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## SOCIAL CARE

Dearest friend of BFC,

In the midst of what is happening to the world and to so many, we hope you and your dear ones are safe and in peace. Our hearts and minds go out to all beings who are living fear, who are losing their homes or worse.

**"If we want Peace**

**We have to be Peace**

**Peace is a Practice**

**and not a Hope"**

**Thich Nhat Hanh**

In this edition of our newsletter you will read amongst others about the effect of mindfulness on *biomarkers* in the body and a mindful perspective towards art for health professionals.

Next to this, our website has a new and fresh lay-out, which you can [see here](#).

Heartfelt greetings on behalf of the BFC CCMM team,

Barbara Doeleman-van Veldhoven

### **Meditating? Don't let restlessness and other uninvited guests frustrate you!**

Restlessness courses through your body, the thoughts continue to float down the endless stream of consciousness. You peek through your eyelids and see that everyone is sitting there peacefully ... except you. The thoughts that follow "This must not be for me," "You see, I can't do this." The biggest misconception surrounding meditation is that if you meditate 'well', it will always feel good. The goal of meditation, however, is simply to meet whatever is already there. [Read more...](#)



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### on immunity-related biomarkers

A recent publication has done research in the effect of mindfulness based interventions on immunity related biomarkers. In this research was looked at the effect on six biomarkers that are usually indicative of generalized inflammation, the inflammatory response, and senescence (aging) of the the immune system. Interventions like mindfulness based meditation, stress reduction and compassion therapy show a significant positive effect on the immune system. [Continue reading.](#)



### The Art of Seeing by Looking Mindfully- Jolien Posthumus

Join us on Thursday March 3rd, where Jolien will lead a special mindful admiration meditation. She will capture your mind's eye and take you by the hand, onto a journey that will allow you to truly be present while enjoying the fine arts. Let us awaken our curiosity - together - and really take careful time to live the experience and gain a more open perspective. The meditation will take place from 20.30-21.00 via Zoom. Register now through [icc@ccmm.care](mailto:icc@ccmm.care). [Read more...](#)



*"Forget who you thought you were and accept who you are"*

**- Dalai Lama**

[To the website](#)

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**BARBARA FRANCISCA CAROLINA**

**B.F.C. - Be Free and Connected**

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Care & Mindful Medicine. Her background - in knowledge and experience - makes that she can bring the connection between healthcare, leadership, teamwork, science, mindfulness and spirituality (contemplative traditions) in all clarity and into practice. She does this with light-footed earthliness, humor and acuity. National and international she works with experts on the field of integration of mindfulness & compassion in organisation and leadership. Barbara is a much sought after speaker, trainer and process facilitator.



Get in touch

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*We are happy to announce that besides MUMC and Diaconessenhuis, now also the Reinier de Graaf Guesthouse joins us with an [organisation membership](#) to our compassion community.*



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