



Pine Tree Hospice

Stress Management & Self Care

Conventional and Complementary

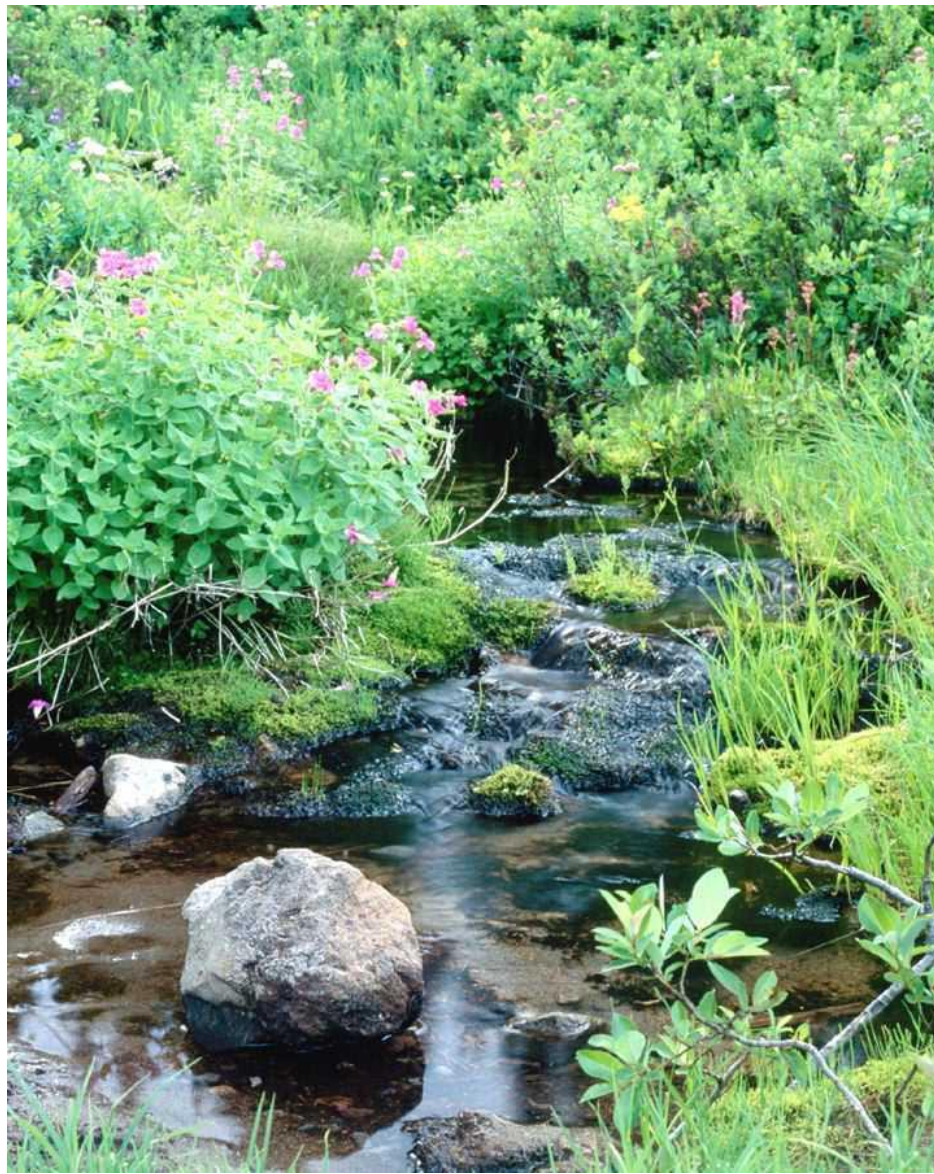
for the hospice family
and for yourself

Stress Management and Self Care: Conventional and Complementary

For your *hospice client* *caregivers* and for yourself

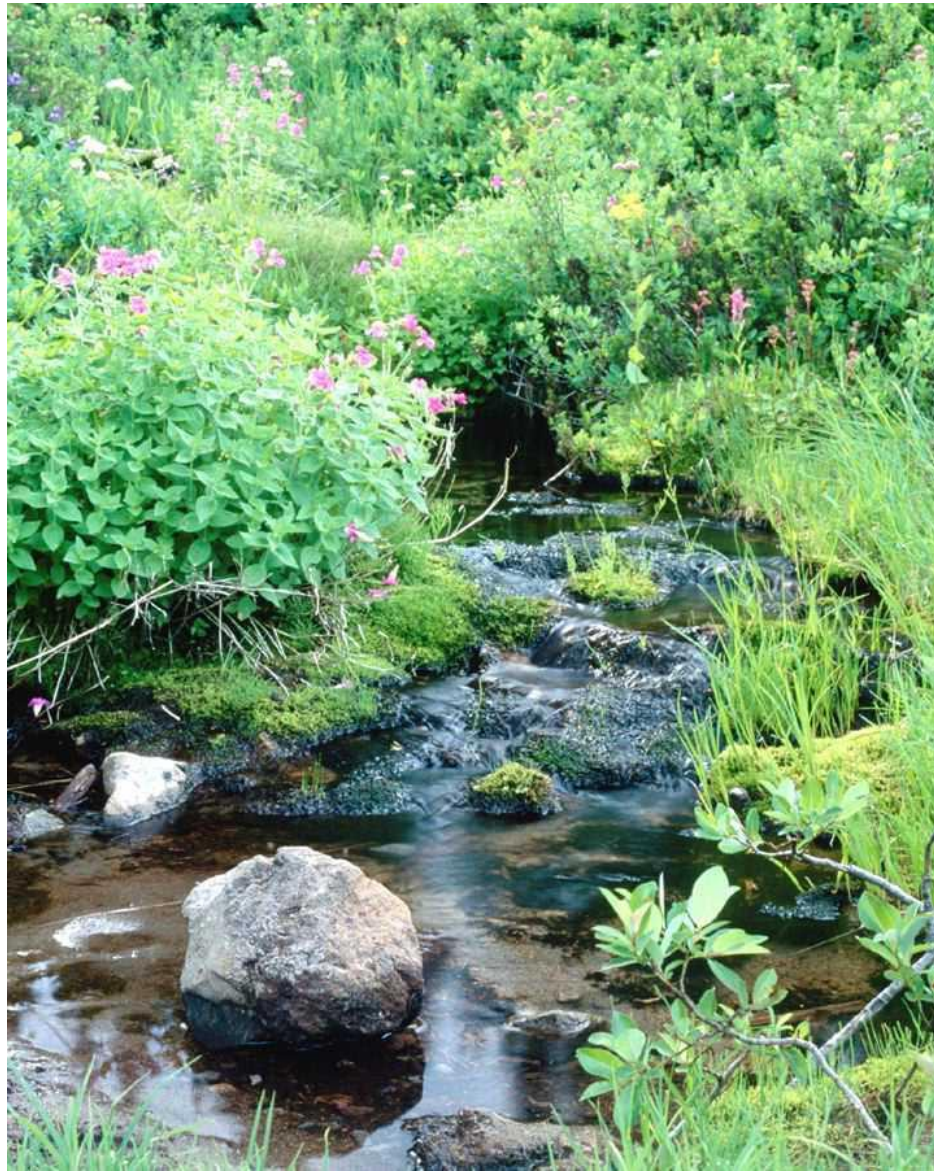
1. Define stress, name some causes of stress, and recognize how stress affects us and those around us: body, mind, feelings and spirit
2. Discuss balanced nutrition, physical activity, restful sleep, joyful diversion and service to others as conventional ways of managing stress
3. Briefly discuss the origin, beliefs and current practice of some complementary therapies
4. Select and use conventional and complementary therapies for yourself and others to relax, to minimize pain, and/or to promote physical, mental and spiritual wellbeing
5. Consult the NIH National Center for Complementary and Integrative Health website for current information
6. Support people who use complementary therapies





Stress is...
a sense of
“dis-ease”

in body,
thoughts,
feelings,
&/or spirit



Can

Stress

be good

???



Yes...

When it
protects us
from
danger

- pupils dilate *see better*
- breathing deepens *more oxygen*
- heart rate increases *move oxygen to cells*
- mind alert, attentive hearing . . . *priorities clear*
- muscles tense *ready to move*
- liver releases fats & sugar *more energy*
- adrenaline & cortisol released . . *ready for flight or fight*



But ...

stress is
cumulative


too much
for too long

leads to
Dis-ease

Your body reacts to prolonged stress

The bear is chasing you all day and all night



- muscle tension and pain in neck, shoulders, back
 - gastrointestinal upsets, diarrhea or constipation
 - frequent upper respiratory infections
 - weight loss or weight gain
 - change in sleep patterns
 - menstrual irregularity
 - change in appetite
 - tension headache
 - decreased libido
 - restlessness
 - fatigue
- 
- hypertension
 - heart disease
 - diabetes
 - obesity
 - skin eruptions
 - etc

Your body reacts to prolonged stress

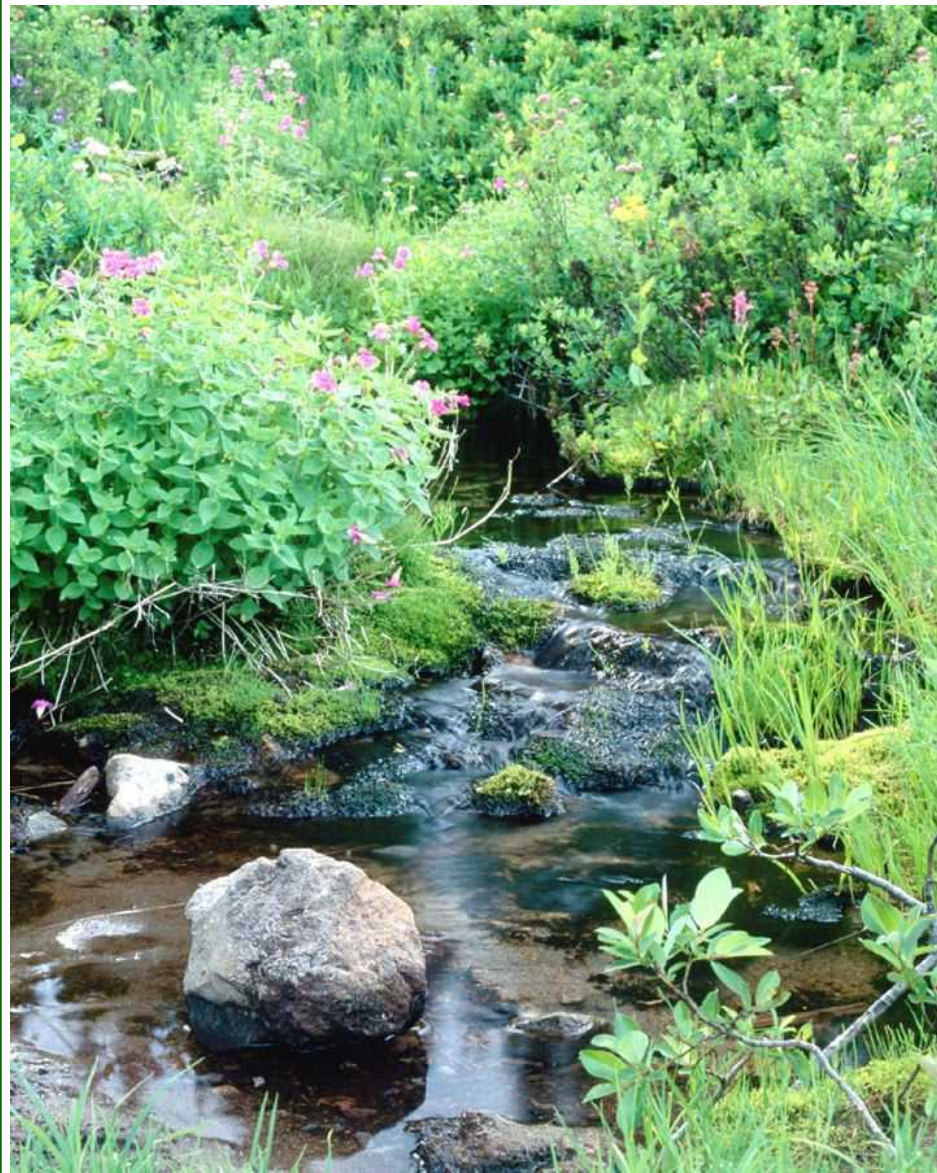
The bear is chasing you all day and all night



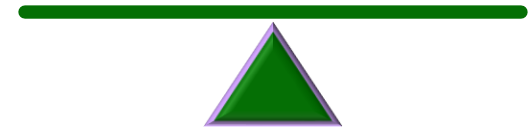
- increased absenteeism, illness, lethargy, loss of interest
- decreased productivity and quality of job performance
- diminished attention to detail, daydreams, spacing out
- tendency to make mistakes, forgetfulness, blocking
- loss of self esteem, feelings of inadequacy
- increased irritability, loss of motivation
- emotional outbursts and crying
- anxiety, depression, burnout
- use of alcohol or drugs
- inability to concentrate
- prone to accidents



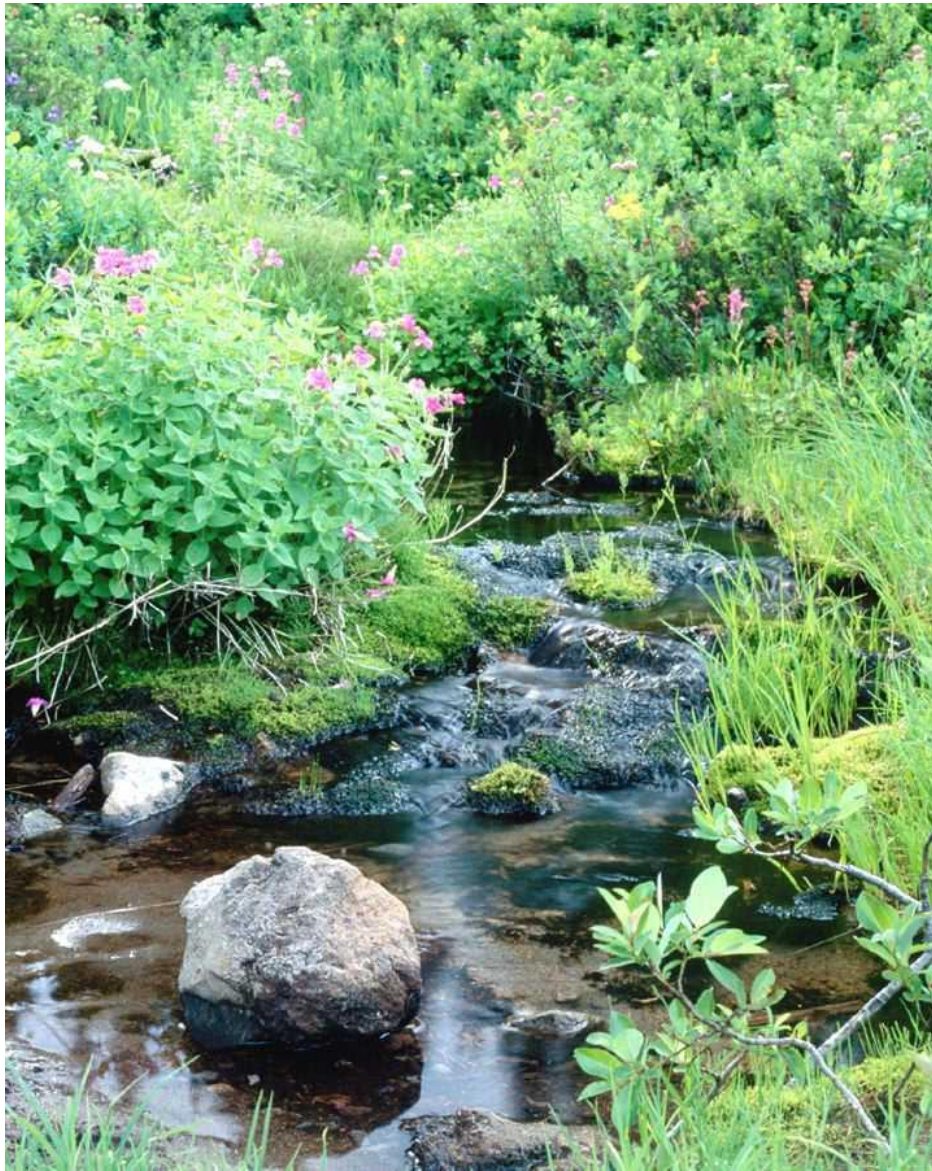
- clinical depression
- drug dependency
- addictions



We have
many ways
to manage
stress



to keep
in balance



Engage in activities
by yourself
or with others
to

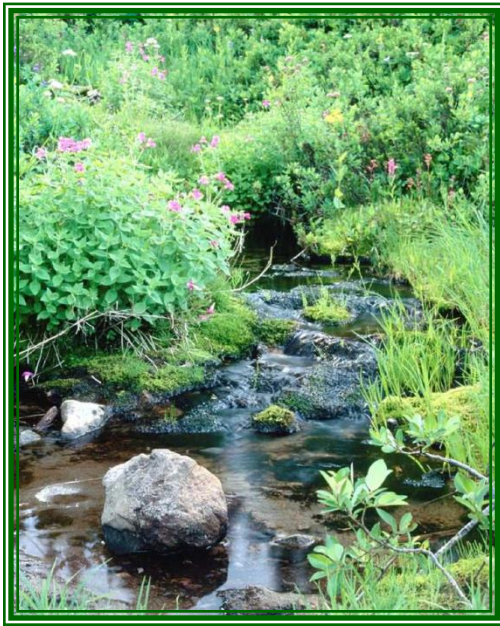
NOURISH
and **BALANCE**

Your body

Your thoughts

Your feelings

Your spirit



Conventional ways of managing stress



- Healthful Nutrition
- Physical Activity
- Restful Sleep
- Joyful Diversion
- Service to others

Healthful Nutrition

Dietary Guidelines for Americans www.dietaryguidelines.gov 2020-2025

1956: Basic Four

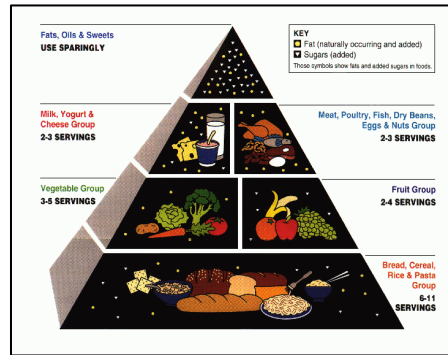
A Guide to Good Eating

Use Daily:

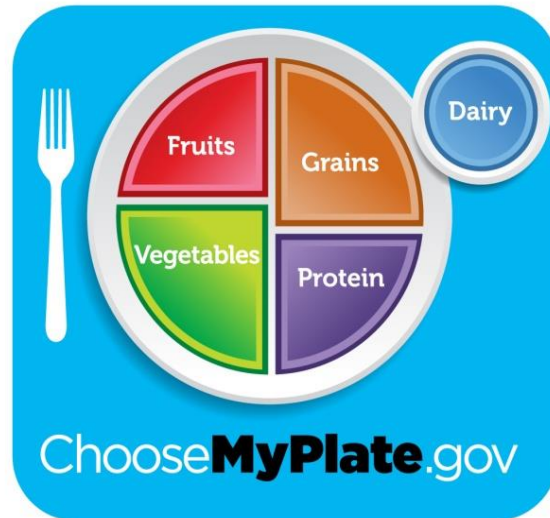
- Milk Group**
3 or more glasses milk — Children smaller portions for some children under 9
4 or more glasses — Teen-agers
2 or more glasses — Adults
Cheese, ice cream and other milk-made foods can supply part of the milk.
- Meat Group**
2 or more servings
Meat, fish, poultry, eggs, or cheese—with dry beans, peas, nuts as alternates
- Vegetables and Fruits**
4 or more servings
Include dark green or yellow vegetables, citrus fruit or tomatoes
- Breads and Cereals**
4 or more servings
Enriched or whole grain
Added milk increases nutritional values

This is the foundation for a good diet. Use more of these and other foods as needed for growth, for activity, and for pleasure eating.

1992



2011



2005



DGA Dietary Guidelines for Americans
2020 - 2025

Make Every Bite Count With the Dietary Guidelines

USDA DietaryGuidelines.gov



Healthful Nutrition

Dietary Guidelines for Americans

www.dietaryguidelines.gov

Healthy Eating Patterns Key Recommendations within an appropriate calorie level

Guideline 1: Follow a Healthy Dietary Pattern at Every Life Stage

Vegetables / Fruits / Whole Grains / Dairy / Protein: meat, legumes / Oils

Guideline 2: Customize and Enjoy Food and Beverage Choices to Reflect Personal Preferences, Cultural Traditions, and Budgetary Considerations

Guidelines offer examples of foods within each food group

Guideline 3: Focus on Meeting Food Group Needs with Nutrient-Dense Foods and Beverages, and Stay within Calorie Limits

- **More information about each of the food groups**
- **Food Safety Recommendations**
- **Beverages and added sugars**

Guideline 4: Limit Foods and Beverages Higher in Added Sugars, Saturated Fat, and Sodium, and Limit Alcoholic Beverages

85-15 Guide:

85% of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms

15% of remaining calories are available for other uses (including added sugars and saturated fat)

Healthful Nutrition

FAT

- ♥ provides energy
- ♥ supports cell function
- ♥ protects organs
- ♥ absorbs nutrients
- ♥ produces hormones



Natural **unsaturated (liquid) fats**, such as olive oil, are good

Refined **unsaturated (liquid) fats**, such as canola oil, are safe

Limited amounts of natural **saturated (solid) fats**, such as butter, are safe

Manufactured **saturated (solid) trans fats**, from processed food made with partially hydrogenated oils such as commercially prepared doughnuts, cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, stick margarines, are bad:

they raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol

♥ **Read the labels ...avoid “partially hydrogenated”** ♥

Daily Fluid Intake

- ♥ Keeps body temperature within normal range
- ♥ Lubricates and cushions joints, including spine
- ♥ Eliminates waste via urine, sweat, stool, expired air



We lose: 2-3 qt daily

urine, stool, sweat, breathing

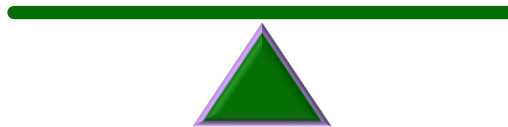
more with exercise / hot weather / altitude

more with fever / vomiting / diarrhea

We replace 2-3 qt daily

water / other liquids / food

*more needed to replace excess
fluid loss for any reason*



Enough fluid intake → plentiful pale yellow urine

Key Guidelines For Adults

Move more and sit less throughout the day
Some physical activity is better than none

2 ½ to 5 hours a week of moderate intensity exercise

OR

1 ¼ to to 2 ½ hours a week of vigorous aerobic activity

Add muscle-strengthening activities involving all major muscle groups
2 or more days a week
about 15 reps of 8 -10 push & pull exercises

Older adults:

Same as younger adults
as physical limitations allow

Add balance training





Sleep restores the body
and the mind

During sleep we

Renew body tissues

Process and organize the day's events

You have enough sleep if you feel rested



*What can YOU do
To help yourself
get a good night's sleep
???*



zzz zzz zzz zzz

- regular wake-up and bedtime schedule
- avoid daytime naps (or limit to a half hour)
- limit or avoid liquids, including alcohol, near bedtime
- regular exercise during the day
- comfortable room temperature
- relaxation techniques and/or soft music
- get up if you're still awake for 30 minutes
or... enjoy your soft pillow and warm covers
with no telephone, text, email interruptions 😊



*Quiet spot / Pleasant music / Inspirational reading
Hobby / Restful nap / Pet companions / Humor
Visits with family & friends*

Portable soothing

Music

For your client

For YOU

computer
smartphone
tablet
cd player
tape player
radio
television

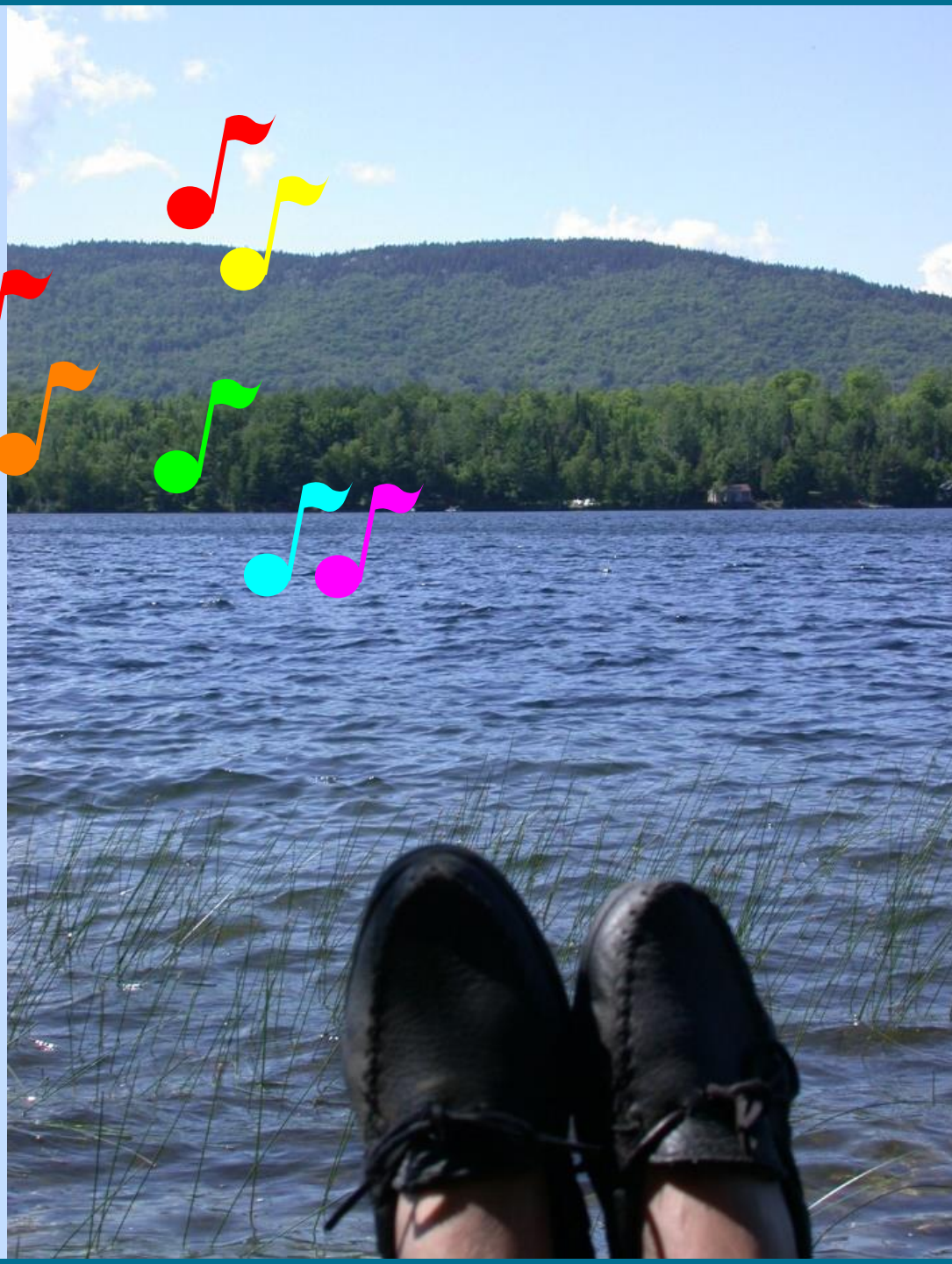
One example:

Marconi Union Weightless

Free to listen, with ads; can be purchased;

8 minutes: <https://youtu.be/UfcAVejslrU>

10-hour version available





Joyful Diversion

Inspired by Pine Tree Hospice Team Meeting presentation by Dr. Deb Drew,
Volunteer Clinical Consultant for Pine Tree Hospice Bereavement Programs

- ♥ prepare and serve a special meal
- ♥ make a gift for a friend
- ♥ write a letter with paper and pen
- ♥ work on a puzzle
- ♥ knit or crochet or quilt
- ♥ draw, sketch or paint a picture
- ♥ reorganize a cluttered space in your home
- ♥ take a break from the news
- ♥ make a phone call to an old friend

Be **aware**
as you engage
in your joyful diversion

Be in the “**now**”



- ♥ linger in a steamy shower, with water flowing across your shoulders
- ♥ curl up in your favorite chair with a good book
- ♥ soak in a warm bath, surrounded by bubbles
- ♥ slowly bite into and savor a delicious meal
- ♥ look out the window and notice colorful autumn leaves falling
- ♥ listen to the patter of summer rain on the roof
- ♥ take a cat nap in a hammock
- ♥ notice the vibrant colors of a sunset

Service to others



Time

Talent

Treasure

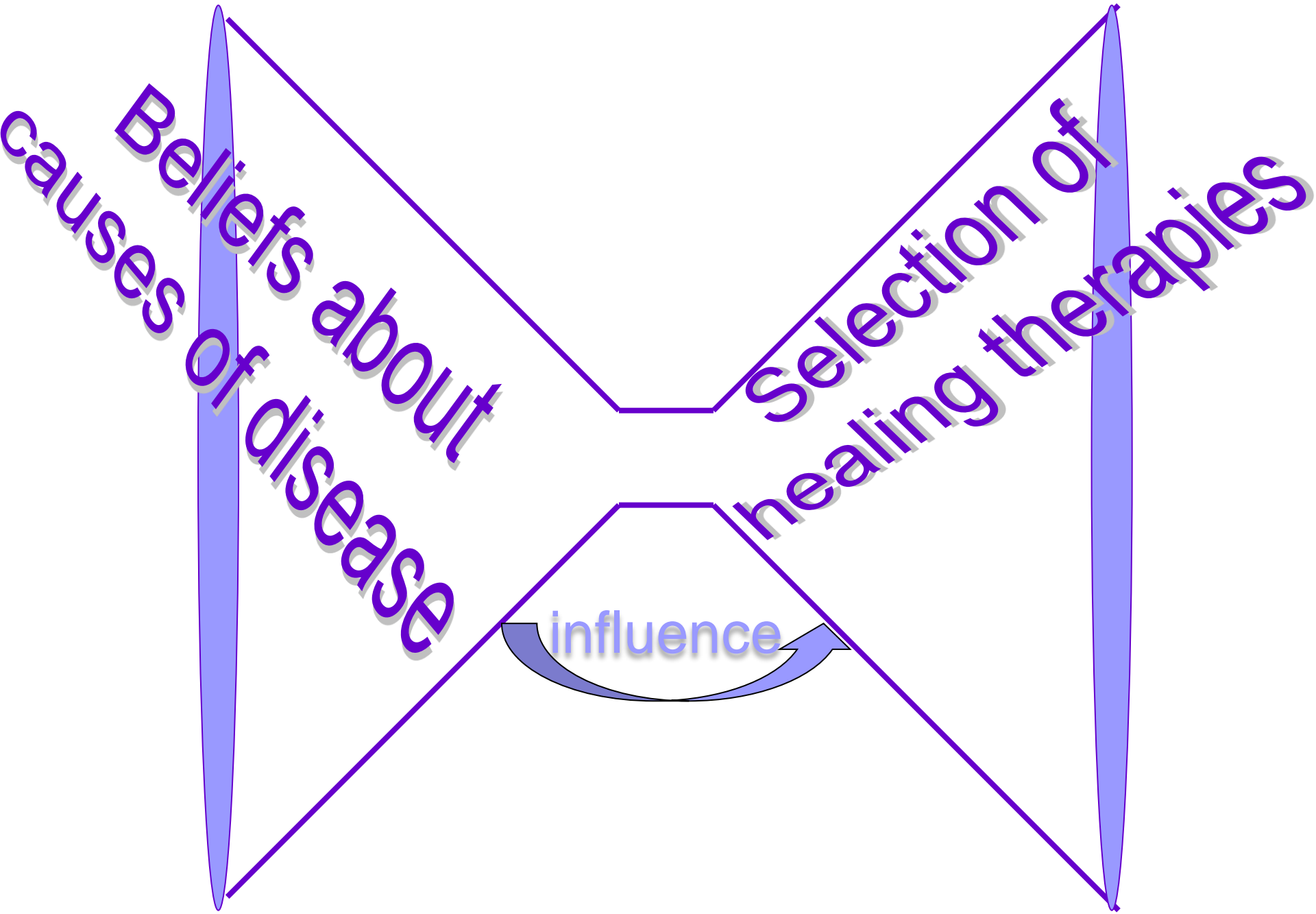
Service to others

*You,
Hospice Volunteer*

Pine Tree Hospice 
We can't add days to your life...
But we can add life to your days

A vibrant rainbow arches across a blue sky with scattered white clouds. The rainbow's colors are bright and distinct, transitioning from red at the top to violet at the bottom. The sky is a deep, clear blue, and the clouds are soft and white, adding texture to the background.

Some complementary therapies for managing stress



Conventional (Mainstream, Allopathic, Traditional)

Disease is caused by external agents or by physical / emotional disturbance

Pathogens
Toxins
Wear and tear
Genetic disturbances
Malnutrition
Emotional stress

BELIEFS →

Physical Therapies

Medication
Surgery

Mental Therapies

Counseling
Psychiatric intervention

Spiritual Therapies

Pastoral counseling
Prayer



Complementary (Non-mainstream)

Matter and energy are interchangeable and vibrate at different intensities

Dis-ease is caused by energy imbalance

or

blocked energy flow

BELIEFS →

Complementary Therapies

Create free flow of “universal life energy”

enable body / mind / spirit to **resist** pathogens, toxins, wear & tear, etc.



Complementary (Non-mainstream)

Health is a free flow of energy with a balance between inward and outward energy flow

Illness is an imbalance in this energy field or a disruption in the energy flow

The energy is the same, but is called by different names:

***Chi Qi Ki
Prana Dosha
Universal Life Force
Etheric Force
Divine Source***



The NIH National Center for Complementary and Integrative Health

Mission: determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care

“Health Topics A-Z”

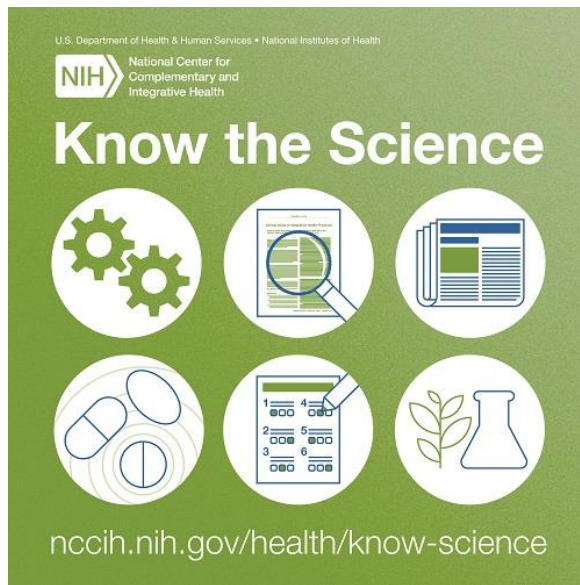
Discusses research-based efficacy and safety of a number of dis-ease conditions and health care therapies

www.nccih.nih.gov



The NIH National Center for Complementary and Integrative Health

Mission: determine, through rigorous scientific investigation, the fundamental science, usefulness and safety of complementary and integrative health approaches and their roles in improving health and health care



You can subscribe to The ***NCCIH Clinical Digest***, a monthly e-newsletter offering evidence-based information on complementary and integrative health practices.

www.nccih.nih.gov/health/providers/digest



Some terms from the National Institutes of Health

Conventional health care

mainstream, allopathic, traditional, western

The following terms are interchangeable in everyday language

Complementary health approaches

non-mainstream *together with* conventional

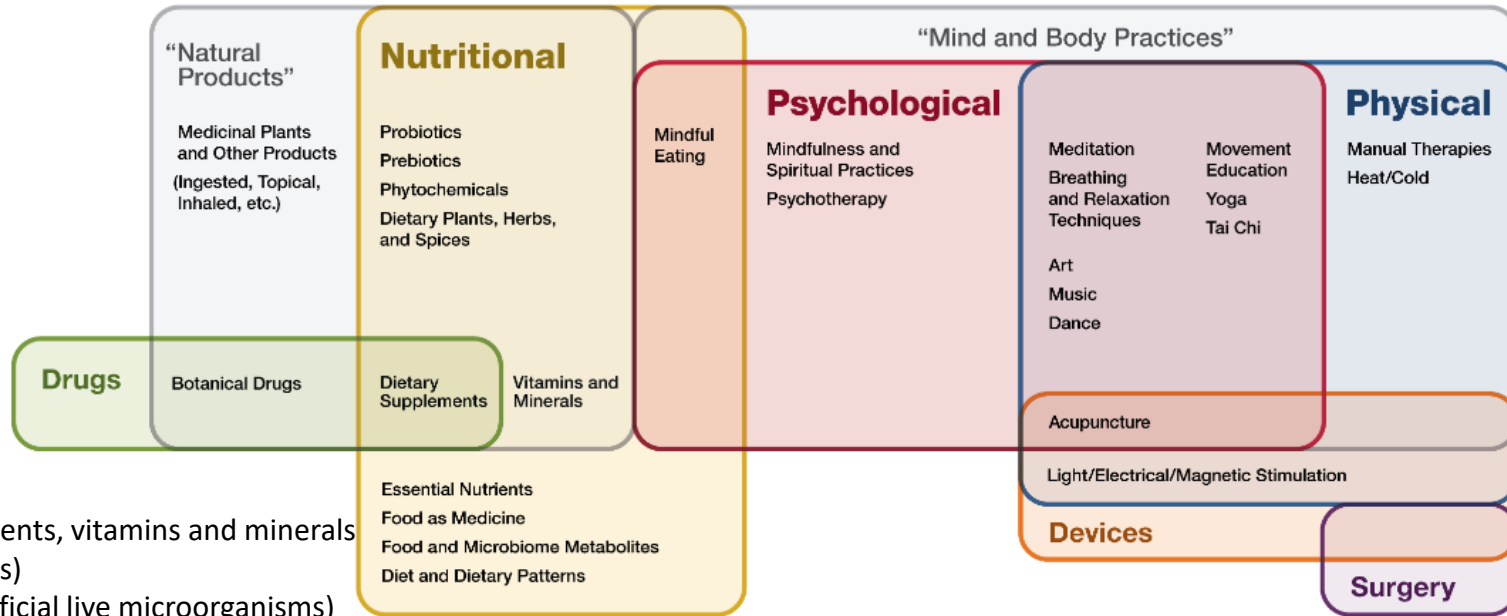
Integrative health

holistic (wholistic ... whole person) approach using **conventional** and **complementary** practice addressing mental, emotional, functional, spiritual, social, and community aspects of health; aims for well-coordinated care among different providers and institutions

Alternative health care

non-mainstream practice *instead of* mainstream

NIH classifications of complementary health approaches



Nutritional

- Special diets
- Dietary supplements, vitamins and minerals
- Herbs (botanicals)
- Probiotics (beneficial live microorganisms)

Psychological

- Mindful meditation
- Spiritual practices

Physical

- Manual therapies (ie massage)
- Application of heat or cold
- Spinal manipulation (Chiropractic and Osteopathic Manipulation)

Combinations of physical and psychological

- Music , Art and Dance therapies
- Relaxation therapies: Breathing exercises, Progressive muscle relaxation, Guided imagery
- Yoga
- T'ai Chi, Qi Gong
- Acupuncture

Other Complementary Health Approaches

- Traditional healers (shamans)
- Ayurvedic medicine
- Traditional Chinese medicine
- Homeopathy
- Naturopathy (functional medicine)

A Brief History of Medicine



COMPLEMENTARY belief: energy imbalance causes disease

5000 yrs Ayurveda *India*  Naturopathy / Homeopathy

3000 ago TCM *China* Chiropractic

CONVENTIONAL belief: physical or mental disturbance causes disease

2400 yrs Hippocrates *Europe*  “Western, Mainstream”
ago [Traditional, Allopathic] MD or DO

Father of Western Medicine... He recognized the spirituality of healing; and the effects of attitude, environment, and natural remedies

1700's Science and technology growing: Emotion considered *separate* from the physical body; organ *systems*, not the whole body, were treated ... the spirit was not medically addressed

1859 Florence Nightingale Notes on Nursing: “*Nature alone cures*”

1920's Stress (ie fear) is detrimental to physical health

WWII Placebos can control pain

1970's Western mainstream remains prominent in USA

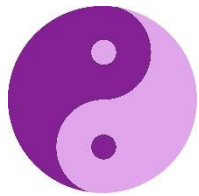
Today More than 38% of American adults use complementary therapies
String Theory attempts to reconcile Theory of Relativity
(space / time) and Quantum Physics (matter / energy)

A Very Brief History



- 2000 BC Here, eat this root
- 1000 AD That root is heathen ... say this prayer
- 1850 AD Prayer is superstition ... drink this potion
- 1940 AD Potion is snake oil ... swallow this pill
- 1985 AD The pill is ineffective ... take this antibiotic
- 2000 AD The antibiotic is artificial ... eat this root





Some Underlying Assumptions of many complementary healing therapies ...

**The body, the mind with its thoughts and emotions,
and the spirit are integrally interrelated**

We are “whole”...what affects one part of us will affect the other parts

There is an energy / matter vibration continuum

**People are affected by the energy from the environment
and by the energy from other people and groups**

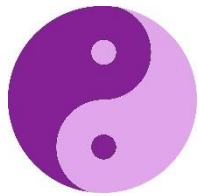
There is a “Divine Presence”

We are not bodies with spirits; We are spirits with bodies

All spirits/souls are integrated into a “community of one”

The truth is out there !

“New Age” may be Old Wisdom

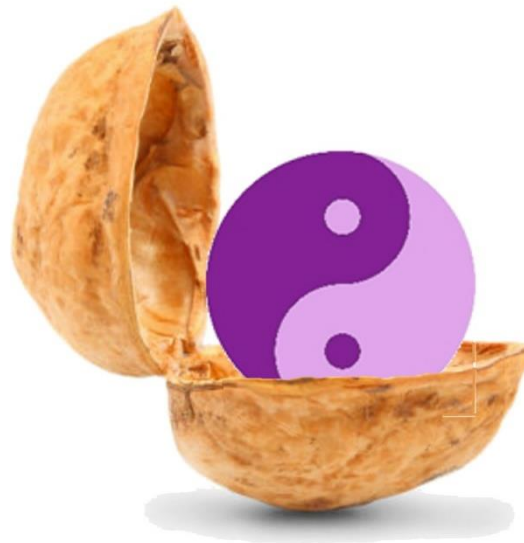


Some Underlying Assumptions of many complementary healing therapies ...

In a nutshell,

*Complementary therapies enable us to
defend against*

*pathogens, toxins, wear and tear,
genetic disturbances, malnutrition, emotional stress*



*Health and well-being are restored and maintained
when energy flows freely, and is balanced*



Complementary Healing Therapies

TCM Traditional Chinese
Medicine

Acupuncture

Ayurveda

Naturopathy


Homeopathy

Osteopathy

Chiropractic

Massage

A complex medical system focused on *maintaining health and preventing dis-ease*

~ Each person and every thing is governed by a balance of Yin and Yang energies, which are relative to each other 

Yin, like water, is cool, dark, still, inward, downward, and feminine; an earth energy

Yang, like fire, is hot, light, active, upward, outward, and masculine; a sun energy

~ Includes diet, herbal remedies, life style,

~ Includes practices of acupuncture, acupressure, moxibustion, tui na (massage), t'ai chi, qi gong





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

A practice within Traditional Chinese Medicine

- ~ A vital energy, chi, flows through meridians (energy channels) in the body
- ~ Disease occurs when the flow of energy is blocked or imbalanced
- ~ The acupuncture needle re-establishes the energy flow
- ~ Acupressure is application of pressure at points along the meridians; does not use needles





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

A complex medical system focused on *maintaining health and preventing dis-ease*

- ~ The cosmos is an interplay of the energies of 5 elements: space, air, fire, water, earth
- ~ Vata, pitta, and kapha are combinations and permutations of these 5 elements that manifest within us
- ~ Emphasizes balance in body, mind, and spirit in disease prevention and treatment
- ~ Includes diet, herbal remedies and life style





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

A medical system practiced in the west

- ~ There is a healing power in the body that establishes, maintains, and restores health
- ~ The goal is to support this power through natural treatments such as
 - nutrition and lifestyle counseling
 - dietary supplements
 - medicinal plants
 - exercise
- ~ We are responsible for our own well-being





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

A medical system practiced in the west

- ~ Symptoms of an illness are seen as the body's positive attempt to heal itself
- ~ Governed by:
 - “Law of Similars” (or, “like cures like”)
natural substance that would produce symptom in a healthy person, *cures the symptom in a sick person*
 - “Law of Infinitisimals”
dilution of natural healing compounds until no active ingredients left ... only electromagnetic energy





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

Practiced as part of conventional western medicine Practitioner = DO

~ all body systems work together; disturbances in one system may affect function elsewhere in the body

~ may emphasize disease arising in the musculoskeletal system

~ may use manipulation on the whole body to reduce discomfort; restore function; promote health and well-being





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

Homeopathy

Osteopathy

Chiropractic

Massage

Practiced as part of conventional western medicine **Practitioner = DC**

~ focuses on relationship between body structure (primarily the spine) and function

and how that relationship affects the preservation and restoration of health

~ uses manipulative therapy as an integral treatment tool





Complementary Healing Therapies

TCM

Acupuncture

Ayurveda

Naturopathy

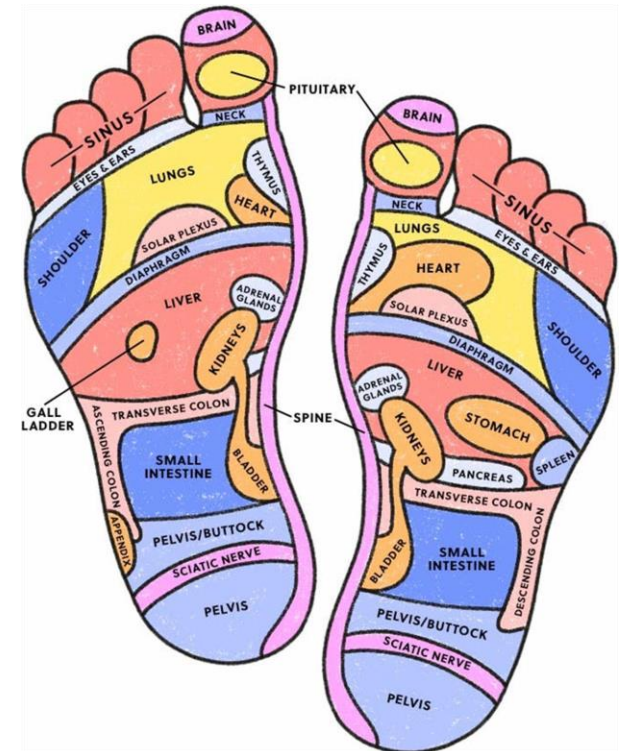
Homeopathy

Osteopathy

Chiropractic

Massage

- ~ Therapeutic deep tissue massage for muscle tension
- ~ Shiatsu massage to stimulate the flow of chi
- ~ Reflexology: massage to feet, hands, or ears for healing in other parts (zones) of the body





Complementary Therapies

Some Practices YOU can do

Herbal supplements

Aromatherapy

Trigger Point Massage

Progressive Relaxation

Therapeutic Touch

Meditation: Focused Attention

With your client's permission

Unsure ???

Check with Pine Tree Hospice Volunteer Coordinator



Some YOU can do Herbal Therapy

Natural products / Ancient remedies

For sleep ... depression ... colds ... memory ... libido ... aches ...

What about herb / drug interactions ??

Safe ? ? ?

Unsure ???



visit the National Institutes of Health website

Herbs at a Glance

www.nccih.nih.gov/health/herbsataglance.htm

Fact sheets can be downloaded

And, you can download an "HerbList" app

NOT OK for volunteer to offer or suggest an herbal therapy

It IS OK to refer your client/family to NIH information



Some YOU can do Aromatherapy

Essential oils

(extracts or essences)

How do you

Feel?



bring to memory

the smell of a rose

“Essential energy”

from flowers, herbs or trees



Some *YOU* can do **Massage**

Light and gentle massage for relaxation

hands, feet, shoulders *with lavender oil*



Trigger Point for relieving pain

areas on back

TTouch

for pets ... ?and people?





Some YOU can do Progressive Relaxation

Sit or lie down comfortably

Isolate and squeeze each of these muscle groups while counting
“one and two and three and four and five”

Then . . . relax each muscle group for the same amount of time (5 seconds)

Start with your face and end with your toes

- ☯ bunch the muscles of your face *relax your face*
- ☯ hunch up your shoulders *relax your shoulders*
- ☯ squeeze your upper and lower arms *relax your arms*
- ☯ make tight fists *relax your hands*
- ☯ arch your back *relax your back*
- ☯ tighten your abdomen *relax your abdomen*
- ☯ squeeze your buttocks *relax your buttocks*
- ☯ squeeze your upper and lower legs *relax your legs*
- ☯ lift your toes *relax your toes*



Some YOU can do **Therapeutic Touch**

1970's Dolores Krieger, R.N.

- ~ You are a conduit through which a healing universal energy is directed toward the client
- ~ derives in part from the ancient religious practice of “laying on of hands”
- ~ practitioner may not actually touch the client
- ~ client need not be aware of how treatment works
- ~ enables the client to recover his/her own healing powers
- ~ can be learned by anyone motivated by compassion



Some YOU can do **Therapeutic Touch**

Practice sensing your own energy field

- ~ bring your hands very close together but not touching
- ~ slowly separate them a couple of inches
- ~ slowly return them to the original position
- ~ repeat 3 times, each time separating by additional 2 inches until they are about 8 inches apart
- ~ see if you can feel a sense of “bounciness”...

This is your energy field



Some *YOU* can do **MEDITATION**

Meditation ~~ *Mindful*

Thinking Moving Listening Looking

Meditation is focused attention
with the intention
of becoming:

- ☯ Physically relaxed and comfortable
- ☯ Emotionally peaceful
- ☯ Mentally aware of the present moment
- ☯ Spiritually connected to a greater power or to your highest self



Some YOU can do MEDITATION

Meditation is mindful, focusing your attention on your experience as it unfolds in the present moment.

Meditation techniques take many forms that can be practiced separately or in combination to achieve physical relaxation, calm awareness, and spiritual connectedness.

There is nothing magical or supernatural about meditation techniques, they are simply tools.

Choose one or more that are comfortable for you, and in harmony with your own personal beliefs.



Mindful Thinking: Affirmations

- ~ Desires expressed as facts
- ~ Always in the present tense, for “tomorrow never comes”

You **ARE** fine

not you “will be” fine

- ~ In the language of energy, thoughts are energy...
thoughts can manifest themselves into reality

Live in the now

The now is a gift ...

The now is a “present”



Mindful Thinking: Affirmations

~ Desires expressed as facts ~ Always in the present tense

I am a worthwhile person
I am a child of God
I am willing to accept love
I am willing to give love
I trust the process of life
I am free to be the best me I can
I am able to freely express my emotions
I am powerful
I can openly express my feelings
I deserve love, peace, and serenity
I am capable of changing
I can take care of myself without feeling guilty
I have enough money
I have time to help other people
I have time to care for me
I have time to notice the beauty around me

I am filled with love and light
I am in full control of how I feel inside
I have the right thoughts at just the right time
I am wise whenever I choose to be
I am able to reach my highest potential
I can see the forest and the trees
My life is filled with abundance
I give myself permission to laugh heartily
I am beautiful inside and out
I can be spontaneous and whimsical
I am peaceful with life
I can say no and not feel guilty
I stop to notice those who love me
I have everything I really need
I can be filled with joy
I choose to be in the presence of beautiful people



Mindful Thinking: Affirmations

- ☯ Display the written affirmation... on a mirror, or the fridge
- ☯ Pair the affirmation with a particular activity



If you like, you can use the Reiki technique, **Nentatsu Ho**



Mindful Thinking: Affirmations

Reiki is derived from ancient energy healing practices,
rediscovered in 1922 by Mikao Usui, a Japanese physician



Hikari,
the kanji for light

Reiki is spiritually guided life force energy

Healing Reiki energy from the highest source flows to you through the
practitioner's hands, placed lightly on your body

Reiki energy always supports your highest good,
past, present and future

Expect to feel incredibly relaxed and peaceful
during and after a Reiki treatment

Understand that Reiki energy is doing the healing... you are a conduit

Do not use forceful thinking [Nen] for any Reiki technique

Know that Reiki is always for the recipient's highest good ...
which may not be the same as his/her *chosen* intent

Garth Brooks... "Sometimes I thank God for unanswered prayers"





Mindful Thinking: Affirmations

Nentatsu Ho *You can give yourself Nentatsu Ho*

- ② Establish intent [affirmation] ... *it is not necessary for recipient to declare intent*
- ② Hands in “prayer position” [Gassho] with a clear mind [Kokoro]
- ② Move your hands palms up or upward, with hands apart
- ② Visualize a shower of healing [Reiki] vibrations from the universe
- ② You may feel the vibration in the palms of your hands
- ② Place one palm [close or feather-touch] on the recipient’s forehead
- ② Place the other [close or feather-touch] on the back of his/her head
- ② Bring your attention to his/her forehead
- ② Affirm your intention for the recipient’s highest good ... not his/her intent
- ② Imagine healing [Reiki] energy flowing through you to the recipient’s higher self
- ② Move your hand from his/her forehead to cover your hand on the back
- ② Imagine healing [Reiki] energy flowing through you to the recipient’s higher self
- ② Remove your hands and say to yourself “I have finished Nentatsu Ho”



Mindful Thinking: Physical Trigger

Focus your thoughts...

Gratitude beads



Rosary



“Worry stone”





Mindful Thinking: Sitting Meditation

Take a moment to put yourself into a comfortable position

You can be seated, or lying down
but not so comfortable you will fall asleep!

Choose a focus for your attention

For example,

* your normal breathing... Your in-breath / Your out-breath
And the space in between

* a trigger... gratitude beads / worry stone / candle flame

When your awareness wanders,
gently bring it back to your focus of attention



Mindful Thinking: Sitting Meditation

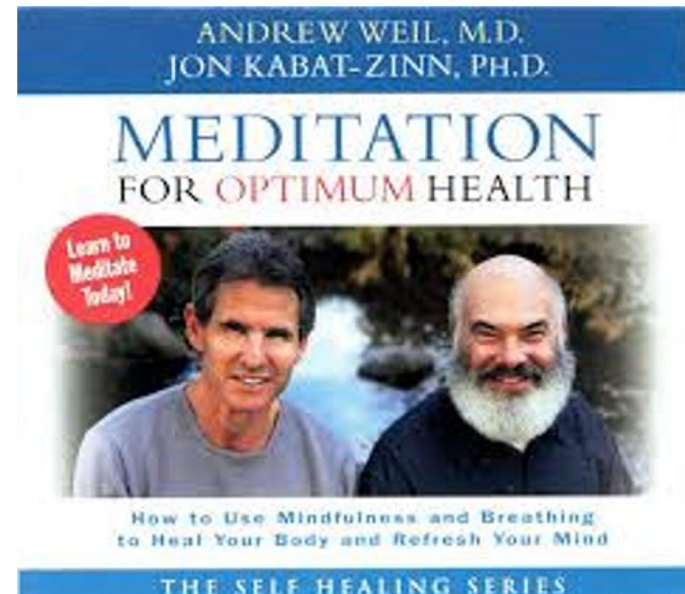
CD “Meditation for Optimum Health”

“How to use mindfulness and breathing to heal your body and refresh your mind”

Andrew Weil MD and Jon Kabat-Zinn PhD

Jon Kabat-Zinn is an American professor emeritus of medicine and the creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School

Andrew Weil serves as director of the Arizona Center for Integrative Medicine at the University of Arizona, where he's also the Lovell-Jones Endowed Chair in Integrative Rheumatology, and is a clinical professor of medicine and a professor of public health.



Body Scan Meditation - Jon Kabat-Zinn

<https://youtu.be/DTmGtznab4>



Mindful Thinking: Sitting Meditation



<https://centralhallcommons.org>



Mindfulness Meditation | Thursdays 11:00AM

Led by: Leslie Fernow

This is free and available for all levels. Beginners welcome, and guidance is given. This is a relaxed setting for meditation and contemplation, not affiliated with any other group or tradition.



Mindful Thinking: Focused Remembering

Pleasant and relaxing memories of your past can be in your present moment...

When you remember them, you are aware of them

Take a moment now to find a “quiet place” from your past... *a real memory, or a partly constructed memory*

See the colors and the gentle movements

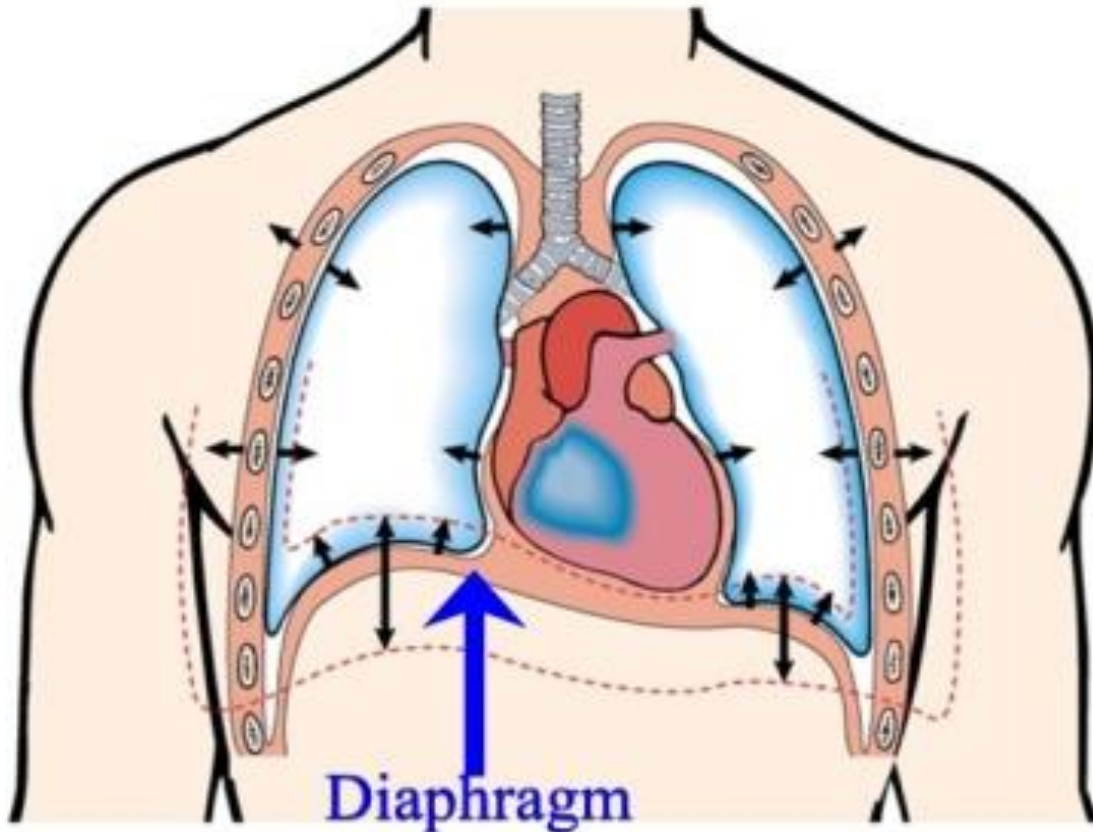
Listen to the peaceful sounds

Relax into the feeling



Mindful Moving: Abdominal Breathing

Many cultures have known for many years
Slow, deep breaths relax us



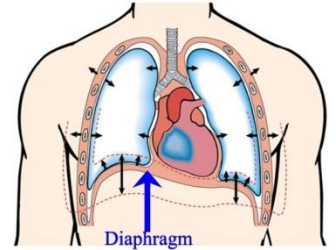
The real muscle
of breathing is the
diaphragm



Mindful Moving: Abdominal Breathing

When the diaphragm contracts (moves down),
it pulls air into the lungs (like opening a bellows)

this is an active process ... we do it



When the diaphragm moves down, it also gently
squeezes the abdominal organs, and this makes
the belly expand outward

When the diaphragm relaxes (goes back up), air is
pushed out of the lungs

this is a passive process ... we let it happen



Mindful Moving: Abdominal Breathing

Place one hand on your belly, and one hand on your chest

Just breathe ... in ... and ... out

Notice, now, which hand is moving as you breathe

Put your attention on your belly

Relax your chest until your belly pushes out with your in-breath

Slow deep breaths

Feel the air filling the bottom of your lungs





Mindful Moving: Abdominal Breathing

Imagine...

as you breathe in ... peaceful relaxation entering
as you breathe out ... stress leaving

Or imagine...

as you breathe in ... good health entering
as you breathe out ... dis-ease leaving

Or imagine...

as you breathe in ... light of divine peace and love entering
as you breathe out ... dark, dense feelings of worry leaving





Mindful Moving: Abdominal Breathing

Alternate with chest breathing...

With one hand on your belly, and one hand on your chest notice your belly moving out as you breathe in

Now take a deep breath, pushing out your chest

Slow deep breaths

Feel the air filling the top of your lungs

*Slowly alternate belly breathing with chest breathing
filling both lungs fully*





Mindful Moving: Pranayama Breathing

Pranayama Breathing a Yoga MEDITATION technique

pranayama = expansion of life force

- index and middle finger of right hand between eyebrows
- thumb closes right nostril... inhale
- ring finger closes left nostril... exhale and inhale
- thumb closes right nostril... exhale and inhale
- continue until breathing is deep and smooth



Mindful Moving: Pranayama Breathing

4-7-8 breath: a relaxing breathing technique

Prepare:

Dr. Andrew Weil

- keep tongue in yogic position (behind upper front teeth)
- exhale completely through mouth

Repeat these three steps four times:

- **4 seconds:** inhale through nose quietly, with mouth closed
- **7 seconds:** hold breath
- **8 seconds:** exhale through mouth with pursed lips
and with whoosh sound

Do this twice a day



Mindful Moving: Walking Maze

A formal labyrinth



A path through
your home



A pattern
on a floor
or rug



Focus on walking slowly, one step at a time



Mindful Moving: Qi Gong, T'ai Chi

Gentle martial arts combining meditation and movement

*Stimulate flow of Chi (vital energy)
through the body's energy meridians
to restore and balance yin and yang energy*

The movements are practiced
in a slow, flowing sequence
to encourage harmony between the mind, body, and spirit

T'ai Chi Chih

Joy through movement

A moving meditation

"Moving through heavy air"

Justin Stone

Amy Tyksinski
<https://www.amytyksinski.com>

Mindful Moving: Qi Gong, T'ai Chi



<https://centralhallcommons.org>

Tai Chi \$10 | Tuesdays 5:30-6:30PM

Instructor Ben Arnold

Tai Chi is a Chinese longevity art whose movements are slow and gentle, soft and circular, graceful and balanced. Its benefits include stress relief, calmness, relaxation, improved breathing, energy focus, posture, balance, mobility, strength and health. We will explore easy to learn stationary and moving exercises that may be practiced every day by anyone in any physical condition.

Please wear comfortable clothing.





Mindful Moving: Yoga Stretches

Yoga has been practiced for 5,000 years

- ❖ Combines physical postures (asanas),
breathing exercises (pranayama), and meditation
- ❖ It is a way of life toward spiritual enlightenment
- ❖ Increases relaxation and balances body, mind and spirit

Hatha Yoga: breathing, postures, meditation

Back stretches in 6 directions





Mindful Moving: Yoga Stretches

Back stretches in 6 directions

- ~ **stretch only as far as is comfortable for you** ... no discomfort
- ~ move very slowly ... as if through heavy air
- ~ breathe in and out through your nose if comfortable

- ☯ inhale slowly and mindfully
- ☯ as you exhale, move slowly, beginning with the lowest vertebra
- ☯ stay in the position for a breath or two if desired
- ☯ inhale slowly and mindfully
- ☯ as you exhale, return slowly to the sitting position,
beginning with the lowest vertebra

- 1) flexion (bend forward) ... allow your head to be down and relaxed
- 2) extension (bend backward) ... raise your heart toward the sky
- 3) lateral flexion to the right ... slowly arch your left arm over your head
- 4) lateral flexion to the left ... slowly arch your right arm over your head
- 5) rotation to the right ... turn your shoulders, your head will follow
- 6) rotation to the left ... turn your shoulders, your head will follow



Mindful Moving: Physical Trigger

Use an environmental cue to be mindful of the moment

Become fully focused on the single activity you are doing

Washing your hands

Parking your car

Dusting your furniture

Sawing wood

Rowing a boat

Sipping tea

Pause and be in the
moment ...
for a moment

If you are sipping tea, sip tea...



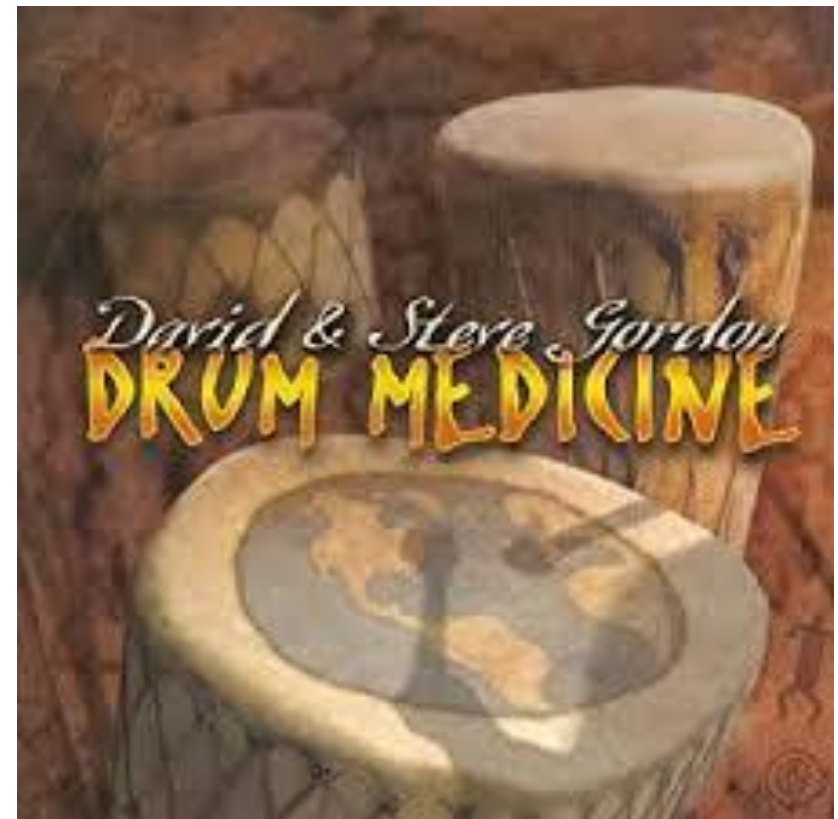
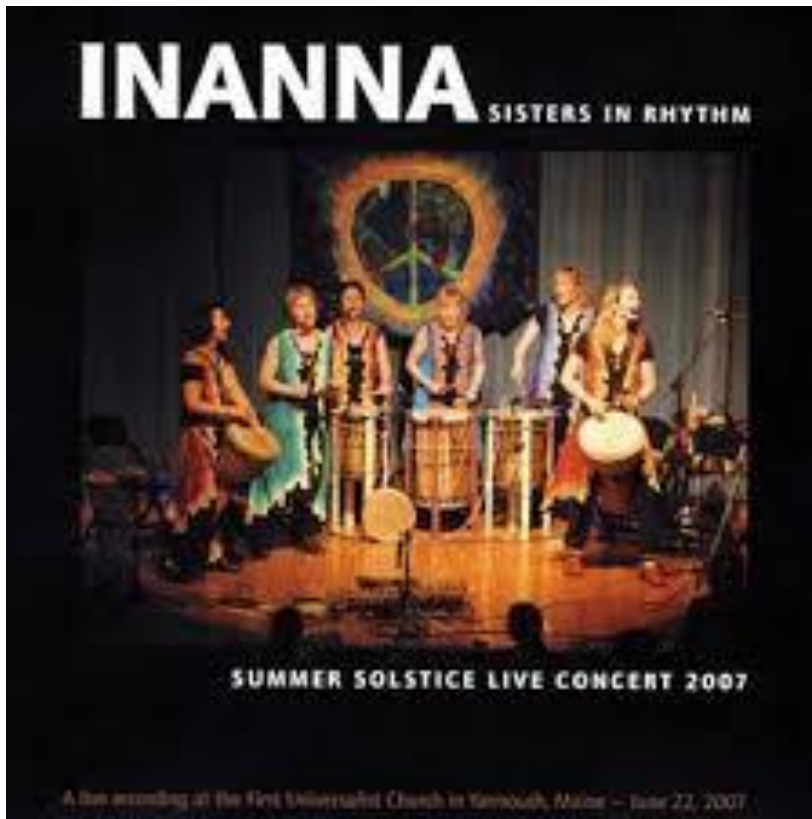
don't watch TV too !



Mindful Listening: Sounds

African
drum music

Native American
drum music





Mindful Listening: Sounds

So many programs on computer, smartphone, tablet
For your client For YOU

Relaxing Sounds



One example: Rain Sounds
choose

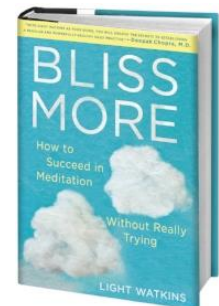
-  Sound
-  Timer
-  Additional sounds
-  Adjust volume

*Or, from the web...
relaxing waves*

<https://www.youtube.com/watch?v=B1T06UhcX0Q>

Light Watkins Bliss More

Settling Sound “ah hum”





Mindful Listening: Sounds

So many programs available on computer, smartphone, tablet
For your client For YOU

Meditation programs



One example: Meditation Timer

choose

 Duration

 Delay

 Background sound

 Chimes~ begin, middle, end

3 minutes: Buddha bell / babbling brook / ceremonial bells



Mindful Listening: Mantra Meditation

A mantra is a name, a word, or a phrase, sacred to you

When you repeat a mantra over and over quietly or silently in your mind, your mind becomes filled with a feeling of peace and your body releases tension

In his book, The Mantram Handbook, Eknath Easwaran offers guides in choosing your own mantra:

- ♥ Well-known *roots are already deep*
- ♥ Simple *it is hard to dive with an inner tube*
- ♥ Do not change it *shallow holes find no water*

Your mantra is personal to you
Try several until one settles comfortably with your spirit

Your mantra can be a full prayer, or a phrase, or a single word



Mindful Listening: Mantra Meditation

- ~ Our Father, who art in heaven
- ~ Hail Mary, full of grace
- ~ God watch over me
- ~ God have mercy on me
- ~ Lord, make me an instrument of thy peace
- ~ Hare Rama
- ~ Hare Krishna
- ~ Om namah Shivaya
- ~ Om mane padme hum
- ~ Barukh attah Adonai





Mindful Listening: Mantra Meditation



Come, Holy Spirit ... Enlighten me

- ~ Lift this Burden at my time of need
- ~ Give me a Knowing when I am in darkness
- ~ Fill me with Love and Light always



Mindful Listening: Passage Meditation

Inspired words that change us from the inside out

- ♥ Memorize a spiritual text, or passage, that embodies your highest ideals
- ♥ Builds the precious capacity to place our attention wherever we choose
- ♥ We begin to resemble and actually become whatever we give our attention to

Excellent tutorial on passage meditation
from Easwaran's Blue Mountain Center of Meditation:

<https://www.bmcm.org/learn>



Mindful Listening: Passage Meditation

Repeat it in your mind, or listen to a voice recording

Ekhnath Easwaran

THE PRAYER OF SAINT FRANCES

LORD, MAKE ME AN INSTRUMENT OF THY PEACE
WHERE THERE IS HATRED ~ LET ME SOW LOVE
WHERE THERE IS INJURY ~ PARDON
WHERE THERE IS DOUBT ~ FAITH
WHERE THERE IS DESPAIR ~ HOPE
WHERE THERE IS DARKNESS ~ LIGHT
WHERE THERE IS SADNESS ~ JOY

OH DIVINE MASTER,
GRANT THAT I MAY NOT SO MUCH SEEK
TO BE CONSOLED AS TO CONSOLE
TO BE UNDERSTOOD AS TO UNDERSTAND
TO BE LOVED AS TO LOVE

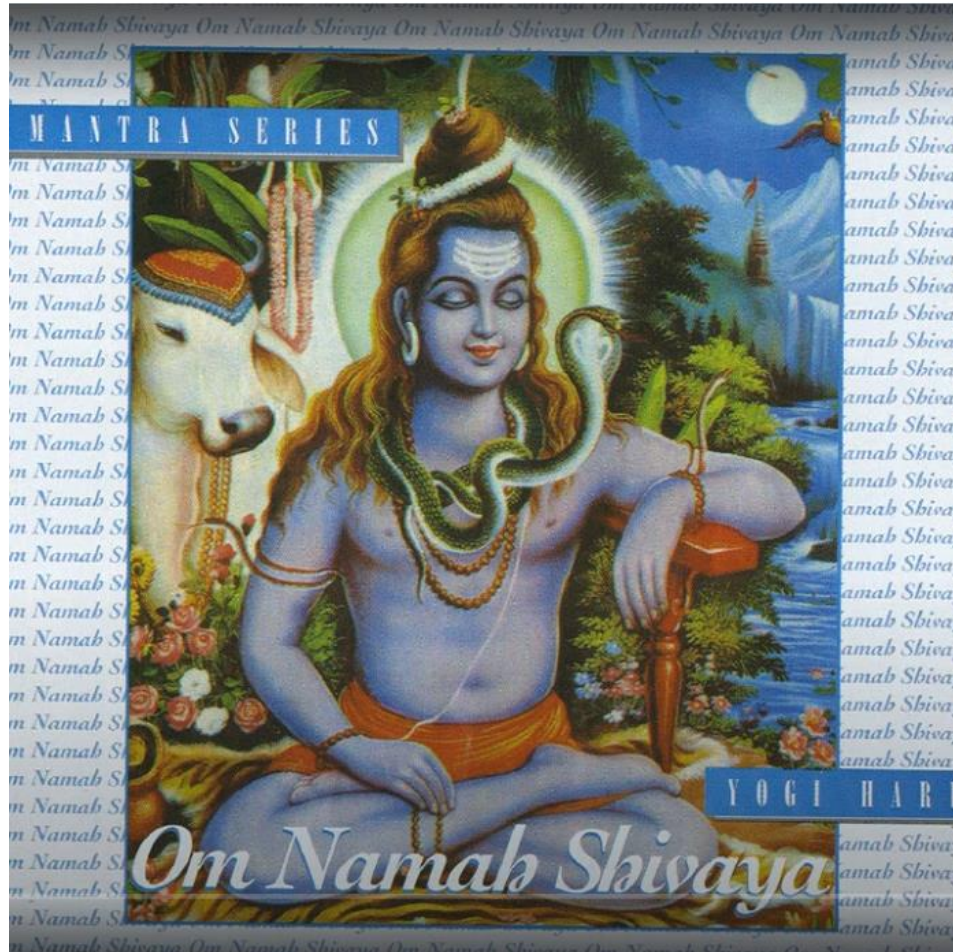
FOR IT IS IN GIVING THAT WE RECEIVE
IT IS IN PARDONING THAT WE ARE PARDONED
IT IS IN DYING TO SELF THAT WE ARE BORN TO ETERNAL LIFE



Mindful Listening: Spiritual Chants

Om Namah Shivaya

A Hindu
chant



www.youtube.com/watch?v=D9OIWujklkM



Mindful Listening: Spiritual Chants

Om Mane Padme Hum

https://www.youtube.com/watch?v=9O2dqZD_ATo&t=284s

A Buddhist
chant





Mindful Listening: Entrainment

Entrainment occurs when two vibrating bodies synchronize
happens with pendulum clocks

Our brains produce brainwaves ... one is dominant at any given moment

- ☯ Gamma (rapid, low amplitude) → feeling of extreme wellbeing
- ☯ Beta → awake, alert, focused
- ☯ Alpha → awake, calm, relaxed, meditative
- ☯ Theta → light sleep or deep meditation; dreams
- ☯ Delta → (very slow, high amplitude) dreamless, regenerative sleep

Our brain waves ENTRAIN to rhythmic cycles, such as drum beats

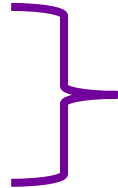
Entrainment may cause a different brainwave
to become dominant,

which may cause your mental state to change



Mindful Listening: Entrainment

alpha *feel calm, relaxed*
theta *deep meditation*
delta *regenerative sleep*



These waves are below 20 Hz
We can not hear them

So how can we entrain to them ???

Binaural entrainment: uses earphones to play *different frequencies* in each ear

Your brain may perceive the auditory illusion of a subsonic tone, called a binaural beat, which is the difference between the 2 frequencies

For example: 150 Hz in one ear, and 155 Hz in the other ear = 5 Hz difference

A frequency of 5 Hz is in the theta range

So, we may entrain to theta, a deep meditative state

Monaural entrainment: the two frequencies (sounds) are combined into one; no earphones needed

Isochronic entrainment: the two frequencies are combined and the tones are pulsed; no earphones needed



Mindful Listening: Entrainment

Many choices to download...

- ☯ Isochronic or binaural
- ☯ With or without relaxing sounds / music / stories
- ☯ Timers

2 examples of isochronic entrainment apps (no earphones)
these Include music:



SINE

“Pure Theta” → Light sleep / deep meditation

“Relaxed” → awake, calm, relaxed



Sleepwave

“Dive” → alpha to low delta

“Calm Down” → mid theta



Mindful Listening: Auditory Trigger

An environmental cue to be mindful of the moment

For example,



a cat purring on your lap is more healing than any drug in the world, as the vibrations you are receiving are of pure love and contentment

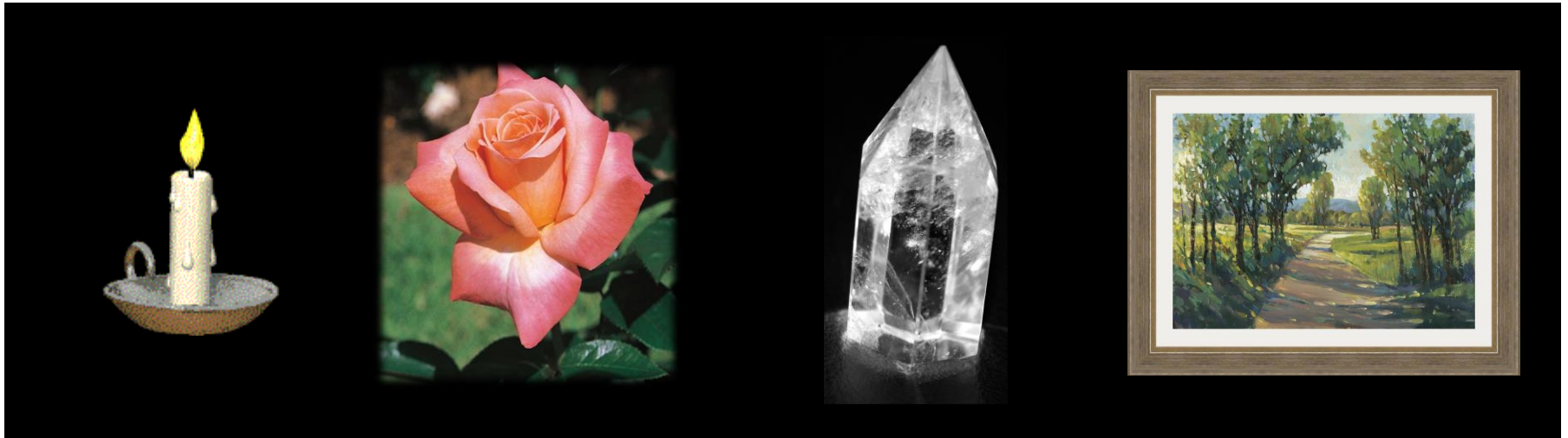
St. Francis of Assisi





Mindful Looking: Visual Trigger

Look around you... find something lovely to look at...



Focus your attention by gazing softly at the object

As you gaze, be aware that you are in the now

When your awareness wanders, gently bring it back to the chosen focus of your attention



Mindful Looking: Visual Trigger

Set a timer for 5 minutes...watch time pass slowly

Reframe yourself.

don't think:

“I only have 5 minutes to rest”

or “I have to get up in 5 minutes”

do think:

“I can stay here resting for 5 minutes”

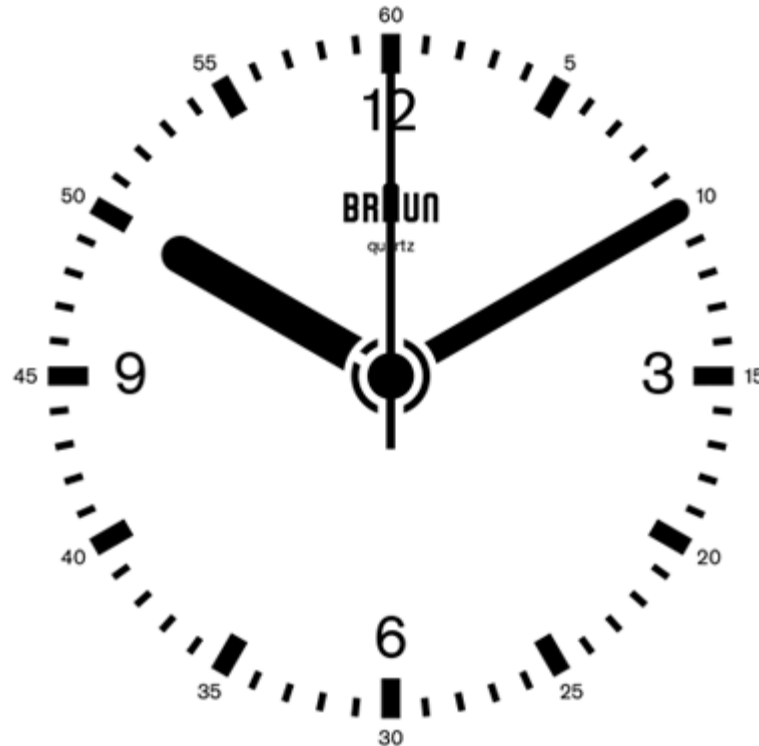




Mindful Looking: Visual Trigger

Concentrate on the second hand for ONE minute

Defocus your eyes





Mindful Looking: Guided Imagery

Visualize by listening

Listen to a voice recording of a guided imagery meditation

Creates vivid mental images for focused attention
to achieve a specific positive result



for example,

“Warmth from the Setting Sun”
*inspired by a former Pine Tree Hospice logo
and designed to help you let go of trouble*

You can record your own favorite meditation, then listen to it any time



Mindful Looking: Guided Imagery

Sending Joy

*designed to make
your wish come true*



Thoughts

for the

holistic healer



To the natural healer in each of you ...

May you come to know there is a natural order,
a divine presence, an absolute truth.

We gain glimpses, always clear but oft times brief
of this natural, divine, and absolute light.

The confines of our human selves, though noble,
cause us to relate to truth and wisdom in a relative way.

We cannot yet hold, or even define, the greater power.

Be at ease in selecting your tools of healing.

Any thought or word or deed is the right one
when it is grounded by emerging acceptance
of competent healing practice,

and when it is given with unconditional love
for the greater good of another soul.



Stress Management and Self Care: Conventional and Complementary

Links to optional handouts

[Affirmations](#)

[Centering Meditation for Pine Tree Hospice Volunteers](#)

[Gentle Yoga Back Stretches](#)

[Meditation: An Overview](#)

[Nentatsu Ho Affirmation](#)

[Relaxing with Abdominal Breathing](#)

[Passage Meditation](#)

[Progressive Relaxation](#)

[“Sending Joy” guided imagery to make your wish come true](#)

[T'ai Chi Chih](#)

[T'ai Chi Dao Yin](#)

[Therapeutic Touch](#)

[“Warmth from the Setting Sun” guided imagery to let go of trouble](#)