



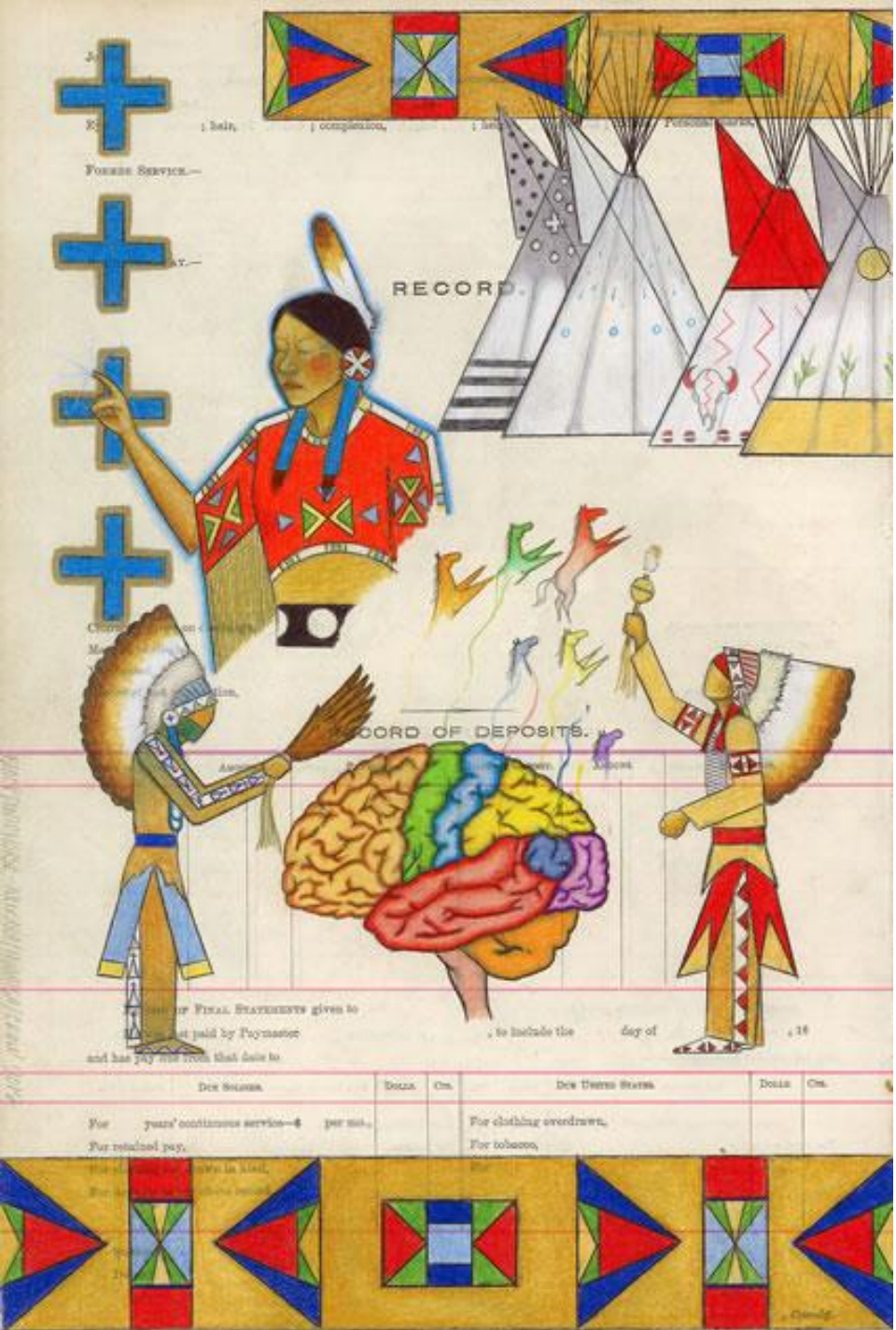
Building a Health Care System by Anishinabek for Anishinabek

Request a Health Transformation Community Engagement Session in your community.

Ngo Dwe Waangizid Anishinaabe

<http://anishinabeknews.ca/2019/02/19/indigenous-mindfulness-used-for-healing/>





**Michael Yellow Bird, MSW, PhD**  
Dean and Professor, Faculty of Social Work,  
University of Manitoba .

<https://www.indigenousmindfulness.com>

“Indigenous and Tribal Peoples have a long and important history of engaging in contemplative and mindfulness practices in daily and ceremonial life.

...  
I am committed to bringing mindfulness approaches and practices to Tribal and Indigenous Peoples communities, organizations, and programs to help build healing and improving wellness.”

## Neurodecolonization and Indigenous Mindfulness



# Your Panelists



**Dr. Mel Borins**

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker



**Dr. Martin Lees**

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker
- Ontario Health – part time clinical lead role



**Dr. Shira Taylor**

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker

# Disclosures

Moderator Disclosures: **Dr. Javed Alloo** @javedaloo

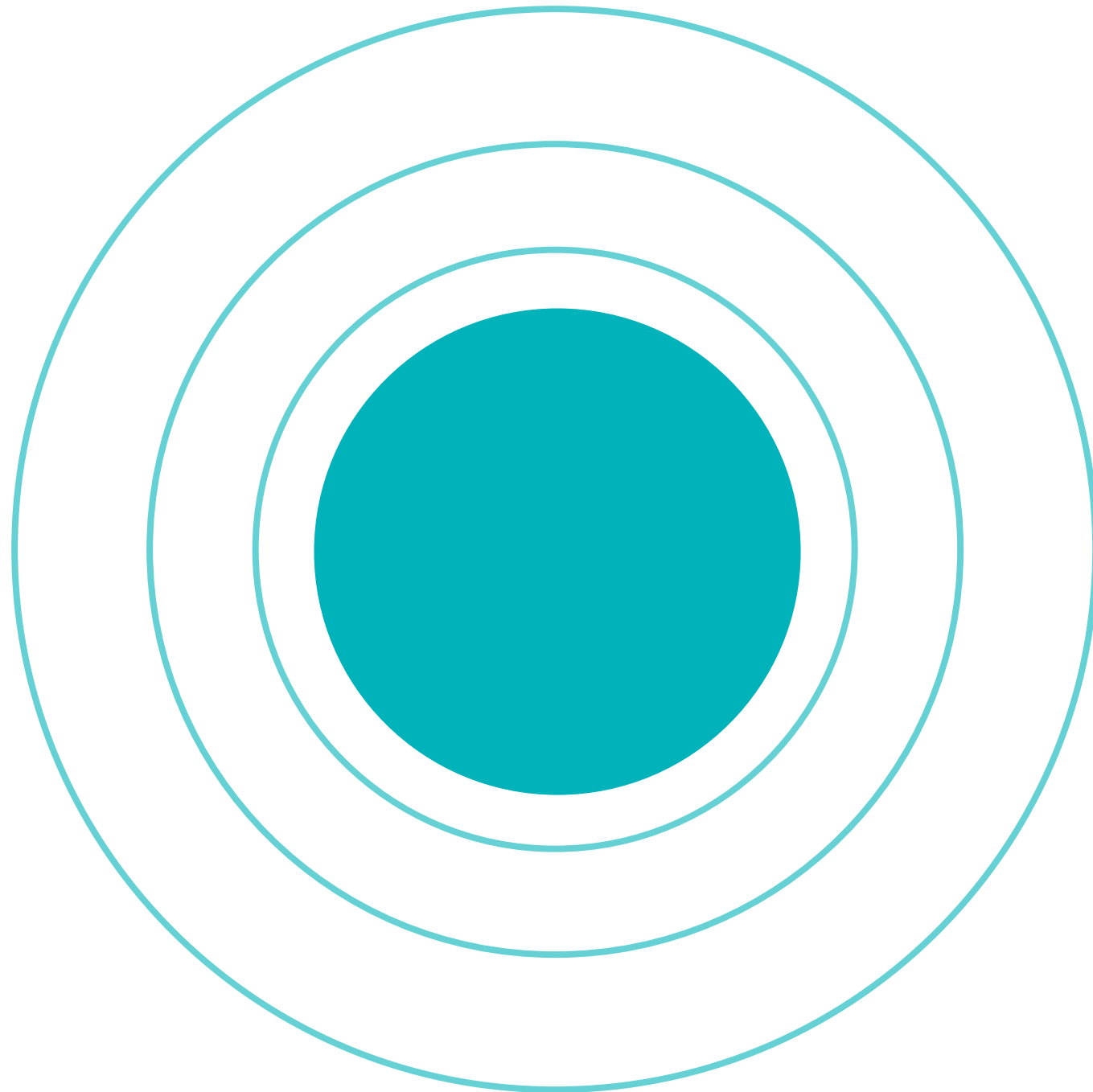
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians – Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research, U of T
- Speakers Bureau/Honoraria: Novo Nordisk Canada, Boehringer Ingelheim, Lupin, Astra Zeneca, Roche, Novopharm, Eli Lilly

Name: **Dr. Melissa Holowaty** @MnHolowaty

- Relationships with financial sponsors (including honoraria): Ontario Medical Association - Board Director, VP HPE Medical Society, Society of Rural Physicians of Canada – Board Member (ended May 2020), College of Family Physicians of Canada – Chair, MIG on Addiction Medicine, ECHO Liver – Advisory Board Member, META:PHI – Advisory Board Member, Ontario College of Family Physicians – CMNs (ended 2019) and Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research (2019)
- Speakers Bureau/Honoraria: Allergan – Botox Injection Instruction (2019)

Name: **Dr. Peter Selby** @drpselby

- Relationships with financial sponsors (including honoraria): York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada
- Advisory Board/Speaker's Bureau: Canadian Centre on Substance Use and Addiction, CCO, ECHO Ontario, MOHLTC, CAMH – Medical Advisory Committee, Dalla Lana (U of T) – Youth Vaping Cessation
- Other: Pfizer Inc., Johnson & Johnson, Novartis





# Mindfulness and mental health, substance use disorders, chronic pain and our own wellness

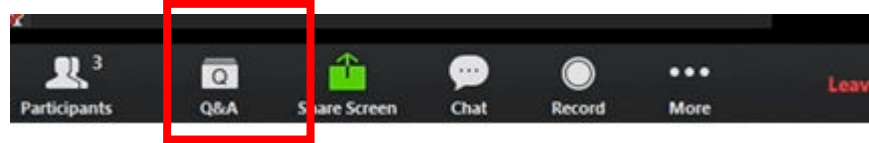
**You raised important questions we'll try work through together today:**

- What are some tips and resources for patients new to mindfulness
- Can you share some simple breathing exercises?
- Is online training for mindfulness as effective as in-person training?
- Is there added value to mindfulness practice out in nature vs. indoors?

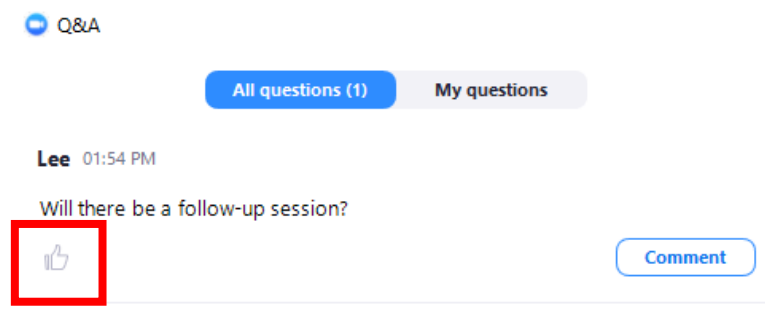
**And other questions you add in the Q&A box...**



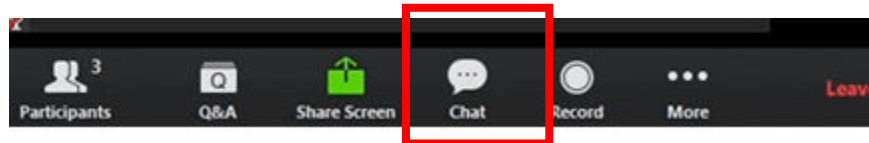
# How to Participate



Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.



Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered



Use the chat to share reflections or resources.

Please introduce yourself in the chat!



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#PractisingWell



The role of  
mindfulness in the  
areas of mental  
health, substance  
use disorders and  
chronic pain

**Your Panelists:**



**Dr. Mel Borins**



**Dr. Shira Taylor**



**Dr. Martin Lees**



**What is mindfulness?**



# Knowing When Not to Practice: Understanding your Window of Tolerance

## Hyper-Arousal

Emotional overwhelm, panic, feeling unsafe, angry, racing thoughts, anxiety, etc.

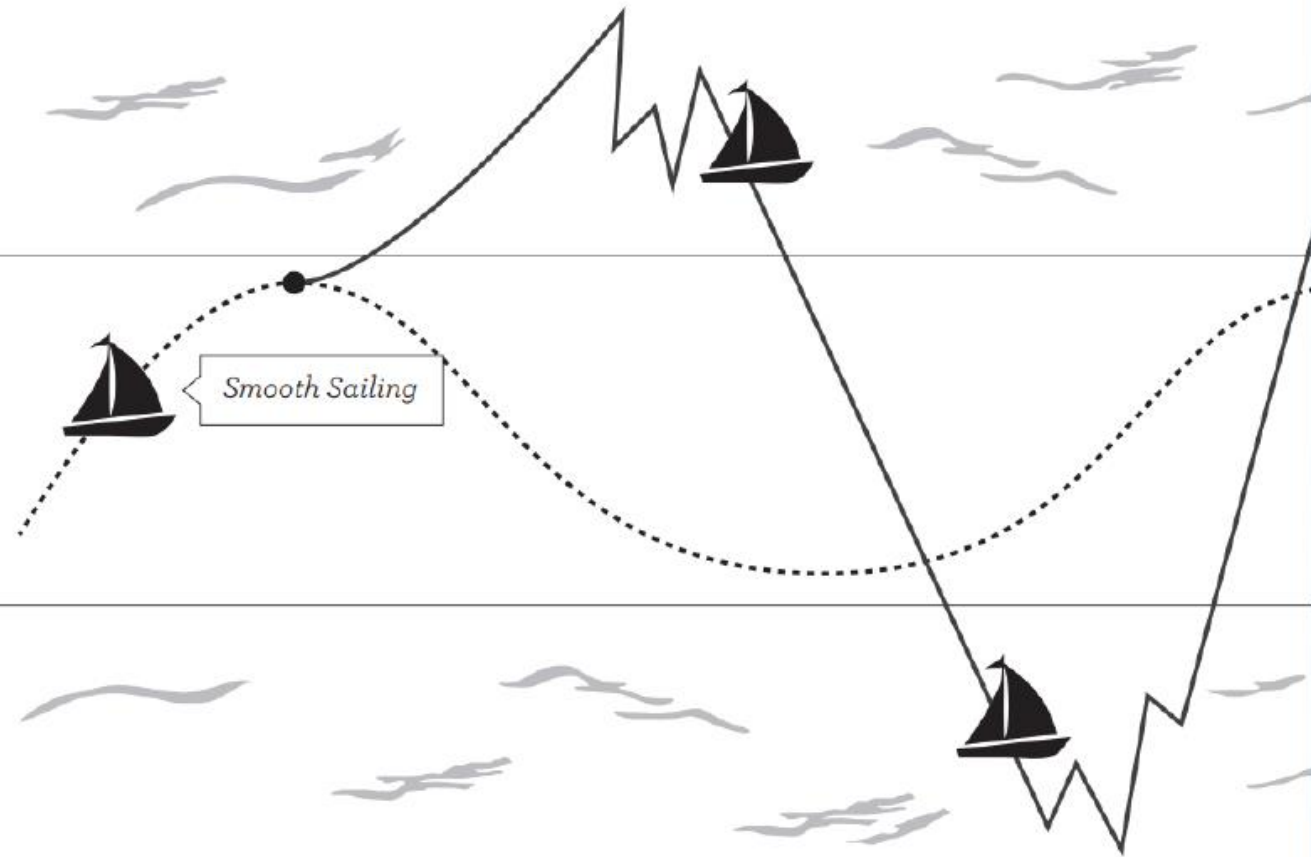
## Window of Tolerance

OPTIMAL AROUSAL ZONE

Carrying on with daily life in the river of well-being

## Hypo-Arousal

Numb, no feelings or energy, can't think, shut down, ashamed, disconnected, depression, etc.

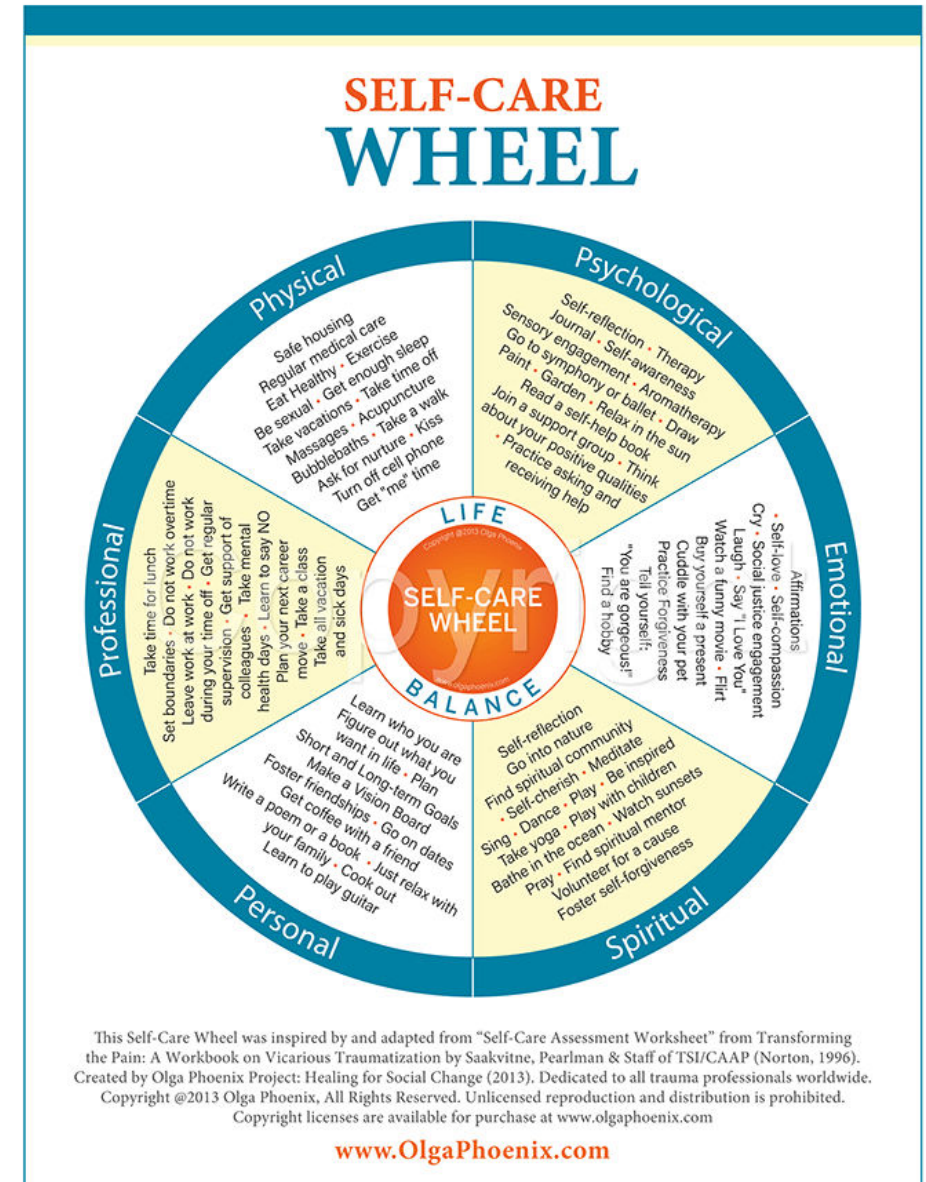


**SELF**  
care  
IS NOT SELFISH

## CIRCLES OF CARE



e.g. David Baum





Links to resources shared today will be sent to participants following the session.

# Resources

Tools



# Resources

Mindfulness-Based Stress Reduction (MBSR) – Dr. Mel Borins

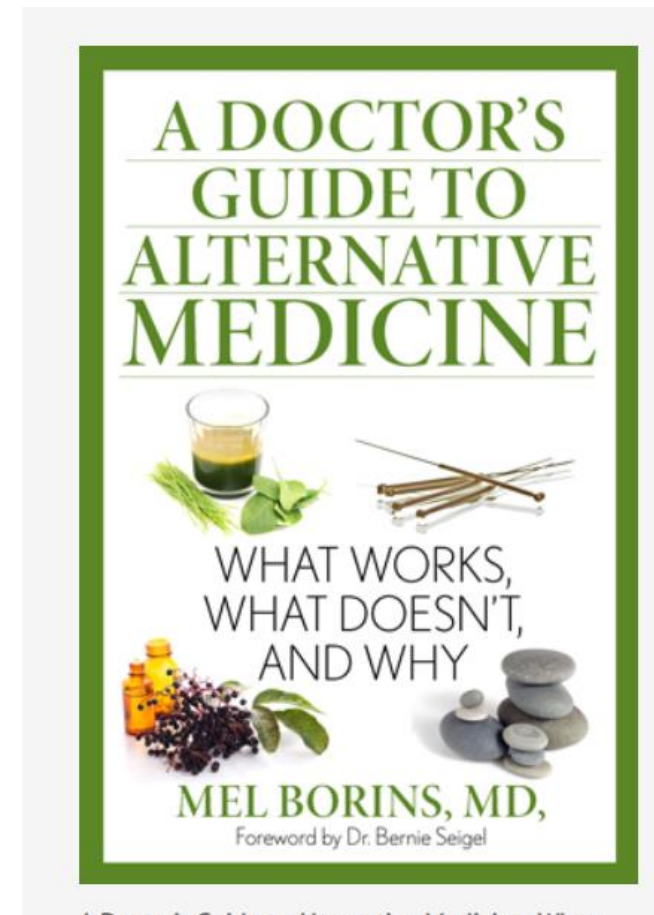
<http://www.melborinscreative.com/mindfulness-based-stress-reduction>

Mindfulness-Based Stress Reduction (MBSR) – An excerpt from my book “A Doctor’s Guide to Alternative Medicine: What Works, What Doesn’t, and Why – Foreword by Dr. Bernie Siegel

MEL BORINS M.D. A DOCTOR’S GUIDE TO ALTERNATIVE MEDICINE, MEDICAL WRITING 0

*My son Larry Borins who is a psychotherapist and social worker is offering a new Mindfulness workshop that combines Mindfulness and Cognitive Behaviour Therapy (CBT). There is only a few spots left. For more info, please visit [THE MINDFUL WAY](#).*

You can order ‘A Doctor’s Guide to Alternative Medicine’ from [melborins.com](http://melborins.com) or [Indigo.ca](http://Indigo.ca).



# Resources

## Pandemic Specific Content

### [Find Calm and Nourish Resilience During the Outbreak](#) — Mindful

Whether you're looking for live guided meditations connecting you to others, a quick practice to help you find your ground, or a free course on how to meditate, here's how the Mindful community is coming together to serve in the days and weeks ahead.

### [Resilience in Challenging Times, A Care Package](#) — Sounds True

Daily video sessions, webinars, live group meditations & meetups, and other free digital resources. Regularly updated with new offerings.

### [Being Resilient](#) — Dr. Rick Hanson

A recent video message, guided practices, Live weekly sessions, a 45 minute podcast episode, and other resources.

### [Live Online Practice Sessions](#) — Tricycle

Join teachers Jack Kornfield, Pema Chödrön, Sharon Salzberg, and others for a free series of live-stream meditations to help ease anxiety amid our social-distancing efforts

### [Guide to Well-Being](#) — Greater Good Science Center, UC Berkeley

Practices, resources, and articles for individuals, parents, and educators facing this crisis.

# Resources

## Pandemic Specific Content

### [Free Resources for the Global Health Crisis](#) — Shambhala Publications

Free ebooks, an online course, and lots of free videos from Shambhala Pubs authors, including Pema Chödrön.

### [4 Live Meditation Gatherings Each Day](#) — Open Heart Project / Susan Piver

15-20 Minute sit followed by a discussion to share our hopes, fears, ideas, and predicaments

### [Pandemic Care Resources](#) — Tara Brach

A wealth of talks and guided practices, including some specific to the pandemic, as well as a free half-day home retreat. Tara also leads a weekly class each Wednesday night at 7:30 eastern time live on Facebook and YouTube.

### [Free Half-Day At-Home Mindfulness Retreat](#) — Tara Brach and Jack Kornfield / Sounds True

The material is divided into three segments of approximately 45 minutes each. With the scheduled breaks and walking meditation sessions, you will need a little more than three hours to complete this retreat.

### [Sanity Guide — Dan Harris / Ten Percent Happier](#)

Daily live practice sessions w/ Q&A, plus podcasts, blog posts, meditations and talks.



# Resources – Articles

- Collection of mindfulness articles <https://positivepsychology.com/category/mindfulness/>
- CMHA (2021). Take 15 minutes just for you. <https://ontario.cmha.ca/take-15-minutes-just-for-you/>
- Ackerman, C. (2020). 22 Mindfulness Exercises, Techniques & Activities For Adults (+ PDF's). <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- Hulsheger, U. Alberts, H., Feinholdt, A., & Lang, J. (2012). Benefits of Mindfulness at Work: The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction. Journal of Applied Psychology, 98(2), 310-325.  
[https://www.researchgate.net/publication/234018520\\_Benefits\\_of\\_Mindfulness\\_at\\_Work\\_The\\_Role\\_of\\_Mindfulness\\_in\\_Emotion\\_Regulation\\_Emotional\\_Exhaustion\\_and\\_Job\\_Satisfaction](https://www.researchgate.net/publication/234018520_Benefits_of_Mindfulness_at_Work_The_Role_of_Mindfulness_in_Emotion_Regulation_Emotional_Exhaustion_and_Job_Satisfaction)
- Richard J Davidson, Jon Kabat-Zinn, Jessica Schumacher, Melissa Rosenkranz, Daniel Muller, Saki F Santorelli, Ferris Urbanowski, Anne Harrington, Katherine Bonus, John F Sheridan (2003). Alterations in brain and immune function produced by mindfulness meditation.  
<https://pubmed.ncbi.nlm.nih.gov/12883106/>
- David, D., & Hayes, J. (2011). What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research. Psychotherapy, 48(2), 198-208.  
<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjh1L7wnZryAhULTd8KHZ91CLcQFnoECAkQAw&url=https%3A%2F%2Fwww.apa.org%2Fpubs%2Fjournals%2Ffeatures%2Fpst-48-2-198.pdf&usg=AOvVaw1eQfyOWtk9dZnNj3C6A8CX>

# Resources – Articles

- Penman, D. (2019). What exactly is mindfulness. It's not what you think.  
[https://www.psychologytoday.com/gb/blog/mindfulness-in-frantic-world/201801/what-exactly-is-mindfulness-it-s-not-what-you-think?mc\\_cid=38c1d32535&mc\\_eid=44b724a2e0](https://www.psychologytoday.com/gb/blog/mindfulness-in-frantic-world/201801/what-exactly-is-mindfulness-it-s-not-what-you-think?mc_cid=38c1d32535&mc_eid=44b724a2e0)
- Riopel, L. (2021). Mindfulness and the Brain: What Does Research and Neuroscience Say?  
<https://positivepsychology.com/mindfulness-brain-research-neuroscience/>
- Riopel, L. (2021). 30 Meditation Exercises and Activities to Practice Today.  
<https://positivepsychology.com/meditation-exercises-activities/>
- Westphal, M., Bingisser, M., & Feng, T. (2014). Protective benefits of mindfulness in emergency room personnel. *Journal of Affective Disorders*, 175C, 79-85.  
[https://www.researchgate.net/publication/271139769\\_Protective\\_benefits\\_of\\_mindfulness\\_in\\_emergency\\_room\\_personnel](https://www.researchgate.net/publication/271139769_Protective_benefits_of_mindfulness_in_emergency_room_personnel)

# Resources – Books

- Kabat-Zinn. J. (2016). Mindfulness for beginners: reclaiming the present moment and your life. Boulder, CO: Sounds True.
- Snyder, M. ( 2014). Positive health, flourishing lives, well-being in doctors. Bloomington, IN: Balboa Press.

# Resources – Free Courses

- Mindfulness & Wellbeing. <https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/mindfulness-wellbeing>

# Resources – Apps and Audio

- <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- <https://www.audiodharma.org/series/1/talk/1762/>
- [https://www.uclahealth.org/marc/body.cfm?id=22&iirf\\_redirect=1](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1)

# Resources – Videos

Headspace  
@ Netflix

<https://www.netflix.com/ca/title/81280926>



- Davidson, R. (2019). How mindfulness changes the emotional life of our brains. [https://www.ted.com/talks/richard\\_j\\_davidson\\_how\\_mindfulness\\_changes\\_the\\_emotional\\_life\\_of\\_our\\_brains\\_jan\\_2019?language=en](https://www.ted.com/talks/richard_j_davidson_how_mindfulness_changes_the_emotional_life_of_our_brains_jan_2019?language=en)
- Davidson, R. (2019). Wellbeing as a skill. <https://www.youtube.com/watch?v=N5GRm2ebPKw>
- Healthy Minds Innovations Videos. <https://www.youtube.com/watch?v=N5GRm2ebPKw>
- The plasticity of the mind, brain, and body (2020). <https://www.youtube.com/watch?v=6GEG-Lw1Znc&t=915s>

# Resources – Websites

- American Mindfulness Research Association. <https://goamra.org/>
- Berkley Center for Greater Good. <https://greatergood.berkeley.edu/>
- Center for Health Minds- University of Wisconsin. <https://centerhealthyminds.org/>
- CMA physician wellness hub. <https://www.cma.ca/physician-wellness-hub>
- McMaster University mindfulness and relaxation. <https://wellness.mcmaster.ca/topics/mindfulness-and-relaxation/>
- The free mindfulness project. <http://www.freemindfulness.org/home>



**Questions**





**Chat**

**One thing you can do...  
to include a mindfulness-  
based approach in your  
practice?**

# Peer to Peer Connect

Now recruiting **Peer Guides!**

If you enjoy collaborating to help your colleagues achieve their learning and clinical care goals, we'd love to have you join the Practising Well team!

**Learn more about becoming a Peer Guide:  
Tuesday, August 31 @ 7:00pm**

**Sign up to learn more in the information session:**

<https://www.ontariofamilyphysicians.ca/education/practising-well/peer-to-peer-connect>





Please help us make these sessions better by filling out the evaluation you'll receive by email shortly!

Join us for the next live online session on  
**Wednesday, September 22** to discuss  
Supporting children and youth with  
mental health and substance use disorders

[PractisingWell@ocfp.on.ca](mailto:PractisingWell@ocfp.on.ca)



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.



# Support for you and those you care about.

OMA Physician Health Program  
<https://php.oma.org/>

Centre for Addiction and Mental Health  
Health Care Provider (HCP) Resource Site  
<http://www.camh.ca/covid19hcw>

OMA  
Physician Health Program

Search

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About PHP | Who We Serve | What We Do | Well-Being | News and Events | Need Help?

New 24/7 services available for you and your family.  
Call the Wellness Support Line.

camh

Home Health Info Science & Research Education Get Involved Strong Change About

Mental Health and COVID-19

The help you need is here

Self-referral for mental health care

Your Mental Health and Self-Care



# Mainpro+ Credits

## Direct Credit Entry

Do you want the OCFP to submit your earned Mainpro+ credit directly into your Mainpro+ account?

If interested, please email [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca) with your 6-digit CFPC number (Hint: Your CFPC # begins with a “6”).

