

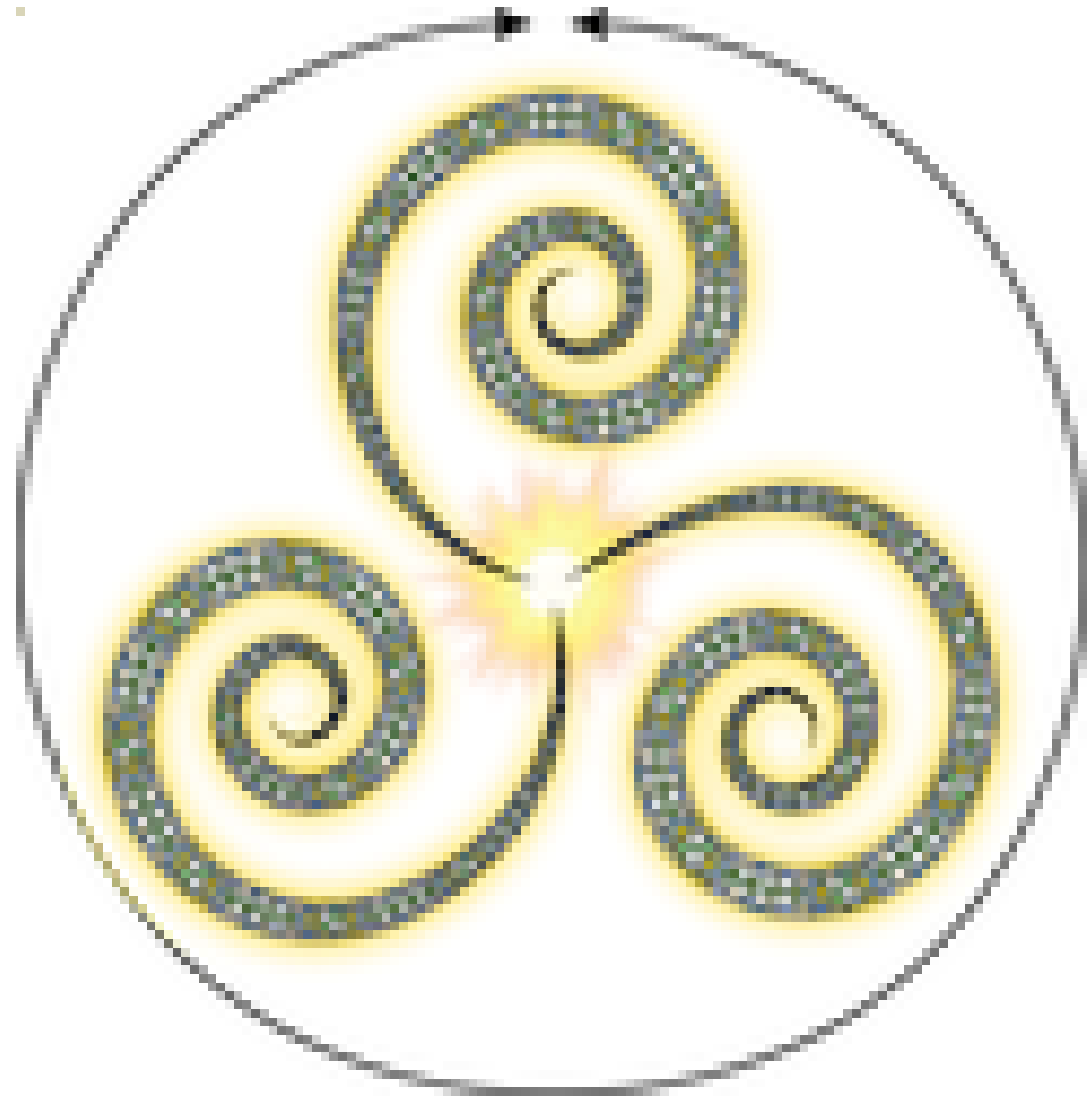
THE MIND-BODY-SOUL CONNECTION

The Importance of a Morning Routine for Physical and Mental Health



The Mind-Body-Soul Connection

Where ancient wisdom meets modern holistic practices for the mind, body and soul.



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<https://www.the-mind-body-soul-connection.com>
<https://www.facebook.com/groups/energyhealingessentials>

The Mind-Body Connection

This is the belief that our attitudes, thoughts and feelings can have a significant impact on our physical wellbeing and health. This connection also works the other way, in that how we treat our body and our physical attributes can influence our mental health. It is the idea that one affects the other, either positively or negatively, and that sometimes physical illness or symptoms can be the outcome of psychological and social factors.





Stress, what is it and how does it affect you?

"A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation"

According to the [American Institute of Stress Statistics](#) in 2022:

- About 33% of people report feeling extreme stress
- 55% of Americans are stressed during the day
- 77% of people experience stress that affects their physical health.
- 73% of people have stress that impacts their mental health.
- 48% of people have trouble sleeping because of stress.

Top Causes of Stress:

- Money
- Work
- Economy
- Family Responsibilities
- Relationships
- Personal health issues
- Housing costs
- Job stability
- Family health problems
- Personal safety

Common Symptoms of Stress

- Irritability/Anger
- Fatigue/Low Energy
- Lack of motivation or interest in things
- Anxiety. nervousness or worry
- Headaches
- Feeling sad or depressed
- Indigestion, acid reflux or upset stomach
- Muscle tension
- Appetite changes

Co-Occuring Health Conditions

- Heart disease
- High blood pressure
- Diabetes
- Depression
- Anxiety
- Substance abuse

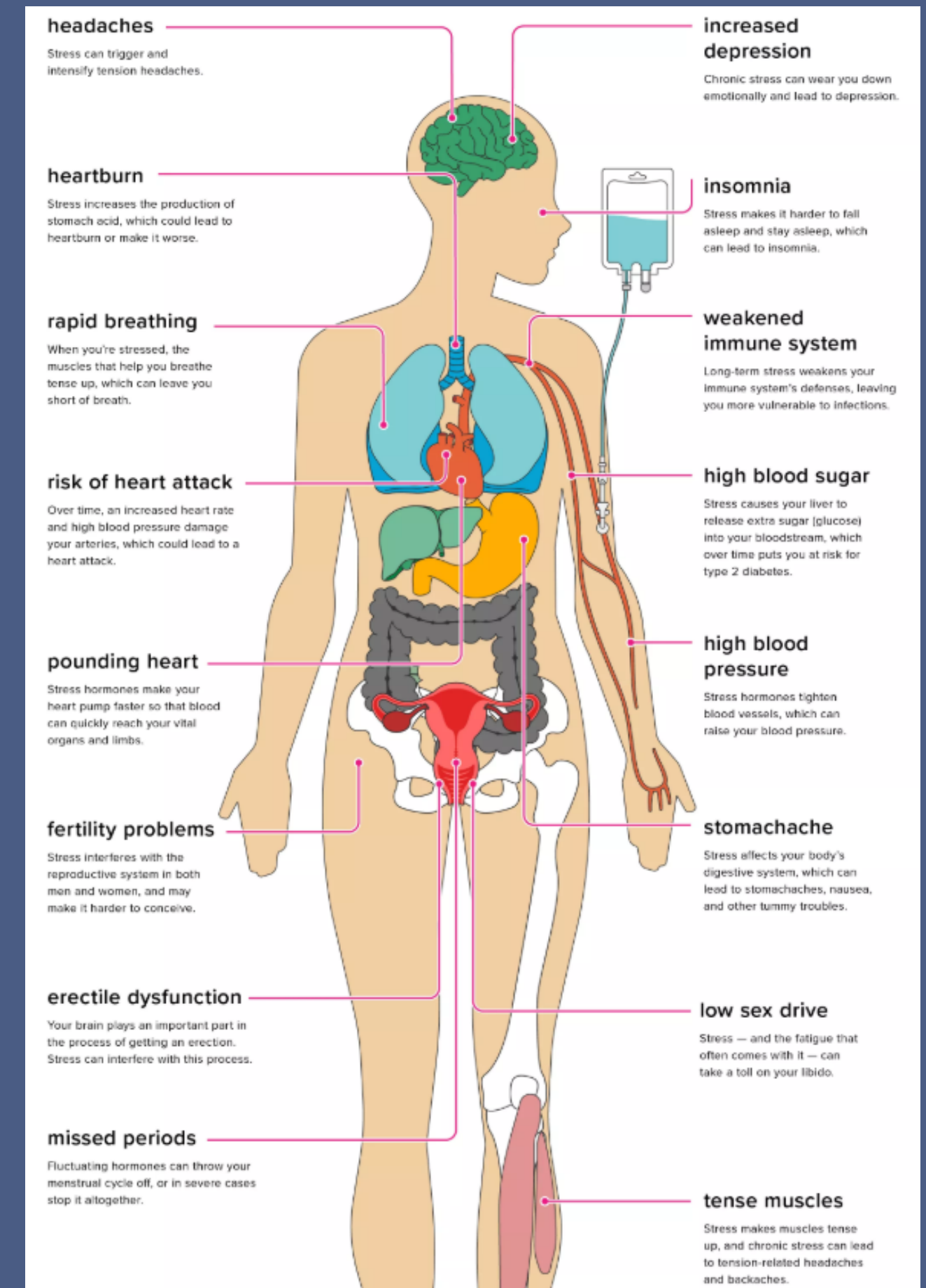
*Long-term stress is often a contributing factor in many of the leading causes of death in the United States, including heart disease, cancer, lung disease, accidents, cirrhosis of the liver and suicide.

Cost and Impact of Stress

Every day, people stay home from work, miss school, go to the doctor or even die because of the effects of stress. It's estimated that American employers spend \$300 billion every year on health care and lost work days linked to stress. Up to 80 percent of workplace accidents come from stress or stress-related problems, like being too distracted or tired.

THE EFFECTS OF STRESS ON THE BODY

You're sitting in traffic, late for an important meeting, watching the minutes tick away. Your hypothalamus, a tiny control tower in your brain, decides to send out the order: Send in the stress hormones! These stress hormones are the same ones that trigger your body's "fight or flight" response. Your heart races, your breath quickens, and your muscles ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk.



THE EFFECTS OF STRESS ON MENTAL HEALTH

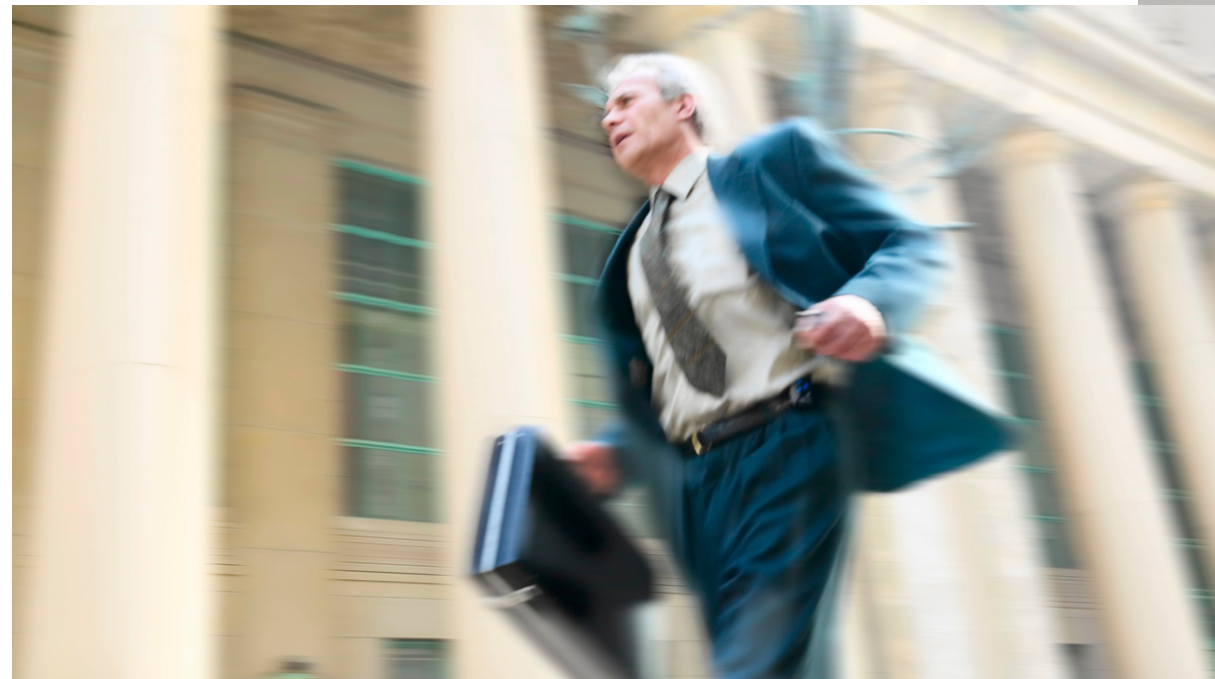
Stress can alter the nervous system, causing changes in the parts of the brain responsible for memory, attentiveness, and problem-solving. Someone who is under chronic stress may have difficulty concentrating and learning new information. People trying to cope with an onslaught of stress may also struggle with confusion and indecisiveness. The effects of stress on our ability to think and interact with others isn't meant to be taken lightly. If you don't find effective ways to relieve stress or learn how to better handle it, stress can lead to changes in mood and personality.

WHAT IT LOOKS LIKE

- Withdrawal from friends and family
- Lack of interest in activities that used to be enjoyable
- Impulsive behavior
- Decreased productivity at school or work
- Irritability, anger, and sometimes even aggression
- Loss of interest in appearance and self-care
- Difficulty communicating



WHAT IS A MORNING ROUTINE?



WHY IS A MORNING ROUTINE IMPORTANT?

When the RIGHT routines are in place and being completed consistently each and every day, a morning routine will benefit you both psychologically and physically.

How/Why?

How you spend the morning will influence the rest of your day.

Begin your day spending your time on something valuable and productive.

Routines provide a sense of control.

Acts of self-care reduce stress levels.

Boost energy levels by getting a head start on your day immediately after waking.

Begin your day with a sense of accomplishment!

How to Rise & Shine



- Electronics off one hour before bed
- Decide on a set bedtime and wake time, stick to it (even on weekends)
- Read, pray, meditate, listen to relaxing music.
- Stretch, breathe, relax.
- Brain dump - write down everything that is on your mind, get it out so you can rest easy.
- Enjoy a warm cup of herbal tea.
- Take a bath or shower to relax you.
- Diffuse pure essential oils like lavender or chamomile.
- Prep your bedroom (cool, dark, quiet)
- Get enough rest for your body.
- Use bathroom before you settle in to bed



The Ideal Morning Routine

- Silence (Meditation/Prayer)
- Affirmations
- Journaling
- Reading
- Exercise
- Visualization
- Gratitude Practice
- Breathwork



Meditation

- Affirmations
- Journaling
- Reading
- Exercise
- Visualization
- Gratitude Practice



Breathwork

Meditation & Breathwork

Benefits

- Meditation can reverse your stress response.
- Your heart rate and breathing slow down.
- Your blood pressure normalizes.
- Your immune function improves.
- You build focus.
- Decreases depression.

Types of Meditation

There are many types of meditation, the easiest to begin with are typically guided meditation or mindfulness meditation. There is also walking meditation or Qi gong which involve movement.

How about singing or humming? Learn to connect with your breath and how to breathe properly to enhance your meditation practice.

Meditation Myths

Must be practiced in silence.

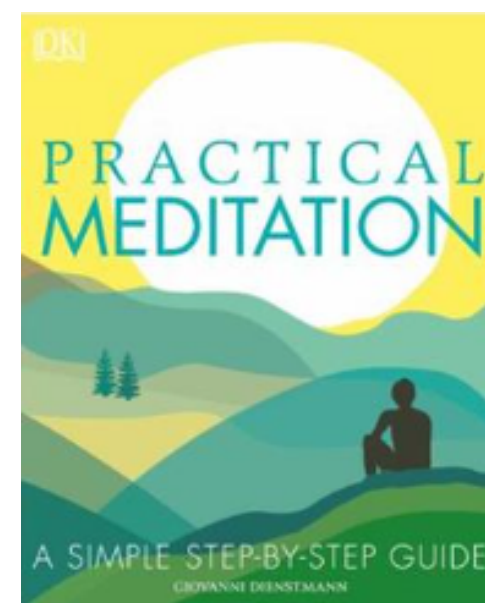
The goal is to clear your mind.

Meditation is hard.

You must be sitting uncomfortably on the floor in order to meditate.

Meditation is a religious practice.

It takes hours to see benefits.



Practical Meditation
A Step-by-Step Guide
by: Giovanni Dienstmann



Breathwork
A 3-Week Breathing Program
By: Valerie Moselle



Insight Timer (APP)
<https://insighttimer.com>

Affirmations & Visualizations

The key to using Affirmations and Visualizations is to believe that what you are saying and visualizing is already true.

What is Visualization?

Visualization is the formation of a mental image of something. Visualization can be used as a part of meditation, with affirmations or as part of a manifestation practice. Many people today have vision boards, this is a form of visualization used in a manifestation practice.

What are affirmations?

The word affirmation comes from the Latin word "affirme". Its meaning is "to strengthen or fortify". Affirmations are words, phrases or statements that are repeated to promote positive reactions or impact in the mind-body. Affirmations help rewire our brains!

How to create/use affirmations and visualizations

Think about what you hope to change or improve about yourself or your situation. Make a list of important things in your life that you wish to improve or things that you want to acquire or aspire to be.

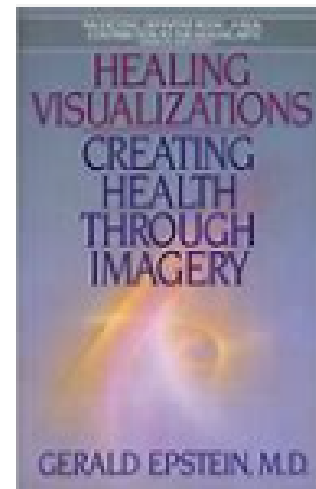
Write out positive statements for each thing on your list.

Repeat those affirmations daily, or more often, visualize yourself having or being the things you desire

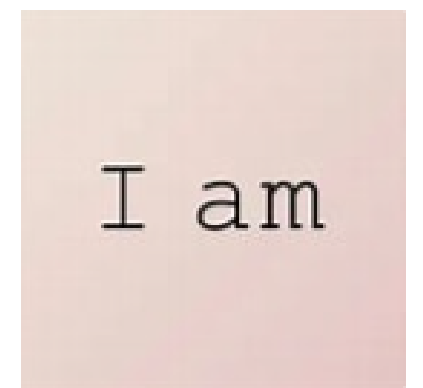
Use I AM statements for self-affirmations

Benefits

Decreases health-deteriorating stress.
Helps to reframe self-sabotaging thoughts.
Reduce anxiety.
Improve mood.
Promotes positive thinking.
Enhance self-esteem.
Improve problem-solving under stress.
May change outcomes.



Healing Visualizations
Creating Health Through
Imagery
By: Gerald Epstein



I am - Daily Affirmations (APP)
Available on iOS

- Meditation

✓ Affirmations

- Journaling

- Reading

- Exercise

✓ Visualization

- Gratitude Practice

- Breathwork

Journaling & Gratitude Practice

- Meditation

- Affirmations

✓ Journaling

- Reading

- Exercise

- Visualization

✓ Gratitude Practice

- Breathwork

Expressive Writing

Expressive writing typically involves accessing our innermost feelings and thoughts, focusing on the emotional experience. This style of writing helps us to release emotions, allowing us to process what we are feeling. Keeping a record of feelings is particularly helpful in supporting our mental health.



Gratitude Journaling

Gratitude journaling helps to put the focus on the positive aspects of our lives, capturing events, interactions and people for which we are grateful for. This is a very effective strategy for relieving stress because it helps us to focus on the things, people and moments we already have and less about what we don't have.



Benefits of Journaling

- Lowers blood pressure
- Better moods
- Improved psychological wellbeing
- Fewer depressive symptoms
- Reduced Stress

Benefits of Gratitude

- Boosts the immune system, increased wellbeing can help your body fight off illnesses.
- Improves mental health by easing symptoms of anxiety and feelings of lack.
- Improves relationships by helping us feel more satisfied with our partner
- Increased optimism, being optimistic has lots of health benefits including healthy aging!

Reading

- Meditation
- Affirmations
- Journaling
- ✓ Reading
- Exercise
- Visualization
- Gratitude Practice
- Breathwork

Reading strengthens your brain!

Recent research shows indications that reading literally changes your mind. MRI scans have confirmed that reading involves a complex network of signals and circuits in your brain. As your reading ability matures, those networks also get stronger and more sophisticated!

Reading Reduces Stress

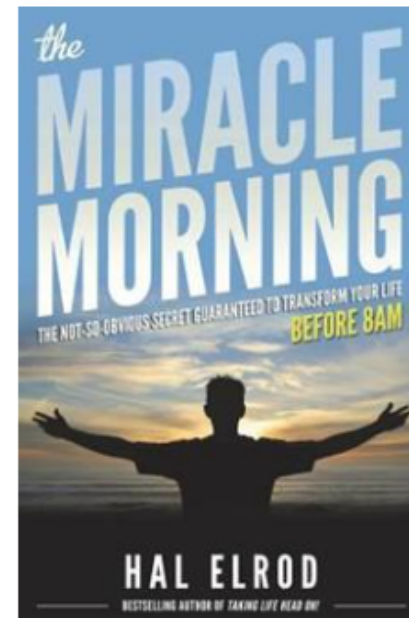
In 2009 a group of researchers measured the effects of yoga, humor and reading on the stress levels of students. The study found that 30 minutes of reading lowered blood pressure, heart rate and feelings of psychological distress just as effectively as yoga and humor!

What should you read?

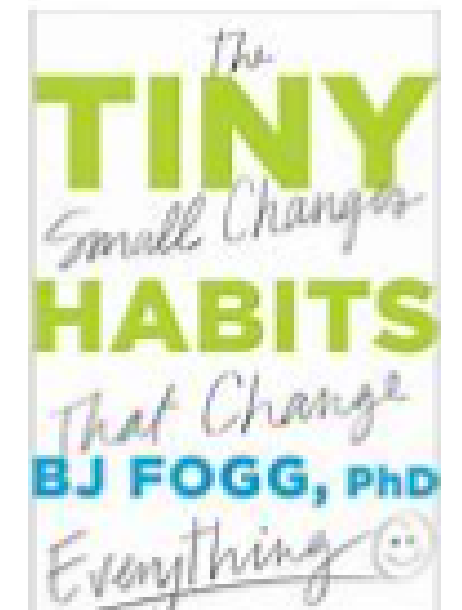
Absolutely anything that interests you!

Benefits

- Boost your IQ
- Reduce stress levels
- Improve vocabulary
- Add years to your life
- Decrease risk of Dementia
- Improve sleep
- Improve memory, focus and concentration



The Miracle Morning
By: Hal Elrod



Tiny Habits
The Small Changes that
Change Everything
By: BJ Fogg, PhD

Exercise

- Meditation
- Affirmations
- Journaling
- Reading
- ✓ Exercise
- Visualization
- Gratitude Practice
- Breathwork

Exercise for Stress Reduction

Exercise is an excellent tool for stress reduction. It helps to release built up tension and energy in the body and can help to release emotional tension as well. When we exercise our body releases endorphins and other "happy hormones" which help to promote a feeling of wellbeing.

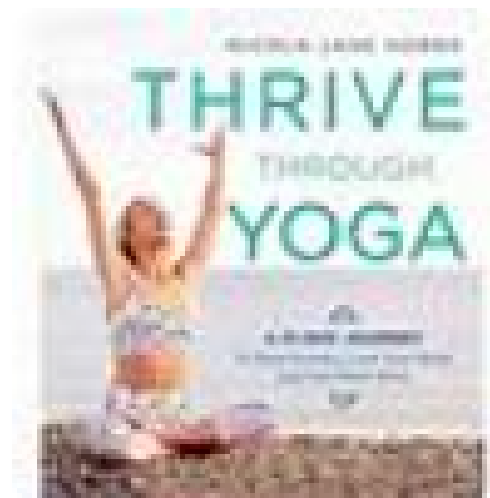
Types of Morning Routine Exercise

Go for a walk in nature
Qi gong, Tai Chi, Yoga
Chair exercises
Strength training
Stationary Bike or Treadmill
Gentle stretching
Wall Pilates

Anything that gets you moving!!

Benefits

Improve sleep
Reduce stress and anxiety levels
Weight Management
Improves mood
Control blood pressure
Improve cognitive function
Perk up your mood
Wakes you up



Thrive Through Yoga
By: Nicole Jane Hobbs

Yoga is an amazing practice that focuses specifically on the mind-body connection and encourages breathwork, it is also a form of meditation.





Where do you begin?

At the beginning of course!

Start small or go all in, just start somewhere!

Remember the whole point of this concept is to reduce stress not add to it!!

Start by taking a look at your sleep habits

Remember these?

- Electronics off one hour before bed
- Decide on a set bedtime and wake time, stick to it (even on weekends)
- Read, pray, meditate, listen to relaxing music.
- Stretch, breathe, relax.
- Brain dump - write down everything that is on your mind, get it out so you can rest easy.
- Enjoy a warm cup of herbal tea.
- Take a bath or shower to relax you.
- Diffuse pure essential oils like lavender or chamomile.
- Prep your bedroom (cool, dark, quiet)
- Get enough rest for your body.
- Use bathroom before you settle in.

Work on figuring out what works best for you, how much sleep do you need, how can you adjust your sleep habits and environment to set you up for a successful **Rise & Shine?**



Make sure you have everything you need to get started.

Decide that you're going to wake up 10-15 minutes earlier than you normally do.

When you're ready....

Dedicate 1 minute to each item on the list
(set a timer on your phone)

Give yourself 6 minutes of self-love every morning before you start your day. Just 6 minutes, you can do anything for 6 minutes!

Then... work towards increasing the time frame for a total of one hour per day, as slow or as fast as you'd like.

AND WATCH YOUR WORLD CHANGE!

Good Morning



It's your morning, customize it!

The goal of creating a morning routine is to find things that make you feel at peace and bring you joy. No one is asking you to do something you don't enjoy. But for the sake of your health, be open to trying something new, you never know what you might find.



My alone time is
for everyone's
benefit!

Additional Morning Helpers

Music Playlist
Podcasts
Aromatherapy
Healthy breakfast
Cold Shower

THANK YOU