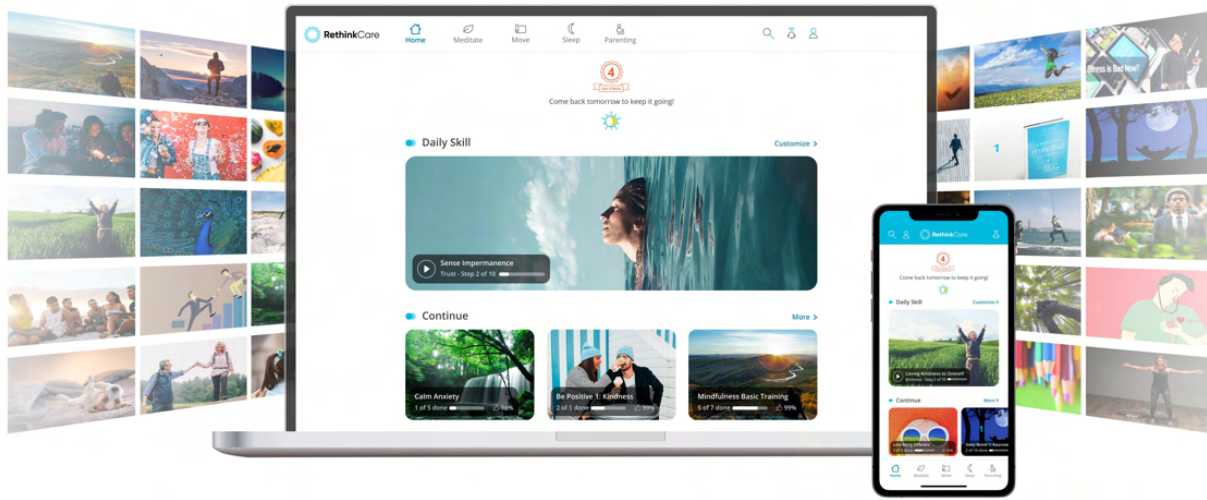


The Science Behind RethinkCare's Training System
for High Performing Professionals and Companies



Make **Wellbeing** Your New Competitive Advantage





9+ Languages

30+ Training Areas

370+ Mini-Courses

9,000+ Sessions, Tips & Resources

RethinkCare is the leading holistic care platform for working parents, caregivers, and their families. The platform's live, expert parenting support and evidence-based trainings empower your people to be better parents, better employees, and better versions of themselves. We support the various needs of employees across all areas of their lives – from work life to home life and everything in between.

This guide provides an overview of the research and science behind RethinkCare's digital training system and highlights why mindfulness has captured the attention of top companies across the globe.

It's intended for people who are not only interested in the health and performance benefits of resilience and mindfulness training, but also want the proof points... just like us.

Contents

What is Resilience and Mindfulness Training? Why is Everyone Talking About Mindfulness? Cue the Science	3
What is RethinkCare?	3
Contact Us	4
	11
	11

What is Resilience and Mindfulness Training?

Mindfulness is attention and awareness training used to reduce stress, focus attention and perform in the present moment.

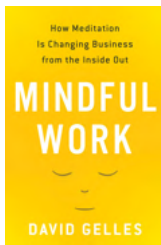
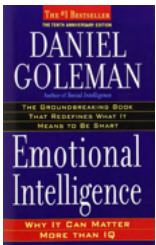
It is also often referred to as resilience training, brain training or emotional intelligence training.

Whatever you call it, learning to be calm, cool and collected is one of the keys to improving health, happiness and performance.

Why is Everyone Talking About Mindfulness?

Our culture is taken with the mindfulness and mental wellbeing movement these days. Top sports teams use it to gain an edge. Top businesses embrace it to help their employees perform while reducing stress, lowering absenteeism and related healthcare costs. And people everywhere are embracing mindfulness as a tool to live healthier, happier and more engaged lives.

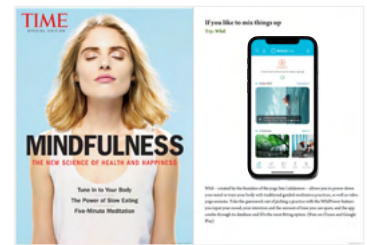
In Business



In Sports



In the Media



The world's fascination with mindfulness is driven by two key trends:

- 1 Stress is the leading cause of illness, costing the U.S. **\$500bn** per year in turnover, absenteeism, productivity and medical costs.
- 2 An explosion of scientific studies showing the many health and performance benefits of mindfulness, particularly as a tool for stress resilience.

Cue the Science

Thousands of studies have shown that mindfulness training reduces stress, anxiety and depression while improving the immune system and the cognitive skills that are **key to high performance**.

Much of this research focuses on **neuroplasticity** (the brain's ability to change in response to experience

and training... like mindfulness meditation) and the relationship between the "thinking brain" (prefrontal cortex) and the "emotional brain" (amygdala). When these two parts of the brain work together well, people act calm, thoughtful and reasonable. When they don't, people act stressed, unhappy and tend to lose their cool. Sound familiar?

Employees set personal goals to transform wellbeing in 5-10 mins a day.

IMPROVE

Focus, Performance & Productivity

Cultivate Empathy

Be a Better Leader

Be Confident and Creative

Improve Focus and Productivity Be

Tolerant and Accepting

Understand Your Emotions Focus

and be Calm



REDUCE

Absenteeism, Turnover & Medical Costs

Calm Anxiety

Overcome Conflict

Reduce Daily Stress

Ease Sadness and Negativity

Manage Chronic Pain

Anger Management

Manage Insomnia

RethinkCare began four NIH funded trials in 2017

The human brain hasn't changed much in 3,000 years. Employees are seeking tools to cope with stress and the fast pace of modern living.



Wellbeing

Calm yourself:

People with greater mindfulness training had less activity in the amygdala (the fight or flight trigger in the brain) while hearing negative distracting sounds. The more hours of training the practitioner had, the lower the activation in the amygdala (**Brefczynski-Lewis et al., 2007**).

Recommended RethinkCare Training: [Calm Anxiety](#)

Improve chronic stress-related conditions:

After 6 months of mindfulness training, 48% of veterans with Post Traumatic Stress Disorder (PTSD) had clinically significant improvements in symptoms such as depression, behavioral activation and experiential avoidance (**Kearney, 2013**).

Recommended RethinkCare Training: [Relieve Daily Stress](#)

Improve your mood:

In a randomized study of patients with depression, mindfulness therapy prevented relapses by 42%. Additionally, in a meta-analysis of 39 studies it significantly reduced depression and anxiety (**Kuyken, 2008; Hofmann et al., 2010**).

Recommended RethinkCare Training: [Rise From Depression](#)

Every day, you're training your brain whether you know it or not. Why not start being intentional about it?

Reduce pain:

Just 3 days of brief mindfulness training was effective at reducing pain ratings and sensitivity, producing analgesic effects (**Zeidan, Gordon, & Goolkasian, 2009**).

Recommended RethinkCare Training: [Work with Pain](#)

Strengthen immunity:

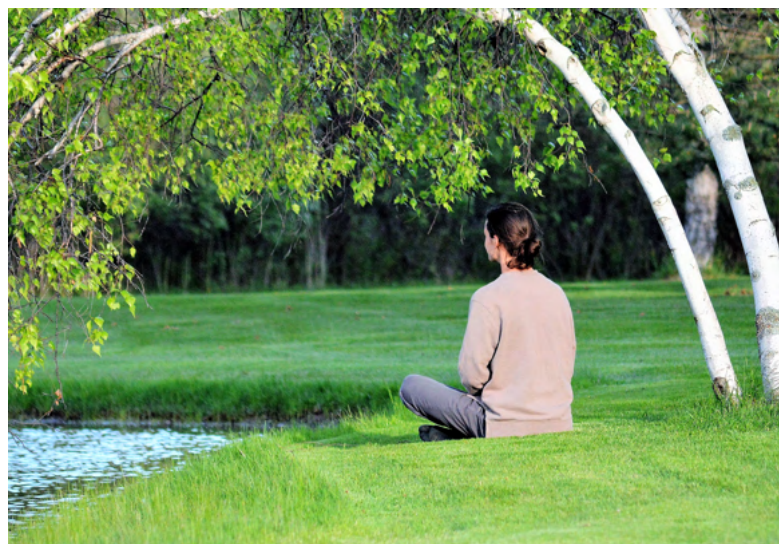
After 8 weeks of mindfulness training, people showed decreased anxiety and significantly increased activity in the parts of their brains associated with positive emotions. They also developed more antibodies to the influenza vaccine (**Davidson et al., 2003**).

Recommended RethinkCare Training: [Connect with Your Body](#)

Lower your blood pressure:

Mindfulness leads to a lower risk of heart attack or stroke. Patients who received mindfulness training had significant decreases in systolic and diastolic blood pressure (**Hughes, 2013**).

Recommended RethinkCare Training: [Get Grounded](#)





Performance

Increase focus:

Professionals trained in mindfulness were able to concentrate better, stay on task longer, multitask more effectively, and remember what they'd done better (**Levy et al., 2012**).

Recommended RethinkCare Training: **Focus and Be Calm**

Be happier and more energetic:

Professionals who practiced mindfulness reported less emotional exhaustion and greater job satisfaction (**Hulsheger et al., 2012**).

Recommended RethinkCare Training: **Boost Your Energy**

Improve cardiovascular health:

Mindfulness improves heart health, particularly shown in risk factors such as smoking, body mass index, fasting glucose and physical activity. Practitioners were 83% more likely to have good cardiovascular health (**Loucks et al., 2014**).

Recommended RethinkCare Training: **Harness the Power of Breath**



We saw a \$3,000 reduction in their healthcare costs through the next year. We saw 69 more minutes of productivity a month."

Mark Bertolini,
Former CEO, Aetna

Develop healthier eating habits:

Mindful eating strategies help weight loss and treating eating disorders. In a study of people suffering from binge-eating, the declines in bingeing and depression were significant. Additionally, it helped people enjoy their food more and have less sense of struggle about controlling their eating. (**Kristeller & Wolever, 2011**).

Recommended RethinkCare Training: **Healthy Eating**

Feel better and show up:

Mindfulness training was linked to a 50% decrease in cold and flu symptoms and 76% decrease in absenteeism. Hard to be a baller when you're home sick (**Barrett et al., 2012**).

Recommended RethinkCare Training: **Improve Your Day**





Relationships

Have better relationships:

Participants had an increase in size and activation of the prefrontal cortex (PFC) after mindfulness training. The PFC (“thinking brain”) plays an important role in regulating the “emotional” brain areas. Training the connection between the brain’s “thinking” and “feeling” areas allows for more stable emotional relationships (Farb et al., 2007).

Recommended RethinkCare Training: [Extend Love to All](#)

Improve self-control:

The insula is thicker in long-term mindfulness meditators. It’s the area of the brain involved in self-awareness and in processing information about the internal state of our body (Lazar et al., 2005).

Recommended RethinkCare Training: [Understand Your Emotions](#)

Take things less personally:

Practitioners were able to shift from over-reliance on their internal narratives on successes and failures to viewing life experiences with more objectivity. Imagine moving from “My performance means X about my worth” to “This success or failure is a fleeting experience not linked to my underlying worth” (Farb, et al., 2007).

Recommended RethinkCare Training: [Be Fluid and Non-Reactive](#)

Be happier in your romantic relationships:

Mindfulness was shown to be positively associated with relationship satisfaction. Furthermore, high levels of mindfulness moderated and reduced the impact of attachment anxiety, thus reducing the risk of breakup (Saavedra, Chapman, & Rogge, 2010).

Recommended RethinkCare Training: [Deepen Relationships](#)

Be a better parent:

Women who participated in a 12-week mindfulness-based parenting program experienced a clinically significant increase in parenting quality, by improving their self-efficacy and self-confidence. This was true even for mothers with high levels of childhood trauma (Gannon, et al., 2017).

Recommended RethinkCare Training: [Mindful Parenting](#)



Sleep

Improve insomnia:

In patients with insomnia, mindfulness training produced significant differences in sleep quality. It took them 22 minutes less time to fall asleep, and their total sleep time increased by at least 30 minutes. Down and out never looked so good (Garland, 2012).

Recommended RethinkCare Training: [Overcome Sleep Obstacles](#)

Get more quality sleep:

Two weeks of mindfulness practice produced steady improvements in sleep quality, sleep duration and mindfulness (Hulsheger, Feinholt & Nubold, 2015).

Recommended RethinkCare Training: [Ease into Sleep](#)

Achieve deep rest:

Mindfulness results in what scientists call the relaxation response — a physiological state of deep rest induced by practices like meditation and yoga. So even if you're not getting enough sleep, you experience the deep rest your body needs for processes like energy metabolism and immune function (Harvard Medical School, 2013).

Recommended RethinkCare Training: [Sleep Better](#)

Reduce sleep dependance:

Sleep duration in long-term meditators was lower than control non-meditators and general population norms, with no apparent decrements in psychomotor vigilance task scores. Meaning that meditators who sleep less might not experience a decline in cognitive function like non-meditators who don't sleep well do (Kaul et al., 2010).

Recommended RethinkCare Training: [Clear Your Mind](#)

Replace your sleep medication:

Mindfulness has been shown to be as effective in beating insomnia as Lunesta, a prescription medication. Without a side of side effects. Results lasted even three months after the study (Gross et al., 2011).

Recommended RethinkCare Training: [Prepare to Sleep](#)





Career

Calm the corporate warrior:

Just 4 short sessions of meditation training reduced fatigue and anxiety and significantly improved visuo-spatial processing, working memory, and decision making (Zeidan et al., 2010).

Recommended RethinkCare Training: **Thrive in the Workplace**

Be more innovative:

In a survey of leaders, 93% reported mindfulness training helped them create space for innovation. Step 1: Learn to chill. Step 2: Unlock your next big idea (Institute for Mindful Leadership, 2011).

Recommended RethinkCare Training: **Develop Curiosity**

Improve attention:

Mindfulness participants were able to reduce their personal error rate and increase control over the distribution of limited brain resources to process more data. It's like getting more Random Access Memory (RAM) in your brain (Slagter et al., 2007).

Recommended RethinkCare Training: **Experience Peace of Mind**



Meditation, more than any other factor, has been the reason for what success I've had."

Ray Dallo,
Bridgewater Associates Founder



Simply put, mindfulness occurs when you become more aware of your thoughts. That grit is a characteristic that helps athletes to get closer to their full potential on and off the field."

Pete Carroll,
Seattle Seahawks Head Coach





Movement

Regulate your cortisol levels:

Women with breast cancer who practiced yoga had the steepest decline in their cortisol levels across the day, as compared to those who were assigned to the stretching or control group (**Chandwani et al., 2014**).

Recommended RethinkCare Training: **Breathe and Stretch**

Enhance strength and flexibility:

Research shows that yoga can significantly enhance muscular strength and body flexibility (**Woodyard, 2011**).

Recommended RethinkCare Training: **Loosen Hips and Hamstrings**

Lower risk of heart disease:

A review of yoga and cardiovascular disease found that yoga may help improve heart health as much as conventional exercise, such as brisk walking (**Chu, Gotink & Yeh, 2014**).

Recommended RethinkCare Training: **Destress Your Body**

Ease back pain:

A 2013 meta-analysis of yoga for low back pain found that individuals who practice yoga regularly significantly reduce short- and long-term low back pain, and back pain-specific disability (**Cramer et al., 2013**).

Recommended RethinkCare Training: **Relieve Muscle Tension**

Curb hypertension:

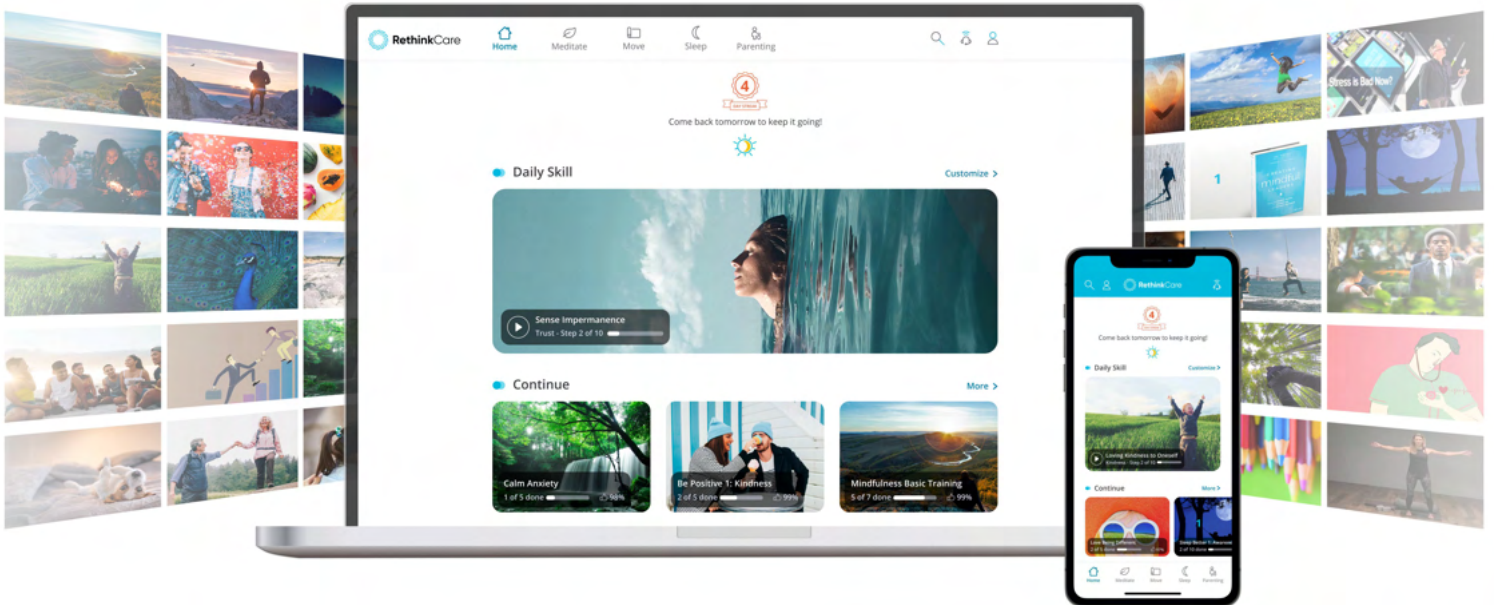
A systematic review of 17 randomized controlled trials found 11 studies that linked regular yoga practice to significantly greater reductions in systolic BP compared to pharmacotherapy, breath awareness, health education, no treatment, or usual care (**Hagins et al., 2013**).

Recommended RethinkCare Training: **Unwind**



What is RethinkCare?

RethinkCare is the leading holistic care platform for working parents, caregivers, and their families. The platform's live, expert parenting support and evidence-based trainings empower your people to be better parents, better employees, and better versions of themselves. We support the various needs of employees across all areas of their lives – from work life to home life and everything in between. Thirty of the Fortune 100 companies rely on RethinkCare's global enterprise platform to drive individual productivity and organizational performance. The platform is available in nine languages and can integrate with leading corporate wellness platforms and employee assistance programs (EAPs).



 9+ Languages

 30+ Training Areas

 370+ Mini-Courses

 9,000+ Sessions, Tips & Resources

Contact

To find out more about how RethinkCare's digital mindfulness, resilience and sleep training can improve outcomes for your employees and company, contact us at info@rethinkcare.com.

Because life is stressful and we're here to help.

The RethinkCare Team

Click here for more
RethinkCare resources

Get a Demo

About the Author



Tara Cousineau, PhD, is a clinical psychologist and researcher. She is the founder of BodiMojo, Inc., a health communications research firm that develops and evaluates wellness interventions for youth and families. Dr. Cousineau is a 2016-2017 Community Leadership Fellow at the Center for Mindfulness and Compassion, Cambridge Health Alliance, in Somerville, MA. She is participating a two-year mindfulness teacher training program with Tara Brach, PhD, and Jack Kornfield, PhD. She is a former global advisor to the Dove Self-Esteem Project with the social mission to improve girl's body confidence, and co-author of DSEP's Mindful Me educational materials. Dr. Cousineau is currently writing a book, *The Kindness Cure: Using the Science of Compassion to Heal Your Heart and Your World* (New Harbinger Publications, 2018).