

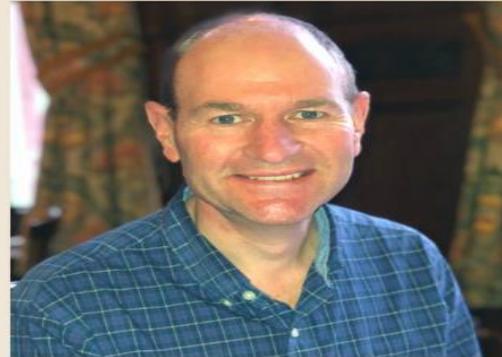
# FINDING HOPE WITH OMS - 10th Anniversary Edition

Webinar series

## Mindfulness and Meditation with OMS

Tuesday 17th May at 12pm BST

Hosted by



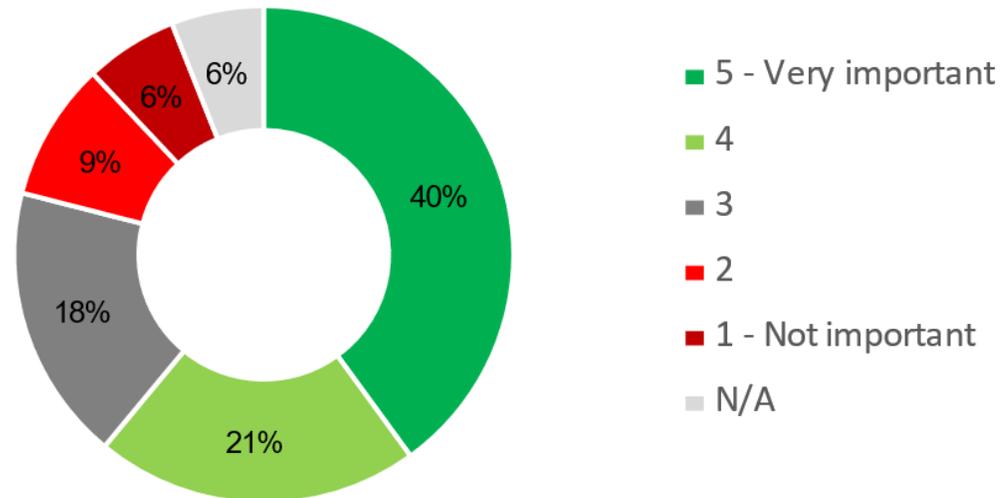
*Dr Phil Startin*

# Welcome

# We know it's important....

Over 60% of OMSers\* see it as important or very important, and we know the impact stress can have BUT.....

Importance of mindfulness



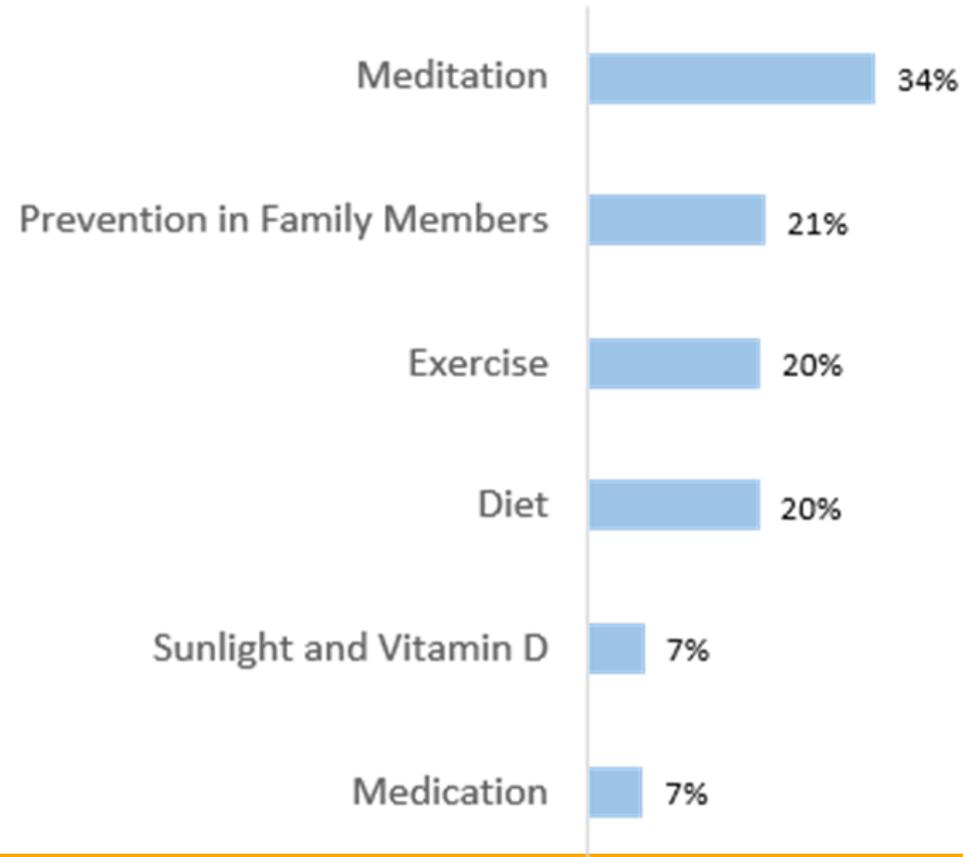
\* OMS  
Engagement  
Survey 2021

# Struggling to meditate....



....you are not alone

## Most challenging about following the OMS Program



*From OMS  
Engagement  
Survey 2021*

# Why is it so hard to start? And easy to stop?



OVERCOMING  
MULTIPLE  
SCLEROSIS

- New habits take time
- It's a new skill
- It can feel hard / unpleasant
- Lack of support / encouragement
- Supposed to be doing not sitting!
- We don't give ourselves permission



# Tips on starting / restarting your practice



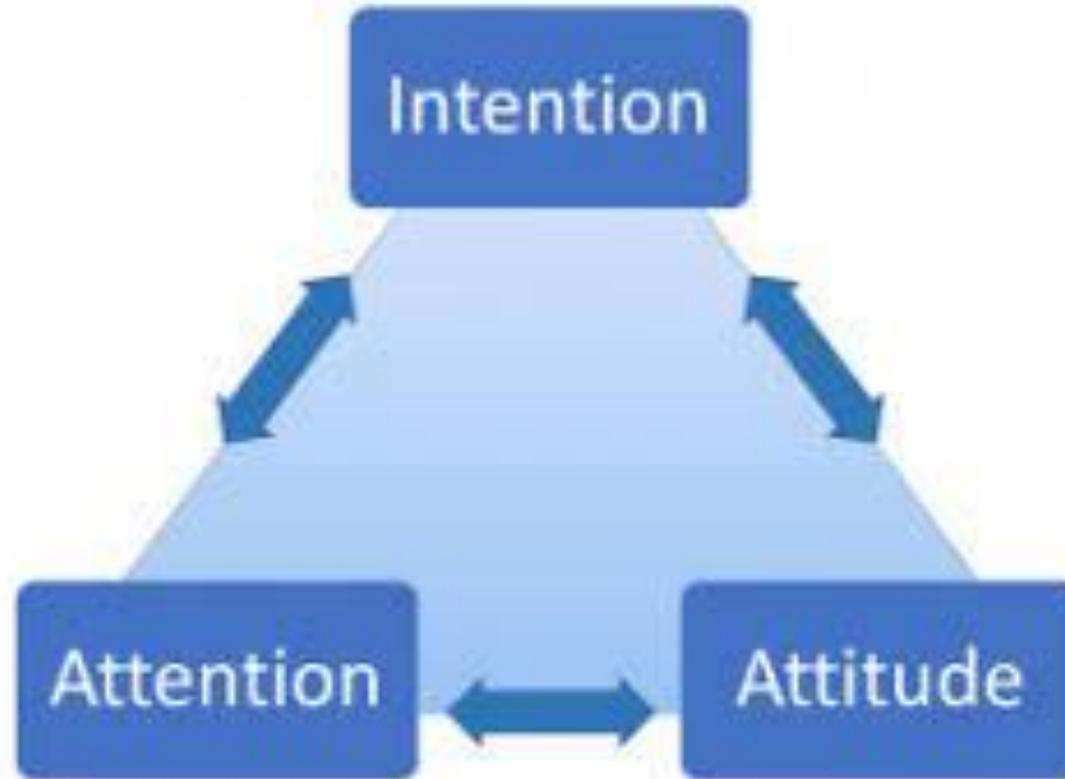
# Develop the habit & build the skill



# Make it work for you

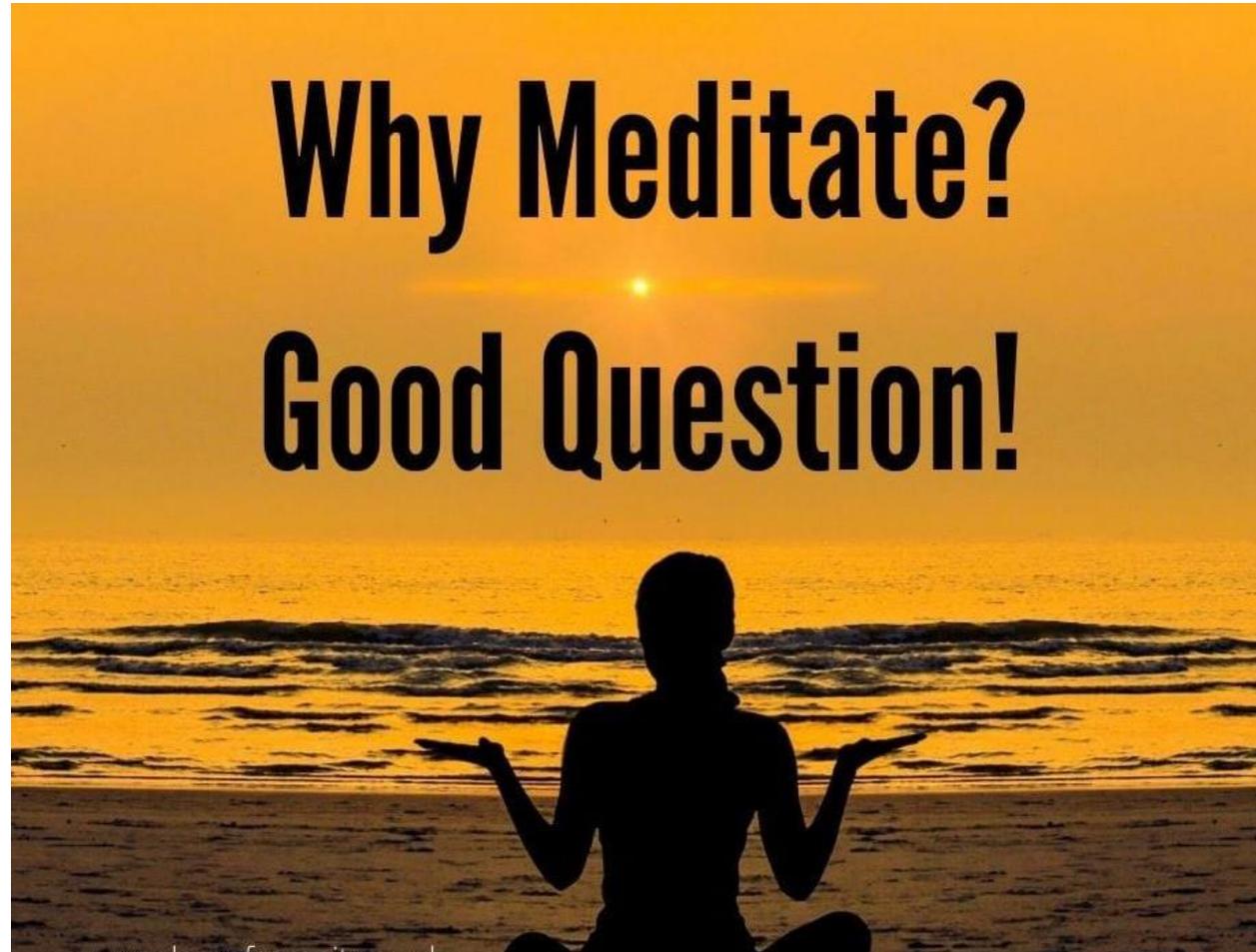


# Before you start a practice think about....



Shapiro et al 2006

....and remember the big question



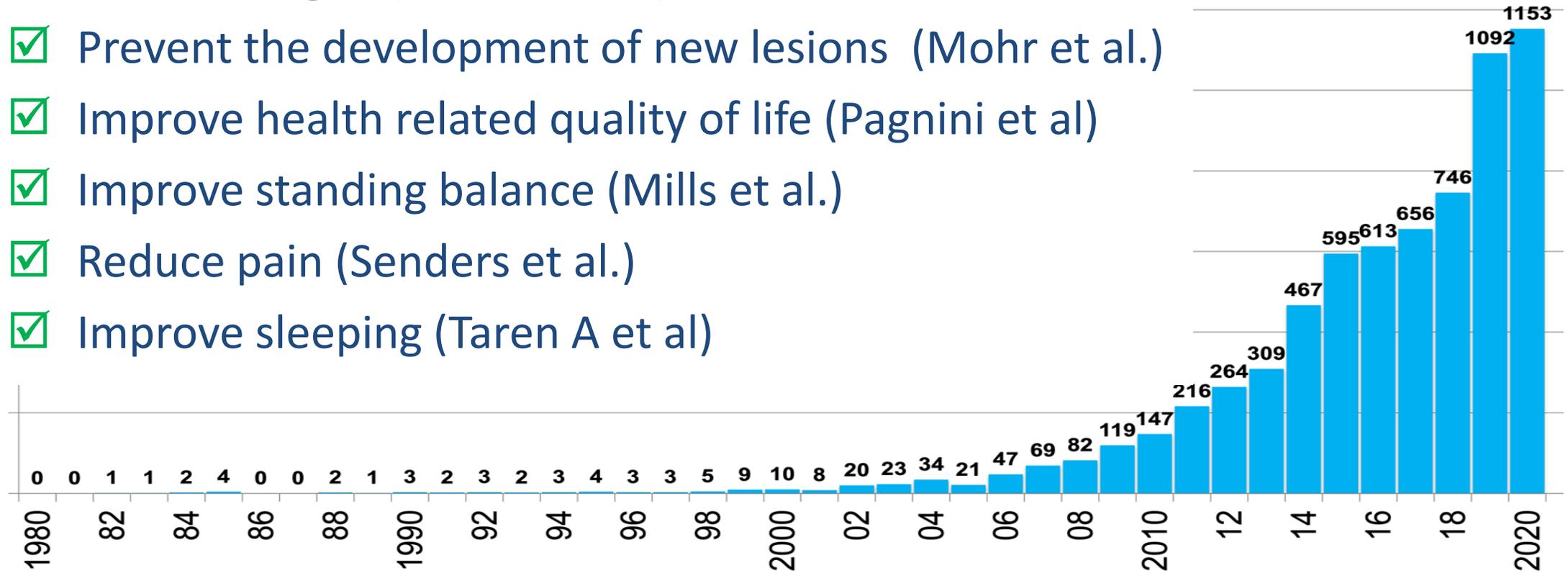
## a. Because George said so....



# ....based on the evidence

- ✓ Reduction in depression & anxiety (Marrie et al.)
- ✓ Reduce fatigue (Tavee J et al.)
- ✓ Prevent the development of new lesions (Mohr et al.)
- ✓ Improve health related quality of life (Pagnini et al)
- ✓ Improve standing balance (Mills et al.)
- ✓ Reduce pain (Senders et al.)
- ✓ Improve sleeping (Taren A et al)

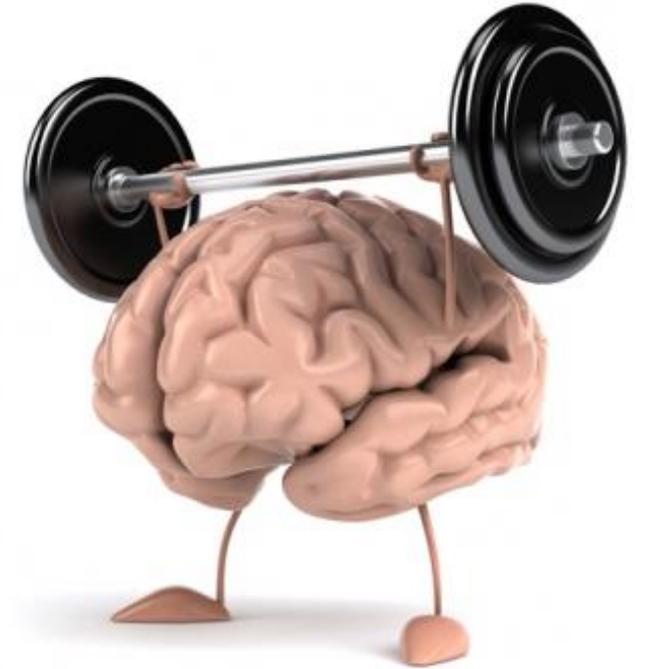
“mindfulness”  
articles published  
by year: 1980-2020



## b. Strengthen the mind

Living with MS is a mind game –  
we need resilience and flexibility

**MS = Mental Strength**



## c. Mindfulness is awareness

It's a path to understanding ourselves, our conditioned reactions, our nonvolitional responses.....

..... so as to relieve suffering in ourselves and others



## d. Mindfulness is an act of kindness

“Don't meditate to fix yourself, to improve yourself, to redeem yourself; rather, do it as an act of love, of deep warm friendship to yourself.

In this way there is no longer any need for the subtle aggression of self-improvement, for the endless guilt of not doing enough.

It offers the possibility of an end to the ceaseless round of trying so hard that wraps so many people's lives in a knot.

Instead there is now meditation as an act of love.

How endlessly delightful and encouraging”

Bob Sharples

# Short practice....



Any  
Questions?

