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 Rehabilitation Programs | FUNCTIONAL RESTORATION
Delivering patient-centered medical care
 Medication Optimization | ELECTRODIAGNOSTIC TESTING
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**"Your Focus Determines Your Reality"
 The Concept of Mindfulness and
 its Benefits for Your Health**

When I started to think about the most appropriate way to describe the concept of mindfulness, the first scene of the Star Wars, episode one, springs to mind. (George Lucas, the director of the film apparently based much of the Jedi philosophy on Buddhism which uses the concept of mindfulness.) The master, Qui-gon jinn, tells his student, "Don't center on your anxieties, Obi-Wan".... "Keep your concentration here and now, where it belongs". Obi-wan questions his master by saying, "Yoda, told me to be mindful of the future". Master Qui-gon jinn responds, "Not at the expense of the moment."

Various mindfulness scholars define mindfulness, as the process of bringing your attention to the moment, hence being in a "ness" (state) "full" of "mind". Sounds like Qui-gon jinn talking! Now, usually we go through our day without having our attention in the present moment. If I ask, "What did you have for lunch yesterday", you probably won't remember. Also, you probably won't remember how it tasted.

One of the reasons might be because we have a tendency to go through our daily activities being "mindless" or in "automatic mode", which refers to the mental process our brains adapt once a task becomes a habit. The automatic mode facilitates our multitasking and we gain a sense of pride when we think about all the tasks we can do at once; the cost: chronic stress, among other things. In our efforts to feel accomplished, and to avoid or escape discomfort, we often discover that this in fact multiplies our misery. The practice of mindfulness, on the other hand, attunes us to the present moment, allowing us to focus. It has been found to help individuals manage stress and stress-related medical conditions and increase their energy.

If you are experiencing physical (chronic pain or disease) or emotional stress, and are looking for a way to restore your

Office!

[\(View link to MTUS Guidelines-Yoga pg. 82\)](#)

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sense of balance, then you will benefit greatly from the 8-week mindfulness program RehabOne will offer in early 2015. The program will teach you, in a group setting, a series of mindful breathing exercises (sitting, standing, and in motion), which will help you cultivate greater awareness, beginning with what you are actually experiencing throughout your daily routine. After the 4th week, the focus will be on the application of the mindfulness techniques on emotional stress. Hence, allowing you to enjoy the small life gifts that surround you.



Submitted by: Oscar Hernandez Sutton, Ph.D.,
RehabOne Psychologist

RehabOne is a physiatry-based medical group with over 30 years of combined experience in comprehensive evaluation and treatment. As a community leader in rehabilitation-focused practice management, we provide a variety of services to help those living with pain and disability. Choosing the right physician group to support your work is important. RehabOne Medical Group is the right choice - the smart choice. Let RehabOne help.

**To learn more about our services or
to make a referral,
please call 408-445-8400**