

ENCONTROS DA SAÚDE

OFICINA



OS BENEFÍCIOS DO USO DA MINDFULNESS NO AMBIENTE DE TRABALHO



Palestrante:



Carolina Baptista Menezes



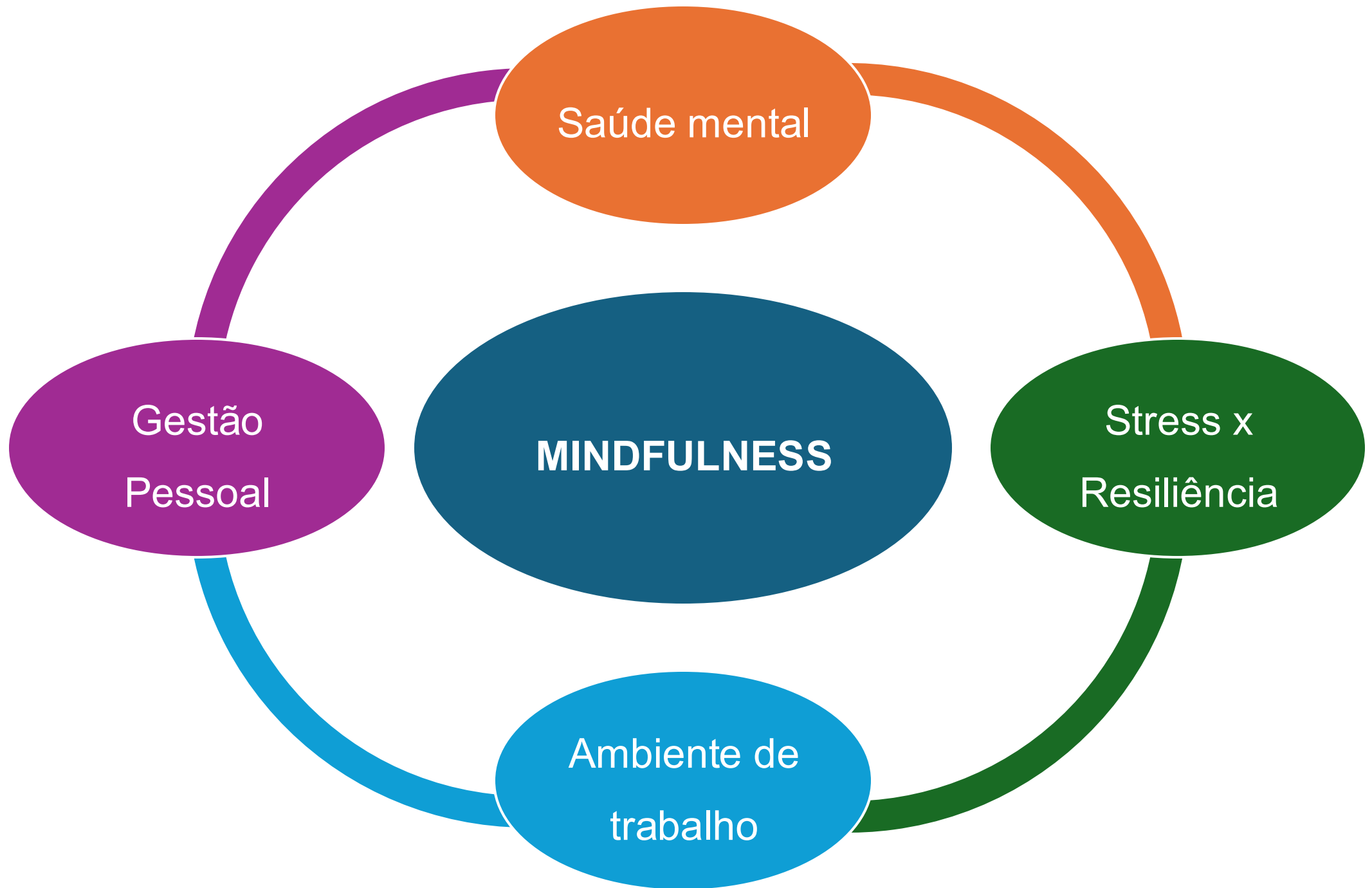
18 de novembro
Das 14h às 15h30

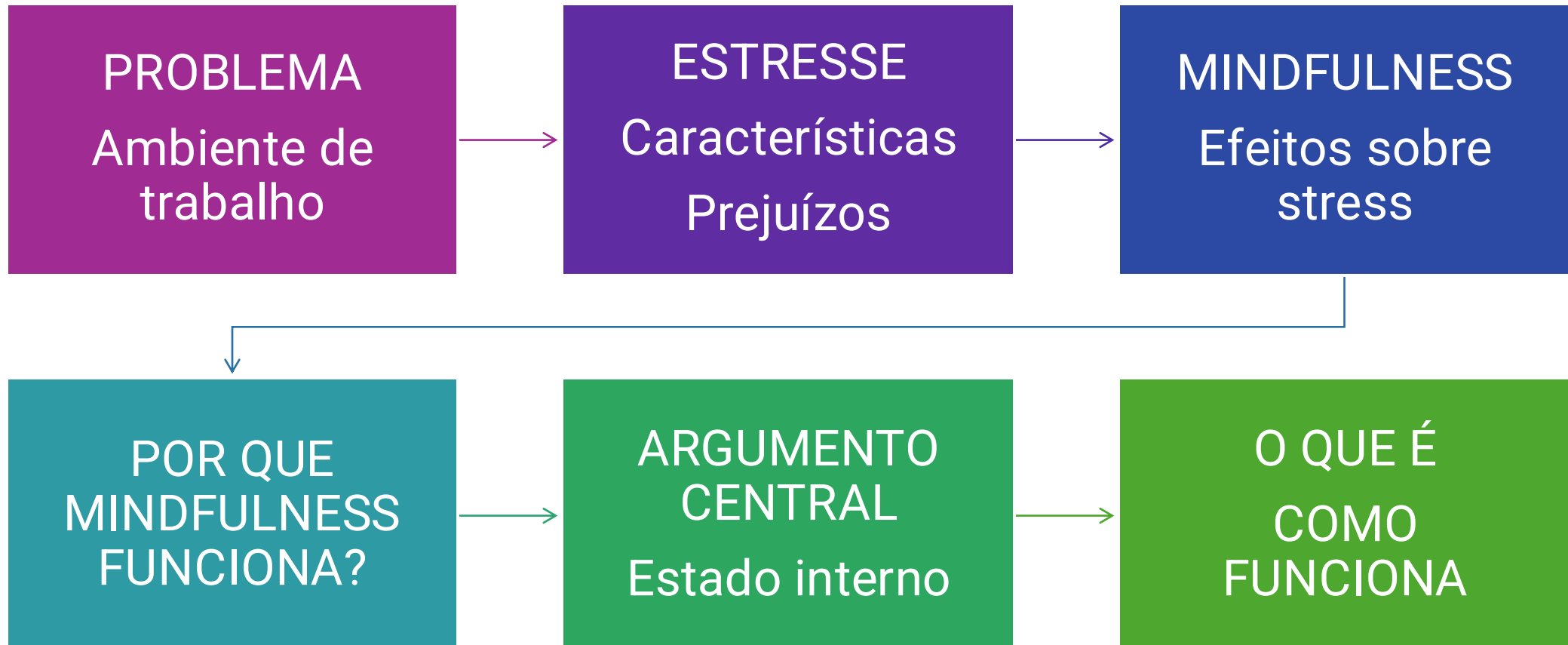


Presencial no Auditório do
TRT-SC com transmissão



ENQUETE 1





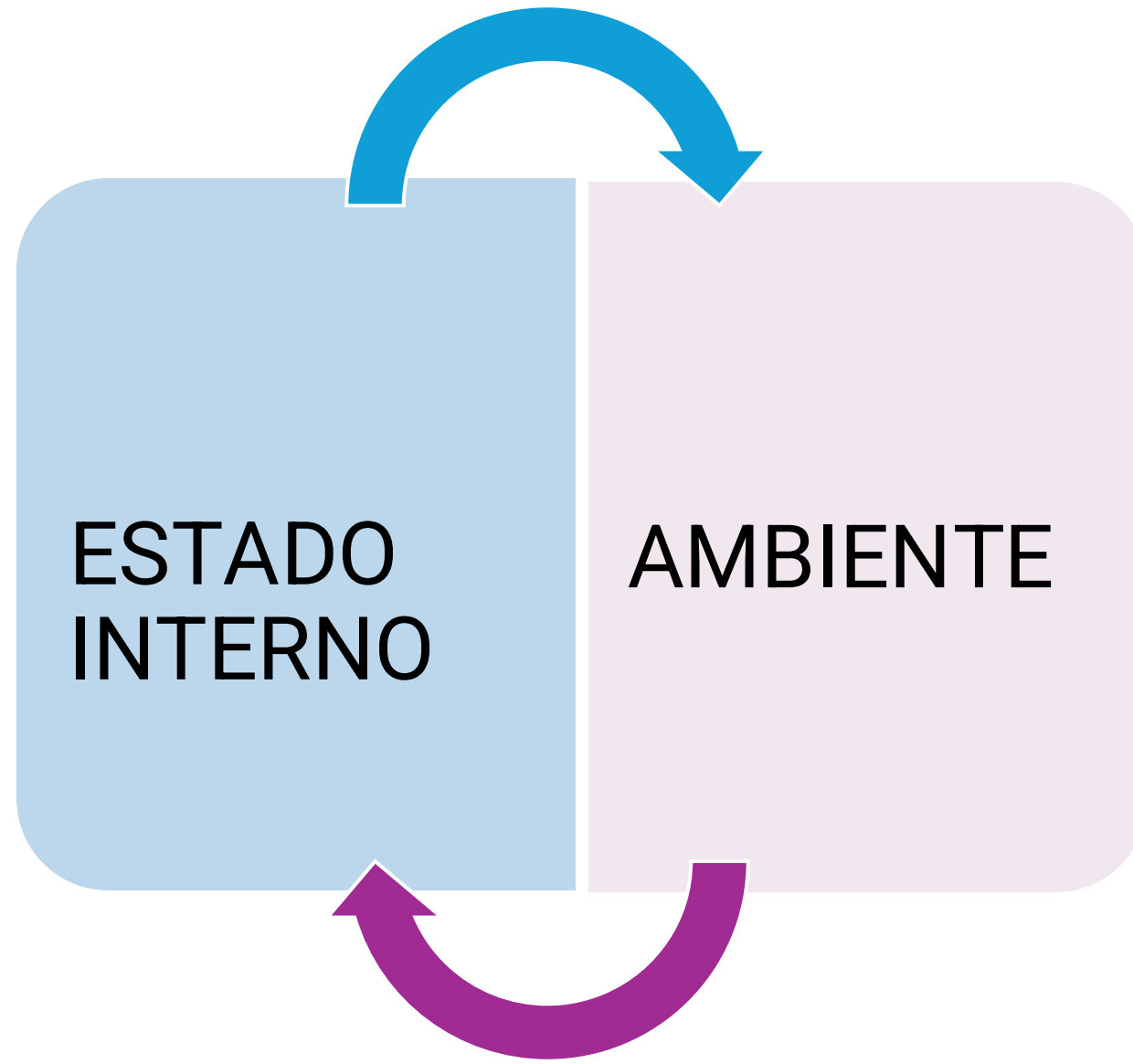
PROBLEMA
Ambiente de trabalho



Ambiente de trabalho

CONFLITOS

- Metas/Prazos
- Performance/Produtividade
- Competitividade
- Sobrecarga
- Dificuldade de concentração
- Relações desafiadoras
- Resolução de problemas (não temos a solução)
- Conversas difíceis



ESTRESSE

Características

Prejuízos

**Stress x
Resiliência**

ROBERT M. SAPOLSKY

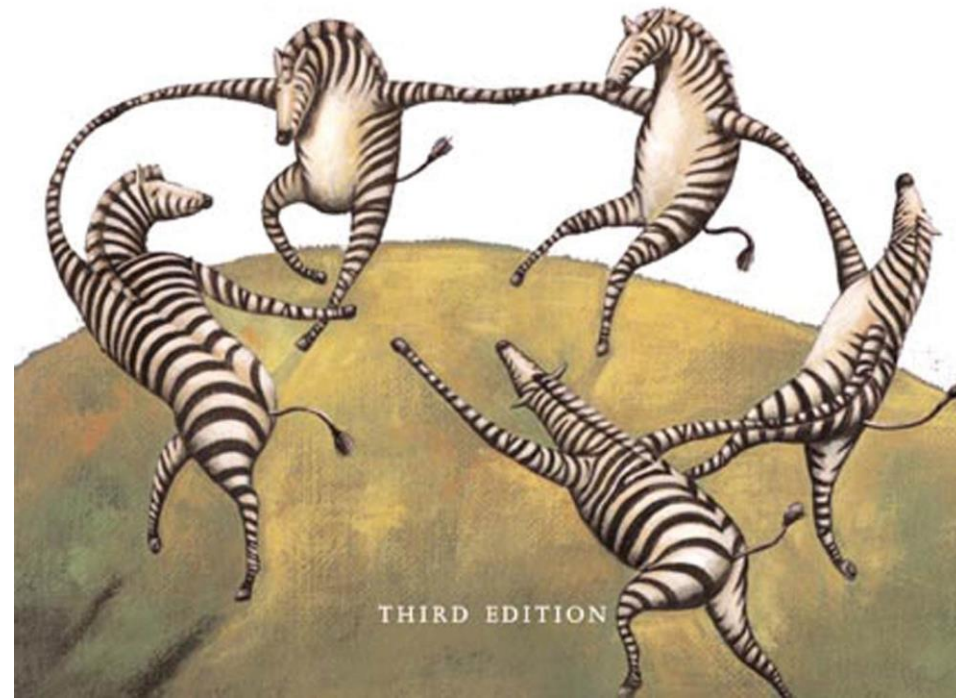
Author of A Primate's Memoir

WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress, Stress-Related
Diseases, and Coping—Now Revised and Updated

"One of the best science writers of our time."

—Oliver Sacks



THIRD EDITION

Stress and the brain: individual variability and the inverted-U

Robert M Sapolsky

VOLUME 18 | NUMBER 10 | OCTOBER 2015 **NATURE NEUROSCIENCE**

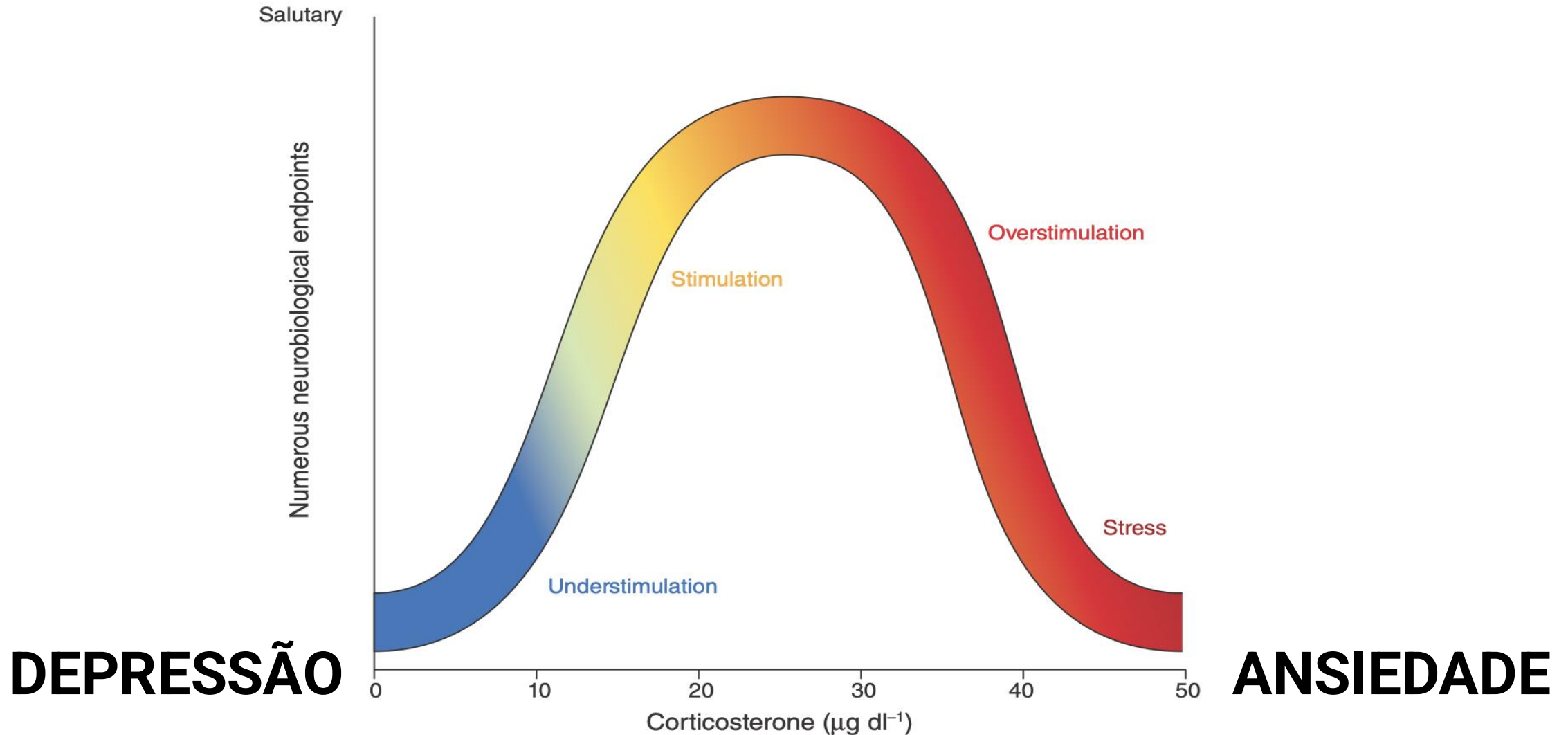


FIG. 3.2

The global prevalence of mental disorders in 2019

WIDESPREAD



1 in 8

live with a mental health condition

Source: IHME, 2019 (98); WHO, 2021 (5).

970 million
people living with
mental disorders



52.4%
females



47.6%
males

31.0%

Anxiety
disorders

28.9%

Depressive
disorders

11.1%

Developmental disorder (idiopathic)

Attention-deficit/hyper-activity disorder **8.8%**

Bipolar disorder **4.1%**

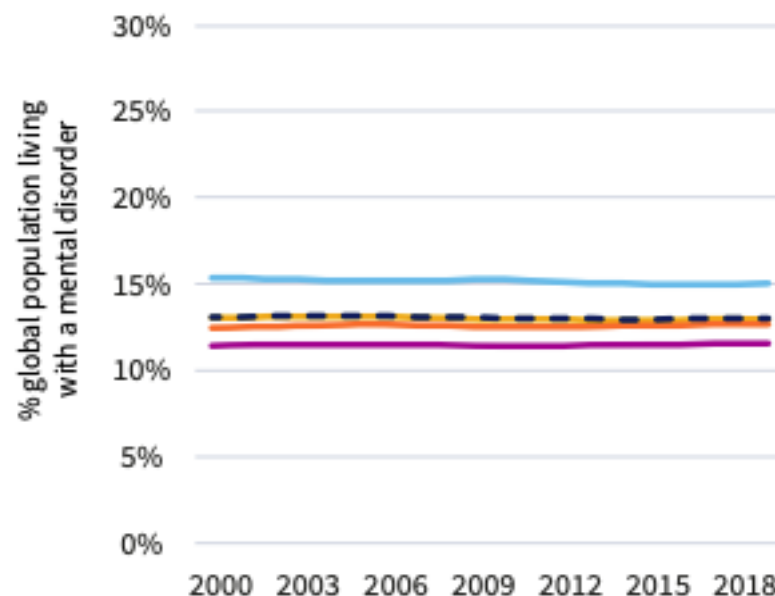
Conduct disorders **4.1%**

Autism spectrum disorders **2.9%**

Schizophrenia **2.5%**

Eating disorders **1.4%**

**13% of global population is
living with mental disorders**



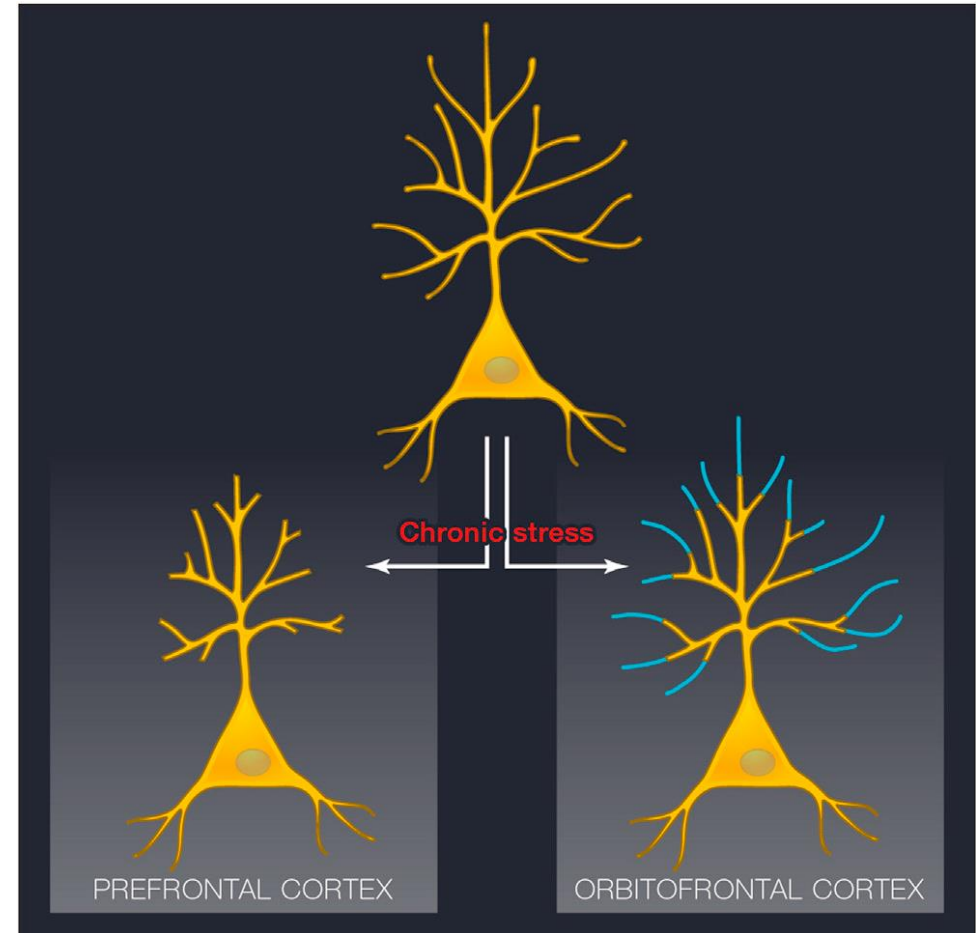
- High-income countries
- Upper middle-income countries
- Lower middle-income countries
- Low-income countries
- All countries

Source: IHME, 2019 (99).

The Brain on Stress: Vulnerability and Plasticity of the Prefrontal Cortex over the Life Course

Bruce S. McEwen^{1,*} and John H. Morrison²

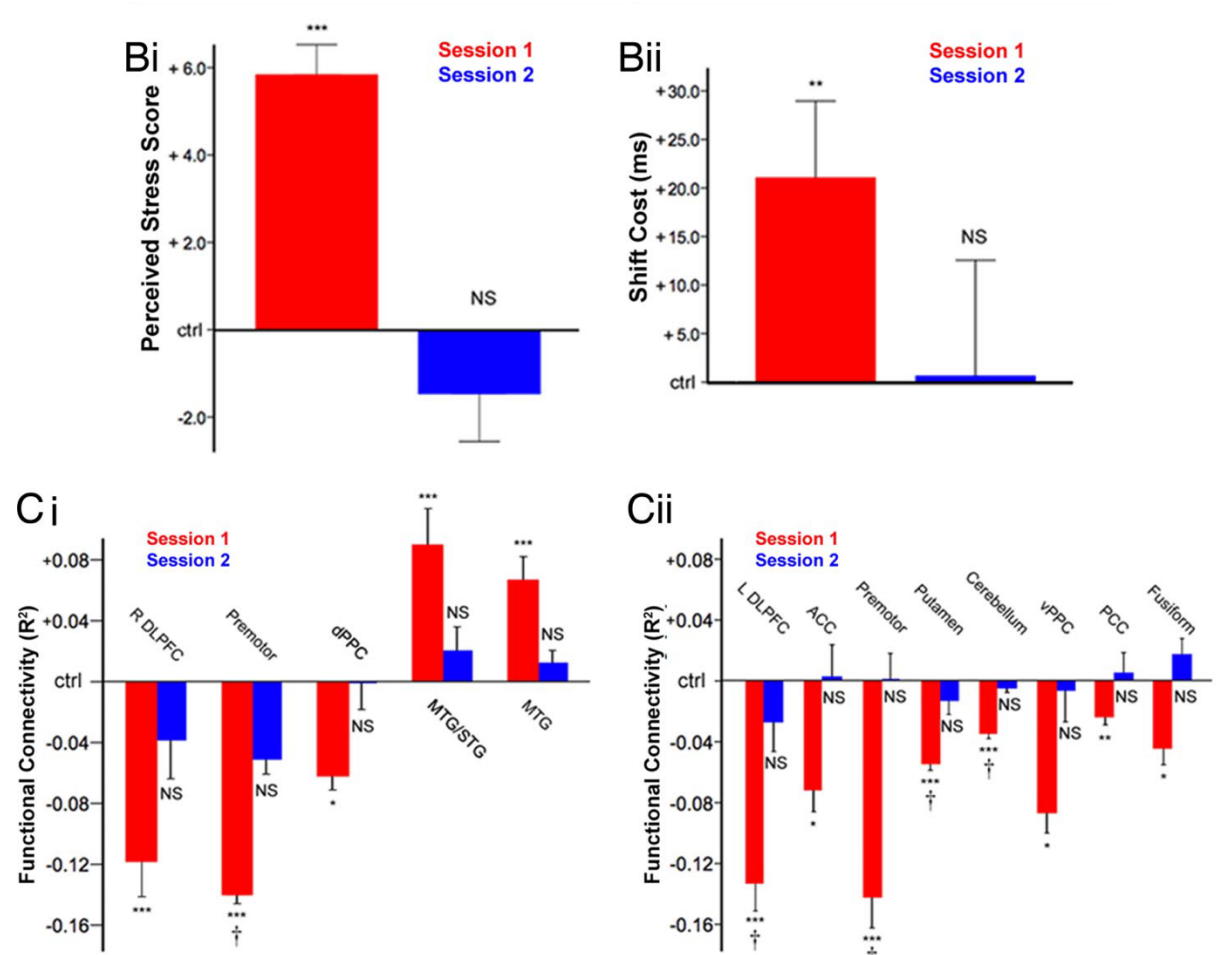
**Diminuição dos dendritos
no córtex pré frontal**



Psychosocial stress reversibly disrupts prefrontal processing and attentional control

C. Liston^{a,b,1}, B. S. McEwen^b, and B. J. Casey^a

- Pior atenção (custo de trocar a resposta entre dois estímulos diferentes)
- Menor conectividade
- Reversibilidade



Data are plotted as difference scores relative to controls

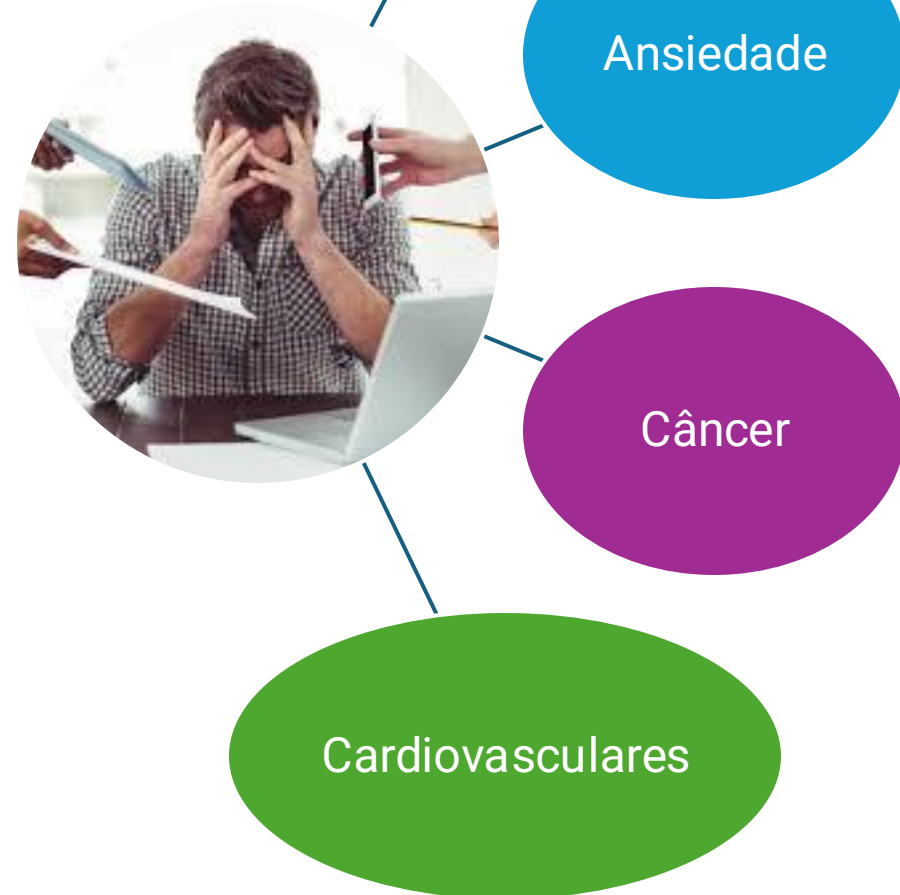
Psychological Stress and Disease

Sheldon Cohen, PhD

Denise Janicki-Deverts, PhD

Gregory E. Miller, PhD

ercise and sleep, and poorer
provide an important pathv
fluence disease risk. Stressor
vides another key pathway



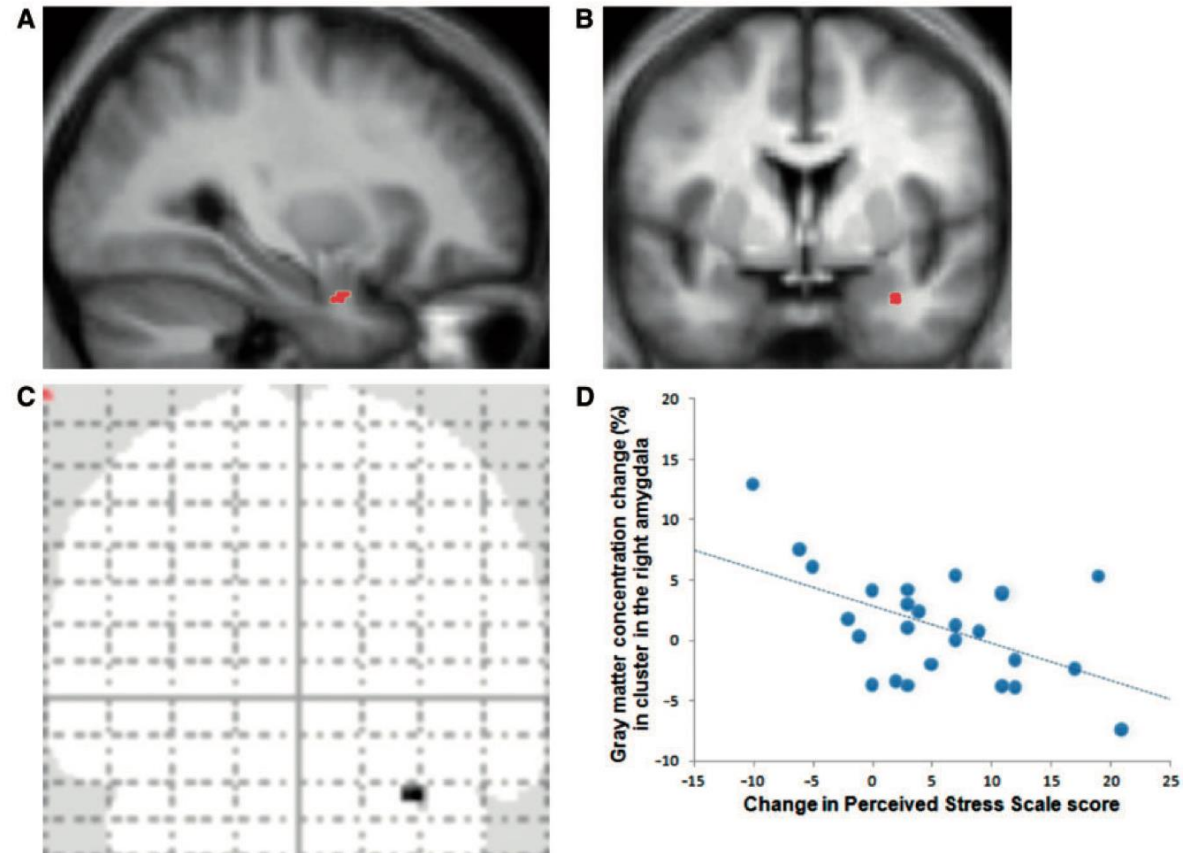
MINDFULNESS

Efeitos sobre stress

Stress reduction correlates with structural changes in the amygdala

Britta K. Hölzel,^{1,2} James Carmody,³ Karleyton C. Evans,¹ Elizabeth A. Hoge,⁴ Jeffery A. Dusek,^{5,6} Lucas Morgan,¹ Roger K. Pitman,¹ and Sara W. Lazar¹

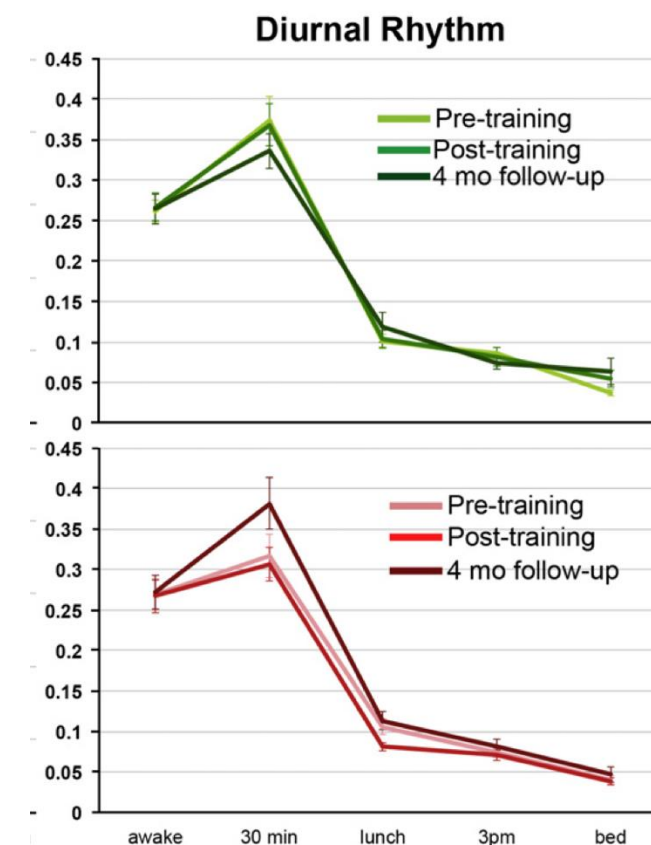
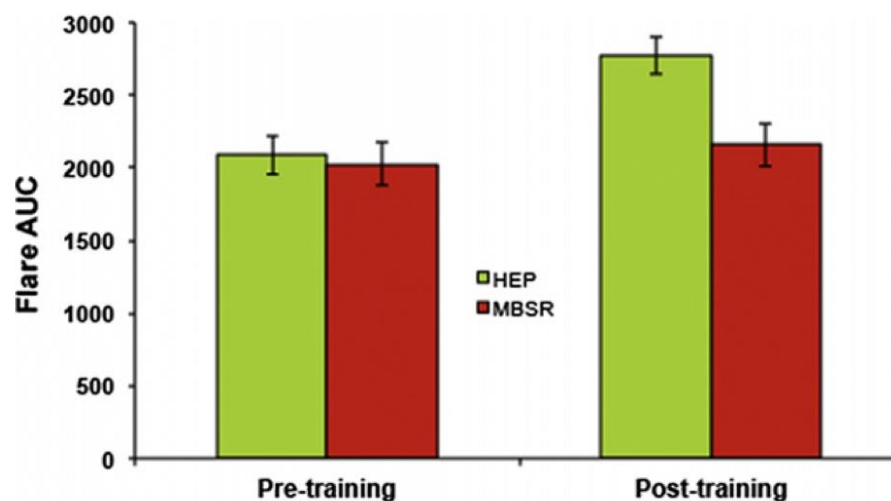
Correlação entre stress
percebido e densidade de
massa cinzenta na AM
direita



A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation

Melissa A. Rosenkranz^{a,*}, Richard J. Davidson^{a,b,c}, Donal G. MacCoon^a, John F. Sheridan^d, Ned H. Kalin^c, Antoine Lutz^a

- Induziram uma resposta inflamatória e evocaram estresse.
- Tamanho do inchaço.
- Queda mais acentuada do cortisol diurno.



Mindfulness-Based Programs in the Workplace: a Meta-Analysis of Randomized Controlled Trials

Ruben Vonderlin¹  • Miriam Biermann¹ • Martin Bohus^{1,2} • Lisa Lyssenko³

- **56** estudos, com 2.689 participantes e 2.472 controles.
- Redução de **estresse** ($g = -0,66$).
- **Bem estar e satisfação de vida** ($g = 0,68$).
- Efeitos mantiveram no **follow-up** (até 12 semanas).

ARGUMENTO CENTRAL
Estado interno

ESTADO INTERNO

- *Teoria do Humor como Informação* (Schwarz & Clore, 1983, 2003)
 - Humor **Negativo** = cérebro tende a interpretar algo como errado, estilo cognitivo mais detalhista e vigilante.
 - Humor **Positivo** = sinal de ambiente seguro, melhorando pensamento global, criatividade e flexibilidade.

ESTADO INTERNO

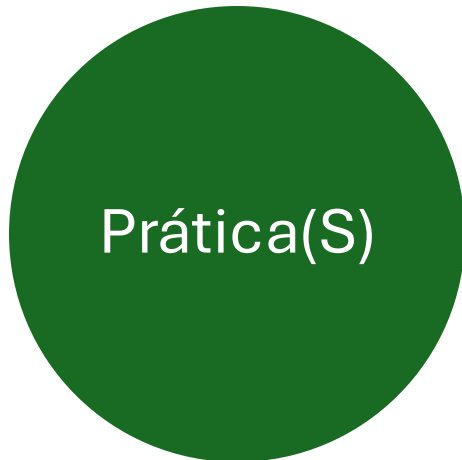
- *Broaden-and-Build Theory* (Barbara Fredrickson, 1998–2004)
 - Afetos **Negativos** = fecham o foco perceptivo, atenção estreita e pensamento concreto.
 - Afetos **Positivos** = expandem repertório cognitivo, atencional e comportamental, maior criatividade, cooperação e resiliência.

ESTADO INTERNO

- *Approach-Avoidance Motivation* (Carver & White, 1994)
 - Afetos **Negativos** = sistema de evitação = cautela, retraimento, hiperavaliação de risco.
 - Afetos **Positivos** = sistema de aproximação = busca de metas, engajamento, iniciativa.

Enquete 2

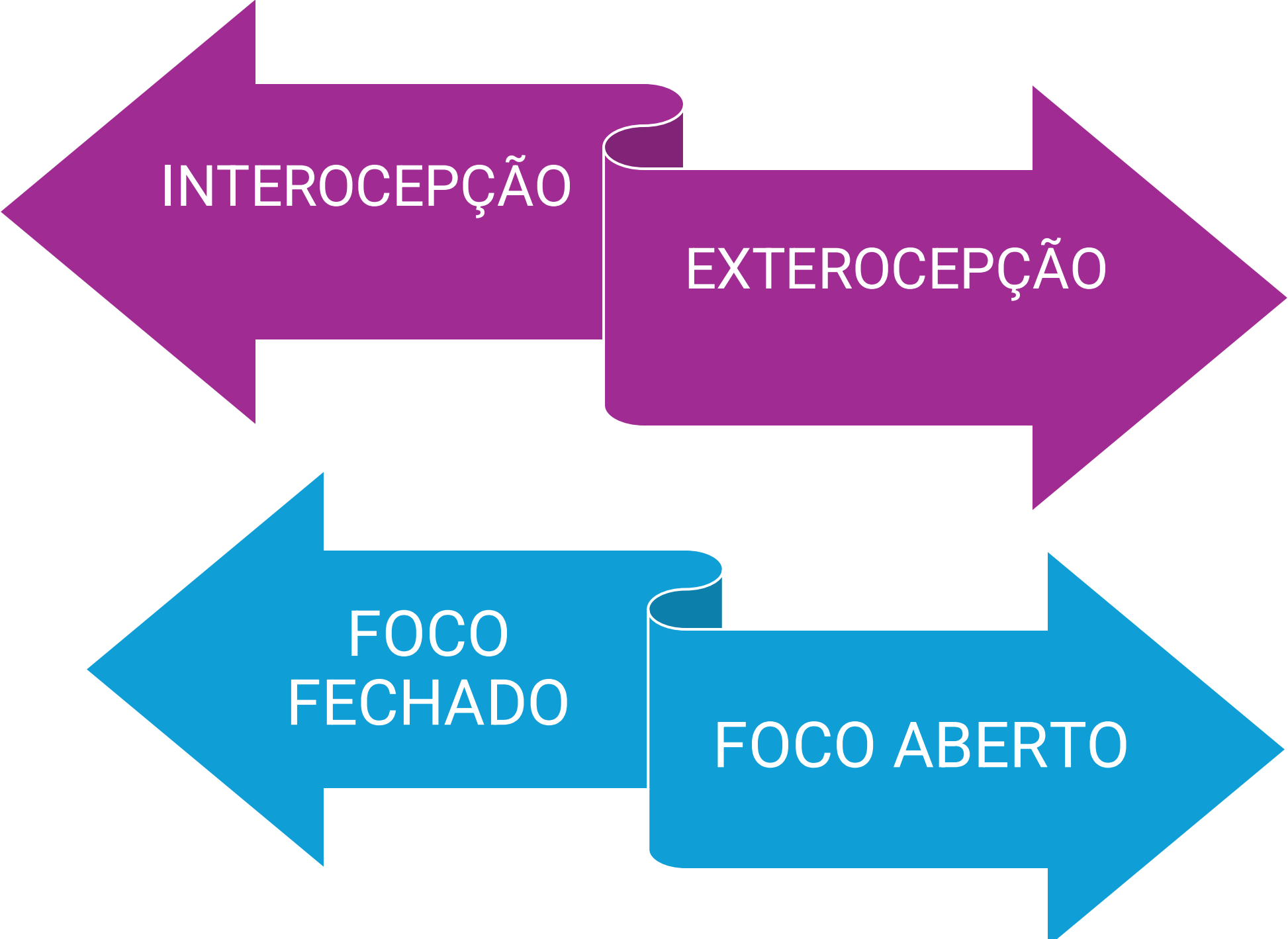
O QUE É
COMO FUNCIONA



TREINAMENTO MENTAL



CONSCIÊNCIA MONITORAMENTO

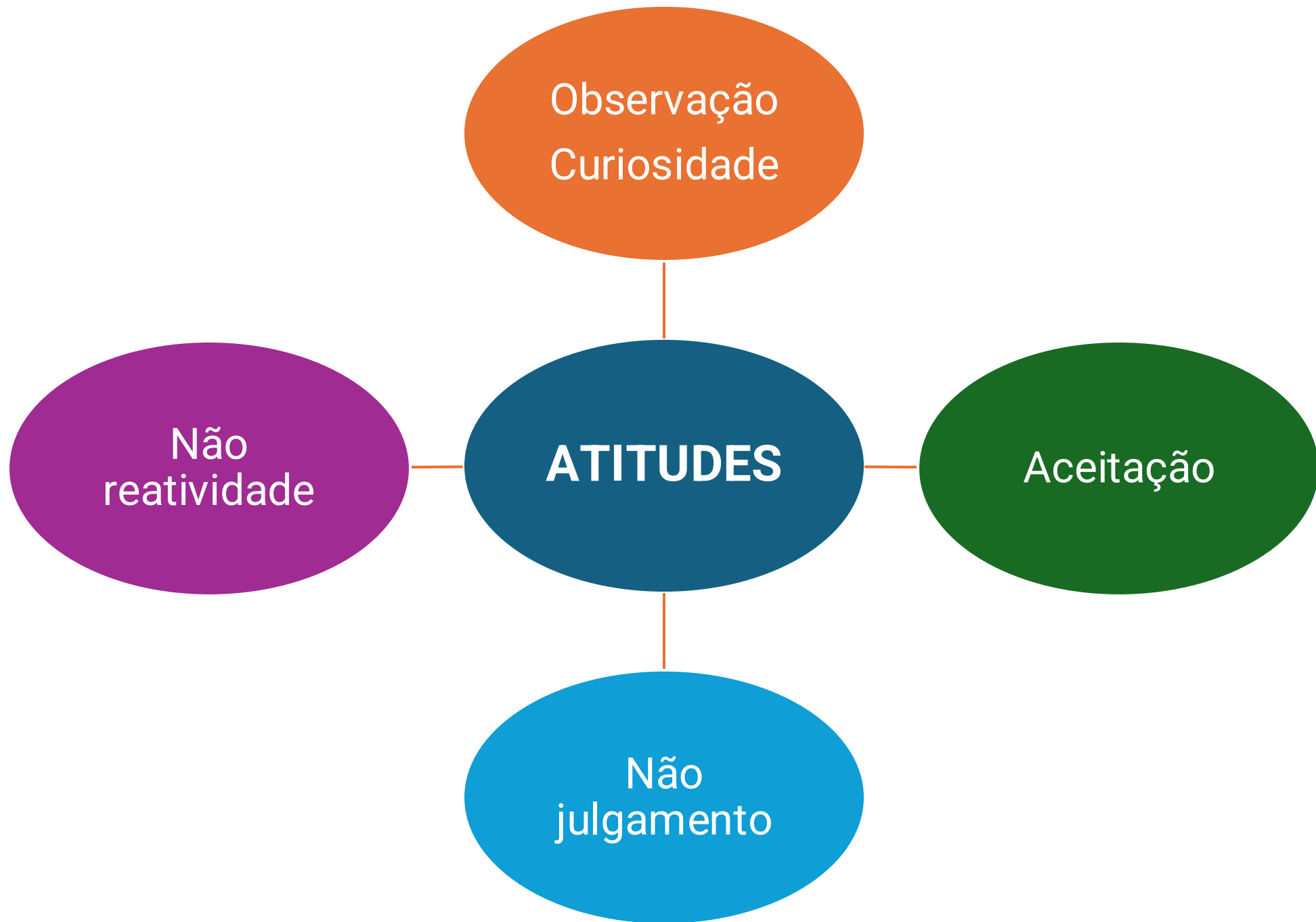


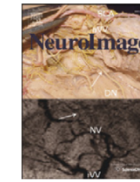
INTEROCEPÇÃO

EXTEROCEPÇÃO

FOCO
FECHADO

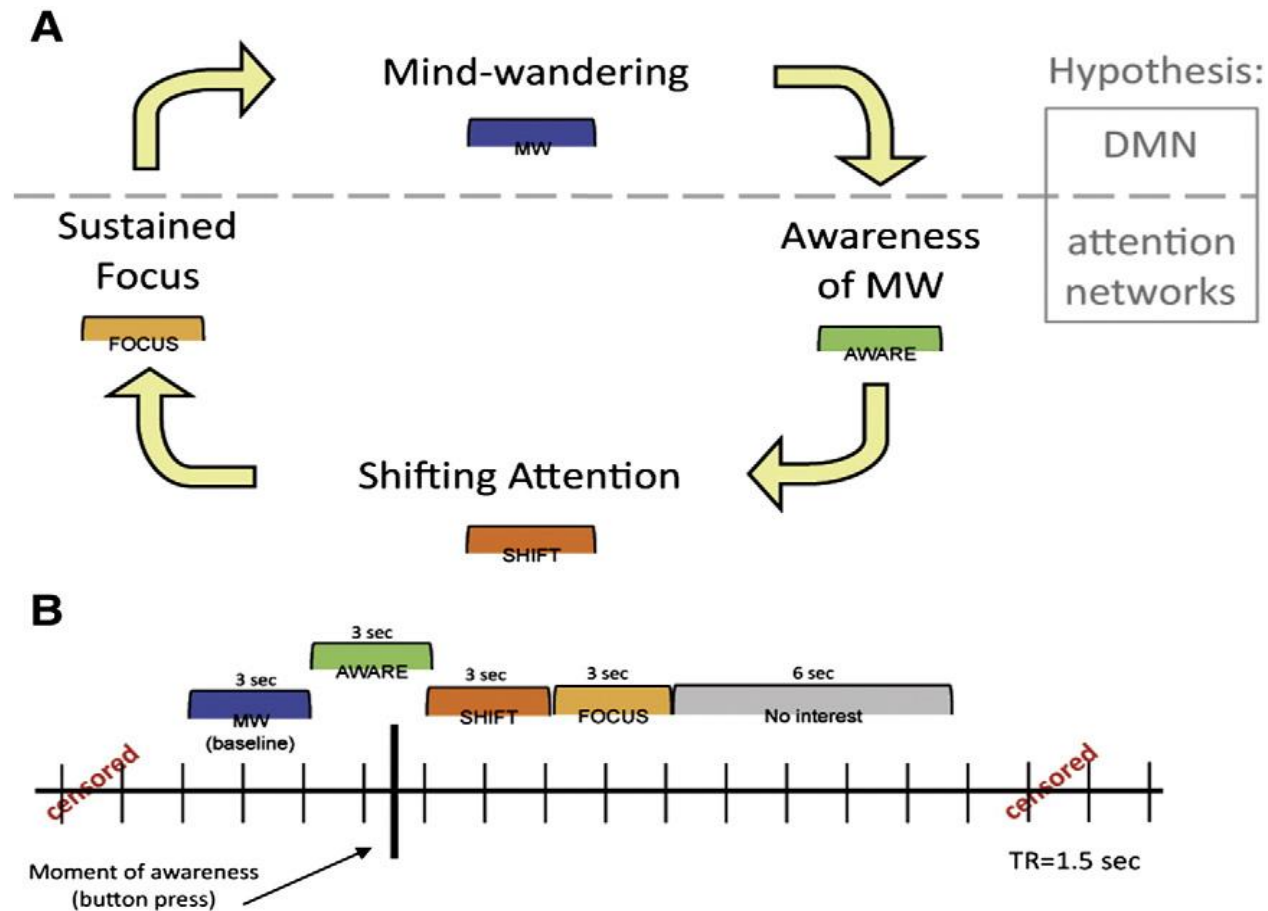
FOCO ABERTO





Mind wandering and attention during focused meditation: A fine-grained temporal analysis of fluctuating cognitive states

Wendy Hasenkamp^{a,b,*}, Christine D. Wilson-Mendenhall^a, Erica Duncan^{b,c}, Lawrence W. Barsalou^a



Meditation experience is associated with differences in default mode network activity and connectivity

Judson A. Brewer^{a,1}, Patrick D. Worhunsky^a, Jeremy R. Gray^b, Yi-Yuan Tang^c, Jochen Weber^d, and Hedy Kober^a

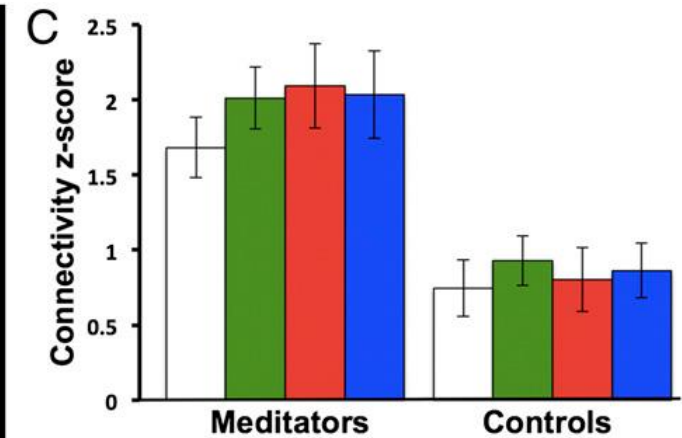
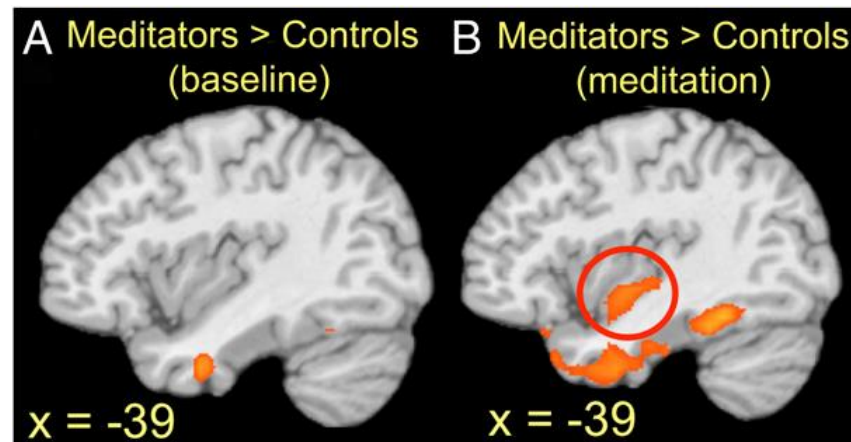
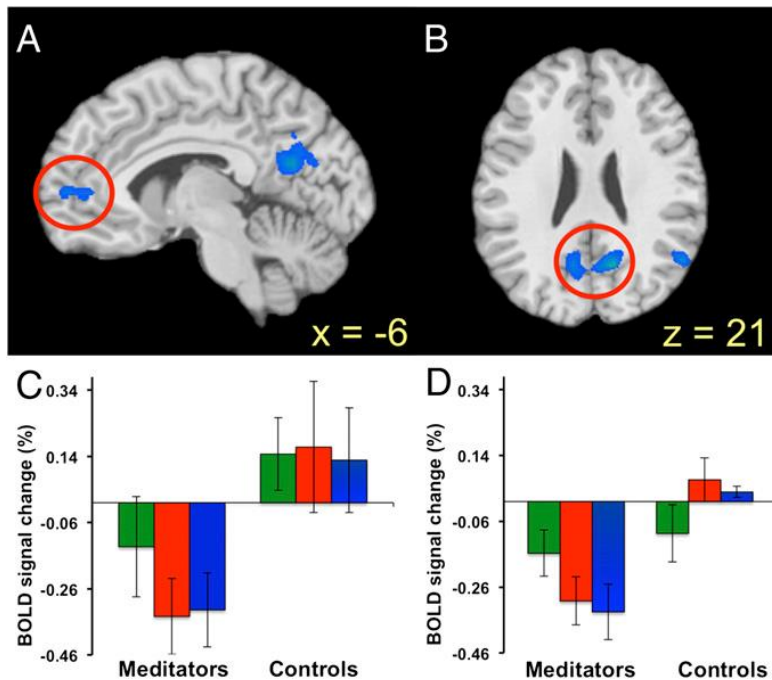
^aDepartment of Psychiatry, Yale University School of Medicine, New Haven, CT 06511; ^bDepartment of Psychology, Yale University, New Haven, CT 06510;

^cDepartment of Psychology, University of Oregon, Eugene, OR 97403; and ^dDepartment of Psychology, Columbia University, New York, NY 10027

Edited by Marcus E. Raichle, Washington University in St. Louis, St. Louis, MO, and approved October 4, 2011 (received for review July 22, 2011)

Many philosophical and contemplative traditions teach that “living in the moment” increases happiness. However, the default mode of

broaden the scope of mindfulness to all aspects of experience, whether during formal meditation practice or everyday life via





Saúde mental

DEPRESSÃO

- RUMINAÇÃO
- VIÉS NEGATIVO
- CATASTROFIZAÇÃO
- DESESPERANÇA



Saúde mental

ANSIEDADE

- PREOCUPAÇÃO
- VIÉS PARA AMEAÇA/VIGILÂNCIA
- HIPEREXCITAÇÃO FISIOLÓGICA



BOX 1.1

Mental health terms

Mental health. *A state of mental well-being that enables people to cope with the stresses of life, to realize their abilities, to learn well and work well, and to contribute to their communities. Mental health is an integral component of health and well-being and is more than the absence of mental disorder.*

SAÚDE MENTAL: um estado de bem estar mental que possibilita que as pessoas enfrentem os estressores da vida, realizem suas habilidades, aprendam e trabalhem bem, e contribuam com sua comunidade. Saúde mental é um componente integral da saúde e do bem-estar e mais do que a ausência de transtorno mental.

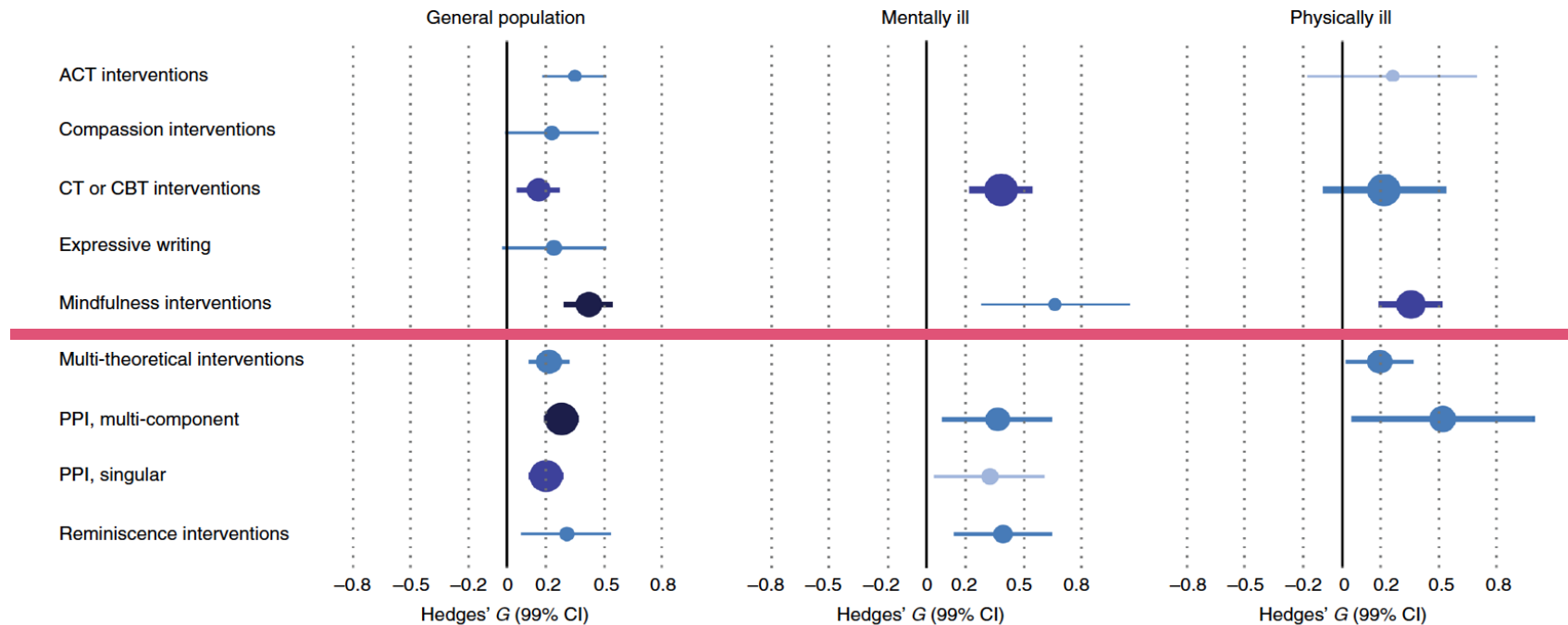


A systematic review and meta-analysis of psychological interventions to improve mental wellbeing

Joep van Agteren^{1,2}✉, Matthew Iasiello^{1,2,3}, Laura Lo¹, Jonathan Bartholomaeus^{1,4,5},
Zoe Kopsaftis^{6,7,8}, Marissa Carey¹ and Michael Kyrios^{1,2,9}

Estratégias que ajudam a promover Bem Estar Geral

419 estudos (n = 53.288 participantes)



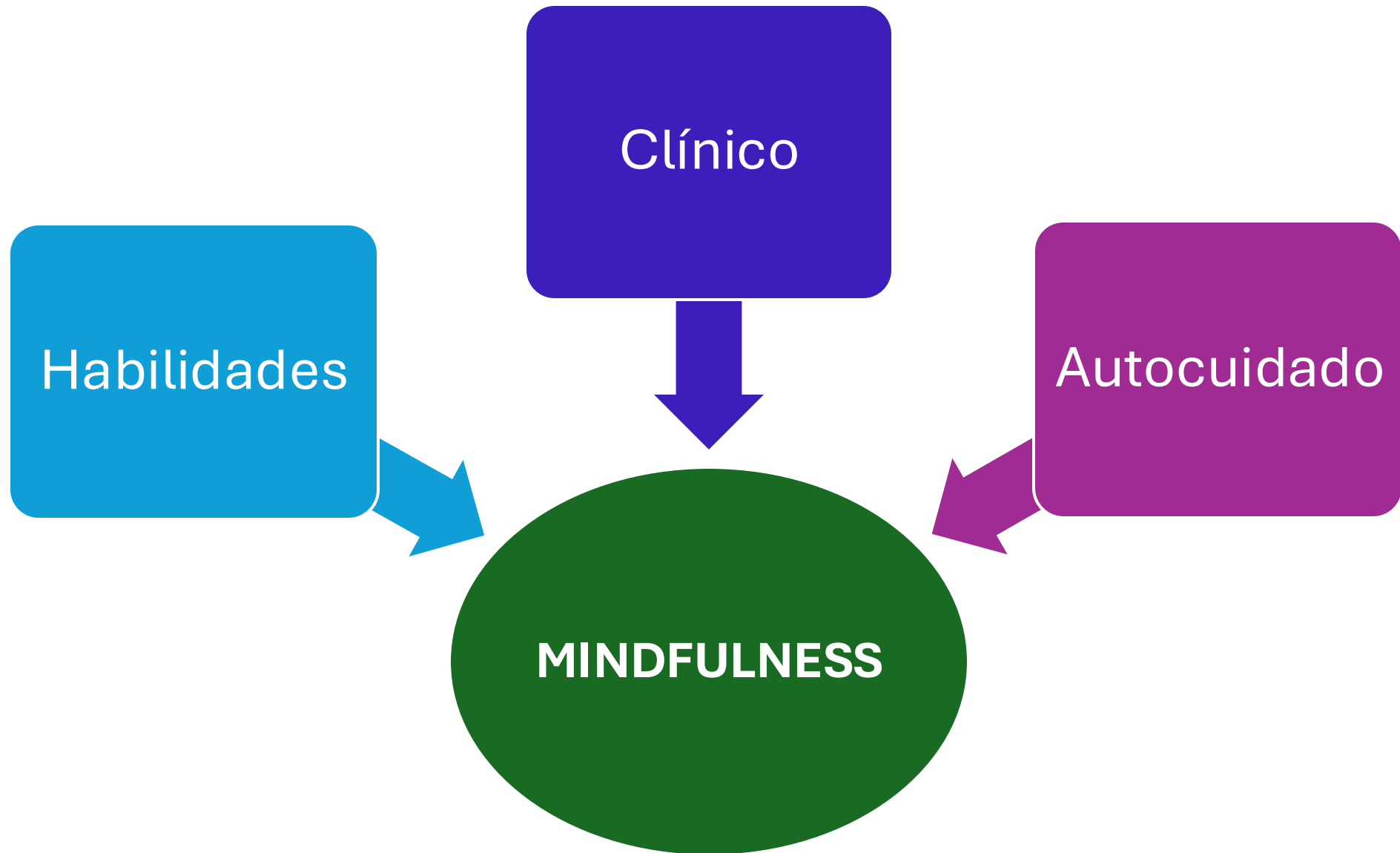
- Populações clínicas e não clínicas
- Intensidade (maior n. de encontros) e multicomponentes
- Efeitos duradouros (follow up)
- DESTAQUE: importância da promoção do bem-estar

ESTADO INTERNO

- *Evaluative Space Model* (Cacioppo & Berntson, 1994)
 - Positivo e negativo são sistemas **parcialmente independentes** (ambivalência, decisões difíceis, conflitos).

GESTÃO PESSOAL

- Autoconsciência
- Metacognição
- Planejamento pessoal
- Gerenciamento emocional
- Resiliência
- Comunicação assertiva
- Hábitos pessoais saudáveis



Enquete 3

*Inteligência emocional
não é sobre sair do caos.
É estar nele e não sair de si.*

OBRIGADA!

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@carolbmenezespsi

