

Finding Your Calm
with Norma Powers
Mind, Body, Vitality LLC

Session will be starting at 12 PM

Please note this call will be recorded

Session is being recorded





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Finding Your Calm



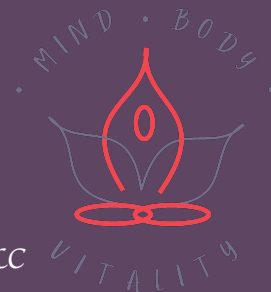
April Topic:
Finding Your Calm

Circle of Life:
Health



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Disclaimer

Participants understands that the role of the Health Coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.

Participants understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals.

If you are under the care of a health care professional or currently use prescription medications, please discuss any dietary changes or potential dietary supplements use with your doctor and do not discontinue any prescription medications without first consulting with your doctor.

Participants understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

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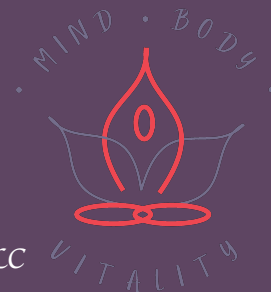
Recap of March

“The Power of Mindfulness”

- Be aware of what is happening right now (current situation / environment)
- Let go of the past and future. Preoccupation with worry of past or future events takes us away from being present
- ‘Surrender to what is, let go of what was, and have faith in what will be’ Sonia Ricotti
- Let go of previous experiences and feelings
- Thoughts aren’t facts
- Many benefits
 - Regular mindfulness and meditation practice enables higher levels of self-awareness and self-observation.
 - Allows greater awareness to the onset of anxiety
 - Decreases reactivity to external events and triggers
 - Ability to rationalize a situation and draw ourselves back into balance.
- Incorporate mindfulness in everyday life (meals, walking, interactions)
- Importance of breathwork to help slow down and become more mindful
- Applying mindfulness and yoga with children

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Chat Box

*What have you implemented
into your routine?*

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Opening Meditation



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Progressive Relaxation Meditation

- Progressive muscle relaxation is used to help lower blood pressure and heart rate, improve blood flow, and decrease anxiety. It may reduce the perception of pain.
 - Progressive relaxation can be practiced lying down or in a chair. Each muscle or muscle group is tensed from five to seven seconds and then relaxed for twenty to thirty seconds. This procedure is repeated at least once. If one of your muscles is hard to relax, you can practice tensing and releasing it up to five times.
 - You may also find it helpful to say one of these phrases to yourself as you are doing progressive relaxation:
 - *Let go of the tension*
 - *I'm calm and rested*
 - *Let the tension dissolve away*
- https://www.law.berkeley.edu/files/Progressive_Muscle_Relaxation.pdf
- https://mindsourcecolorado.org/wp-content/uploads/2015/05/AHPAD_W2_Handout_2.pdf

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Circle of Life:
Health

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Health

Health: refers to a state of overall wellness which includes physical, emotional and mental well being. At its core, **health is self care**. Recognizing that your body has needs and taking action to meet those needs.

- Health is a journey and not a destination. Not one way will work for everyone.
- Health is the foundation to well being and happiness. Observing your body's needs and taking action toward meeting them is the most powerful decision you can make.
- Demands a commitment to self love and affects every area of your well-being. Self care is the medicine that prevents and cures disease.
- Health is about shifting your mindset to a place of self care. You realize the need to take action in taking care of yourself in the ways that you know you should.
- Following through and respecting yourself enough to not give up on your body's needs.

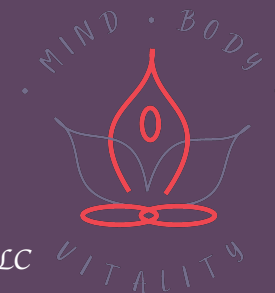
Consider your answers to the following questions:

- What does health mean to you?
- How has your idea of health evolved over time?
- Is health something you currently invest your time in?
- Do you listen to your body's needs and take action toward meeting them?

On a scale of 1-10, what is your level of satisfaction in this area

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Finding Your Calm



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Symptoms of stress



- Stress response is a protective mechanism, can have negative effects on overall health if it does not turn off
- Emotional, Physical, Cognitive, Behavioral stress and symptoms

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Symptoms of Stress

EMOTIONAL SYMPTOMS OF STRESS:	PHYSICAL SYMPTOMS OF STRESS
<p>Becoming easily agitated, frustrated, and moody</p> <p>Feeling overwhelmed, lonely, worthless, and depressed</p> <p>Having difficulty relaxing and quieting your mind</p> <p>Avoiding others</p>	<p>Low energy</p> <p>Headaches</p> <p>Upset stomach, including diarrhea, constipation, and nausea</p> <p>Aches, pains, and tense muscles</p> <p>Chest pain and rapid heartbeat</p> <p>Insomnia</p> <p>Frequent colds and infections</p>
COGNITIVE SYMPTOMS OF STRESS:	BEHAVIORAL SYMPTOMS OF STRESS:
<p>Constant worrying</p> <p>Racing thoughts</p> <p>Forgetfulness and disorganization</p> <p>Inability to focus</p> <p>Poor judgment</p> <p>Being pessimistic or seeing only the negative side</p>	<p>Changes in appetite -- either not eating or eating too much</p> <p>Procrastinating and avoiding responsibilities</p> <p>Increased use of alcohol, drugs, or cigarettes</p> <p>Exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing</p>

Consequences of Long-Term Stress

Prolonged stress can cause or exacerbate many serious health problems.

- Mental health problems: such as depression, anxiety, and personality disorders
- Cardiovascular disease: including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke
- Obesity and other eating disorders
- Menstrual problems
- Sexual dysfunction: such as impotence and premature ejaculation in men and loss of sexual desire in both men and women
- Skin and hair problems: such as acne, psoriasis, and eczema, and permanent hair loss
- Gastrointestinal problems: such as GERD, gastritis, ulcerative colitis, and irritable colon

Techniques for Stress Relief



Goal is to find practical ways to relieve some stress

- Eating better
- Movement
- Social activities
- Nature
- Mindfulness
- Breathing
- Travel
- Turn your energy of fear and worry into useful positive energy

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Superfoods

Stress eating, junk food and stress are harmful combinations

- Instead of high sugar / high fat comfort foods, try:
 - Foods rich in folate, which support serotonin regulation (asparagus, avocados, Brussel sprouts, spinach)
 - Fermented foods and beverages rich in probiotics (kefir, kombucha, sauerkraut). Gut / brain connection
 - Omega-3 fats plays a role in emotional well-being reducing anxiety and depression (salmon, sardines, anchovies)
 - Blueberries: powerful antioxidant which aid in the production of dopamine in the brain

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Indulgence

Ingredients:

- 3/4 cup mashed ripe banana
- 3/4 cup + 2 tablespoons unsweetened almond milk
- 1 teaspoon apple cider vinegar
- 1/4 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 cup coconut oil, melted
- 2 cups white spelt flour
- 4 to 6 tablespoons coconut sugar or natural cane sugar
- 2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon baking soda
- 1/2 cup walnut halves, chopped
- 1 1/4 cups frozen or fresh blueberries

Instructions:

1. Preheat oven to 350°F and grease a muffin tin.
2. Separately mix wet and dry ingredients.
3. Pour wet ingredients onto the dry ingredients and stir until just combined.
4. Fill each tin about 3/4 full and top with extra blueberries.
5. Bake at 350°F for 25 minutes.

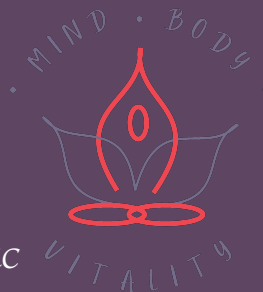
LET COOL AND ENJOY

Blueberry Banana Spelt Muffins



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Movement

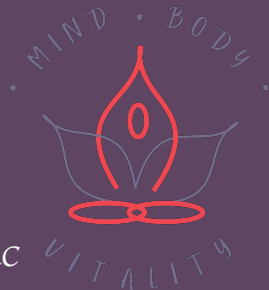
**Nothing
beats a good
workout**



- 10 minutes can help relieve stress – many options
- Benefits
 - Helps stop your stress in its tracks, and keeps levels low in stressful situation
 - Boost endorphins in the brain that act as natural painkillers, improves sleep and reduces stress
- Statistics
 - 7 out of 10 adults in the US experience stress / anxiety daily

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10-minute total body workouts

START YOUR DAY OFF RIGHT

- 5 Push-Ups
- 10 Squats
- 16 Plank Taps
- 20 Jumping Jacks
- 45 seconds of Rest
- Repeat until 10 minutes is up

CARDIO BLAST: Repeat 2x: (Tailor to your fitness level)

- Mock Jumping Rope
- Burpee with Push-Up
- Squat Jump
- Plank Taps
- Jumping Lunge

Beginner: 30 seconds of work/ 30 sec. rest

Intermediate: 40 seconds of work / 20 sec. rest

Advanced: 50 seconds of work / 10 sec. rest

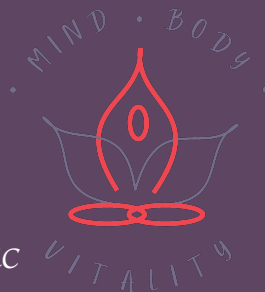
4 MOVES TO LEAVE YOU BREATHLESS: Repeat 4x (Tailor to your fitness level)

- Squats
- Knee Pushups
- V-Ups
- Mountain Climbers
- Rest



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Yoga / Tai Chi / Pilates



- Yoga:
 - series of moving and stationary poses connected to the breath
 - Strengthens the body relaxation response
- Tai Chi
 - Series of gentle physical exercises and stretches.
 - Often called “Meditation in Motion” because it promotes serenity through gentle movements
- Pilates
 - Builds your strength, flexibility and endurance

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Martial Arts

- Fast-paced workout
- Releases energy, frustration and tension
- Types:
 - Krav Maga,
 - karate,
 - judo,
 - taekwondo, or
 - Kickboxing
- Controlled punching and kicking movement
- Teaches self-discipline

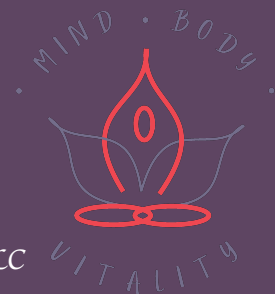


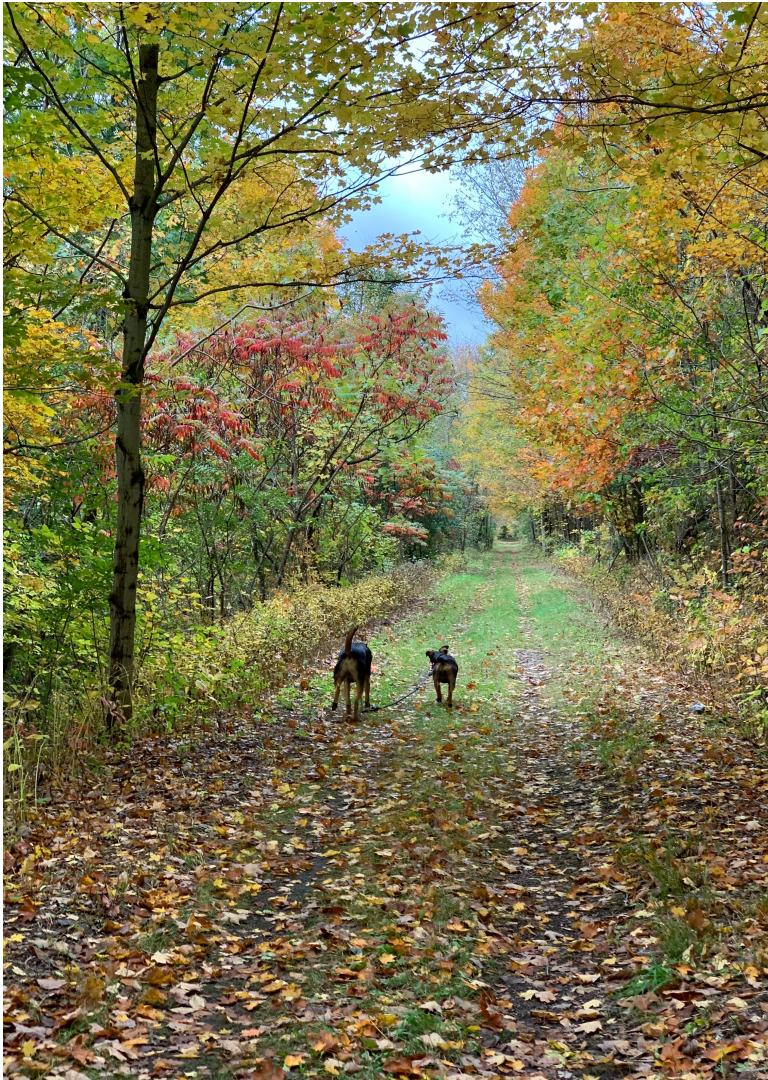
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Team Sports

- Stress relieving benefits from physical activity and social support
- Something to look forward to
- Grab family / friends and join a league
- Team activities include:
 - Tennis
 - Golf
 - Frisbee golf
 - Volleyball
 - Kickball
 - Softball
 - Basketball
 - And many more



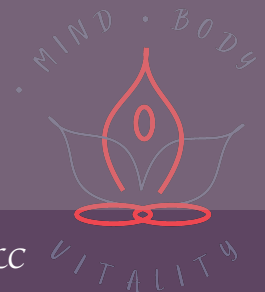


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Nature

Get outside and leave the stress behind

- Incorporate daily SUNSHINE in your routine
 - Park
 - Lake beach
- Calming and soothing
- Leave the phone behind or on DND
- Be present in nature



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Dance Break

- Crank up the music and move
- Blast music while doing chores
- Get out of your comfort zone
- When your body feels good, so does the mind
- Boosts your physical health as well



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Mindfulness and Meditation

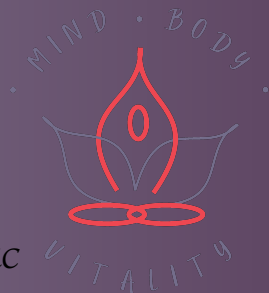


- Stay fully present, non-judgmental and rooted “in the now”
- Use sound as a mediation technique

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Focused Breathing

- Full belly breathing
- Purposeful breathing resets the brain and triggers the relaxation response.
- Various Breathing Techniques:
 - Equal Breathing
 - Progressive Relaxation
 - Skull Shine Breath



Travel

- Great stress relief technique
- Fresh air and sunshine
- Play and relaxation to decrease tension
- Provides freedom



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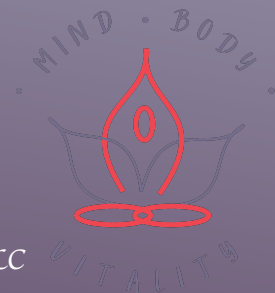
Aromatherapy

Essential oils help alleviate many ailments, including stress relief technique

- Rosemary: reduce cortisol levels
- Lavender: mild sedative, calming, promotes sleep
- Ylang-Ylang: calming and reduce stress
- Lemon oil: antidepressant type effects, mood booster

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HERE
TO
HELP

Volunteering



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Get it Out

- Remove the Stress
 - Talk therapy
 - Organization
 - Cognitive behavior therapy
 - Journaling / gratitude journal

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References

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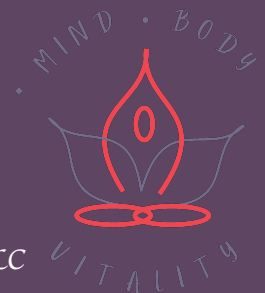
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Homework

- Register on the group Facebook Page (CaTimes Wellness Group)
- Health / Circle of Life: assess your satisfaction in this area by answering the discussion questions?
- Prior to our next session try to incorporate self-care into your daily ritual.
- If anyone has any questions or suggestions to share, please post them in the FB Group or you can message me.



Chat Box

*I'd love to see in the chat box
one takeaway that you plan
to incorporate.*



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