

Emotion Regulation With Meditation Technologies

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Emotion Regulation? Meditation? Technology?

‘The ability to comply with a request, to initiate and cease activities according to situational demands...to generate socially approved behavior.’

(Kopp, 1982, p. 199)

A practice or a series of practices when one trains the mind towards liberation

Mental and physical effort to achieve goals. A sum of methods to achieve a goal or outcome.

Two Dimensions of Emotion Regulation

Concentration

Building the skill of...

Emotional Intelligence

Building awareness of...

Three Meditations:

- Concentration
- Compassion (Emotional Intelligence)
- Best Self

Mental health is skill

How do we build skills?

- Time
- Energy

What is the mental health goal...

Basically: Less negative states

(anger, sadness, shame, doubt)

for less amounts of time = Less unhappiness

Unhappiness is connected to mind-wandering

Our culture ≠ strong concentration development.

Our teens = Digital Natives

The more you are in wandering mind (past, future, fantasyland)

You tend to be more unhappy.

We are in wandering mind 46-82% of the time.



Happiness is connected to being present

- Teens are in a perpetual state of ‘continuous partial attention’
- Concentration training 11 hours = neuroplasticity changes (white matter connectivity) in ACC stayed.
- Concentration training leads to functional connectivity changes in Attentional networks in the mind
- Difference between Focused Aim/Open Monitoring



Concentration

How can it be helpful for Anxiety/Depression?

Get off the Time Travel Train

Depression = Past

Anxiety = Future



What else does building Concentration do...

- Thickens the cerebral cortex which helps memory and the ability to continue focused attention - crucial in neurological development for teens. -
- Its efficacy is on par with Antidepressants
- Mentalization enhances self-awareness with mindfulness practices
 - ”Having One’s Mind in Mind” - Fonagy
- Focus on exhale releases acetylcholine, neurotransmitter which is a Neuromodulator, calms the body by relaxing parasympathetic/Vagus Nerve aka you feel better.

Couple of key points for teens: Growing up is hard and stressful

What does stress do -

- Body flooded: Adrenaline and Cortisol
 - These are close relatives to dopamine
 - # AddictAlert
 - #Human Attention Economy
- Hyper-vigilance can lower our immune system
 - Lower immune system
 - = uses more energy to stay in balance
- More susceptible to illness - Bad time for this...

Posture

Why set it up?

- Setting up posture cues mind and body as to what it about to happen
- Over time takes less effort and energy - less to worry about
- Set it and park - leave it alone - leaves more energy to explore the practice at hand
- We want to have access to as much energy for practice

Concentration Practice

- Don't bother trying to 'calm the mind'
Simply focus on the breath.
- When you wander, let go of the content as gently as you would let go a balloon and reapply your concentration on the breath.
- Every cycle of breath apply concentration to inhale/exhale and in between the breath feel the body as one whole object:
Felt Sense
- Deeper and deeper commitment to the task with every cycle

Questions...?

Compassion

Compassion training is an Active Coping skill

Active Coping Skills include:

- Initiate contact
- Talking about the feelings
- Problem focus
- Healthy problem solving behavior
- Research actively / Research treatment
- Develop action plan
- Best strongest self in face of the information.

In other words: Engagement.

Problems of Passive Coping

-Emotion based - Minimizing - Learned helplessness - Accept information

What does building Compassion do

- Engages brain activity not activated when we are caught up in self (Ego/Me-Mind)
- Surplus of gamma waves in the brain to be releases Gamma wave,
pattern of neural oscillations in human brains which calm the body
- Compassion trains the mind towards empathy and awareness of interconnection
- The delusion that we are separate and don't affect one another is neurologically reduced by
working with compassion - Removes Isolation
- Developing the skill of Metacognition (awareness of awareness) - Mentalizing
 - Singer/Ricard 'Beyond the Self'
 - D. Brown "Attachment Disturbances"

Compassion Practice

May you be free from suffering...

- Build posture, find breath, bring to mind a loved one, offer the loved one the phrase “May you be free from suffering, free from the causes of suffering”
- Build visualization of being surrounded by loved ones, all of you offering ‘May we all be free from suffering, free from the causes of suffering’
- Build out visualization inviting the entire world every voice ‘May we all be free from suffering, free from the causes of suffering’
- Gather up all of compassion bring it into the body

Questions....?

Active Coping Skills

Let's build one more...

Best Self

(D.P. Brown & Erika Fromm, 1986)

- Settle into posture, breath, stabilize breath, calm the body. Take your time...follow the out breath
- Remember a time in your life when you experienced the best sense of self; what it felt like to be the best version of yourself.
- Notice your skill, your confidence, your focus - bring that experience brightly into the body, feel it now.
- Set this experience of yourself up as your basis of operation for viewing the world during this crisis.
- Notice the clarity and focus your mind has, the skill, potential to engage more presently,with a broader awareness and understanding of what needs to be done.

Questions....?

Thank you!

It's an honor to share this with you.

If you want to learn more about meditation
used in this capacity check out this sites

- Pointingouttheway.org
- Mettagroup.org
- Dharmasun.org/tte/

Feel free to contact me: daniel@pthwrk.com

References

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