

Clinical Services:

- Integrative Health and Wellness Consultation
- Acupuncture & Chinese Medicine Consultation
- Comprehensive Chronic Pain Consultation
- Comprehensive Stress Reduction Consultation
- Nutrition Consultation
- Cosmetic Acupuncture (mei-zen) Consultation
- Chiropractic Medicine
- Myofascial Trigger Point Needling
- Myofascial Therapy for muscle pain & dysfunction
- Visceral/Neural Manipulation for internal synchronization of organs
- Massage Therapy
- Adult Integrative Primary Care Services
- Energy Medicine – Healing Touch & Reiki
- Opportunity to meet with *Curanderas* & other traditional healers

Classes, Workshops and Lectures:

- Mindfulness-Based Stress Reduction (MBSR)
- Mindful Eating and Living (MEAL)
- Nia
- Qi Gong
- Meditation
- Healing Touch Introduction & Level 1 Program
- Healing Lifestyle courses

UNM & UNMH employees get a 10% discount on all paid-up-front services (PUF).

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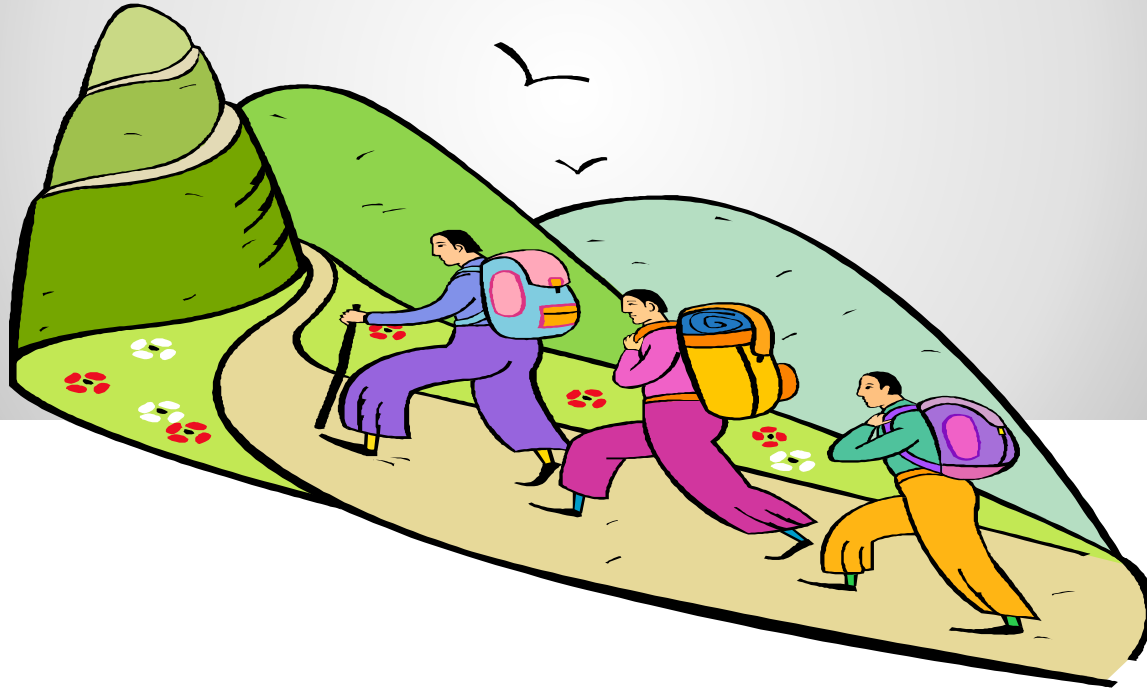
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A Beginners Mind: Exploring Meditation and the Mindful Path

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Holistic Nurse –Board Certified, Healing Touch Certified
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Coach-Board Certified.**

The Mindful Path:



**Caring For The
Caregiver**

Plugged In





Unpluggii!

• **Physical**

• **Emotional**

Being

Feel

Think

Spirit

• **Mental**

• **Spiritual**

What Nourishes YOU?

- **As a living vessel we need nourishment and refilling/revitalizing every day.**
- **Our bodies are designed to rest and recuperate every 90 minutes.**
- **Source: Holistic Nursing: A Handbook for Practice, Dossey, Keegan, Guzzetta, Kolkmmeier. Second Edition**

Mindful

THE ULTRADIAN PERFORMANCE RHYTHM*



* Adapted from "The 20 Minute Break: using the new science of ultradian rhythms" by Ernest L. Rossi, Ph.D. [Tarcher] — Illustration Guillaume Wolf

Ultradian cycle-natural biological rhythm

A 90 to 120 minute cycle of activity alternate with 20 minutes of rejuvenation

- **Awareness**
- **Focus**
- **Concentration**
- **Quiet mind**
- **Passive**
- **Yet awake**
- **Discipline**
- **Discernment**
- **Peaceful (maybe)**

Mindfulness

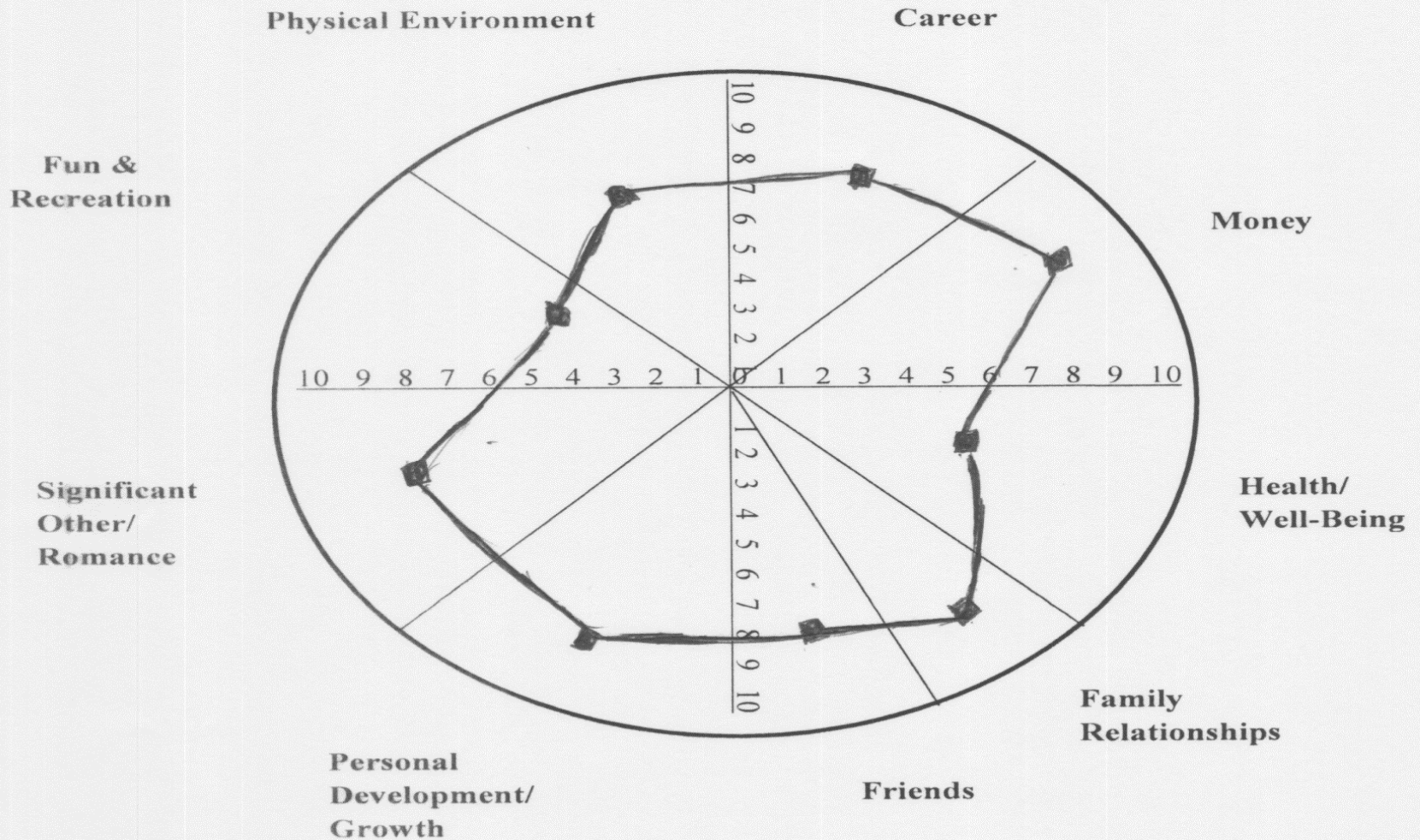
What
does it
look like
to you?

- **What does meditation look like?**
- **Types:**
 - **Mindfulness –Jon Kabat Zinn-breath work and body scanning**
 - **Relaxation Response- Robert Benson-Breath work**
 - **Transcendental meditation- focus on an object or word.**
 - **Prayer- Centering prayer- Thomas Keating**
 - **Chanting, singing, mantra**
 - **Movement, walking meditation, yoga, Qi Qong**

Meditation / Centering

Please take the time to think about the different areas of your life reflected in the Wheel of Life below. Rate yourself in each category.

The Wheel of Life



- **Cultural use of meditation techniques to induce relaxation goes back thousands of years**
 - **Chinese medicine**
 - **Ayurvedic medicine**
 - **Indigenous cultures**
 - **Sacred healing art**
 - **Shamanic healing**
 - **Yoga**
 - **Prayer**

Cross-Cultural Context

- **Zinn- University of Mass -MBSR for intractable pain**
- **Monk study-study neuro-pathways in the brain**
- **Shamatha Project at UC Davis – Meditation on effects of aging. Looking at cellular development**

**Research ongoing for past
30 yrs**

- **In past science thought we could not re-program the brain.**
- **Recent research shows that “neuroplasticity is the ability of the nervous system to respond to intrinsic and or extrinsic stimuli by reorganizing its structure, function and connections!”⁴**

Neuroplasticity

- **Science demonstrating connection among psychology, neuroendocrinology and immunology**
- **The immune, endocrine and nervous systems**
- **Hormones, neuropeptides, neurotransmitters, and products of the immune cells.**

Psychoneuroimmunology

- **Constriction of blood**

 **Blood pressure**

- **Tightening of muscles**

 **Anxiety**

 **Heart rate**

 **Oxygen use**

 **Brain wave activity**

 **Sweat gland activity**

Stress response-Fight – Flight or Freeze?

- **Protection?**
- **Our thoughts, images, emotions create a response.**
- **Can we self regulate these responses?**
- **Self regulation theory-learn cognitive techniques to process information bringing involuntary body responses under voluntary control**

Stress response

- **Coined by Herbert Benson from Harvard**
- **Deep relaxation can counter stress response in body.**
- **Regulating endocrine, nervous and immune system**
- **Research on effects of meditation indicates it induces the relaxation response.**

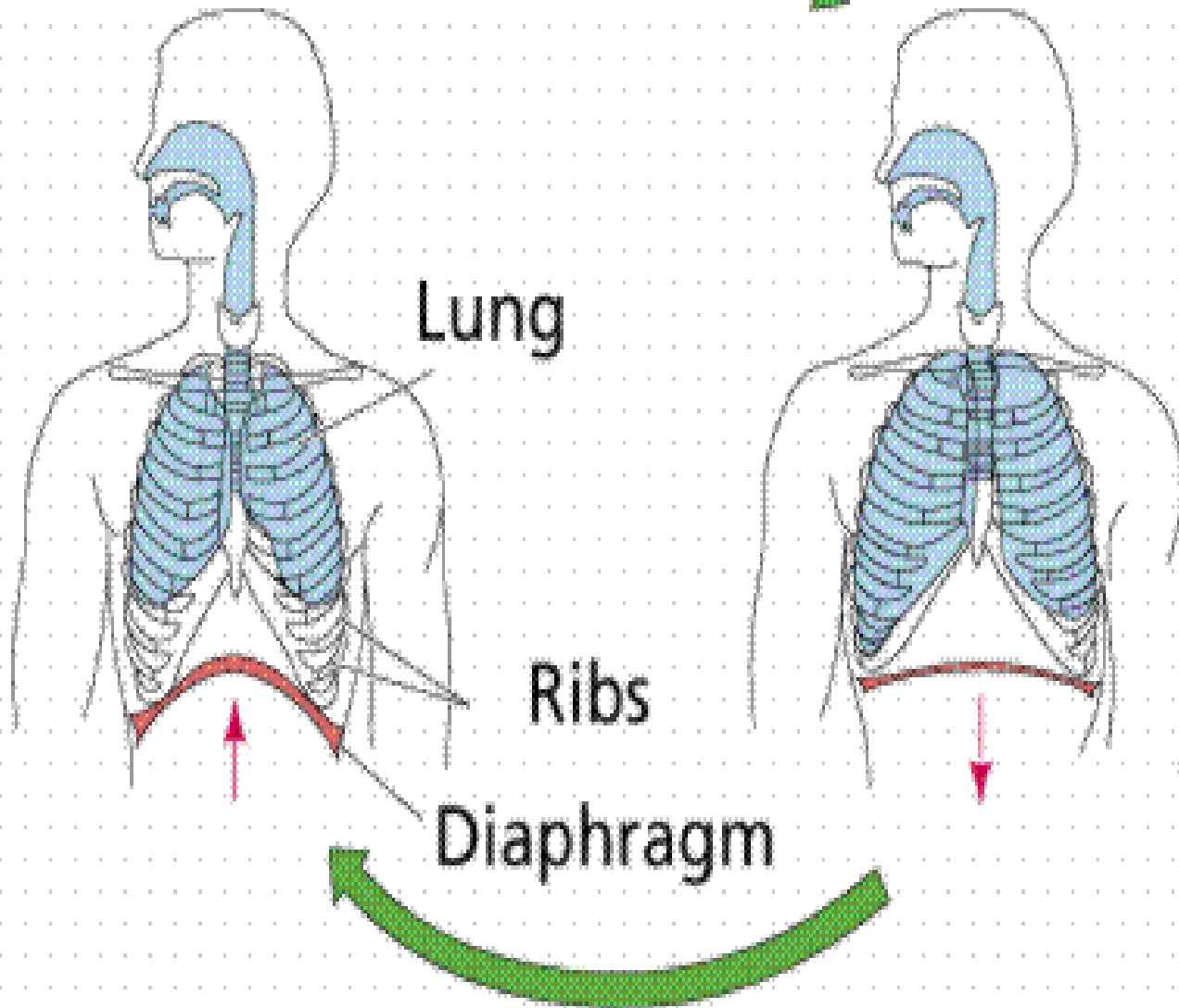
Relaxation Response

Mindfulness

- **Centering Technique**
 - **Use as biofeedback**
 - **Olympic athlete's**
 - **Breath**

Exhalation

Inhalation



Place one hand on your chest
other hand on your abdomen.

Inhale

Abdomen should rise

Higher than the one on the

Chest.

This ensures that the diaphragm is pulling air into
the **bases of the lungs.**

- **Abdominal breathing is just one of many types of breathing exercises.**
- **Exploring other techniques**

Ideas??

Abdominal Breathing

- SQUISH
- ROCK AND ROLL
- SHUFFLE

MOVE THE ENERGY

- What is *your* natural rhythm??

Mind and Body
Internal Rhythm

- **Breathing exercises- do twice a day**
 - **whenever you find yourself under stress, your mind dwelling on upsetting thoughts, or when you are experiencing pain.**
- **Practice, practice, practice!!**
- **It will become natural**

1. Take a slow deep breath in through your nose, Inhale for a count of 4.

2. Hold for count of 4.

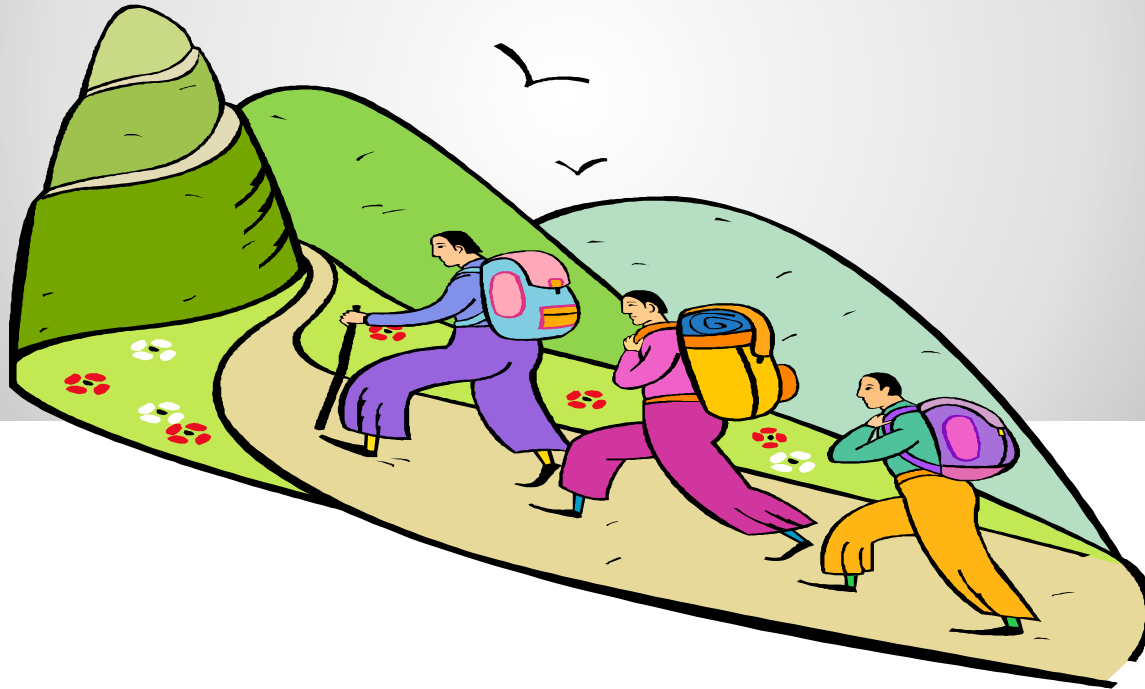
3. Slowly exhale for a count of 6-8.

**As all the air is released with exhale,
gently contract abdomen for total
release.**

4. Hold for count of 4.

Box Breathing

The Mindful Path:



RESILIENCY!

CHANGE IS

INEVITABLE

What tools would be helpful

- A fifteen year old boy describes it:
- ***"Bouncing back from problems and stuff with more power and more smarts"***

Resiliency

- **Internal qualities?**

- **External support??**

Capacity to Respond to Stress

Bricolage

- **Ability to create from situation**
- **What are possibilities?**
- **Contingency plans**
- **Improvise**
- **Right brain ability to synthesize information into something different**
- **Acceptance of reality**

Bricolage



- **What are some right brain activities?**
- **How can we build stress hardy traits?**

Right brain

- **How can we build this?**
 - **Build autonomy**
 - **Reconnect with positive emotions**
 - **Creative impulses**
 - **Spirituality**
- **What are other ways?**

Positive Adaptations



Always ongoing
journey to
remember

Perception

Choosing

Habits

Reframing

Changing your perspective
changes your experience



- **Some things to remember:**
 - **Relaxation**
 - **Cognitive restructuring**
 - **Emotional exploration**
 - **Nourish your spirit**

**Mindfully
remembering**



The energy of our thoughts, actions, emotions ripples out to those around us. To take exquisite care of ourselves will result in exquisite care of others.

Therapeutic Presence