

## 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?