

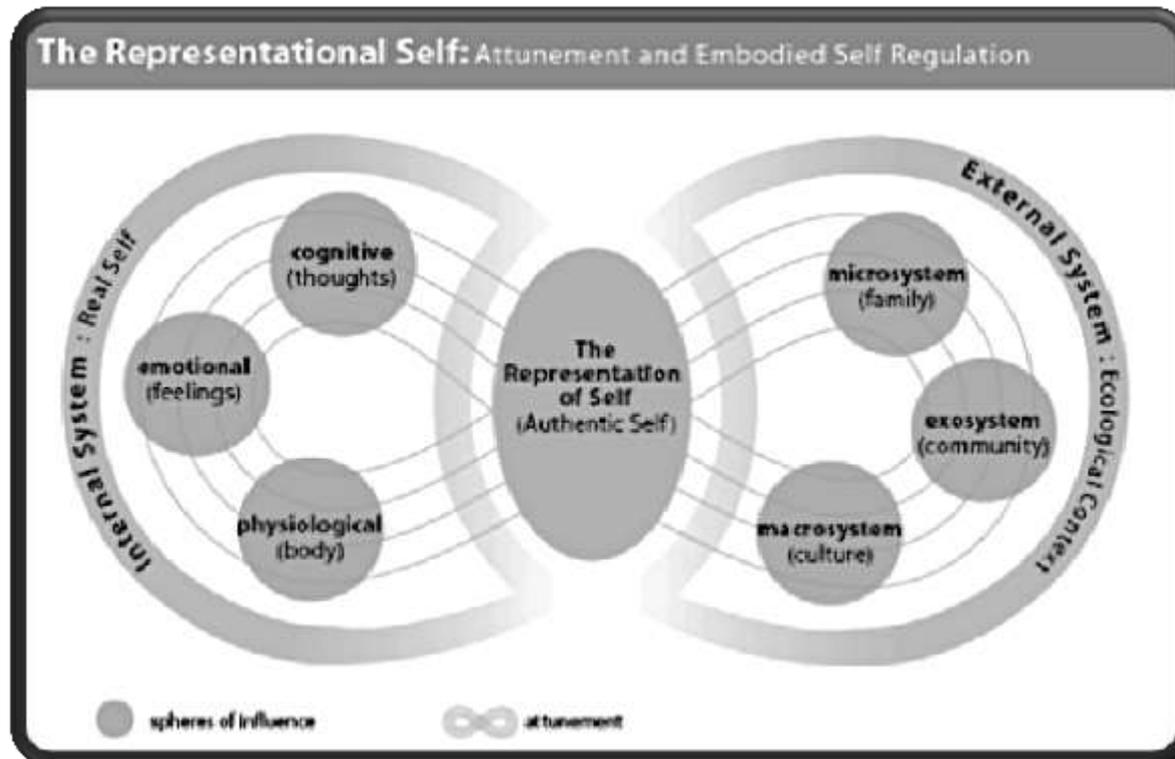
***Mindful Self-Care for  
Embodied Self-Regulation***  
*Novel Insights for Enhancing Positive  
Body Image and Embodiment*



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# The ARMS Model

- The ARMS concept is innovative in the de-nesting of the self and the external system.
- The self is embodied between the internal aspects of self and external aspects of self.
- Cook-Cottone, 2006, 2015a, 2015b, 2017



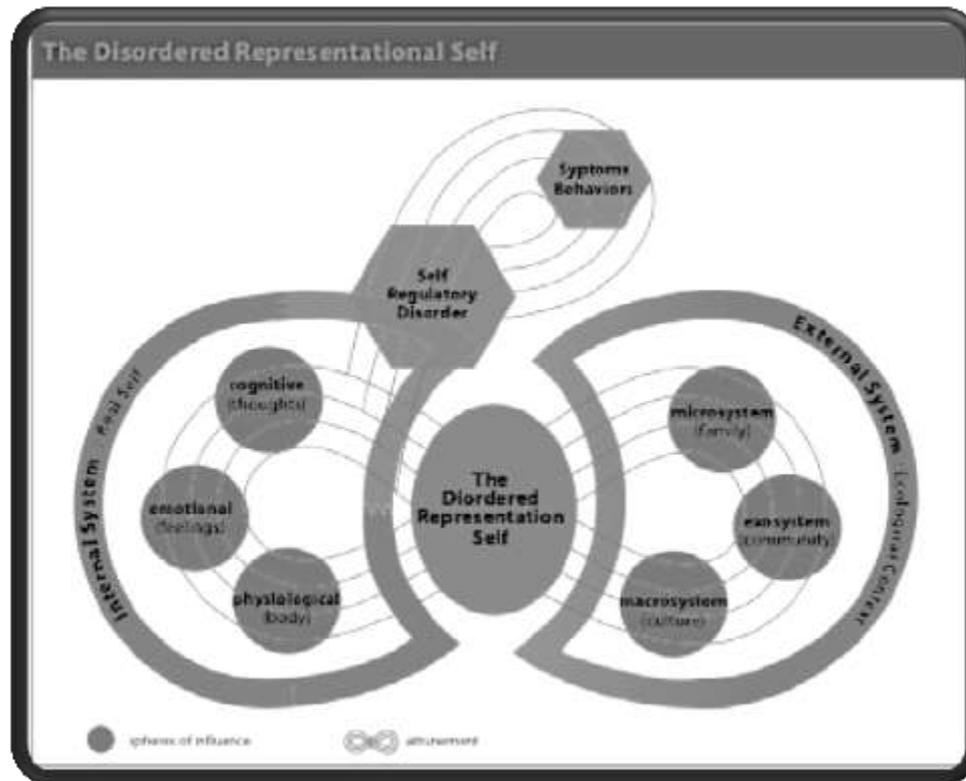
# Attunement and Integration

- As women and men manage *internal* and *external* aspects of self, the quality of attunement can be changed by any one aspect of experience.
- Cook-Cottone, 2006, 2015a, 2015b



# Disordered Self

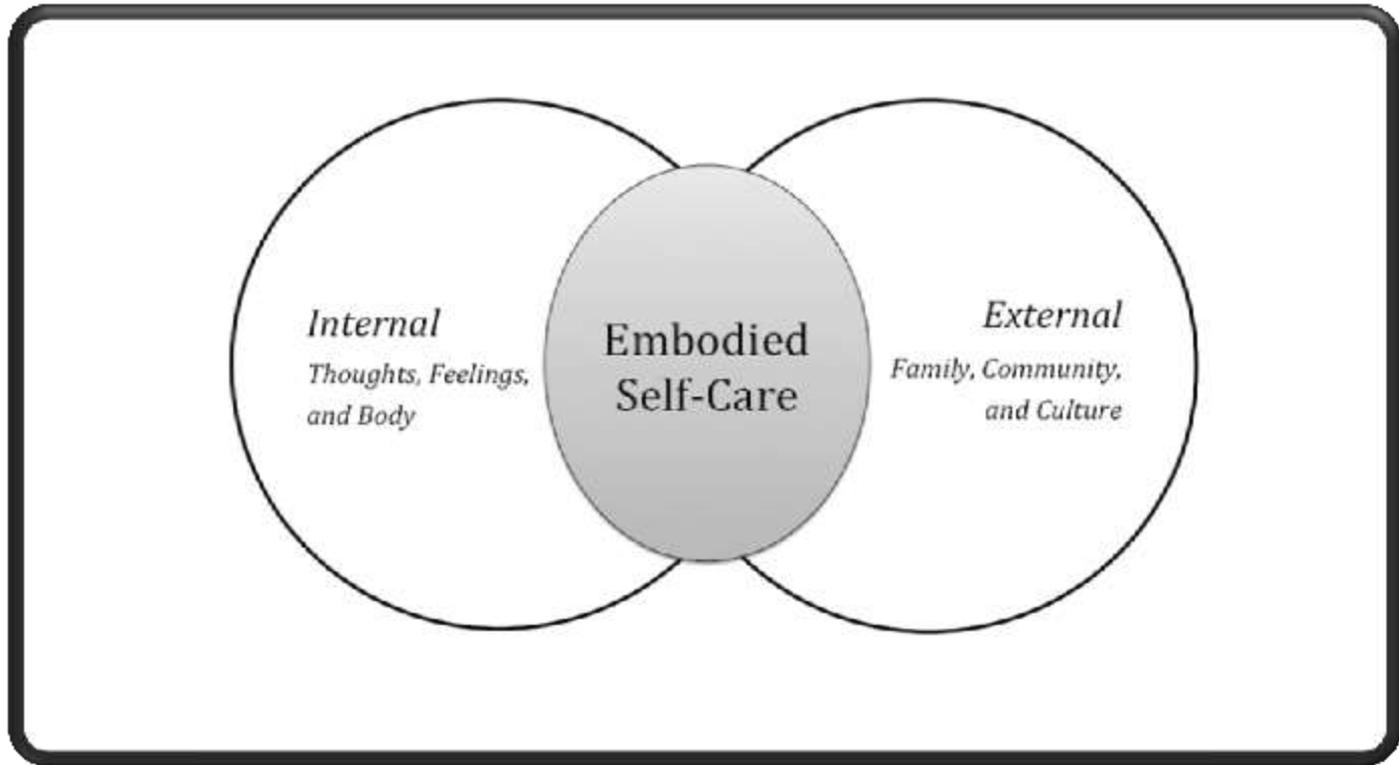
- Conflict, struggle, and disorder can manifest in the absence and the consequent seeking of attunement in other ways (Cook-Cottone, 2006, 2015a, 2015b, 2017).



# Mindful Self-Care

- Mindful self-care is a methodology *for cultivating attunement* and *positive embodiment* among the internal aspects of self, within the context of external challenges.
- The mindful self-care process involves four steps
  - (a) mindful awareness of self-care as essential to well-being,
  - (b) assessment of self-care domains,
  - (c) assessment-driven self-care goal setting, and
  - (d) engagement in self-care behaviors.
- Cook-Cottone, 2006, 2015a, 2015b, 2017

# Embodiment of Self-Care



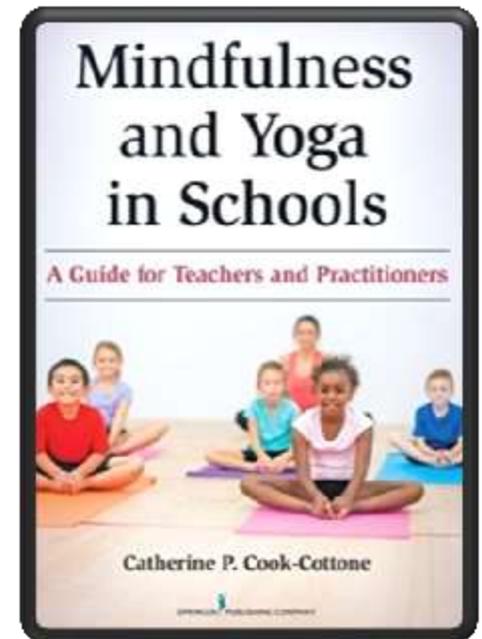
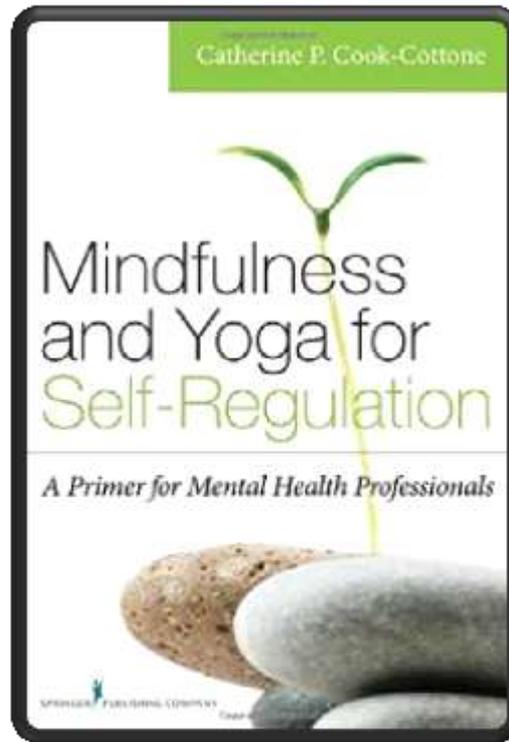
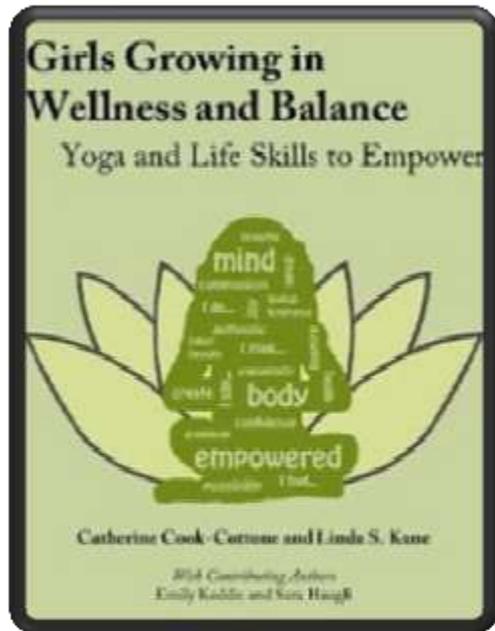
Cook-Cottone, 2015a

# Mindful Self-Care Scale

- Mindful Self-Care Scale is a tool for the assessment of the aspects of self-care addressing each area of the ARMS through actionable practices.
- Cook-Cottone, 2015a, 2015b



# Mind, Full, and Short Versions in Books

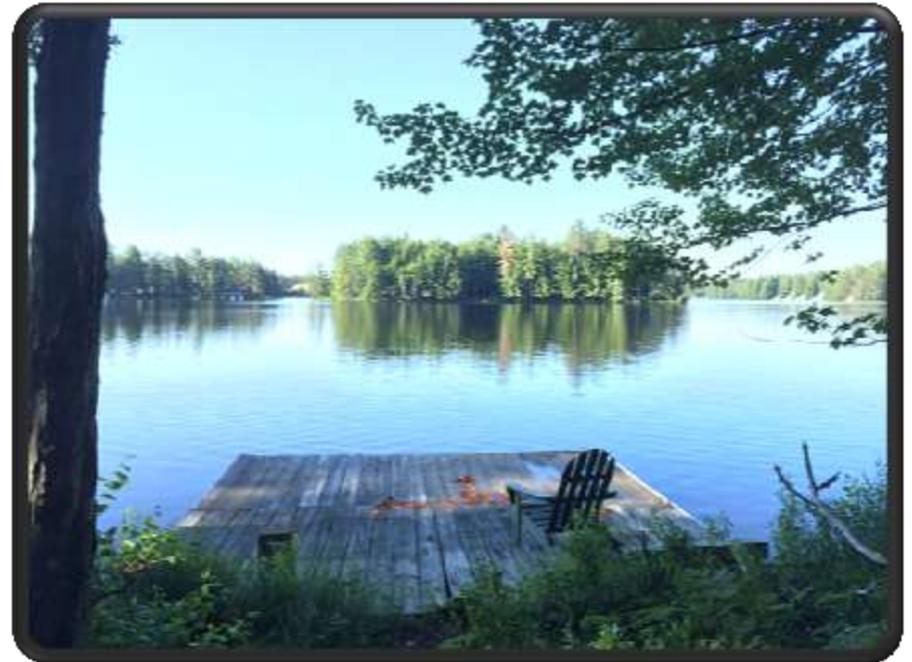


# Item Construction

- Over 100 items were created in thematic clusters based on the research:
  - Nutrition/Hydration
  - Exercise
  - Self-Soothing
  - Self-Awareness
  - Mindfulness
  - Rest
  - Relationships
  - Physical and Medical Care
  - Environmental Factors
  - Self-compassion
  - Spiritual Practice
  - General Items

# Item Construction

- Items were designed to be actionable and prescriptive
- For example:
  - “I used deep breathing to relax”
  - “I planned my self-care”



# Student and Expert Review

- Across three graduate classes in the CSEP department the items were tested and reviewed.
  - Awkwardly worded items were rewritten
  - Students also added items
- Experts reviewed the items and items were again revised.
  - John Norcross
  - Tracy Tylka
  - Evelyn Tribole
  - Scott Meier



# MSCS Administered

- The MSCS was administered to:
  - Sample 1,  $N = 448$  (EFA)
    - Age,  $m = 33.5$ ,  $sd = 11.7$
    - Ethnicity/race equivalent to US pop.
    - Males 20.3%, Females 79.7%
  - Sample 2,  $N = 452$  (CFA)
    - Age,  $m = 34.0$ ,  $sd = 11.7$
    - Ethnicity/race equivalent to US pop.
    - Males 30.1%, Females 69.7%, .2% transgender



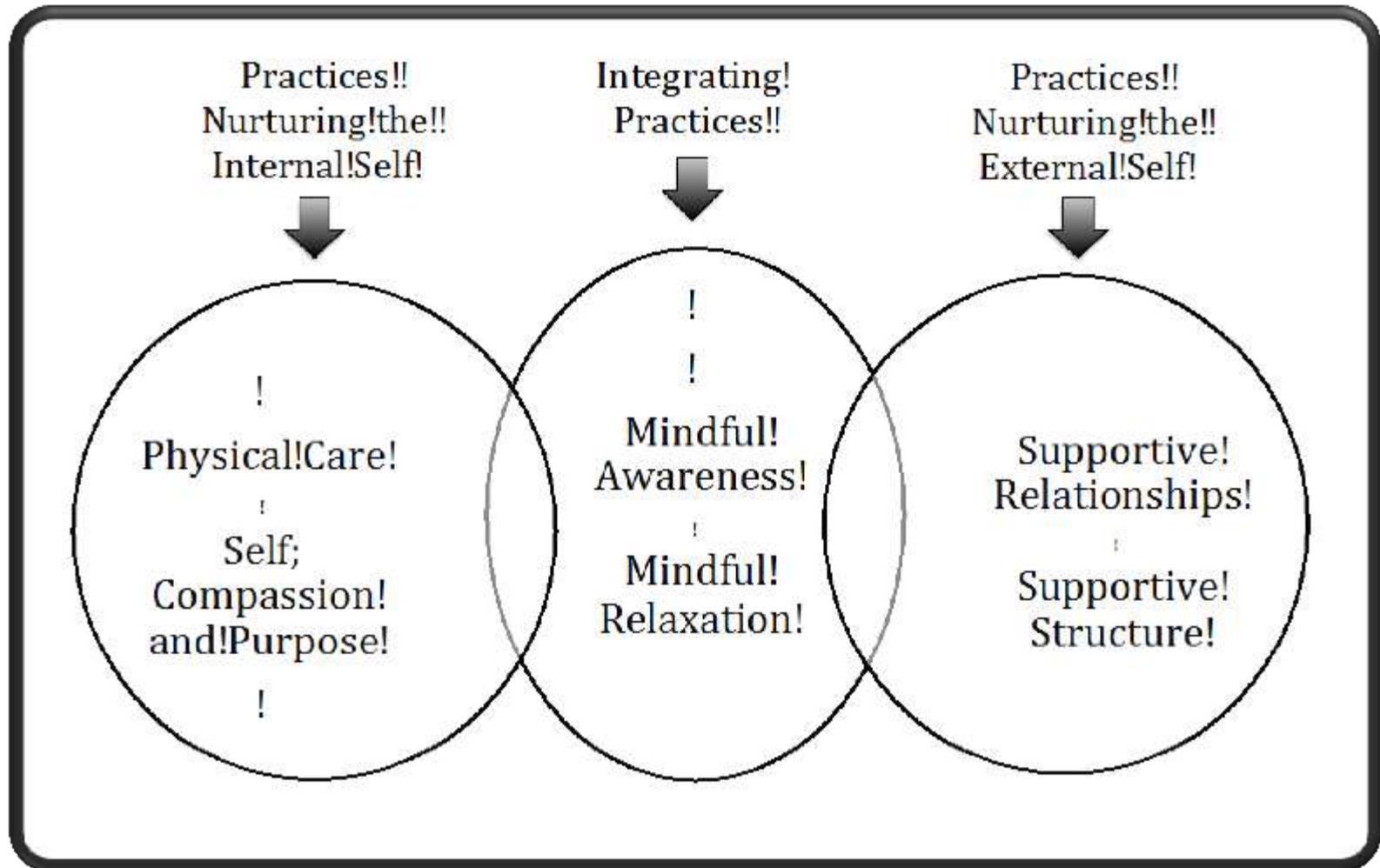
# Body Esteem Scale (BES)

- The BES is a 35 item questionnaire which asks participants to rate how they feel about various areas of their body on a 5 point scale.
- Possible responses include
  - “strongly dislike,”
  - “slightly dislike,”
  - “neutral,”
  - “slightly like,” or
  - “strongly like,” which each response have numerical values 1-5, respectively.
- Participants are asked about various body areas such as their nose, lips, waist, muscular strength, and weight.

# Eating Attitudes Test (EAT-26)

- The Eating Attitudes Test (EAT-26) is a 26 item self-report questionnaire which used as a measure of eating pathology.
- The EAT-26 is 6 point scale which asks questions such as “I vomit after I have eaten”, “I feel extremely guilty after eating”, “others would prefer it if I ate more”, and “I avoid foods with sugar in them”.
- Participants are asked to indicate whether they engage in these behaviors
  - “always”, “usually”, “often”, “sometimes”, “rarely”, or “never”.
  - Responses can then be coded into one of four categories, namely, “binge”, “vomit”, “laxative use”, and “exercise”.

# EFA Six Factors Emerged (CFA Confirmed)



# Supportive Relationships



- I spent time with people who are good to me (e.g., support, encourage, and believe in me).
- I felt supported by people in my life.
- I felt that I had someone who would listen to me if I became upset.
- I felt confident that people in my life would respect my choice if I said “no.”
- I scheduled/planned time to be with people who are special to me.

# Supportive Structure

- I kept my work/schoolwork area organized to support my work/school tasks.
- I maintained a manageable schedule.
- I maintained balance between the demands of others and what is important to me.
- I maintained a comforting and pleasing living environment.



# Physical Care

- I drank at least 6-8 cups of water.
- I ate a variety of nutritious foods.
- I planned my meals and snacks.
- I exercised at least 30-60 minutes.
- I took part in sports, dance or other scheduled physical activities.
- I did sedentary activities instead of exercising.
- I planned/scheduled my exercise for the day.
- I practiced yoga or another mind/body practice



# Self-Compassion and Purpose

- I kindly acknowledged my own challenges and difficulties.
- I engaged in supportive and comforting self-talk.
- I reminded myself that failure and challenge are part of the human experience.
- I gave myself permission to feel my feelings.
- I experienced meaning and/or a larger purpose in my work/school life.
- I experience meaning and/or a larger purpose in my personal Private life



# Mindful Awareness

- I had a calm awareness of my thoughts.
- I had a calm awareness of my feelings.
- I had a calm awareness of my body.
- I carefully selected which of my thoughts and feelings I used to guide my actions.



# Mindful Relaxation



- I did something intellectual (using my mind) to help me relax (e.g., read a book, wrote).
- I did something interpersonal to relax (e.g., connected with friends).
- I did something creative to relax (e.g., drew, played instrument, wrote creatively, sang, organized).
- I listened to relax (e.g., to music, a podcast, radio show, rainforest sounds).
- I sought out images to relax (e.g., art, film, window shopping, nature).
- I sought out smells to relax (lotions, nature, candles/incense, smells of baking).

# Body Esteem

Table 4.  
Correlations between MSCS Scales and Body Esteem in Sample 1

Variable	$\alpha$	MSCS Factor 1	MSCS Factor 2	MSCS Factor 3	MSCS Factor 4	MSCS Factor 5	MSCS Factor 6	MSCS
		Physical Care	Supportive Relationships	Mindful Awareness	Self-Compassion/Purpose	Mindful Relaxation	Supportive Structure	Total Score
Males ( $N=91$ )								
1. Body Esteem Physical Attractiveness	.84	0.19	0.02	0.05	0.11	0.05	.30*	0.22
2. Body Esteem Upper Body Strength	.83	.47**	0.05	.36**	.30**	0.12	.25*	.47**
3. Body Esteem Physical Condition	.81	.51**	0.09	0.11	0.06	0.12	.48**	.36**
Females ( $N=357$ )								
1. Body Esteem Sexual Attractiveness	.83	.22*	.25**	.24**	.33**	0.15	.34**	.39**
2. Body Esteem Weight Concern	.92	.31**	.37**	.27**	.37**	0.07	.30**	.45**
3. Body Esteem Physical Condition	.90	.54**	.35**	.30**	.49**	0.14	.40**	.61**

Note: MSCS= Mindful Self Care Scale, Body Esteem = Body-Esteem Scale, \* $p < .05$ , \*\* $p < .01$

# EAT-26

Table 3.  
*Correlations between MSCS Scales and EAT-26 Scales in Sample 1*

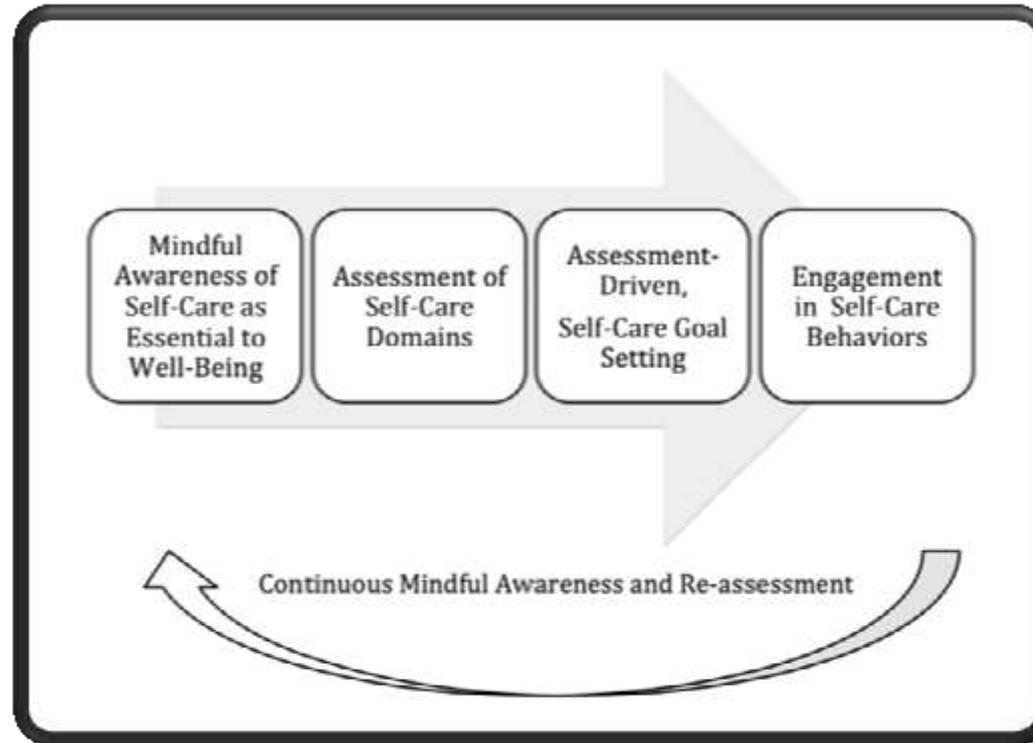
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Variable	PC	SR	MA	SC	MR	SS	Total	$\alpha$
EAT-26 Dieting Subscale	.18**	-.19**	-.15**	-.07	-.03	-.22**	-.08	.91
EAT-26 Bulimia Subscale	-.02	-.18**	-.15**	-.05	-.05	-.28**	-.15**	.86
EAT-26 Oral Control Subscale	.14**	-.18**	-.05	-.06	-.09	-.22**	-.03	.72
EAT-26 Total Score	.16**	-.23**	-.14**	-0.06	0.01	-.28**	-0.1	.92

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Notes: N=448. MSCS=Mindful Self Care Scale; PC = Physical Care; SR = Supportive Relationships, MA = Mindful Awareness; SC = Self-compassion, MR = Mindful Relaxation; SS = Supportive Structure; EAT-26=Eating Attitudes Test-26, \*  $p < .05$ , \*\*  $p < .01$

# Mindful Self-Care Process



Cook-Cottone, 2015

# MSCS with...

- Hospice Workers
- <https://www.betterselfcare.com/assessment/>
- Medical Residents at Mayo clinic.
  - Accounted for 16% of wellness indicators



# The Self-Care Imperative

*“Because no matter the challenges we confront...  
There is no escaping this reality, no matter what  
others, or we, try to say about it.*

*If we don't care for ourselves, we'll be limited in how  
we can care for others.*

*It is that simple. And it is that important—for you,  
for others, and for our planet.”*

Daniel Siegel,  
The Mindful Therapist (2010, p. 3)

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