

Move the Body and Relax the Mind (Slide 1)

- Many different tools are available to help us cope with stress

Objectives (Slide 2)

- Identify common characteristics of mind-body exercises
- Discuss benefits of mind-body exercises
- Explore the suitability of mind-body exercises in your own life to manage stress
- Mind-body connection is that our thoughts, attitudes, feelings, and beliefs may affect our biological functioning, positively or negatively

What Are Mind-Body Exercises? (Slide 3)

- Mind-body exercises:
 - Foster kinesthetic awareness, which is the awareness of where the body is in space while in motion
 - Assist the practitioner to develop a deeper level of awareness or spiritual realization
- Spiritual does not mean religion

Benefits of Mind-Body Exercises (Slide 4)

- Mind-body exercises are activities or exercises that coordinate breath with movement and are performed with an added internal awareness or focus may do the following:
 - Build strength, muscle, and endurance
 - Improve coordination and concentration
 - Help manage stress
 - Increase mindfulness

Mind-Body Exercise True or False (Slide 5)

- **Exercise 1:** Mind Body Exercise True or False
- Follow up to Statement 1
 - Mind-body exercises, including Tai Chi and Qi Gong, involve gentle, flowing movement coordinated with breath
 - In yoga, flexibility is not required to begin or sustain an enjoyable and beneficial practice
- Follow up to Statement 3
 - Tai Chi can create the same rate of physical exertion as brisk walking
 - Some forms of yoga can increase heart rate and cardiovascular activity

Benefits of Yoga on the Body (Slide 7)

- Potential physical benefits of yoga include the following:
 - Relieves lower back pain
 - Decreases heart rate and lowers blood pressure
 - Helps the body return to a resting state after stressful events

Benefits of Yoga on Mental Well-Being (Slide 8)

- Potential benefits of yoga include the following:
 - Reduces anxiety and depression symptoms
 - Reduces PTSD symptoms
 - Increases emotional, social, and spiritual well-being

Yoga Demonstration (Slide 9)

- **Exercise 2:** Yoga Demonstration
 - Three-Part Breath
 - Sitting Side Bends
 - Seated Sat and Cow
 - Seated Spinal Twist
 - Sitting Ankle to Knee
 - Modified Downward Dog
 - Sitting Forward Fold
 - Conclusion

Tai Chi: What Is It? (Slide 10)

- Tai Chi is a low-impact exercise and includes a focus on awareness of movement of the body with breath as a means to create mental focus

Benefits of Tai Chi on the Body (Slide 11)

- Potential physical benefits of Tai Chi include the following:
 - Improved balance
 - Reduced blood pressure

Benefits of Tai Chi on Mental Well-Being (Slide 12)

- Potential benefits of Tai Chi include the following:
 - Reduces symptoms of depression and anxiety
 - Enhances perceived ability to cope with stress and handle new experiences
 - Increases concentration and improves mood

Tai Chi Demonstration (Slide 13)

- **Exercise 3:** Tai Chi Demonstration
 - Waist-Loosening Warm-Up
 - Windmill Exercise
 - Knee Rolls
 - Hand Exercises
 - Balancing Your Energy

Benefits of Qi Gong on the Body (Slide 15)

- Potential physical benefits of Qi Gong include the following:
 - Lowers blood pressure
 - Reduces inflammation and boosts immune response

Benefits of Qi Gong on Mental Well-Being (Slide 16)

- Potential benefits of Qi Gong include the following:
 - Reduces symptoms of anxiety
 - Reduces stress with effects similar to meditation or brisk walking

Qi Gong Demonstration (Slide 17)

- **Exercise 4:** Qi Gong Demonstration
 - Bounce to warm up
 - Accordion to feel qi energy

Review of Key Points (Slide 18)

- Stress can impact our body's functions and cause discomfort
- Benefits of mind-body exercises in terms of coping with stress

Review of Objectives (Slide 19)

- What are some characteristics of mind-body exercises that each of the exercises we explored had in common?
- What are some of the benefits of mind-body exercises on the body and our mental state?
- Which of the mind-body exercises and techniques might you use to help you manage signs of stress?