

Slide 1: Move the Body and Relax the Mind

Slide 2: Objectives

- 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.

Slide 3: What Are Mind-Body Exercises?

- Exercises that foster kinesthetic awareness (awareness of where the body is in space while in motion)
- Exercises that assist you to develop a deeper level of awareness or spiritual realization

Slide 4: Benefits of Mind-Body Exercises

- 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

Slide 5: Mind-Body Exercise True or False

- You have to be physically flexible to do mind-body exercises
 - FALSE
- Mind-body exercises are Eastern religions
 - FALSE
- Mind-body exercises are not really for fitness, like other types of exercises
 - FALSE

Slide 6: Yoga: What Is It?

Yoga, a Sanskrit word that translates to mean union or literally to yoke, is believed to have its origins in India more than 5,000 years ago. A philosophy and complex system, it is comprised of eight limbs or branches. The yoga classes we are most familiar with in the United States are from the Hatha limb, which includes a series of movements coordinated with breath.

Slide 7: Benefits of Yoga on the Body

- Relieves lower back pain
- Decreases heart rate and lowers blood pressure
- Helps the body return to a resting state after stressful events

Slide 8: Benefits of Yoga on Mental Well-Being

- Reduces symptoms of anxiety and depression
- Reduces symptoms of PTSD
- Increases sense of emotional, social, and spiritual well-being

Slide 9: Yoga Demonstration

- Three-Part Breath
- Sitting Side Bends
- Seated Cat and Cow
- Seated Spinal Twist
- Sitting Ankle to Knee
- Modified Downward Dog
- Sitting Forward Fold
- Conclusion

Slide 10: Tai Chi: What Is It?

Tai Chi has its origins in China and was developed as a form of meditative movement more than 300 years ago. It is derived from a form of martial art, which is over 5,000 years old. Tai Chi uses slow sets of body movements and controlled breathing.

Slide 11: Benefits of Tai Chi on the Body

- Improves balance
- Reduces blood pressure

Slide 12: Benefits of Tai Chi on Mental Well-Being

- Reduces symptoms of depression and anxiety
- Enhances perceived ability to handle new experiences and stress
- Increases concentration and improves mood

Slide 13: Tai Chi Demonstration

- Waist-Loosening Warm Up
- Windmill Exercise
- Knee Rolls
- Hand Exercises
- Balancing Your Energy

Slide 14: Qi Gong: What Is It?

Qi Gong and Tai Chi are very similar practices that coordinate breath with slow, flowing movements of the body. Qi Gong differs from Tai Chi in that it includes repetitive movements, and, unlike Tai Chi, the practice is always conducted at a relaxed pace and does not have a martial arts focus.

Slide 15: Benefits of Qi Gong on the Body

- Lowers blood pressure
- Reduces inflammation and boosts immune response

Slide 16: Benefits of Qi Gong on Mental Well-Being

- Reduces symptoms of anxiety
- Reduces feelings and symptoms of stress

Slide 17: Qi Gong Demonstration

- Bounce to warm up
- Accordion to feel qi energy

Slide 18: Review of Key Points

- Get the handout “Resources to Begin a Mind-Body Exercise Practice” online from the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at www.yellowribbon.mil/cms/event-handout

Slide 19: Review of Objectives

- Identify common characteristics of mind-body exercises.
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- Explore the suitability of mind-body exercises in your own life to manage stress.

Slide 20: Move the Body and Relax the Mind