Provider Instructions for Mindfulness Handout

- Practicing mindfulness strategies for the first time can be challenging especially for adolescents who may not have been exposed to the idea.

- Anyone can benefit from mindfulness; however there are certain traits in a patient that may make you more considerate of including mindfulness as a therapeutic option. These qualities include but are not limited to:
  1. Former experience with yoga, deep breathing, and/or meditation
  2. Interest in alternative methods of therapy outside of medication
  3. Patients that demonstrate some willingness to reflect on self and have adequate insight into own health
  4. Patients who consistently follow up

- If you are considering recommendation of mindfulness strategies as a therapeutic tool for stress and anxiety management, leave at least 5 minutes within the visit to define mindfulness briefly and introduce one mindfulness practice. Leaving more time for questions from the patient is ideal.

- Be sure to let patients know that practicing more frequently for short periods of time is better to establish a routine than practicing less for longer periods of time. Short and sweet!

- Patients will buy into mindfulness as a tool more if their provider has some familiarity or relationship with the practices. When possible, incorporate mindfulness practices in your own life. You will be better prepared to answer patient questions and relate to their challenges with the therapy.

- When following up, be sure to inquire about what went well and what was challenging about incorporating mindfulness into their schedules. What preconceptions did they have? What tools did they use? What tools do they need to further their practice?