

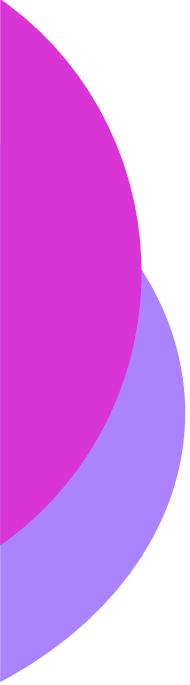
Taking Care of YOU: Body-Mind-Spirit

Vera Massey, M.S.

Health Education Specialist

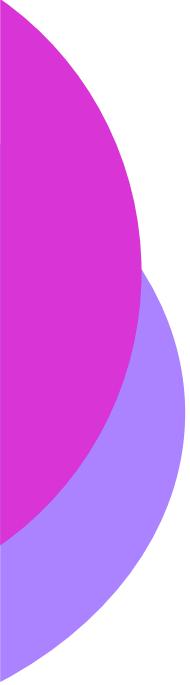
UNIVERSITY OF MISSOURI

Extension

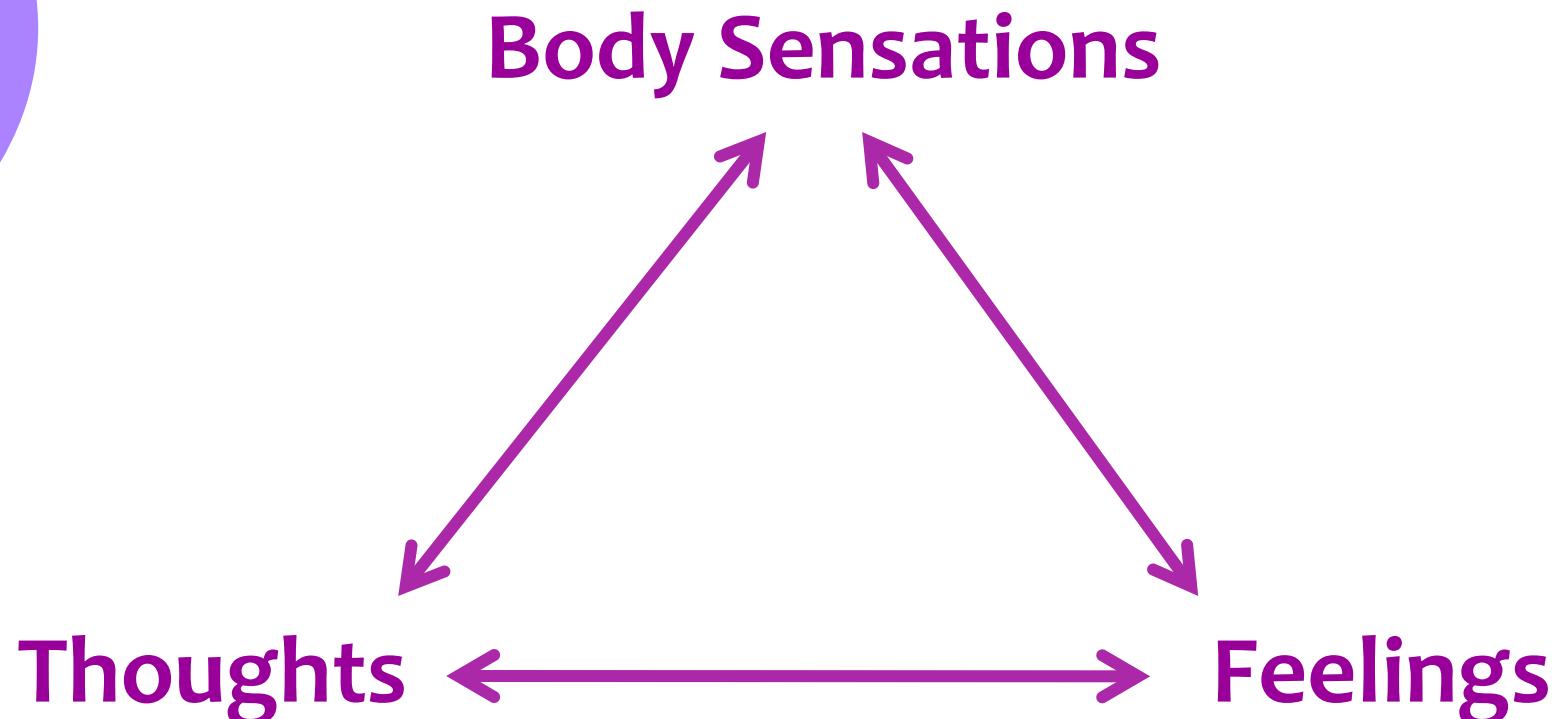


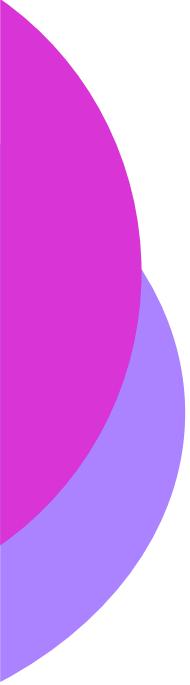
Tune in.....

What's it like for you
right now???



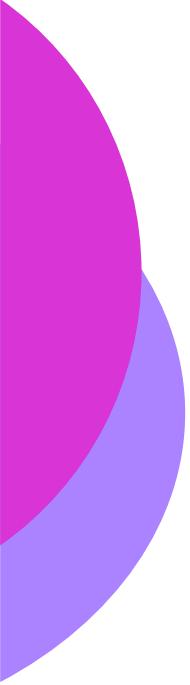
Triangle of Awareness





Awareness.....

How often have you or someone near you connected to a laptop/i-pad/phone since you arrived in this room?



Digital devices survey

- 61% can't ignore them
- 81 % have interrupted meals/conversations/fun times check devices
- 50% check work e-mail outside of work hours/weekends/vacations

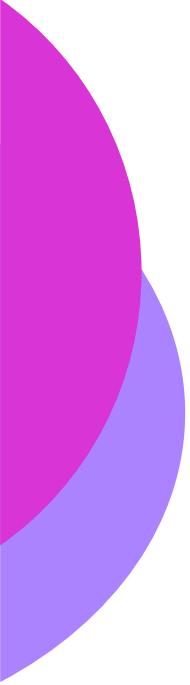


Digital devices survey

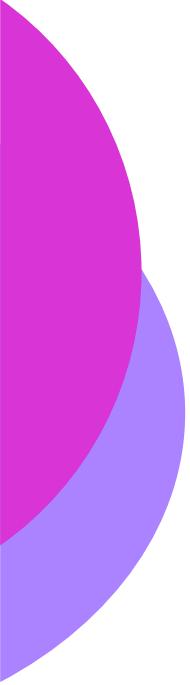
- 61% felt jealous/sad/annoyed after checking devices
- 73% believe their devices contribute to their stress
- 3 of 5 people spend more free time on devices than with significant other





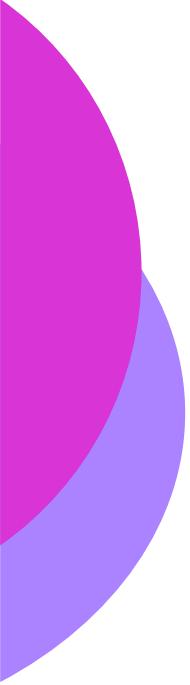


**With awareness....
comes choice.**



Awareness/Mindfulness

- Paying attention
- On purpose/with intention
- Non-judgmentally
- In the moment (here and now)

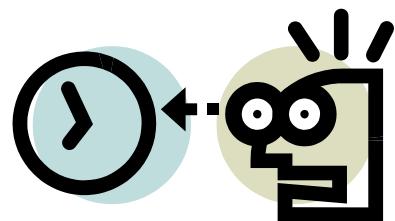


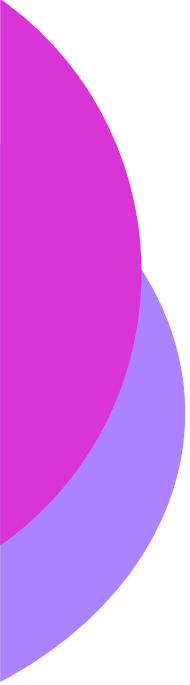
Words to reflect on...

*"The best way to capture moments is to pay attention. This is how we cultivate mindfulness. **Mindfulness** means **being awake**. It means **knowing what you are doing.**"*

Jon Kabat-Zinn

Professor of Medicine Emeritus
Founding Director of the Stress Reduction Clinic and the
Center for Mindfulness in Medicine, Health Care, and
Society, University of Massachusetts Medical School



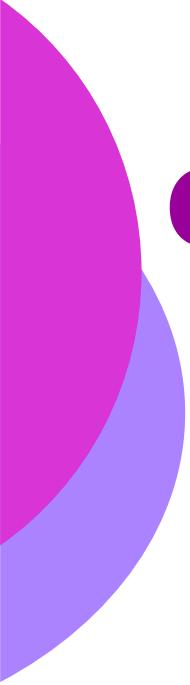


Attention

How often are you distracted by thoughts about home when at work?

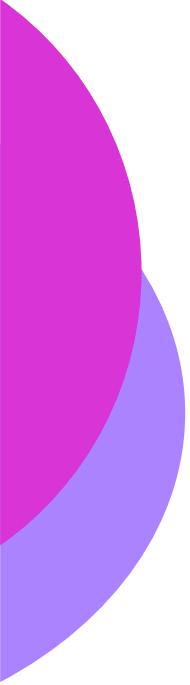
How often are you distracted with thoughts about work when at home?

How difficult is it to stay focused on any project at hand?



Continuous Partial Attention

- Distracting
- Inefficient
- Exhausting



The World Health Organization calls **stress** “the **health epidemic** of the 21st Century.”

Chronic elevated stress

"It's much like flooring the gas pedal with your car in park.

If you do it for a prolonged period, something in your engine will break."

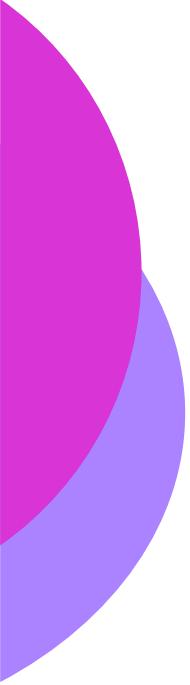


Adam Perlman, MD, MPH Executive
Integrative Medicine Director
Duke University

Stress Stats.....



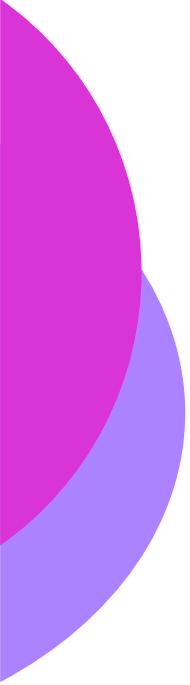
- 50% moderate/high stress levels
- 24% severe stress levels
- 66% of doctor visits for stress related symptoms (headache, neck pain, irritable bowel syndrome, loss of libido, fatigue, sleeplessness).
- Stress is direct precursor to heart disease and certain cancers.



How we react to stress

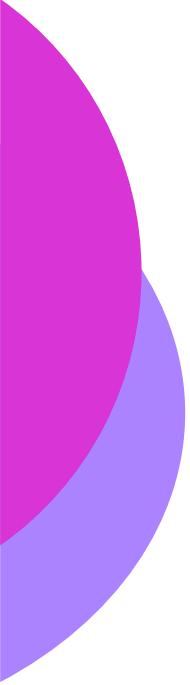
- Feel aggression – 45%
- Fatigue – 43%
- Apathy – 40%
- Anxiety – 35%
- Depression – 34%
- Headache – 34%
- Want to cry – 32%
- Indigestion – 27%
- Muscle tension – 24%





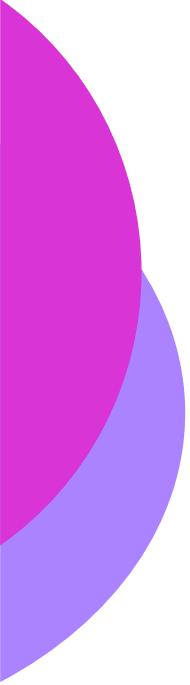
Stressed

- Less physically active
 - 47% choose sedentary activities (using tech devices, watching TV)
- Overeat
 - 43% eat more
- Poor sleep



Other effects of stress...

- Fight/Flight/Freeze hormones released
- Breathe harder and faster
- Heart rate skyrockets
- Digestive functioning altered
- Immune system suppressed



Key Sources of Stress

- Money 71%
- Work 69%
- Family 55%
- Relationships 51%

For every 10 employees

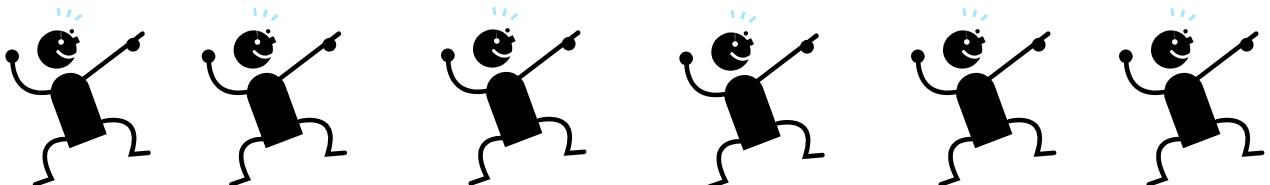
1 is absent

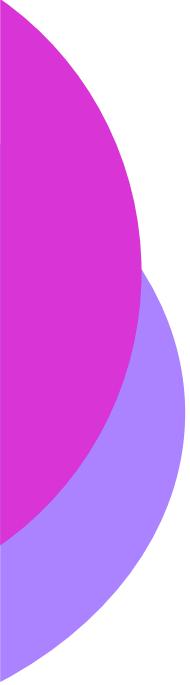


3 are present but unproductive
due to stress

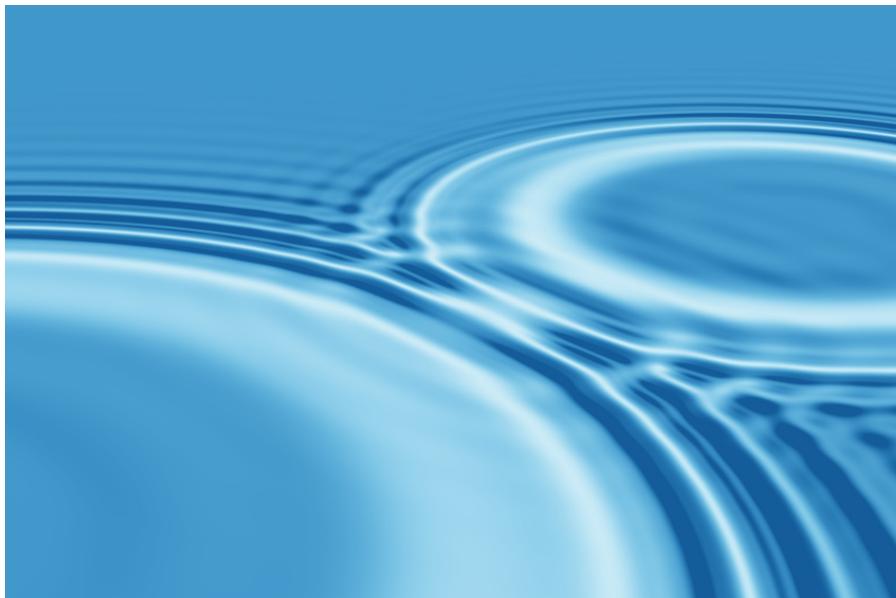


6 are working productively





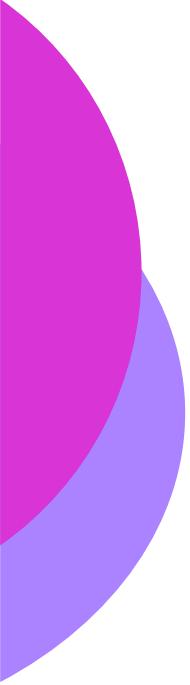
Ripple effect.....



Untrained mind



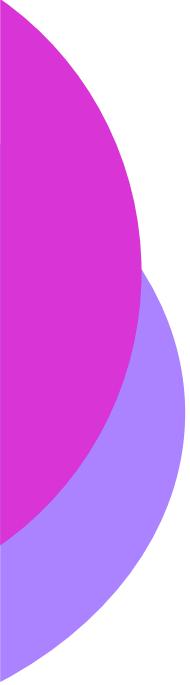
- Tends to be controlled by thoughts and feelings... subject to much greater outside influence
- Negatively impacts your judgment and ability to make sound decisions
- Takes away your inner peace, happiness and state of well-being



SPACE

- Breathing room
 - to be more clear and focused
 - to listen more deeply to ourselves and others

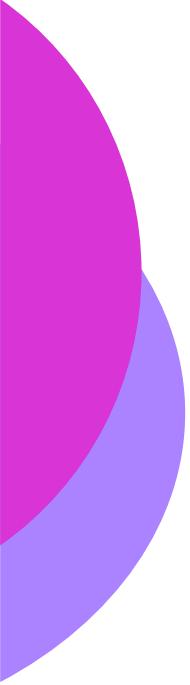




Purposeful



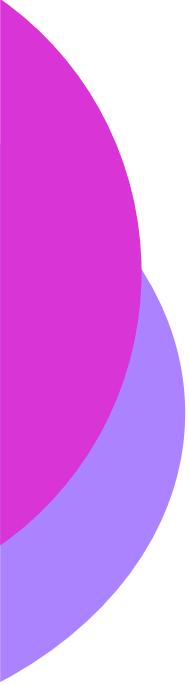
Mindfulness



Mindfulness is NOT

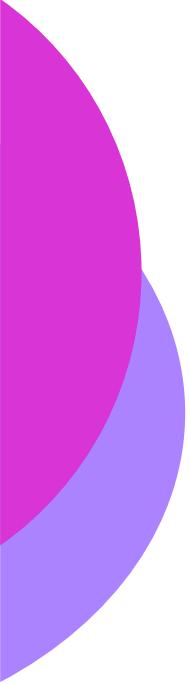
- Religion
- New Age—chanting, incense, mantras, meditating on cushions
- Empting the mind
- Relaxation





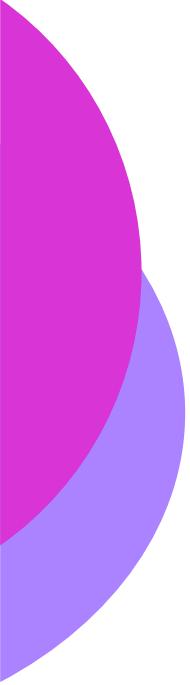
“Being mindful calms me down when I’m angry. It helps me not get in a big fight because I don’t want to hurt my friends. It also helps me focus on my work.”

Brent, age 11



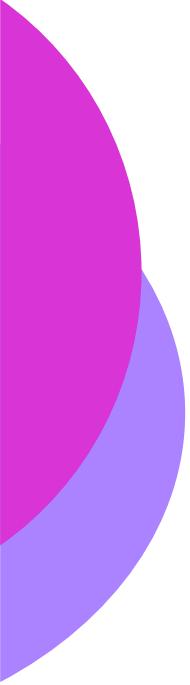
Mindful Awareness

- **Intentionally attending to the here and now in a considerate, nonjudgmental way**
- **Paying close attention to our present situation and our role in it**
- **Prepares us to make sound decisions and choices rather than be ruled by our emotions**



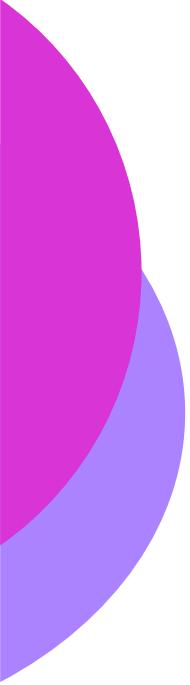
Mindfulness

- **Noticing** the ways things are
 - **Awareness** within self and outside self
- **Training** the mind to be in the moment, without being distracted, to concentrate on what you choose
- **A skill....not a technique**



Benefits of being Mindful

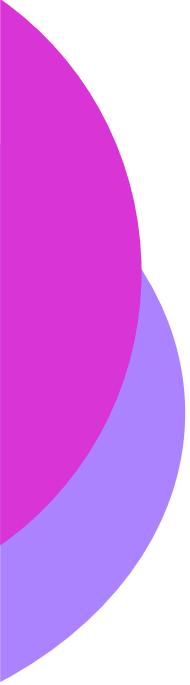
- Greater focus & concentration
- Improved time management
- Greater productivity
- Improved judgment & decision making
- Better manage conflict
- Greater innovation & inspiration
- Better stress management



#1 way to become more mindful

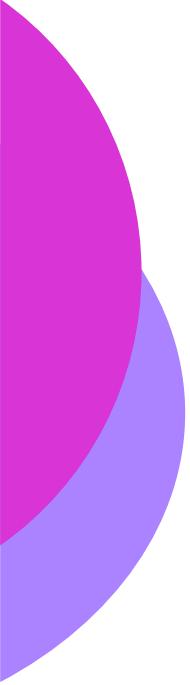
Tune into
YOUR Breathing

Let's give it a try....



Tuning into our breathing

- Helps calm the body
 - Slowing heart rate & lowering blood pressure
- Strengthens higher brain functioning
 - Sharpens focus, less reactive & more reflective
- Lessons anxiety by overriding the “fight/flight/freeze” response
- Better able to self-manage & be mindful



Your breath....

always there

be aware of it

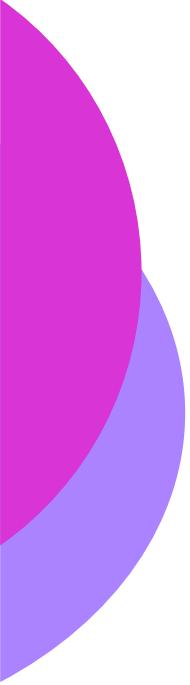
feel the sensations of it

Tuning in to your breath provides

an opportunity to.....

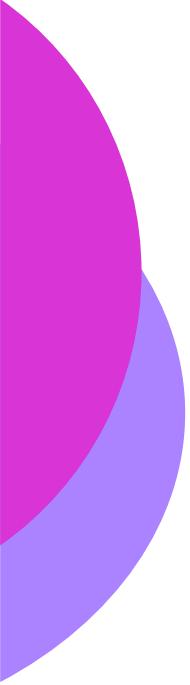
center yourself

tune in to your life



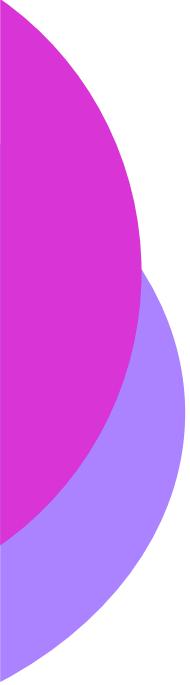
Focus on breathing a little every day...

- Regular practice leads to stronger brain pathways
- These pathways help us be calmer the next time we get stressed



“My dad was helping me build a model airplane and it fell apart. He was so mad. He was saying bad words. I told him, “Dad, why don’t you sit down and just breathe for a while and relax? It’s only a model.”

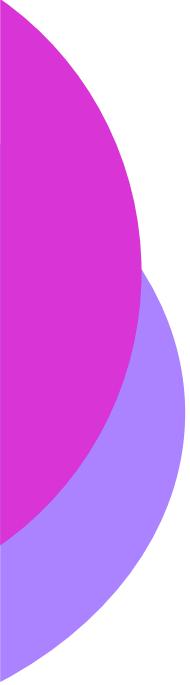
Chad, age 8



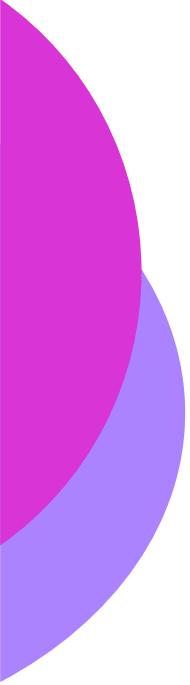
Purposeful



Mindfulness

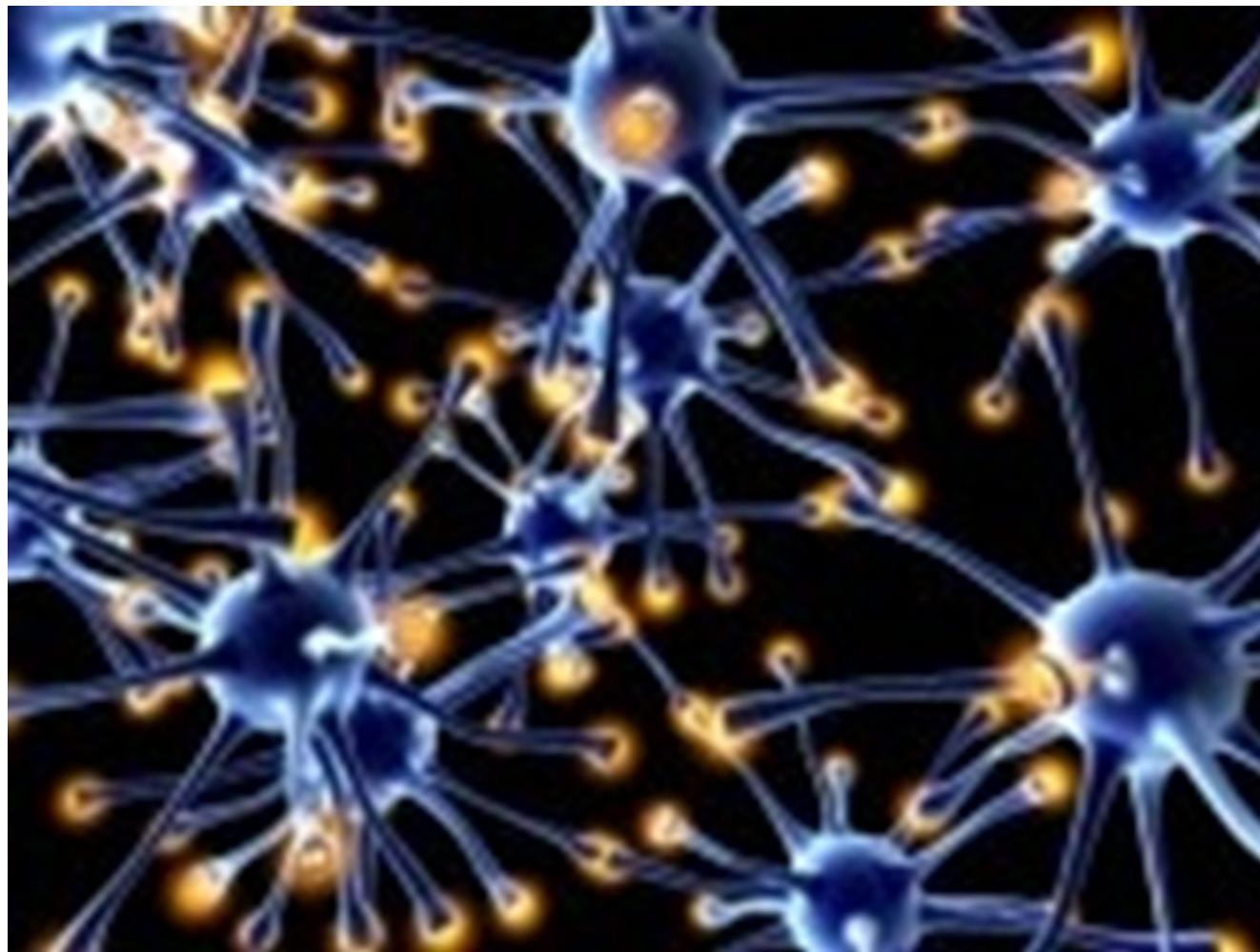


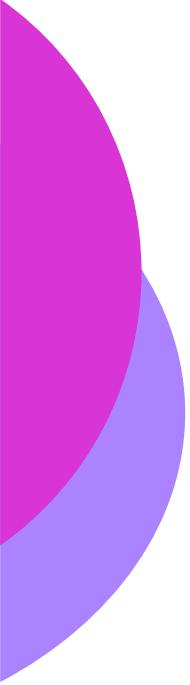
Awareness vs. Attachment



Respond vs. React

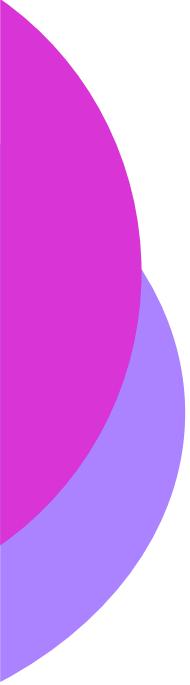
Neurons that fire together, wire together





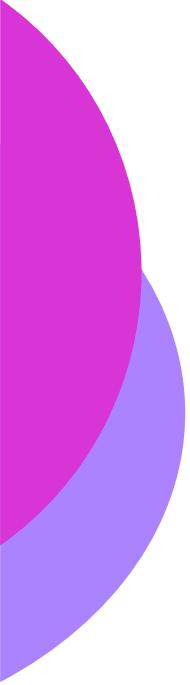
As mind changes →
brain changes

As brain changes →
mind changes

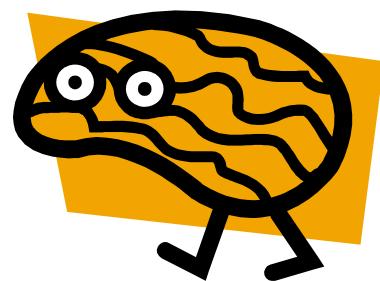
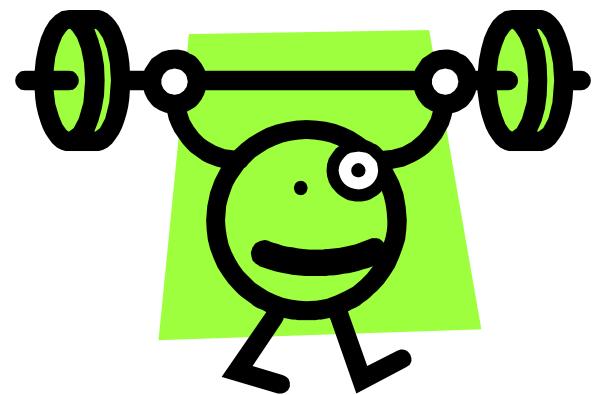


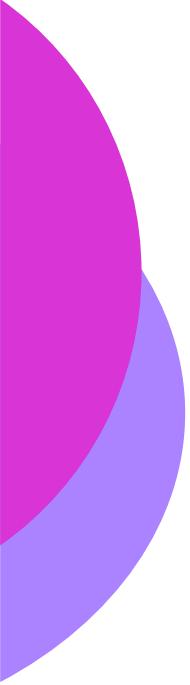
Brain takes the shape
the mind rests upon.





Brain training....





How can we
be more mindful
in our everyday lives???

Opportunities to practice being mindful

- Taking in sights, smells & sounds of nature/life
- Focusing on your daily activities... eating, showering, cooking
- Noticing how your body & mind feels when moving, standing, sitting & lying down
- Bringing awareness to listening & talking during conversations

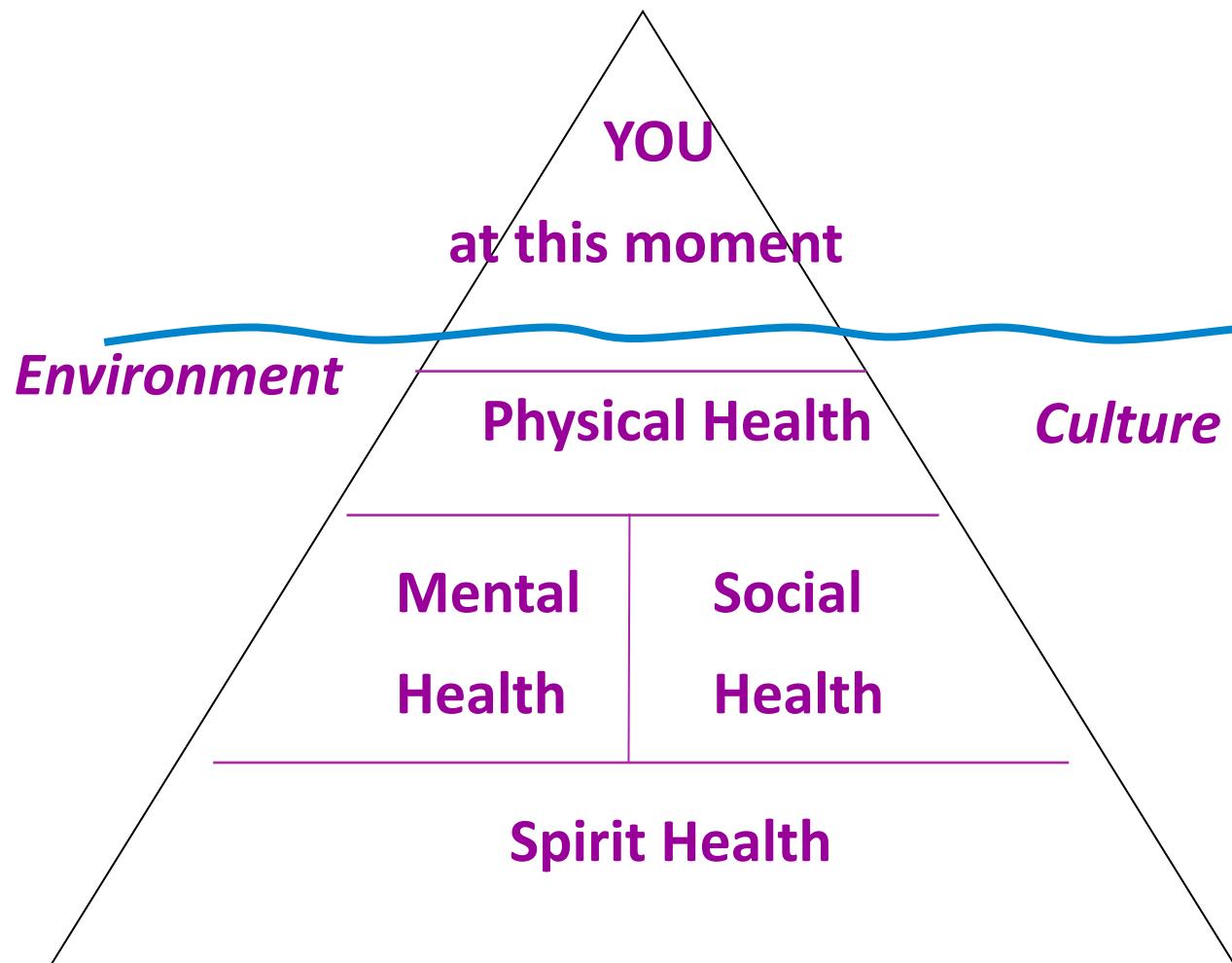








Iceberg of Health



Adapted from *Wellness Workbook* by John Travis & Regina Sara Ryan

Spirit Health Qualities

Full in Spirit

Hopeful

Forgiving

Self-accepting

Life of meaning

Clear values

Caring

Peaceful

Low In Spirit

Worrying

Holding a grudge

Proving oneself

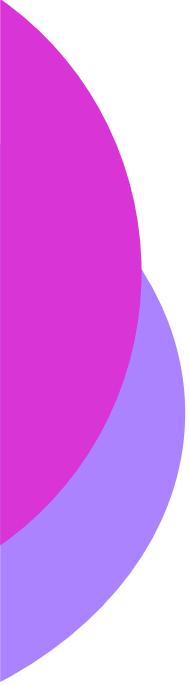
Feeling unfulfilled

Conflicting values

Distant/Disconnected

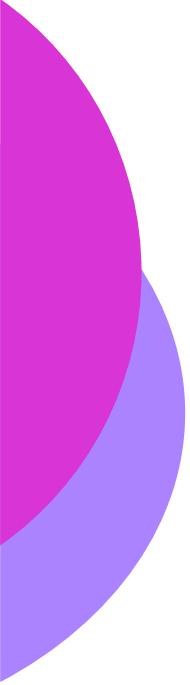
Hurried/Frantic





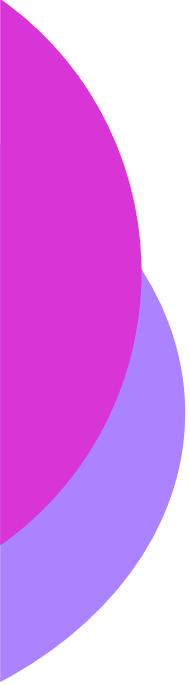
How does it feel when your tank is empty?





What drains your tank?

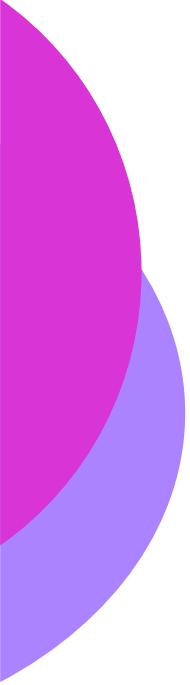




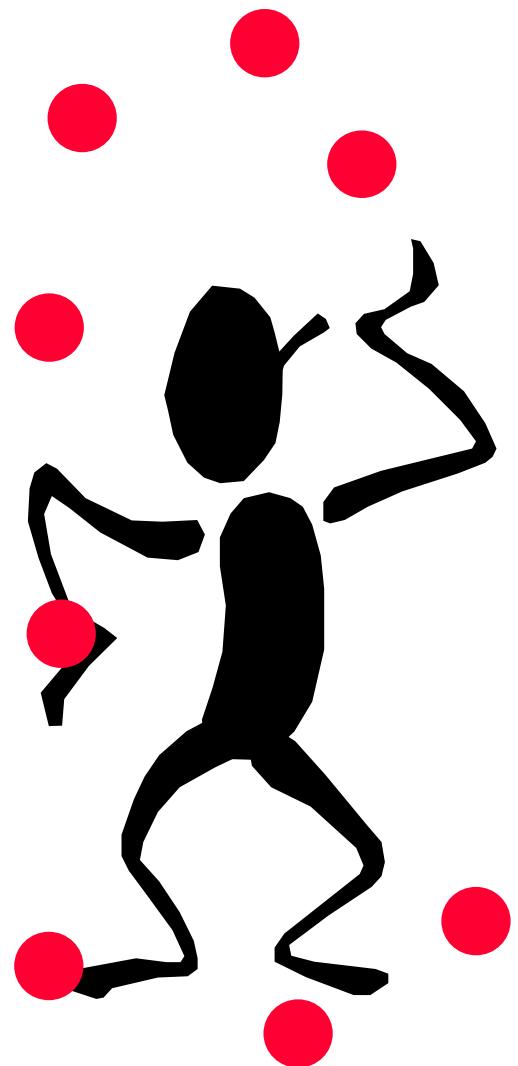
Sleep

- Increases ability to respond vs. react to stressors
- Sustains peak mental performance
- Stabilizes mood
- Maintains healthy metabolism
- Repairs tissues
- Bolsters immunity





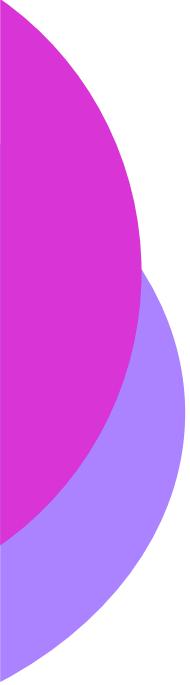
Reconsider multi-tasking



FOCUS Mind

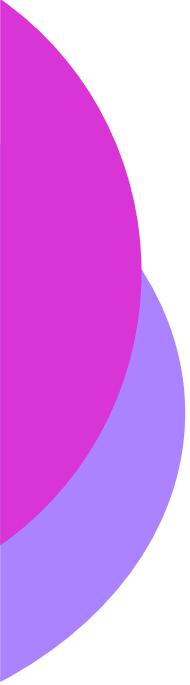


When break focus
you spend
4xs longer on task

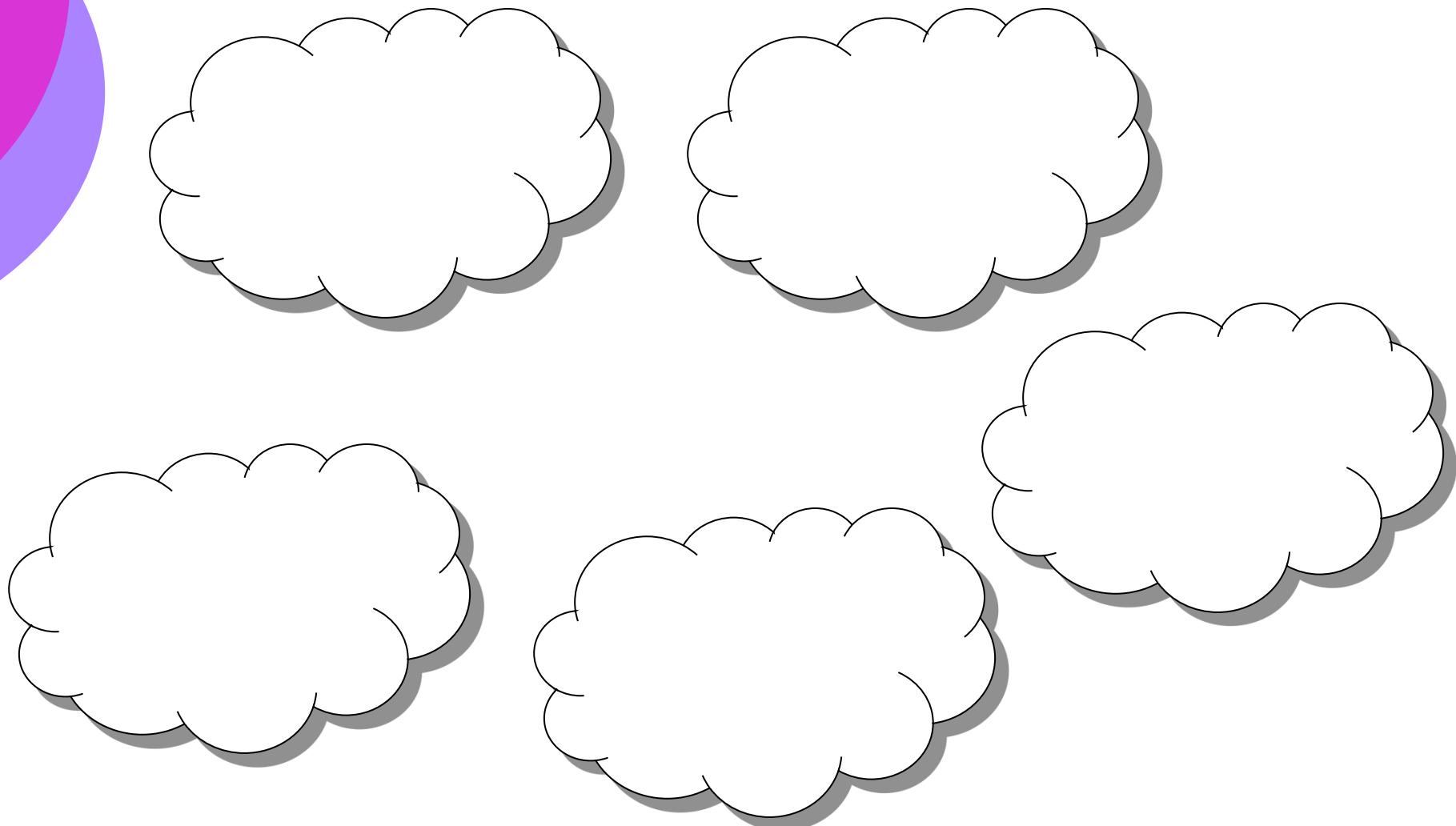


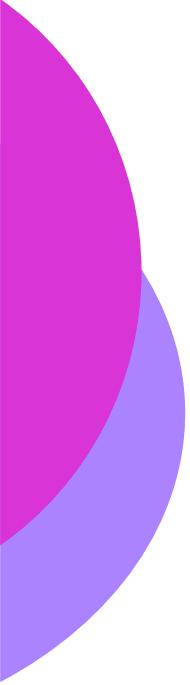
Monkey Mind





Thoughts.....

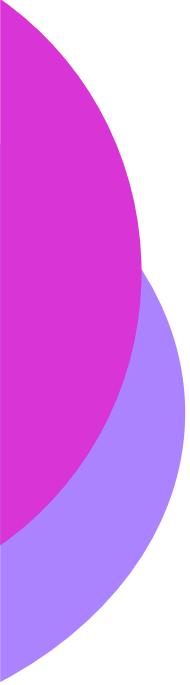




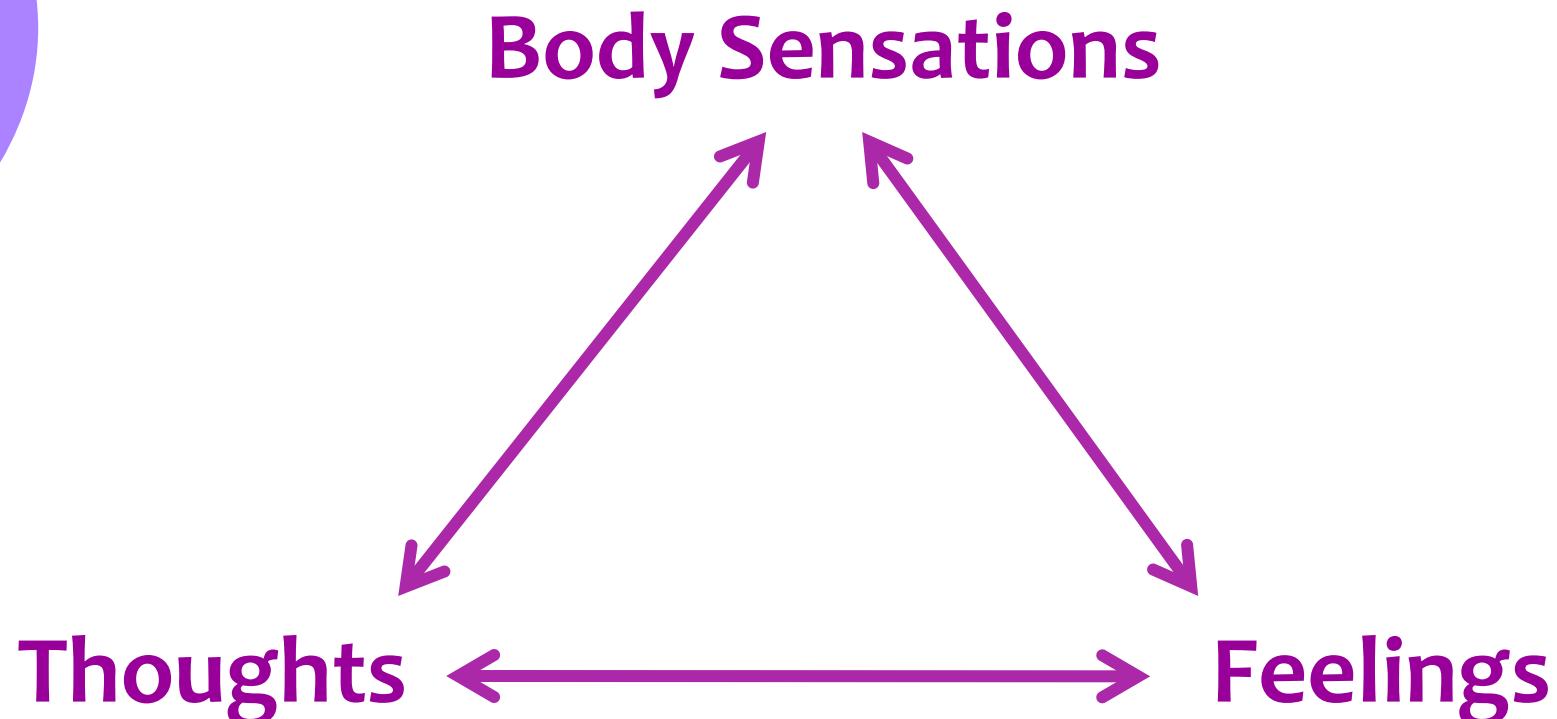
Thoughts that **STRESS** us out...

- Unrealistic expectations
- Jumping to conclusions
- Taking it personally

Thoughts \neq Facts

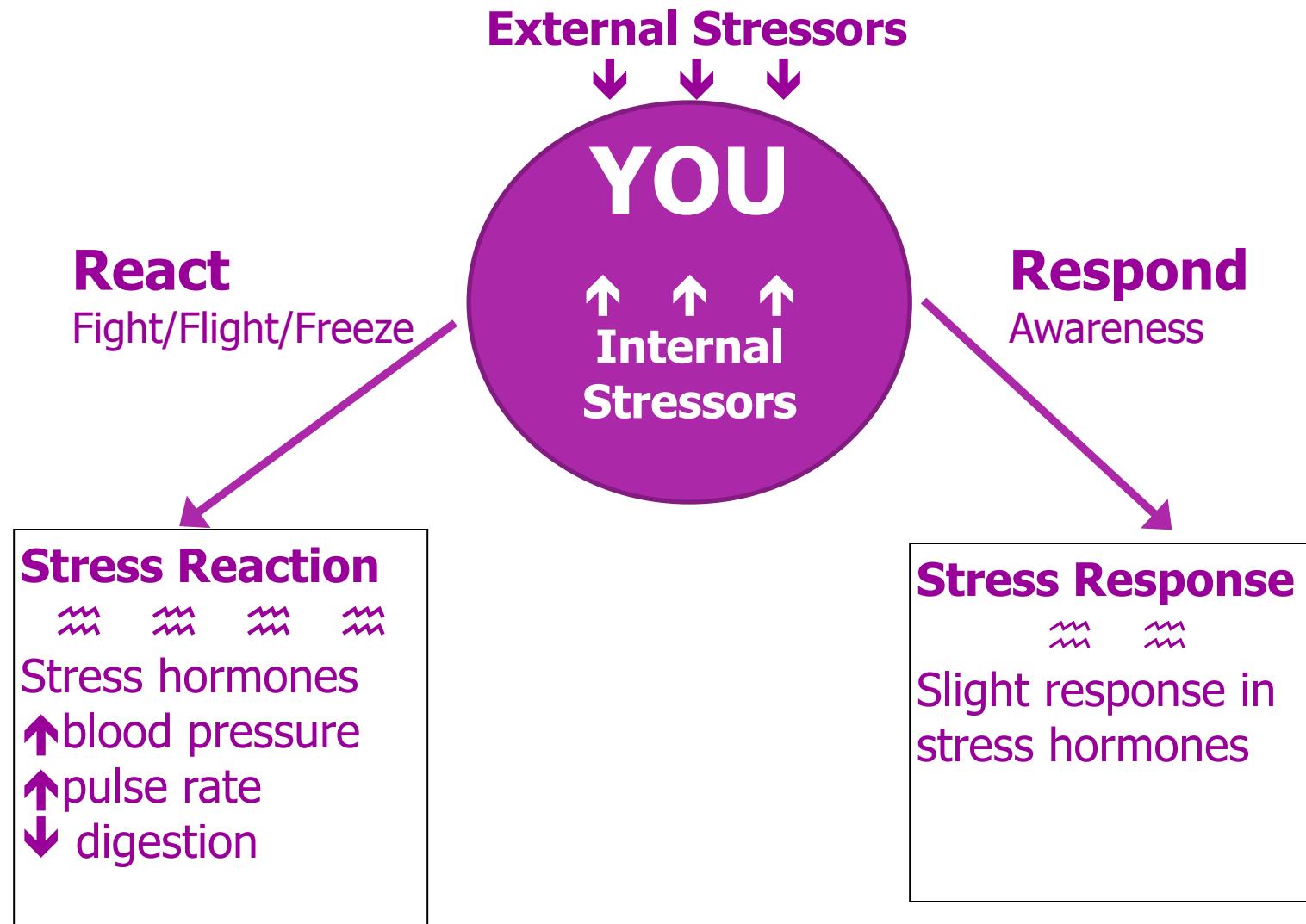


Triangle of Awareness



Adapted from (1) *Full Catastrophe Living* by Kabat-Zinn. (2) *Mindfulness-Based Cognitive Therapy for Depression* by Segal, Williams & Teasdale.

Responding versus Reacting



Adapted from *Full Catastrophe Living* by Kabat-Zinn

Reacting



Negative Ways of Coping:

Overworking Overeating

↑ Alcohol Intake, Smoking, Caffeine

Denial

Monkey mind

↑ Sleep problems

Zoning out with tech devices, TV



Breakdown:

Health problems

Weight gain

Depression/anxiety

vs.

Responding



Positive Ways of Coping:

Seeing opportunities in life's challenges

Nurturing yourself/self-care

Physical movement

Problem solving



Improved Health & Well-being:

Lessen risk of health problems

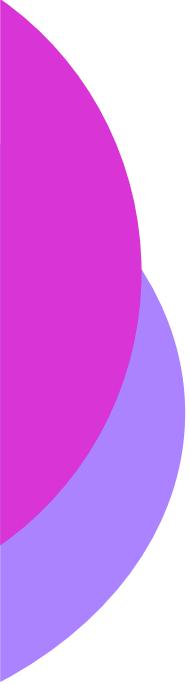
Quicker recovery from stress

Positive mood

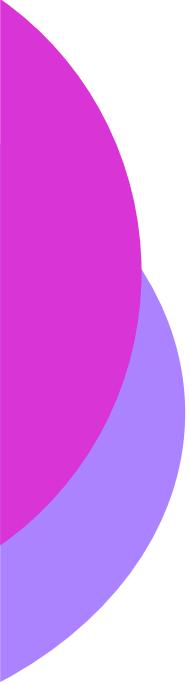
Peace/calmness

What does it feel like when your tank is full?

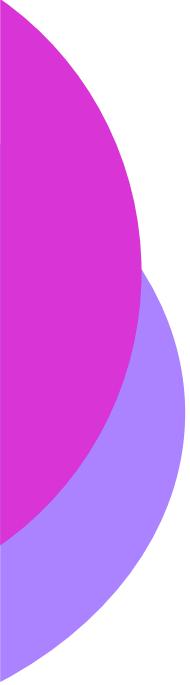




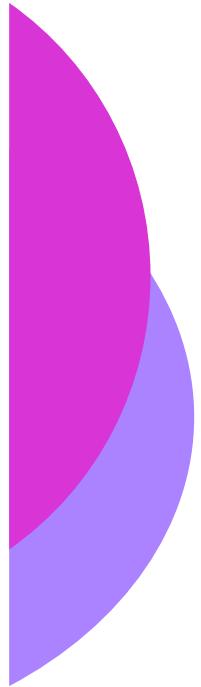
**Say YES
to
YOU**



Life is too short to...

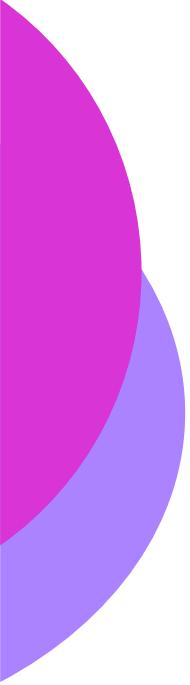


Life is too short not to...

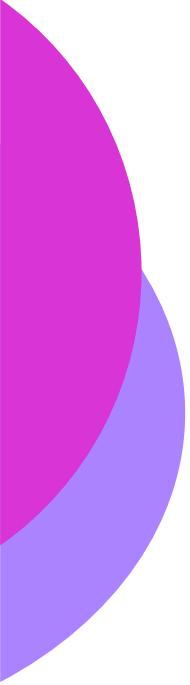


“We don’t stop playing because we grow old; we grow old because we stop playing.”

George Bernard Shaw



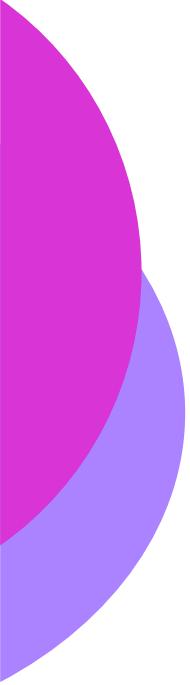
Time to play



Savor life's joys

Living in the now... mindfulness
Remembering happy times

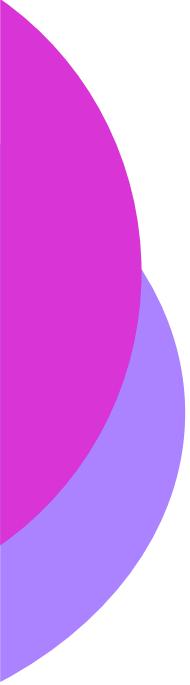




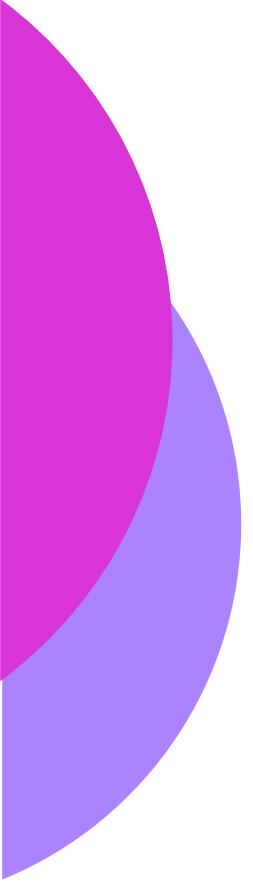
Attitude of gratitude

**Have you had your
Vitamin G today??**

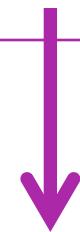
What are you grateful for?



With **AWARENESS**
comes **CHOICE.**



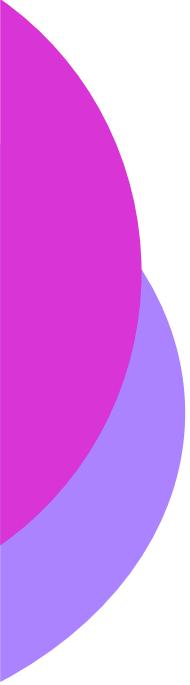
Awareness



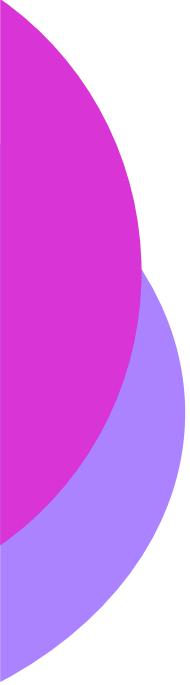
Change in Attitude



Action

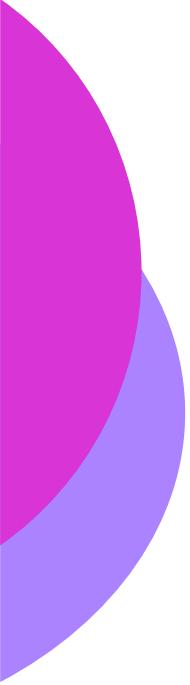


PRACTICE
PRACTICE
PRACTICE



Practices... just 1 little thing

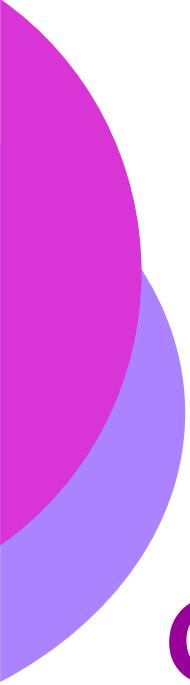
- Pause
- Take in the good
- Be grateful
- Get sufficient sleep
- Focus... one task at a time
- Smile
- Take time to play
- Let go of thoughts
- Slow down
- B-R-E-A-T-H-E
- Be mindful
- Respond vs. react
- Say YES to YOU



**A journey of a thousand miles
begins with one step.**

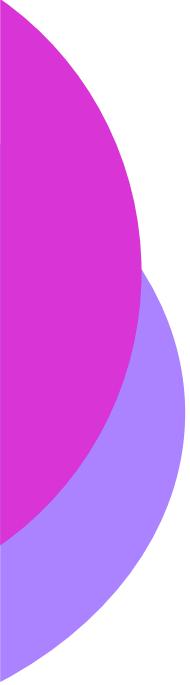
Lao-Tzu



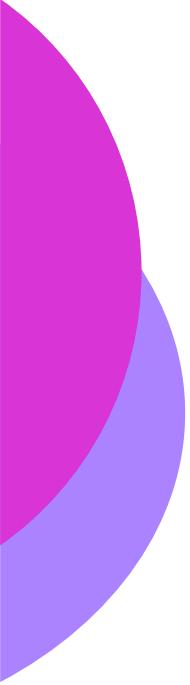


**One small step,
One small thing
can make a
DIFFERENCE**



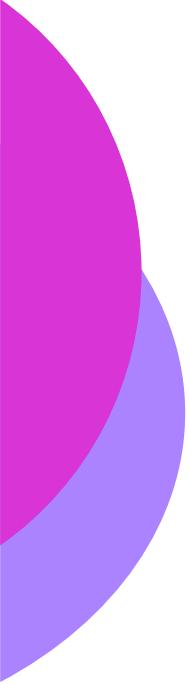


Share one thing that
you found helpful
and/or plan to act on.



PRACTICE





Remember to.....

Take care of YOU.

