



# INTEGRATIVE MEDICINE GROUP VISITS

Participant Manual



# Contents

Session 1: Orientation to Our Group .....	5
Welcome to Integrative Medicine Group Visits! .....	6
Confidentiality Agreement.....	7
Guidelines for Class/Ground rules: .....	8
Integrative Medicine Group Visits Intake Form .....	9
Weekly Vitals Tracker.....	10
What is Mindfulness-Based Stress Reduction (MBSR)?.....	11
A Guide to the IMGV Website.....	26
Home Practice: Orientation .....	29
Spiced Lentils and Brown Rice .....	30
Session 2: Our Reactions to Stress .....	32
Upstream, Downstream.....	33
What is Stress?.....	34
Stress and Your Body .....	36
Home Practice: Session 2.....	38
Nine Dots Exercise .....	39
Session 3: The Importance of Healthy Sleep.....	42
The Importance of Getting a Good Night of Sleep .....	43
Gratitude Journaling: .....	46
Home Practice: Session 3.....	47
Pleasant Events Chart .....	48
White Bean and Spinach Salad .....	49
Session 4: Food and Movement as Medicine .....	50
Food as Medicine .....	51
Introduction to Reading Nutrition Labels .....	52
Serving Suggestions .....	53
Gentle Chair Yoga Sequence.....	54
Home Practice: Session 4.....	63
Unpleasant Events Chart.....	64
Black Bean and Corn Salad.....	65
Session 5: Our Bodies' Response to Pain .....	67
Our Bodies' Response to Pain .....	68
Mind-Body Approaches to Pain Management.....	71
Introduction to Acupressure.....	73
How do I administer Acupressure? .....	75
What Are Some of Common Acupressure Points to Learn?.....	77
Home Practice: Session 5.....	81

Curried greens with lentils and brown rice.....	82
Session 6: Our Bodies and Inflammation.....	83
Our Bodies and Inflammation.....	84
Nutrition Spotlight: Omega-3 Fatty Acids.....	90
Home Practice: Session 6.....	92
Challenging Communications Chart.....	93
Rainbow slaw.....	94
Session 7: Approaches to Depression and Challenging Communications.....	95
Approaches to Depression.....	96
Food for a Happier Mind.....	103
Nutrient Spotlight: Vitamin D.....	105
Loving-Kindness Meditation.....	107
Home Practice: Session 7.....	108
Vegetable Stir-fry with Brown Rice.....	109
Session 8: Understanding the Role of Food.....	110
Nutrition Spotlight: Sugar and My Body.....	111
How the body responds to Processed vs. Whole Foods.....	112
How much sugar should we eat?.....	113
Drinks contain sugar too!.....	114
Nutrition Spotlight: Fiber and My Body.....	115
Nutrition Spotlight: Healthy Protein Sources.....	117
What is Mindful Eating?.....	120
Home Practice: Session 8.....	122
Home Practice Session 8: Goal Development Worksheet.....	123
Think SMART!.....	124
Frittata.....	125
Session 9: Wellness Review.....	126
Goal Setting.....	127
Wellness Review.....	128
Tips for Continued Health and Well-Being.....	131
Introduction to Self-care Massage.....	133
Home Practice: Session 9.....	136
Smoothie Recipes.....	137
Session 10: Wellness Review.....	138
Give a Hoot!.....	139
Mindfulness Review.....	141
Home Practice: Update Goals Worksheet.....	142
Set New Goals.....	143

Vegetarian Chili Recipe ..... 144  
Oh, The Places You'll Go (Excerpt) ..... 145

# Session 1: Orientation to Our Group



- Welcome
- Introductions to our teachers
- Overview of group
- Confidentiality
- Ground rules
- Introduction to Participant Manual
- Learning to check yourself in: weekly vitals
- What is Mindfulness Based Stress Reduction?
- What are Integrative Medicine Group Visits?
- Introduction to meditation
- Introducing ourselves
- Introduction of OWL
- Orientation to home practice assignments
- Recipe
- Healthy meal

## Welcome to Integrative Medicine Group Visits!

Thank you for joining this innovative model of care. We are thrilled that you have joined us on this journey – one that will take you one step closer to wellness and provide you with lifelong tools of self-care.

As you know all too well, chronic pain, depression and other illnesses take a huge toll on one's quality of life and one's ability to work, play, and do routine activities. Medication may help some, but often it does not give the relief or wellness that you may need or want. That is why we are working towards finding more safe and effective ways of treating these chronic conditions.

As you will learn in the coming sessions, this model of care is based around the principles and skills of Mindfulness-Based Stress Reduction (MSBR) and integrative medicine, a model of care which incorporates both traditional western medicine such as medications with proven and safe holistic models of care such as meditation, yoga, massage, acupuncture, and nutrition. You will be taught many tools here and will be given suggested practices to do at home.

By being in the ***Integrative Medicine Group Visits***, you have the chance to make a difference in the quality of your life. Although we cannot guarantee the result of all of the healing practices for you, we sincerely hope and believe it can be helpful for you. For you to receive the greatest possible benefit, we encourage you to commit yourself to coming to all the classes, practicing the tools at home, and filling out all the surveys.

Your commitment to these groups can also make a difference in the lives of thousands, even millions, of others. As we learn more about the effects of this innovative model of care on chronic conditions, we will hope to publish our results and hopefully positively impact how others in the U.S. and around the world with these chronic conditions are treated.

Thank you again for the time and energy you are committing to ***Integrative Medicine Group Visits***. Please feel free to contact the Group Visits Coordinator XXX-XXX-XXX, with any questions or concerns.

Sincerely,

# Confidentiality Agreement

## INTEGRATIVE MEDICINE GROUP VISIT

The privacy of your health information is important to XXX and is mandated by law. As a participant in an Integrative Medicine Group Visits both you and the other patients will discuss medical information in the presence of other patients, staff and the group leaders. If you have medical concerns that are of a very private nature you may ask to discuss them with the doctor in a treatment room or schedule an individual office visit.

By signing this form you are agreeing to and authorizing the discussion of your personal medical information in the group setting each week. Your signature also means that you will respect the confidentiality of the other members of the group by not revealing medical or any other identifying information after the session is over. Your signature also means that you will not hold XXX nor any of the officers or employees of either responsible for any breach of confidentiality committed by other patients in the group.

I UNDERSTAND AND AGREE WITH THIS STATEMENT OF CONFIDENTIALITY.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name

Home address:

\_\_\_\_\_

\_\_\_\_\_

Date of birth:

\_\_\_\_\_

## Guidelines for Class/Ground rules:

- Please arrive at least 15 minutes before the start of class.
- If you must miss a class or be late, please call the Integrative Medicine Group Visits Coordinator at XXX-XXX-XXXX.
- Maintain confidentiality by not repeating or discussing what is said in class with people who are not participating in the class.
- You are welcome to exchange contact information with other people in the group visit. We expect that you will respect each other's boundaries around type and frequency of contact outside of the group.
- Avoid taking notes during class; trust yourself to remember what's important. Copies of important documents are in your manual.
- If you're having trouble hearing what's being said, please ask the speaker to speak up.
- We will offer a healthy meal at the end of each session. ***You are welcome to bring drinks, but please no food.***
- Please silence your watch and turn off your cell phone and pager.
- Please refrain from wearing perfumed toiletries.
- Making yourself as comfortable as possible is essential. Take off your shoes; feel free to use the mats at any time. You can bring extra layers and/or blankets to keep warm. You can bring a pillow, if you'd like, or your own yoga mat. Please dress comfortably, in clothes that you can move in.
- Use your own good sense for bathroom/medication needs as there will not be scheduled breaks.
- Self-care is central to our practice. If something doesn't feel right for you, ease off, and feel free to speak with the facilitators of your group or the leaders of the session about any problems or questions that may arise.
- During class discussions, please do your best to listen with full attention.
- Please refrain from giving advice to other people in the class. You can speak about your own experience and what has worked for you.
- If class is cancelled due to weather or emergency we will contact you.

# Integrative Medicine Group Visits Intake Form

NAME: \_\_\_\_\_

SESSION #: \_\_\_\_\_

DATE: \_\_\_\_\_

1) How would you rate your pain today?

No pain Worst pain imaginable  
0    1    2    3    4    5    6    7    8    9    10

2) Do you need to see the doctor privately today? **No / Yes**

3) Did you visit your primary care provider since our last group visit? **No / Yes**

4) Have any of your medications changed since our last group visit? **No / Yes**

5) Did you visit the urgent care center at your community health center? **No / Yes**

6) Did you visit the emergency room since our last group visit? **No / Yes**

7) What home practices did you do this past week? (Circle)

Meditation

Body scan

Journaling

Yoga

Mindful eating

Other: \_\_\_\_\_

8) How many cigarettes do you smoke a day? \_\_\_ \_\_\_

- Is this the **same** amount, **more**, or **less** than last week? (Circle)
- Do you have an interested in quitting smoking? **No / Yes /I don't smoke cigarettes**

9) Do you have any other concerns?

**Vitals: please record in vitals tracker in binder**

Blood Pressure: \_\_\_\_\_

Pulse: \_\_\_\_\_

Weight : \_\_\_\_\_

# Weekly Vitals Tracker

<b>Date</b>	<b>Blood Pressure</b>	<b>Pulse</b>	<b>Weight</b>	<b>Pain (0-10)</b>
<i>Session 1</i>				
<i>Session 2</i>				
<i>Session 3</i>				
<i>Session 4</i>				
<i>Session 5</i>				
<i>Session 6</i>				
<i>Session 7</i>				
<i>Session 8</i>				
<i>Session 9</i>				

Remember to add your vitals to OWL every week!



# What is Mindfulness-Based Stress Reduction (MBSR)?

## What is Mindfulness?

**Mindfulness** means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Practicing mindfulness can help us begin to develop a sense of curiosity and patience with our experiences, whether positive or negative. This is fundamental, since the present moment is the only time anyone has to learn, grow, and change (Kabat-Zinn, J., 1990).

## What is Mindfulness-Based Stress Reduction (MBSR)?

**MBSR** is a formal eight-week program that was created by Jon Kabat-Zinn in 1979 and is in many hospitals around the country, and many more around the world. This program supports people with anxiety, depression, chronic pain, stress, and other medical conditions. We will learn about stress and explore our own physical, mental, and emotional patterns of behavior. We will also learn more mindful ways to communicate, and how to choose nourishing foods, behaviors and activities.

### Potential benefits:

- ❖ Increased concentration
- ❖ Some people report experiencing a quieter mind, sense of balance, and enhanced well-being
- ❖ New ways to cope more effectively with our own conditions, like: pain, depression, and low energy
- ❖ Learn how to take better care of ourselves
- ❖ Many benefits of MBSR have been suggested by research, like: a reduction in pain, lowered blood pressure, and an improvement in mood and energy levels



## What are Integrative Medicine Group Visits?

- ❖ The Integrative Medicine Group Visits (IMGVs) program is a 9-week clinical program that combines Mindfulness-Based Stress Reduction with health education and integrative medicine therapies.

Adapted from: University of Massachusetts Medical School, *Orientations* handouts Additional credit: Elisha Goldstein and Will Baum

## A Guide to the IMGV Website

Our Whole Lives (OWL) was created with you in mind. It is an interactive and easy to use resource for your health and wellbeing. Consider OWL *your* website. It is full of information about nutrition, mind-body practices, and many other ways we hope will help you be in control of the health of your body and mind.



OWL has all the information from this manual if you want to review anything you learned in class and a lot more, such as:

- Short videos about different health topics learned in class
- Links to audio recordings to help you practice stress reduction techniques
- A community blog so that you and other members of the group can keep in touch outside of class
- Recipes to share and to try at home
- A supportive network to help your progress through IMGV

You will receive a username and a password so that you can log into OWL. If you want, you can use OWL on any computer or on a tablet, whatever works best for you.

Below you see an example of what you will find on OWL. This is a screenshot of the Home screen of Session 2.

At the top of every screen you will always see these tabs:

- **Home:** where you will be welcomed every time you log in and reminded of which session you are in each week.
- **Measurement Record:** where you can see changes in your weight, blood pressure, pulse and pain from week to week.
- **Community:** where you can post your thoughts and share your experiences with the group. This is shared information, so please be respectful of what others write.
- **Progress Log:** where you will see what practices from IMGV you have completed each week.
- **Resources:** where you will find healthy recipes, poems, and much more!

The screenshot shows the OWL (Our Whole Lives) Home screen. At the top left is the logo with the text "O.W.L. OUR WHOLE LIVES A HOLISTIC HEALTH TOOL" and a cartoon owl. A navigation bar contains tabs for "Home", "Measurement Record", "Community", "Progress Log", and "Resources". On the left side, there is a vertical menu with buttons for "Session 1" through "Session 9" and "My Goals". The main content area features a large "Hello!" in orange, followed by "This week you are in Session 2". Below this is a large orange button that says "Go To Session 2" with a white yoga icon. Underneath, a text prompt says: "Click on the icons below to view your progress and vitals history, access the library of learning resources, or connect with your friends." At the bottom of the main area are five dark blue buttons with white icons: "Measurement Record" (chart icon), "Community" (circular arrows icon), "Progress Log" (document icon), "Resources" (wrench and screwdriver icon), and "Journal" (notepad icon). In the top right corner, there is an "EXIT" button with a person icon.

You can also see that the Home screen shows buttons to the Measurement Record, Community, Progress Log, Resources, and another button called Journal near the bottom of the screen:

- **Journal:** where you can write anything you want. No one will see what you write unless you share.

On the left-hand side of the screen you will see all the sessions that you will complete over the 9 weeks. Sessions will become available one at a time, each week. You will always have access to the sessions you have already completed.

Now let's take a look at this screenshot of Session 2. Each Session page will let you know the learning objectives.

The screenshot shows the O.W.L. website interface. At the top left is the logo for O.W.L. (Our Whole Lives) with the tagline 'A HOLISTIC HEALTH TOOL'. The navigation menu includes Home, Measurement Record, Community, Progress Log, and Resources. On the left side, there is a vertical list of sessions from Session 1 to Session 9, with 'My Goals' at the bottom. The main content area is for Session 2, titled 'Session 2: Our Reactions to Stress'. It features a 'Learning Objectives' section with three bullet points: 'The effects of stress on the mind and body', 'How to practice mindful eating', and 'How to do the body scan'. Below this is a 'Getting Started' section with a clock icon. At the bottom of the session page are five buttons: 'Home Practice' (meditation icon), 'Health Topics' (apple icon), 'Manual' (document icon), 'Vitals' (heart and pulse icon), and 'Journal' (notepad icon). On the right side, there is a quote by Victor Frankl: 'Between Stimulus And Response There Is A Space. In That Space Is Our Power To Choose Our Response. In Our Response Lies Our Growth And Our Freedom.'

On the bottom of the Session pages are 5 buttons:

- **Home Practice:** where you will be reminded to practice stress reduction techniques and other activities before the next IMGV.
- **Health Topics:** where each week you can watch short videos on different health topics.
- **Manual:** where you can review the IMGV curriculum you were given in class.
- **Vitals:** where you can keep track of your vitals. After your class, come to this page and enter the information from the Weekly Vitals Tracker sheet in your binder. Record your blood pressure, pulse, weight and pain on OWL and watch any changes that happen from week to week.
- **Journal:** where you can write anything you want. No one will see what you write unless you share.

## Home Practice: Orientation

### Just a Note:

Home practice is the opportunity to practice what you have learned in our weekly groups. Consistently practicing the tools that you learn in this program will help you add mindfulness and healthy living into your daily life. The IMGV website, “OWL”, can help you practice, review topics, and interact with your group members outside of class. Positive changes in your health and well-being will happen when you commit to practicing the tools you learn for at least 30 minutes every day.

### MIND-BODY PRACTICE

- For the upcoming sessions, this section will include reminders for daily meditations, yoga, and body scan

### DAILY LIFE PRACTICE

- For upcoming sessions, the “daily life practice” section will include suggestions of what you can do in your everyday life to continue the lessons you learn each week

### MANUAL ACTIVITY

- This section will have links to worksheets to help you with certain topics each week

### HEALTH TOPIC VIDEO

- You will find reminders to watch videos on OWL here. These videos are about 5 minutes and highlight the topics you talked about in class

## Home practice for this week:



### DAILY LIFE PRACTICE

- Tell people in your life that you are doing this course
- Notice how the weather affects your thoughts, sensation and emotions this week
- Dedicate a quiet and comfortable space in your home for the home practice each week

### REFLECTIONS

- This week, you are encouraged to begin charting your vitals. The Measurement Record will be available to you in class every session so that you can watch any changes or improvements in your weight, blood pressure, pulse, or pain that may occur over the next few months. You are encouraged to record your vitals onto the website each week.

# Spiced Lentils and Brown Rice

Serves 4

**\*\*This dish costs under \$5 to make and uses the spice turmeric, which helps reduce inflammation.\*\***

## Ingredients:

2 cups lentils (any kind you want! The orange lentils cook the fastest.)  
1 tbsp olive oil  
1 onion, finely chopped  
1 tsp cumin seeds  
1 tsp black mustard seeds  
1 tsp turmeric powder  
2 cloves garlic, finely chopped  
1 green chili, finely chopped  
½ inch ginger root, finely chopped  
salt and pepper  
1 cup uncooked brown rice

## Recommended sides:

- ✓ Steamed broccoli or zucchini

## Tools:

- ✓ 1 Large and 1 small pot
- ✓ Mixing spoon
- ✓ Cutting board and knife for dicing garlic, chili and ginger root

## Preparation:

### To cook rice:

1. Measure 2 cups of water and 1 cup brown rice into a pot. Cover and bring to a boil. Once boiling, lower heat to a simmer and cook covered for 35-45 minutes or until all water has been absorbed.

### To cook lentils:

1. If you're using larger lentils (like chana dal, French lentils, or split mung beans), soak them for 30 minutes to start. If you're using the small orange lentils, then don't bother soaking them; they cook very quickly.
2. Pour olive oil into a saucepan on medium heat. Add the onion and let it cook for 1 minute, then add the cumin and mustard seeds and stir them around with the onions until they sizzle.
3. Toss in the turmeric powder, garlic, and chili and cook for 3 to 4 more minutes. Add the ginger root and stir fry quickly for about 30 seconds.
4. Add the lentils along with enough water to cover them, then place a lid on top. Let everything cook for 20 to 45 minutes, or until the lentils are tender.
5. Taste the lentils and add salt and pepper. You'll probably need a fair bit of salt to bring out all the flavors—a teaspoon or so.
6. If you have them available, top the dish with a dollop of plain yogurt and some chopped fresh cilantro.



Image credit: [www.leannebrown.ca/good-and-cheap.pdf](http://www.leannebrown.ca/good-and-cheap.pdf)

Adapted from: Leanne Brown's free cookbook [Good and Cheap](http://www.leannebrown.ca/good-and-cheap.pdf)  
[www.leannebrown.ca/good-and-cheap.pdf](http://www.leannebrown.ca/good-and-cheap.pdf)



# Session 2: Our Reactions to Stress



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topic:
  - Upstream, Downstream
- Raisin eating exercise
- Health topic:
  - Introduction to Stress
- Mind-body:
  - Body Scan
- Review home practice assignments
- Recipe
- Healthy meal

## Upstream, Downstream



"Imagine a large river with a high waterfall. At the bottom of this waterfall hundreds of people are working frantically trying to save those who have fallen into the river and have fallen down the waterfall, many of them drowning. As the people along the shore are trying to rescue as many as possible one individual looks up and sees a seemingly never-ending stream of people falling down the waterfall and begins to run upstream. One of other rescuers hollers, "Where are you going? There are so many people that need help here." To which the man replied, "I'm going upstream to find out why so many people are falling into the river."

Reference: Saul Alinsky, in Sheldon & Macallair

# What is Stress?

Stress is our brain and body's response to any demand or change.

All animals have a built-in stress response, which is called the '*fight or flight*' response. This response developed as the body's way of preparing for a dangerous situation. This physical response comes from a rush of hormones, like adrenaline, that speed up your heart and breathing, offering a burst of intense energy.

## Stress in the modern world:

With life's increasing pace, there are many daily events that can trigger stress. Stressors can include your daily commute, crowded spaces, and changes in relationships, work, and money. Long-term stressors can include traumatic events, death of a loved one, and chronic illness.

***BELIEVE IT OR NOT, THERE IS POSITIVE STRESS AND THERE IS NEGATIVE STRESS.***

What is ***positive stress***?

- *A sense of challenge and excitement*
- *A sense of renewed energy*
- *Paying attention to detail, increased accuracy*
- *Feelings of excitement and hope*
- *Increased self-confidence*

What is ***negative stress***?

- *Feeling that the demands from the outside world are greater than what you can manage*

If not addressed, long-term negative stress can lead to many serious mental, emotional, and physical health problems.

Reference: <http://nimh.gov/health/publications/stress/index.shtml>

Watch the OWL video:  
*Our Reactions to Stress*



## What are some negative effects of stress on the **body**?

### Short Term Physical Symptoms

'Fight or flight' response  
Faster heart beat  
Increased sweating  
Cool skin  
Cold hands and feet  
Rapid Breathing  
Constipation  
Tense Muscles  
Dry Mouth  
A desire to urinate  
Tiredness  
Diarrhea  
'Butterflies in stomach'

### Long Term Physical Symptoms

Pain  
Change in Appetite  
Asthma  
Headaches  
Frequent colds  
Digestive problems  
Depression  
Skin eruptions  
Aches and pains  
Feelings of long-term trouble  
Sleeping/insomnia  
Inflammation

## What are some changes in your **thinking**?

*You may notice:*

- It is hard to concentrate
- Lowered self-confidence
- Lapses of memory
- Poor judgment
- Feeling pressured

## What are changes in your **emotions**?

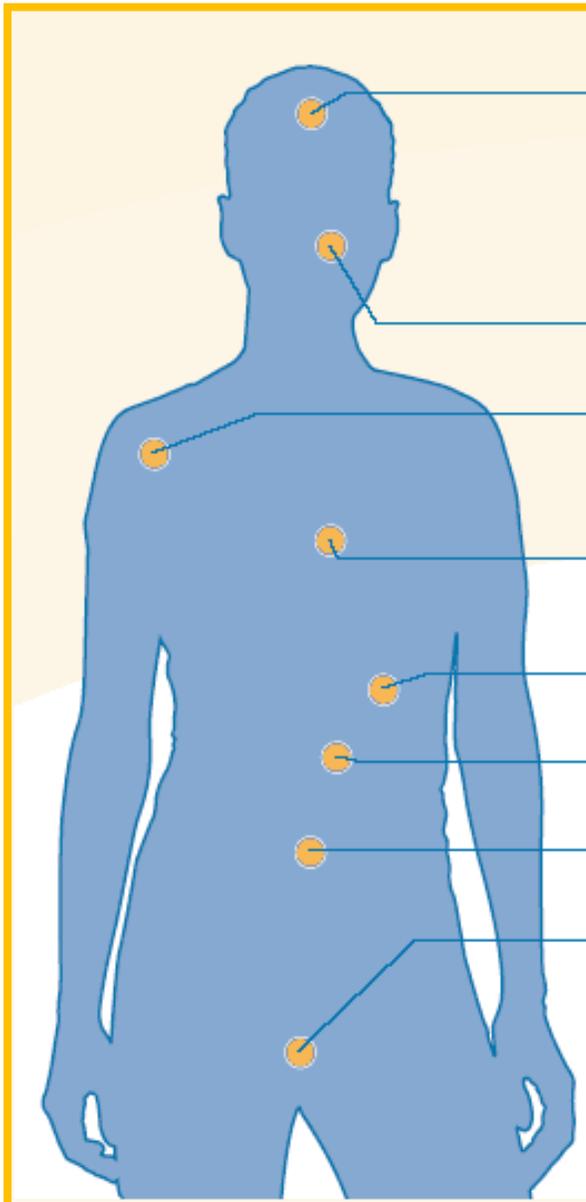
*You may notice:*

- Resentment
- Anger and irritability
- Feeling "on edge" or agitated
- Feeling blue, down, hopeless
- Moodiness

References:

1. UMass Department of Psychiatry Health Psychology Program
2. <http://www.pbs.org/thisemotionallife/topic/stress-and-anxiety/what-stress>
3. <http://www.nimh.nih.gov/health/publications/stress/index.shtml>

# Stress and Your Body



## BRAIN AND MOOD

- Headaches
- Lack of energy
- Nervousness
- Memory problems, trouble concentrating
- Trouble sleeping
- Mental health issues; anger, sadness, irritability

## SKIN

Acne and other skin problems including rashes

## MUSCLES AND JOINTS

Muscle aches, pain and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

## HEART

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

## STOMACH

Upset stomach, stomach pain, heartburn, weight gain

## PANCREAS

Increased risk of diabetes

## INTESTINES

Diarrhea (loose stools), constipation, gas, and other digestive problems

## REPRODUCTIVE SYSTEM

For women: irregular or more painful periods, reduced sexual desire; for men: infertility, erectile dysfunction, reduced sexual desire

## IMMUNE SYSTEM

Lowered ability to fight or recover from illness

# Ways to Respond to Stress

*-Everyone responds to stress differently-*

## **WHAT ARE SOME UNHEALTHY WAYS TO RESPOND TO STRESS?**

### Examples:

- Increased smoking, alcohol, drug use
- Withdrawing from loved ones
- Absenteeism
- Overeating
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **WHAT ARE SOME HEALTHY WAYS TO RESPOND TO STRESS?**

### Examples:

- Deep breathing
- Exercise: Start with a 10 minute walk or 10 minutes of stretching during the day.
- Reach out to a friend or family member; connecting with people that we love can help us feel more relaxed and supported.
- Eating healthy foods
- Listening to music or singing
- Prayer
- Writing in a journal
- Taking time for yourself
- \_\_\_\_\_
- \_\_\_\_\_

Adapted from U. Mass Medical School, Department of Psychiatry,  
'Improve Your Health through Better Stress Management'

# Home Practice: Session 2



## **MIND-BODY PRACTICE**

- Practice the body scan once a day, 6 out of 7 days this week
  - Visit OWL for audio of the body scan. OWL can help you practice

### **Guidelines for doing the body scan:**

- Regardless of what happens (falling asleep, losing concentration, being distracted by thoughts, emotions or physical sensations), stay with the practice. You can do it!
- These are your experiences in the moment. All you have to do is be aware of them even if your mind is wandering.
- This is not a competition. This is a time for quiet and privacy.
- Be open to whatever you experience during the body scan.
- Cultivate an attitude of openness, curiosity and friendly acknowledgement about what is here right now. There is no need to fight off or suppress any unpleasant thoughts, emotions or sensations-or to hold onto pleasant ones.
- You don't have to like the body scan. The most important thing is to stick with it and see what happens.

## **DAILY LIFE PRACTICE**

- Take a few moments each day to pay attention to thoughts, emotions and physical sensations.
- Eat one meal mindfully.
- Anything you want to post to the Community on OWL?

## **MANUAL ACTIVITY**

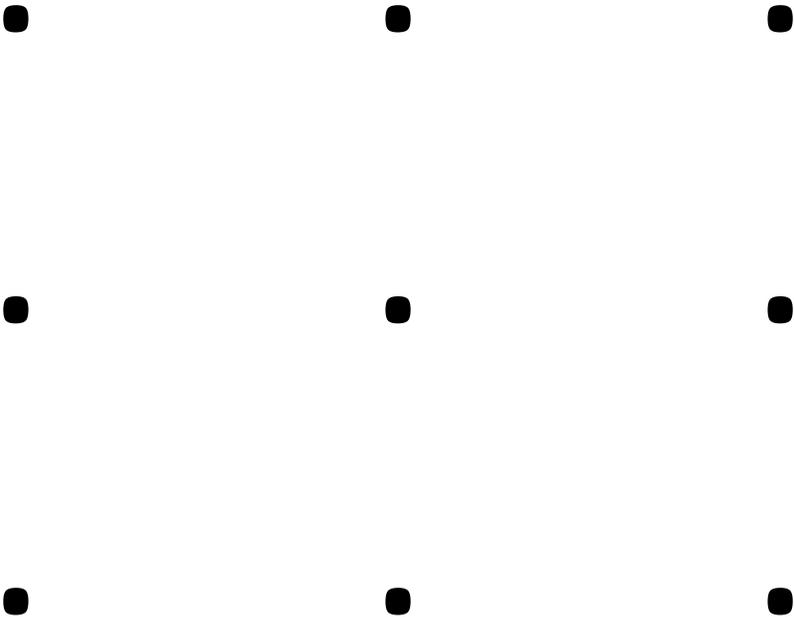
- Nine Dots

## **HEALTH TOPIC VIDEO**

- Our Reactions to Stress

# Nine Dots Exercise

Directions: Connect up all these dots with four straight lines without lifting the pencil or retracing over any of your lines.



## Sautéed Vegetables and Quinoa

Serves 4

This mood-boosting recipe offers an abundance of fiber and vitamins to fuel your day.

### Ingredients:

- ½ cup quinoa, rinsed
- 2 tablespoons olive oil
- 1 cup low-sodium vegetable stock (or water)
- 1 medium yellow onion, diced
- 2 cloves garlic, roughly chopped
- 1 bell pepper (any color), diced
- 1 cup of broccoli, sectioned (or use frozen)
- 4 tablespoons sunflower seeds (optional)



Image credit: kirstenskitchen.blogspot.com

### Tools:

- ✓ Large pot
- ✓ Large Pan
- ✓ Cutting board
- ✓ Knife
- ✓ Spatula/something to mix veggies

### Tips:

- ✓ Use any combination of vegetables in this recipe: the more colors, the better! Zucchini, spinach, summer squash, avocado, carrots, tomatoes, and sweet potatoes make awesome additions.
- ✓ Frozen fruits and veggies can be just as nutritious, and can often be a much more cost efficient option.

### Instructions:

1. Wash and chop vegetables. Set aside.
2. Heat large pot over medium heat. Add 1 tablespoon of olive oil.
3. Add onions and garlic and sauté until soft.
4. Add the vegetable stock or water and bring to a boil. Add quinoa. Reduce heat and simmer the quinoa until most of the liquid is absorbed, about 15 minutes.
5. In a separate sauté pan, add 1 tablespoon of olive oil and sauté vegetables until tender over medium-high heat.
6. Top cooked quinoa with sautéed vegetables and serve with any additional toppings, like sunflower seeds or lean protein.

### Health Benefits:

- ✓ Foods high in vitamin B, including quinoa, have a calming effect on the body, improving mood and decreasing feelings of stress and anxiety.
- ✓ Red bell peppers are high in vitamins A, C and folate, which give you more energy and help to repair cell damage caused by stress.
- ✓ Sunflower seeds contain high levels of vitamin E and folate, which help to enhance your mood and increase energy



# Session 3: The Importance of Healthy Sleep



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topic:
  - Sleep
- Mind-body:
  - Introduction to Meditation
- Review home practice assignments for coming week
- Recipe
- Healthy meal

# The Importance of Getting a Good Night of Sleep



Image credit: [www.docakilah.wordpress.com](http://www.docakilah.wordpress.com)

## What is insomnia?

Insomnia is a common sleep disorder where individuals have a challenging time falling asleep, staying asleep, or both.

Insomnia can be **acute**, meaning short-term, or **chronic**, meaning long-term.

- ✓ Acute insomnia can last for a few days or even weeks.
- ✓ Chronic insomnia can last for a month or longer.

Sometimes insomnia can be related to another medical condition, medication, or substance. This is called **secondary insomnia**.

Other times insomnia is its own distinct disorder. Many changing life circumstances can trigger insomnia, such as stress or a traumatic event.

## How does sleep affect my overall health?

The short-term effects of insomnia can include a lack of energy, irritability, lack of motivation, and trouble focusing. There are many long-term effects of insomnia, including anxiety disorders, depression, suppressed immune function, stress in the stomach and intestines, headaches, and weight gain.



## What are some ways that I can establish healthy sleep patterns?

- ❖ **Exercise is great**, but not too late in the day. Try to exercise at least 20- 30 minutes on most days. Exercising too close to our bed times can make it harder to relax and transition into sleep.
- ❖ **Try to get outside in natural sunlight for at least 30 minutes each day.** If possible, wake up with the sun or use very bright lights in the morning. Sleep experts recommend that, if you have problems falling asleep, you should get an hour of exposure to morning sunlight and turn down the lights before bedtime.
- ❖ **Focus on foods and beverages that promote sleep.** Chamomile tea, warm milk, bananas, soy, whole grain cereal, apples, almonds, and walnuts are all great choices. Try to consume these beneficial snacks *at least 1 hour before bed* so that the body has time to absorb the sleep promoting nutrients. Alcohol does not help us sleep better.
- ❖ **Take a supplement to help support healthy sleep.** Taking a melatonin supplement (0.5-3 mg) one hour before bedtime.
- ❖ **Be mindful of caffeine.** Caffeine is in coffee, colas, certain teas, and chocolate, and its effects can take as long as 8 hours to wear off fully. Therefore, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night.
- ❖ **Be mindful of nicotine.** Nicotine is also a stimulant, often causing smokers to sleep only very lightly. In addition, smokers often wake up too early in the morning because of nicotine withdrawal.
- ❖ **Avoid large meals and beverages late at night.**
- ❖ Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, **talk to your doctor or pharmacist to see whether any drugs you're taking might be contributing to your trouble sleeping** and ask whether they can be taken at other times during the day or early in the evening.

- ❖ **Try to find a sleep schedule that works for you.** Getting into a rhythm of going to bed and waking up at the same time each day can be very helpful for training your body to sleep well.
- ❖ **Find ways to relax before bed.** Try not to overschedule your day so that you can set aside time to unwind. A relaxing activity, such as reading, journaling, taking a bath, or listening to music, is a wonderful addition to your bedtime ritual.
- ❖ **Have an inviting sleeping space.** Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or warm temperatures. You sleep better if the temperature in the room is kept on the cool side. A TV, cell phone, or computer in the bedroom can be a distraction and keep you from getting enough sleep. Turn the clock's face out of view so you don't worry about the time while trying to fall asleep.
- ❖ **Try a body scan or seated meditation.** If you find yourself still awake after staying in bed for more than 20 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity, like deep breathing, a body scan, or seated meditation, until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.
- ❖ **Promote Positive Thoughts.** Once sleep becomes a problem negative thoughts will quickly follow. These thoughts often come to mind automatically, but usually they are not *completely* true. Despite that fact, they still trigger the stress response, (also called "fight or flight") and worsen insomnia.

The good news is that the opposite is also true. Positive thoughts can lead to positive changes in the mind and body. This is one of the principals behind a very successful type of therapy called Cognitive Behavioral Psychology.

**Step 1:** Identify Negative Sleep Thoughts--Write them down. Use the journal on the website.

**Step 2:** Assess any distortions; is there another way of looking at the situation?

**Step 3:** Reframe the negative statements in a more positive way.

Sources: <https://www.nhlbi.nih.gov/health/health-topics/topics/inso/>  
<http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.html>  
[http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)

[https://www.fammed.wisc.edu/sites/default/files/webfmuploads/documents/outreach/im/handout\\_sleep.pdf](https://www.fammed.wisc.edu/sites/default/files/webfmuploads/documents/outreach/im/handout_sleep.pdf)

## Gratitude Journaling: Promoting Positive Thoughts

*Research has shown that people who write about things that they are grateful about actually become **HAPPIER** even over the course of just a few weeks.*



- **Keep your journal in a place where you will see it at the end of each day**
- Try and write about at least **three experiences** each time. This is regular, simple and doable. However, go for **depth over breadth**. Even if you just focus on one thing, go into detail about why the experience made you grateful.
- Another option is to **express yourself through drawing, painting, creating a collage**, or any way that feels like the best fit for you.
- **Experiment with the types of things you write about.** You can do obvious things ("I am grateful for my children") or more subtle things ("I am grateful that it stopped raining when I stepped outside") but try to do both.
- Remember that all gratitude doesn't need to be saved for the journal. **Tell the people- both loved ones and strangers- in your life how much you appreciate them.**
- **Get personal.** Research shows that focusing on *people* to whom you are grateful has more of an impact than focusing on *things* for which you are grateful.
- **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to bring about stronger levels of gratitude.

Adapted from: [http://stress.about.com/od/positiveattitude/ht/gratitude\\_journ.htm](http://stress.about.com/od/positiveattitude/ht/gratitude_journ.htm)  
[http://greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

# Home Practice: Session 3



## **MIND-BODY PRACTICE**

- Practice the body scan 6 out of 7 days
  - OWL audio: body scan
- Practice meditation 6 out of 7 days
  - OWL audio: meditation

## **DAILY LIFE PRACTICE**

- Write down 3 things that you are grateful for in the Journal or the Community on OWL
- Pick out a food label to bring for the next session
- Pack comfortable clothing for yoga next session
- Bring mindfulness to your routine activities. Try brushing your teeth, washing dishes, taking a shower, driving, and eating mindfully

## **MANUAL ACTIVITY**

- Fill out the Pleasant Events Chart

## **HEALTH TOPIC VIDEO**

- The Importance of Healthy Sleep

# Pleasant Events Chart

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Situation							
Body Experience							
Emotions							
Thoughts							

# White Bean and Spinach Salad

Serves 4

Combining foods high in vitamin C and iron can increase absorption of iron, creating a major energy boost!

## Ingredients:

### Salad

- 2, 15-ounce can of no-salt-added white beans, drained and rinsed
- 1 red onion, thinly sliced
- (**Tip:** soaking sliced onions in a bowl of cold water for 15 minutes or more can take away the bitter flavor)
- 1 red bell pepper, thinly sliced
- 4 cups fresh spinach leaves, tough stems removed and torn into bite-sized pieces



Image credit: [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

### Dressing

- 4 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon balsamic or apple cider vinegar, or lemon juice
- 1 garlic clove, minced
- Black pepper and any desired herbs, to taste

## Instructions:

1. In a large mixing bowl combine beans, sliced onion, bell pepper and spinach.
2. In a separate small bowl, whisk together mustard, vinegar and black pepper. Pour dressing over the bean mixture and stir to combine all ingredients.
3. Serve immediately or chill until ready to use.

## Health Benefits:

- ✓ Spinach and beans are both very high in iron, a mineral that plays a crucial role in good health. Iron deficiencies are very common, and one symptom is restless leg syndrome, which can disrupt sleep patterns.
- ✓ Combining foods high in vitamin C, such as bell peppers, and foods high in iron, such as white beans, can increase the absorption of iron into your blood stream up to 5 times faster.

# Session 4: Food and Movement as Medicine



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
  - Food and Movement as Medicine
  - Healthy Eating Plate
  - Reading Nutrition Labels
  - Serving Suggestions
- Mind-body:
  - Introduction to Chair Yoga
- Review home practice assignments for coming week
- Recipe
- Healthy meal

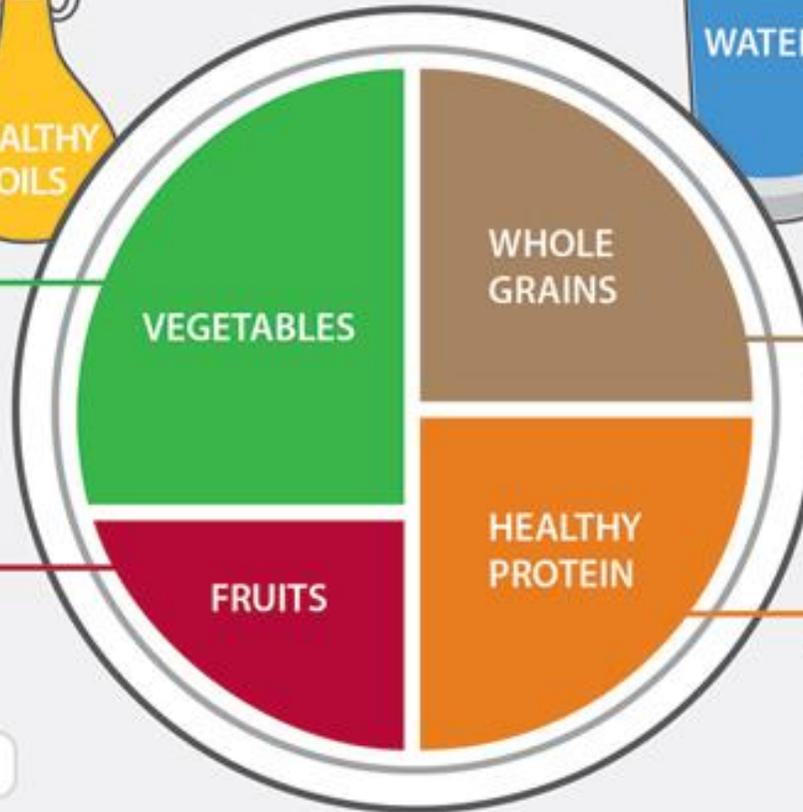


# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

© Harvard University



Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



# Introduction to Reading Nutrition Labels

There is a lot of information on a nutrition label, but the most important information is at the top of every food label. The most important information is **servings size**, **servings per container** and **calories**.

## Serving Size

This is the recommended amount of food one person should consume.

This container recommends 1 cup per person.

## Servings Per Container

How many servings are in the package, box, bottle or can?

There are 2 servings in this container.

## Calories

This is calories per serving **NOT** calories per container!

For this label, to figure out how many calories are in the whole container you have to do some math:

$250 \times 2 = 500$  Calories per container

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      **Calories from Fat** 110

**% Daily Value\***

**Total Fat** 12g      18%

Saturated Fat 3g      15%

Trans Fat 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Image credit: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm114155.htm>

Vitamins and Minerals



# Serving Suggestions

Here is a guide to think about servings using everyday objects.  
Next time you have a snack or a meal, see if these images help you think about your portion sizes.

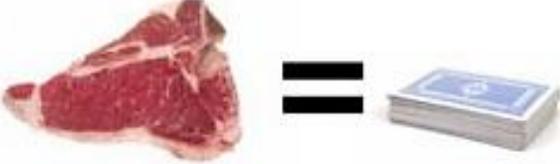
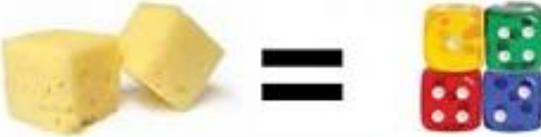
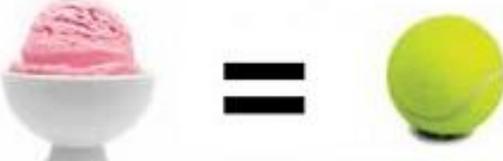
<p>3 ounces of meat is about the size and thickness of playing cards or an audiotape cassette.</p>	
<p>A medium apple or peach is about the size of a tennis ball.</p>	
<p>1 ounce of cheese is about the size of 4 stacked dice.</p>	
<p>½ cup of ice cream is about the size of a racquetball or tennis ball.</p>	
<p>1 cup of mashed potatoes or broccoli is about the size of your fist.</p>	
<p>1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>	
<p>1 ounce of nuts or small candies equals one handful.</p>	 <b>1 oz.</b>

Image credit: <http://ctsurgeryassociates.com/eating-with-your-hearts-consent/#seven-ways>

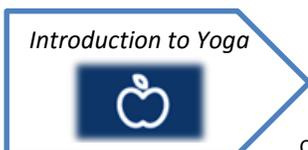
# Gentle Chair Yoga Sequence

## What is yoga?

Yoga is a practice that unites the mind, body and spirit through a series of breathing exercises and holding various postures. There are many different styles of yoga and ways to adapt postures for everyone. We will focus on these gentle postures as an introduction to the practice.

Below the postures we have offered are modifications using a chair. You can still receive the many benefits of practicing yoga in a chair. This may be a more comfortable option for many.

Reminder: Like with any new physical activity, be sure to listen to your body and be mindful of what postures make the most sense for you. Be on the lookout for any sharp pains- discomfort from muscle engagement is ok, but come out of the posture if anything is painful. Feel free to modify and make the postures work for you.



### Sitting Mountain



1. Sit in the chair with your feet planted at hips distance and your knees over your ankles.
2. Rest your hands, palms down on your thighs or in your lap. Eyes may be open gazing down, half closed or gently closed.
3. Lengthen your spine so your shoulders are directly over your hips and look straight ahead. Pull your belly button in to support your spine.
4. Inhale and exhale here for 5 deep breaths.

### Centering and Circling



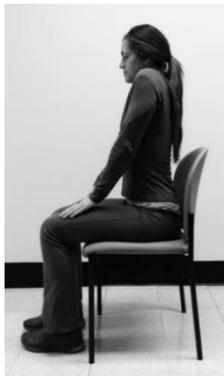
1. Sit upright in your chair with hands on your hips or one hand on your belly and one on your back.
2. Inhale and lengthen your spine.
3. Exhale and lean to the right, forward, left and back to center with your feet planted on the ground and your buttocks on the chair.
4. After circling 5 times, switch directions to circle the opposite way 5 times.

## Neck



1. Inhale and lengthen your spine and back of your neck.
2. Gaze up and gently lift your chin.
3. Exhale and allow your chin to drop down toward your chest, keeping your spine long.
4. Let the weight of your head stretch the muscles of your neck and shoulders.
5. Inhale as you lift up through crown of your head and exhale as you turn your head to the right, looking over your right shoulder.
6. Inhale to center and exhale as you turn your head to the left, looking over your left shoulder.
7. Inhale to sit tall and exhale as you gently drop your right ear towards your right shoulder.
8. Inhale to sit tall and exhale as you gently drop your left ear towards your left shoulder.

## Rolling your shoulders



1. Inhale as you lift your shoulders up toward your ears
2. Exhale as you roll them back down.
3. Inhale and exhale while rolling your shoulders 5 times.
4. Switch directions and roll your shoulders the other way 5 times.

### **Rocking Feet**



1. Press your feet into the ground with your back and buttocks supported by the chair.
2. Feel your strong core, drawing your belly toward your spine.
3. Inhale as you lift your heels, pressing into your toes.
4. Exhale, rolling your feet onto your heels and lift your toes.
5. Repeat this five times.

### **Foot Extensions**



1. Plant your right foot and lift the left leg up slightly.
2. Circle your ankle in and out a few times.
3. Plant your left foot and lift the right leg up slightly.
4. Circle your ankle in and out a few times.

### Stirring the pot



1. Move slightly forward in your chair and draw your belly in and up.
2. Gently lean forward with a straight back.
3. Plant your feet wider than your hips and point your knees in the direction of your toes.
4. Place one fist on top of other and circle your arms and torso, as though you are stirring a giant pot of soup.
5. Breathe fully and circle a few times in both directions.

### Arms



1. Rest your left hand on your heart and inhale to stretch your right arm up as far as is comfortable.
2. Exhale to lower your right arm and place it on your heart.
3. Inhale to stretch your left arm up as far as is comfortable.
4. Exhale and release.
5. Repeat this exercise 5 times on each side while breathing fully.

## Candle Breath



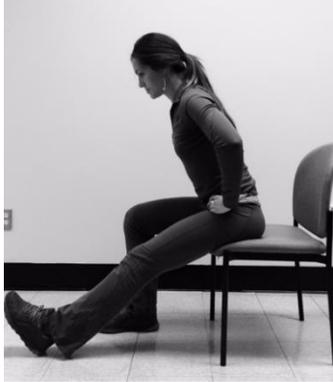
1. Bring your palms together at your heart center (Namaste position).
2. Inhale and reach your arms as wide as you want, swooping them up over your head.
3. Let your hands come together above your head to touch.
4. Exhale as you press your palms firmly together above your head and lower your hands to heart center.
5. Repeat this motion several times breathing fully.
6. Now reverse the motion
7. Start from heart center, inhaling as you press your palms and bring them over your head.
8. Exhale as your arms float down to your lap.
9. Inhale and bring your hands back to heart center and repeat several times while breathing fully.

## Butterfly



1. Gently hook your thumbs together in front of you and gently stretch your other fingers out.
2. Begin to trace a sideways figure 8 as your eyes follow the movement.
3. Trace the figure 8 with your hands 5 times as you breathe fully.

### **Hamstrings (back of the leg) Stretch**



1. Sit slightly forward in your chair, drawing your belly in toward the spine and plant your feet on the ground.
2. Hold onto the sides of the chair and inhale to lengthen your spine.
3. Slide your left foot forward, straighten your leg and flex your foot.
4. Exhale as you hinge at the hips and release your torso into a gentle bow while keeping your back straight.
5. Take a few breaths here, exhale as you press into your left foot.
6. Press your hands into the chair to lift back up.
7. Switch sides and repeat the same sequence.

### **Spine: Arching & Rounding (Cat & Cow)**



1. Bring your hands to your thighs with your palms facing down.
2. Push your hands out on your legs, close to your knees and lengthen your arms.
3. Draw your belly in and up to feel your strong core.
4. Inhale as you slowly slide both hands toward your hips, elbows hugging your torso.
5. Lift your chest and allow your upper back to gently arch.
6. Exhale as you slide both hands toward your knees and gently round your upper back.
7. Inhale and exhale through these positions 5 times.

## Side Bend



1. Place both hands on your hips and inhale to lengthen your spine.
2. Exhale as you bend your torso to the right while you keep equal weight in both feet and buttocks.
3. Inhale as you return to center.
4. Inhale as you sit tall and exhale as you lean your torso to the left.
5. Inhale to return to center.
6. Inhale and exhale through these positions 5 times.

## Gentle Twist



1. Bring your hands to your thighs and reach your hands towards your knees.
2. Inhale to lengthen your spine and exhale as you slide your right hand toward your right hip.
3. Put your left hand on your left knee and gently turn to the right.
4. Inhale and return to center.
5. Exhale as you slide your left hand toward your left hip.
6. Put your right hand over your right knee and gently turn to the left.
7. Inhale and return to center.
8. Inhale and exhale through these positions 5 times.

## **Chair Pose**



1. Sit toward the front of your chair with your feet planted firmly with your knees directly over your feet.
2. Hold onto the sides of the chair with your hands on your hips and inhale to sit tall.
3. Exhale as you squeeze your buttocks and thighs and press your feet into the ground and lean forward with a straight spine.
4. Take 5 deep breaths in this extended position.
5. Exhale as you press into your feet and buttocks and come back to sitting.

## **Closing**

1. Finish your chair yoga session with something fun and uplifting
2. Try shimmying, laughing, smiling, breathing, or whatever comes to you that brings you joy in that moment.

# Home Practice: Session 4



## MIND-BODY PRACTICE

- Alternate practicing the body scan and yoga every other day, 6 out of 7 days
  - OWL audio: body scan and yoga
  - You can also watch a video of chair yoga on OWL
- Practice meditation 6 out of 7 days
  - OWL audio: meditation

## DAILY LIFE PRACTICE

- Read nutrition labels for 3 foods. Share any discoveries with the Community on OWL and share with the group next week
- Continue to bring mindfulness to your daily activities

## MANUAL ACTIVITY

- Fill out Unpleasant Events Chart

## HEALTH TOPIC VIDEO

- Vitamins and Minerals
- Yoga

# Unpleasant Events Chart

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Situation							
Body Experience							
Emotions							
Thoughts							

# Black Bean and Corn Salad

Serves 4

*This easily prepared salad is a powerhouse of nutrition and flavor for your budget!*

## **Ingredients salad:**

- 2, 15-ounce cans black beans, drained and rinsed
- 1, 15-ounce can of corn (no added salt), drained and rinsed (or use frozen, thawed corn)
- 1 large carrot, diced
- 1 red or orange bell pepper, seeded, cored, and diced
- 2 tablespoons chopped parsley or cilantro
- 1 ripe avocado, peeled and diced

¼ teaspoon ground cayenne pepper (optional)

½ teaspoon sea salt



Image credit: [www.onceuponachef.com](http://www.onceuponachef.com)

## **Ingredients dressing:**

- ¼ cup extra virgin olive oil
- Juice of 1 lemon or lime
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder

## **Preparation:**

1. Combine rinsed and drained beans with corn, carrots, bell pepper, and chopped herbs.
2. Whisk together dressing ingredients and splash over salad.
3. Top with diced avocado. Can be eaten immediately, and it gets even better as it sits. Refrigerate leftovers.

## **Health Benefits:** (Source: food user manual)

- ✓ When black beans and corn are combined they have all 9 essential amino acids, creating a complete protein. Complete proteins are the “building blocks” of the body.
- ✓ Plant proteins like beans, whole grains, nuts, seeds and vegetables offer the body a wide variety of nutrients, like healthy fats, minerals, vitamins and compounds called antioxidants, which can prevent disease.



# Session 5: Our Bodies' Response to Pain



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
  - Our Bodies' Response to Pain
  - Mind-Body Approaches to Pain Management
- Mind-body:
  - Introduction to Acupressure
- STOP
- Review of home practice assignments for coming week
- Recipe
- Healthy meal
- Mid-point survey

# Our Bodies' Response to Pain

## ***How do we define acute pain?***

**Acute pain** typically occurs suddenly, and can be very sharp, like pain after a cut or burn, for example. Acute pain typically goes away after the underlying cause of the pain has been treated. Acute pain can also be warning sign for the body. Sometimes acute pain can lead to chronic pain.



Image credit: istockphoto.com/azndc©

## ***How do we define chronic pain?***

**Chronic pain** lasts longer than acute pain, generally more than three months. Chronic pain is widely believed to be a disease, with known changes in the nerves that get worse with time. Due to its persistence, it can cause major problems in every aspect of a person's life, and is frequently resistant to many medical treatments. A person may even have two or more chronic pain conditions. Among the most common pain challenges for Americans are:

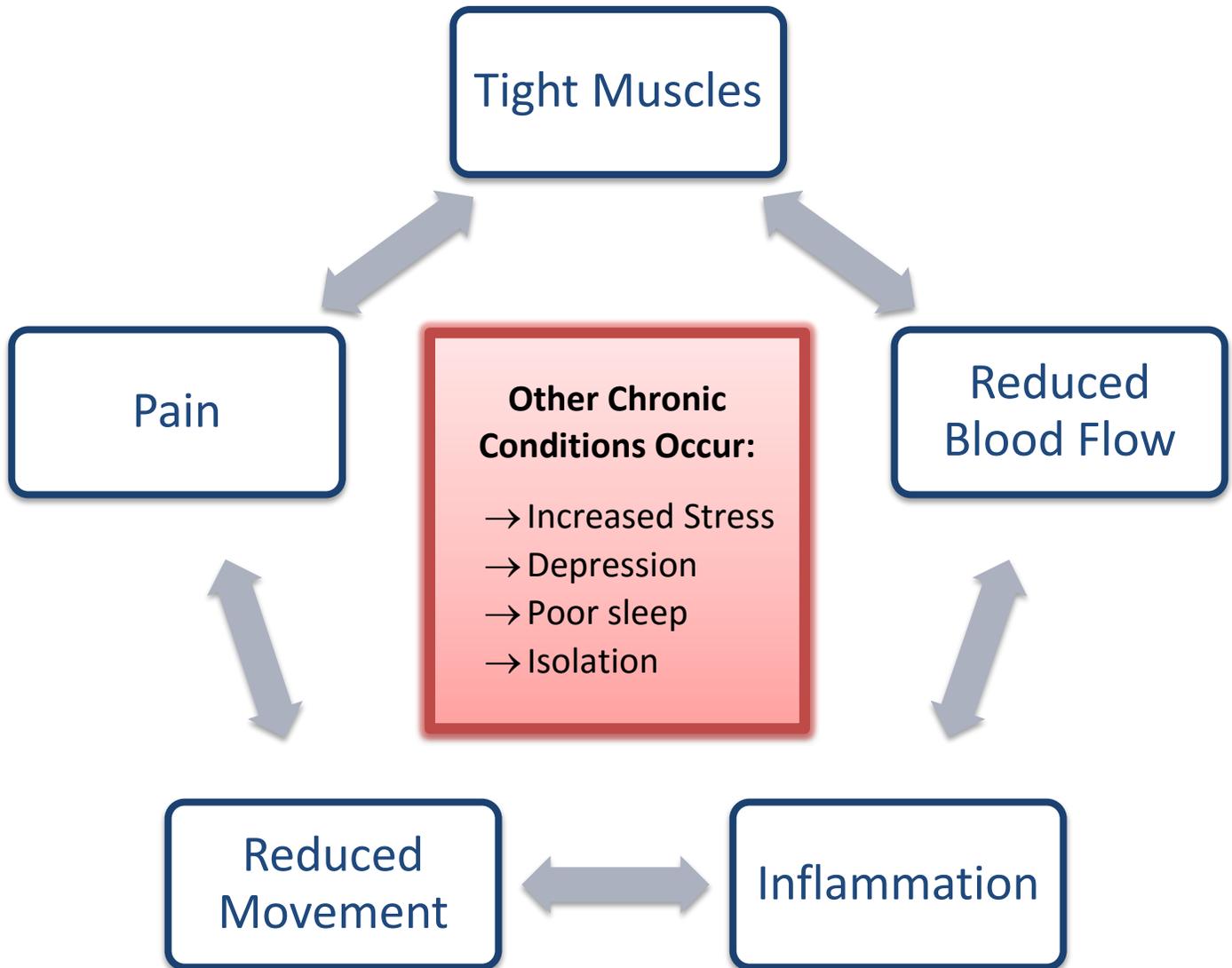
- Headaches
- Low back pain
- Arthritis pain
- Cancer pain
- Nerve and muscle pain

## ***What causes chronic pain?***

- ✓ There is no clear cause of chronic pain; it may start with an injury or other cause, but continues after healing has occurred.
- ✓ Chronic pain may occur in a variety of locations in the body and for many different reasons.

Adapted from: Cleveland Clinic  
American Chronic Pain Association

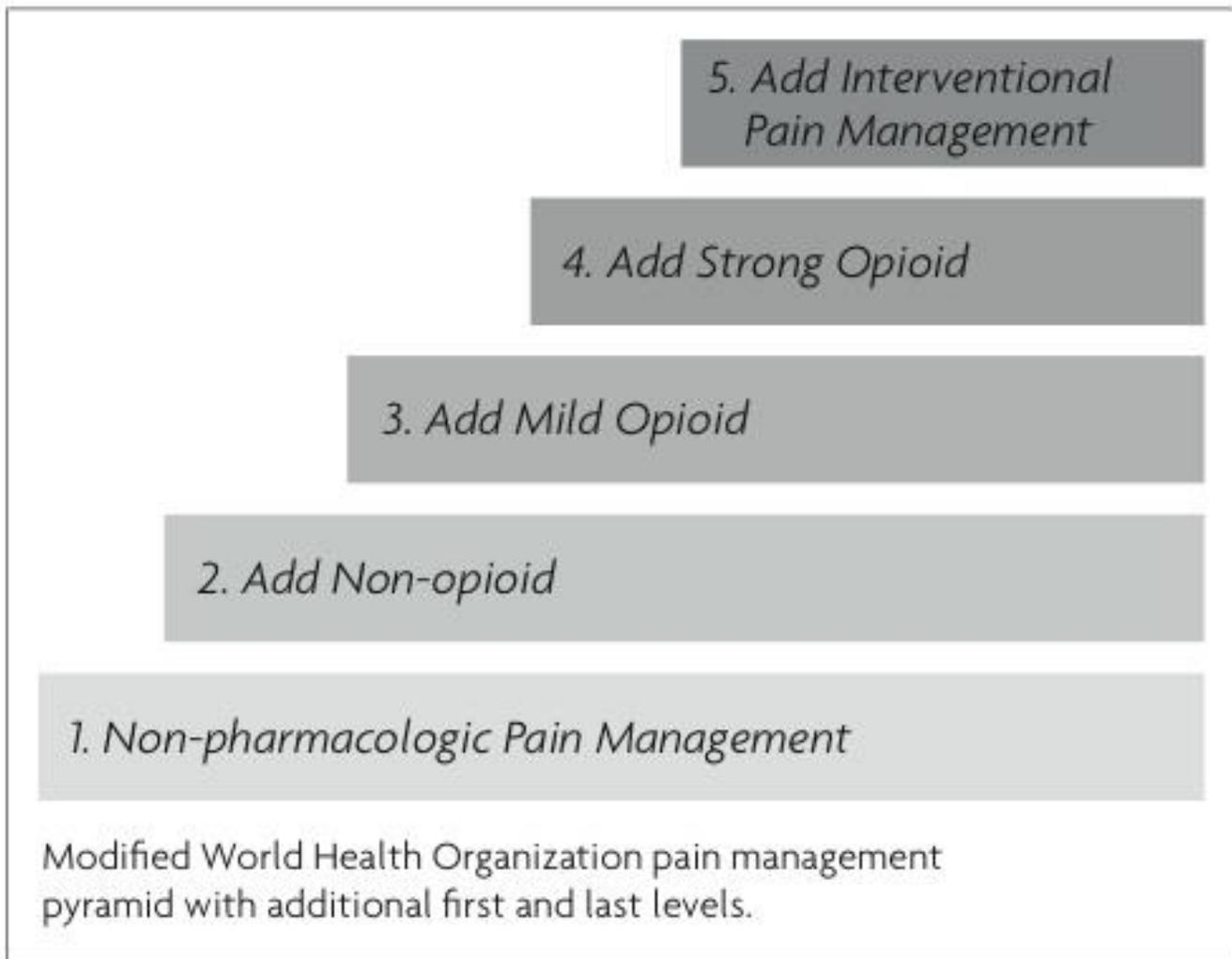
## Chronic Pain Can Feel Like a never Ending Cycle:



## What are some treatment options?

The goal of treatment is to reduce pain, improve function, and regain the ability to do daily activities. There are a number of treatment options that can help to manage pain and improve quality of life.

- Non-pharmacological techniques and mind-body techniques
- Medication
- A combination of both medication and other techniques



- ***We will focus on non-pharmacologic pain management options.***
- ***Always discuss questions related to your treatment with your provider.***

# Mind-Body Approaches to Pain Management

**Acupuncture:** Acupuncture is a treatment based on Chinese medicine -- a system of healing that dates back thousands of years. At the core of Chinese medicine is the notion that a type of life force, or energy, known as qi (pronounced "chee") flows through energy pathways (meridians) in the body. Research shows that acupuncture can be an effective part of a treatment plan for several illnesses and conditions including low-back pain, osteoarthritis, high blood pressure, depression, and anxiety

**Meditation:** Mindfulness meditation is a practice where one focuses their attention on their thoughts and sensations, approaching from a place of non-judgment. Among its many benefits, meditation can reduce stress hormone levels and can reduce many symptoms including pain, anxiety, insomnia, panic disorders, high blood pressure and diabetes



**Massage:** Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Research has shown that massage may be beneficial for a range of conditions including anxiety, and stress-related insomnia.

**Tai chi:** Tai chi is an ancient Chinese involving a series of movements performed in a slow, focused manner, accompanied by deep breathing. This graceful form of movement puts very little stress on joints and muscles. It is shown to be very effective for stress management.

References:

1. <http://umm.edu/health/medical/altmed/treatment/acupuncture#ixzz2roiREc00>
2. <http://umm.edu/health/medical/altmed/treatment/relaxation-techniques>
3. [www.mayoclinic.org](http://www.mayoclinic.org)

Yoga: Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga can help reduce stress, lower blood pressure and improve heart function. It can also enhance your mood and overall sense of well-being, as well as increase balance, flexibility, range of motion and strength.



Supplements: There are many herbal supplements with anti-inflammatory properties including turmeric, green tea, ginger, rosemary, and chamomile. Fish oil can also ease the inflammation and pain caused by many chronic conditions. The dose used in the most convincing research is 2 to 4 grams of DHA + EPA daily. Getting enough Vitamin D daily or taking a supplement has also been linked to reducing chronic pain.



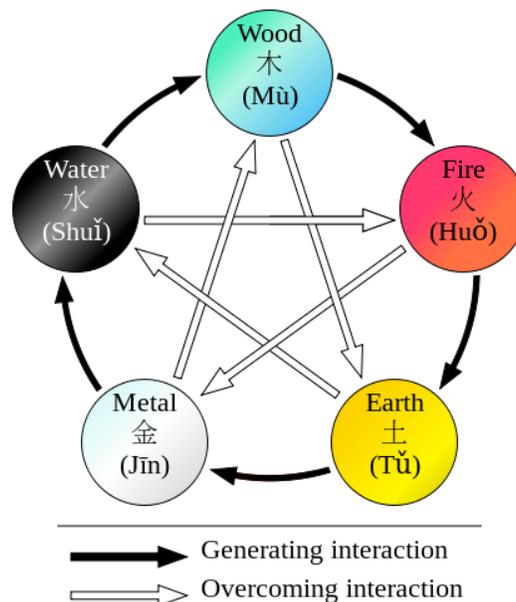
References:  
[www.mayoclinic.org](http://www.mayoclinic.org)  
[www.webmd.com](http://www.webmd.com)

# Introduction to Acupressure

Acupressure is a bodywork technique with roots in traditional Chinese medicine (TCM).

To cite the National Center for Complementary and Alternative Medicine, the ancient beliefs on which TCM is based include the following:

- The human body is a miniature version of the larger, surrounding universe.
- Harmony between two opposing yet complementary forces, called *yin* and *yang*, supports health, and disease results from an imbalance between these forces. We each have yin and yang forces within us. Yin forces include feminine and dark forces. Yang includes masculine and light forces.
- Five elements—fire, earth, wood, metal, and water—symbolically represent all phenomena, including the stages of human life, and explain the functioning of the body and how it changes during disease.
- Qi, a vital energy that flows through the body, performs multiple functions in maintaining health. ([www.nccam.nih.gov/health/whatiscom/chineseemed.htm](http://www.nccam.nih.gov/health/whatiscom/chineseemed.htm))



Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along energy meridians, or invisible channels, in your body. These points are named after body organs and are numbered along the meridian line. They also have Chinese names. Acupressure targets the same energy meridians as those targeted with acupuncture. It is believed that through these meridians flows vital energy -- qi. It is also believed that 12 major meridians connect specific organs or body parts, organizing a system of communication throughout your body. According to this theory, when one of these meridians is blocked or out of balance, illness can occur. Acupressure and acupuncture aim to help restore balance in the body.



For example, if two people sprain their ankle, one may heal quickly and the other may develop chronic pain. Using TCM, one could say that the person who develops chronic pain has an imbalance in their qi, so they are not able to heal themselves. Once this imbalance is corrected, their body's natural healing mechanisms will begin to work.

### **Conditions Acupressure can help alleviate**

- |                      |                           |                            |
|----------------------|---------------------------|----------------------------|
| ✓ chronic pain       | ✓ emotional imbalances    | ✓ irritable bowel symptoms |
| ✓ mental stress      | ✓ recovery from addiction | ✓ hot flashes              |
| ✓ migraine headaches | ✓ nausea and vomiting     | ✓ female infertility       |
| ✓ tension headaches  |                           | ✓ insomnia                 |
| ✓ chronic fatigue    |                           |                            |
| ✓ fibromyalgia       |                           |                            |

You can benefit from routine self-acupressure treatments when used in collaboration with appropriate medical care.

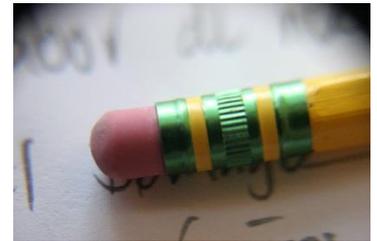
# How do I administer Acupressure?

You can learn acupressure and perform self-treatments at home on yourself and others. It is extremely cost-effective. No special equipment is required; the only items a person needs to perform acupressure effectively are their own fingers and/or toes.

It can be performed anywhere and anytime and as often as you like. No drugs are involved with acupressure; hence, there is no opportunity for drug-related side-effects to occur.



- Before applying acupressure it is important to prepare. Wear comfortable, loose clothing. You may want to trim your fingernails. It is best to avoid acupressure immediately after a large meal, and make sure your body is not cold. Try to relax in a comfortable position, close your eyes, and breathe deeply. Meditation will develop your ability to feel the effects.
- You can use your hand or other body parts to stimulate an acupoint. The middle finger is often the strongest and most sensitive, and thus the best finger to use. If you prefer, or if it is more comfortable, you can use a blunt object, such as a pencil eraser.
- When applying pressure, do not massage the point. Instead, press firmly enough so that the sensation is somewhere between pleasure and outright pain. You should not be pulling the skin. Instead, push down at a 90 degree angle and imagine the pressure going deep into your body.



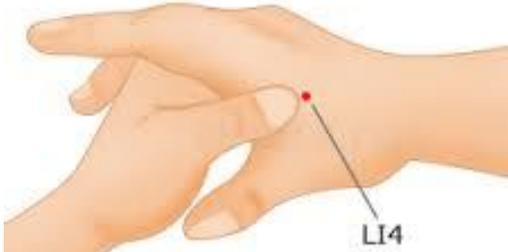
- Use the force of your body to get behind your finger so that you do not tire. The amount of force needed depends on the body part. Apply pressure for about two minutes. If your hand gets tired, take a moment to shake it out, then reapply the pressure. Note that this is not a test of strength or endurance!
- You may experience the following sensations. These are common and normal: a pulsation under the acupressure point, pain appears at a different location (this is called referred pain and means that those two points are related), a sensation of energy or a current moving through your body.
- Acupressure points are often tender. Pay attention to the effects that different points have on you. If a point is uncomfortable, move onto another point.
- Sometimes points on opposite sides of the body will have different effects. If symptoms increase, do not use that side or point.

### **AVOID ACUPRESSURE IF:**

- You are seriously injured or have persistent symptoms; instead you should seek urgent medical treatment
- As the only treatment for illness; do not discontinue medications without talking to your primary doctor
- If the point in question is under a mole, wart, varicose vein, abrasion, bruise, cut, or any other breaks in the skin
- If you are pregnant you should see a trained medical acupuncturist before starting any acupressure treatments.

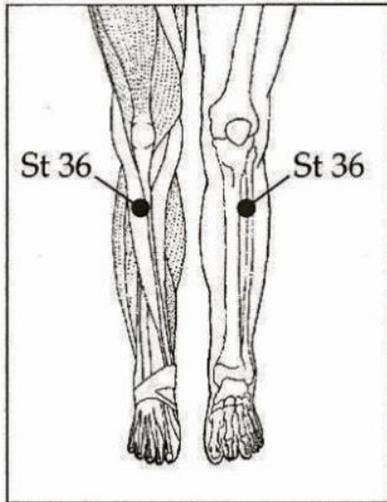
# What Are Some of Common Acupressure Points to Learn?

There are numerous acupoints all over the body from head to toe. Here is a list of some commonly used acupressure points and how to locate them for self- treatments.

Acupressure points:	Useful for:
<p><b>Name: Large Intestine 4 (LI4): He Gu</b></p> <p><b>How to find:</b> Found by sliding your finger from the knuckle of your index finger towards your wrist stopping in the depression where the thumb and the index finger bones meet and pressing where most tender.</p> <p><b>Or try this:</b> Push the thumb against the base of the index finger. The point is located on the highest point of the bulge of the muscle, level with the end of the crease.</p>  <p>© Buzzle.com <a href="http://www.buzzle.com/articles/pressure-points-for-nausea.html">http://www.buzzle.com/articles/pressure-points-for-nausea.html</a></p>	<ul style="list-style-type: none"> <li>✓ Stress</li> <li>✓ Headaches: migraines and tension type</li> <li>✓ Toothaches</li> <li>✓ Facial pain</li> <li>✓ Neck pain</li> <li>✓ Cold and sinus symptoms</li> <li>◆ <b>Avoid</b> if pregnant as it can induce labor</li> </ul>
<p><b>Name: Heart 7 (HT7)</b></p> <p><b>How to find:</b> Found by sliding your finger across your wrist crease from the thumb side towards the pinky side and stopping when you hit the bone and pressing where most tender.</p> 	<ul style="list-style-type: none"> <li>✓ Anxiety</li> <li>✓ Insomnia</li> <li>✓ Heart palpitations</li> <li>✓ Depression</li> </ul>

**Name: Stomach 36 (ST36)**

**How to find:** Slide your 4 fingers up your shin against the outer side edge of your bone. Stop when your fingers hit the lower edge of your kneecap. The point is under your pinky. If you are in the right place, a muscle should pop out as you move your foot up and down.



- ✓ Knee pain
- ✓ Gastrointestinal discomfort
- ✓ Muscle aches
- ✓ Depression
- ✓ Anxiety
- ✓ Health promotion and longevity

**Name: Liver 3 (LV3)**

**How to find:** You need to take off your shoe to find this point. Found in a depression by sliding your finger between the first and second toes, until where the tendons meet, on the top of your foot, then press where it is most sore.



<http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html>

- ✓ Stress
- ✓ Anger
- ✓ Irritability
- ✓ Headaches
- ✓ Limb pain
- ✓ Insomnia
- ✓ Emotional upset
- ✓ Menstrual cramps

<p><b>Name: Kidney 3 (KD3)</b></p> <p><b>How to find:</b> This is the squishy space between the inner ankle bone and the Achilles tendon. It is behind the inner ankle bone, in line with the ankle bone.</p>  <p><a href="http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html">http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html</a></p>	<ul style="list-style-type: none"> <li>✓ Low back pain from weak knees</li> <li>✓ Ankle pain</li> <li>✓ Heel pain</li> <li>✓ Insomnia</li> <li>✓ Anxiety</li> </ul>
<p><b>Name: Kidney 1 (KD 1)</b></p> <p><b>How to find it:</b> Found by sliding your finger along the bottom of your foot between the big toe and the second toe falling into a depression slightly below the bottom of the big toe joint, pressing where it is most sore.</p> <p><b>Or try this:</b> Squish your toes down toward the middle of your foot. This point is located in the dimple that results near the middle of your foot.</p>  <p><a href="http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html">http://www.buzzle.com/articles/how-to-put-someone-to-sleep-using-pressure-points.html</a></p>	<ul style="list-style-type: none"> <li>✓ Insomnia</li> <li>✓ Poor memory</li> <li>✓ Anxiety</li> <li>✓ Palpitations</li> <li>✓ Hot flashes</li> </ul>

Adapted from: <http://www.webmd.com/balance/guide/acupressure-points-and-massage-treatment>

Image credits: [www.acupressure.com](http://www.acupressure.com) , [www.acupuncture.com](http://www.acupuncture.com) , [www.chiro.org](http://www.chiro.org) , [www.tcmfe.com](http://www.tcmfe.com)



## One-Minute Breathing Space

Haven't there been times when you just needed some "breathing space"?  
This practice provides a way to step out of automatic pilot mode and into the present moment.

What we are doing is creating a space to reconnect with your natural resilience and wisdom. You are simply tuning in to what is happening right now, without expectation of any particular result.

*If you remember nothing else, just remember the word "STOP".*

### **S – Stop and take Stock**

***Checking in: Head/Heart/Body***

Bring yourself into the present moment by deliberately asking:

***What is my experience right now?***

**Head:** *Thoughts...* (what are you saying to yourself, what images are coming to mind)

**Heart:** *Feelings...* (enjoying, not enjoying, neutral, upset, excited, sad, mad, etc.)

**Body:** *Sensations...* (actual present-moment sensations, tightness, holding, lightness)

Acknowledge and register your experience, even if it is uncomfortable.

### **T – "Take" a Breath**

***Directing awareness to breathing***

Gently direct full attention to breathing, to each in-breath and to each out-breath as they follow, one after the other.

Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

### **O – Open and Observe**

***Expanding awareness outward***

Expand the field of your awareness around and beyond your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression, then further outward to what is happening around you: sights, sounds, smells, etc. As best you can, bring this expanded awareness to the next moments...

### **P – Proceed / new Possibilities**

***Continuing without expectation***

Let your attention now move into the world around you, sensing how things are ***right now***. Rather than react habitually/mechanically, you can be curious/open, responding naturally. You may even be surprised by what happens next after having created this pause...

*Adapted from: [www.palousemindfulness.com](http://www.palousemindfulness.com)*

# Home Practice: Session 5



## MIND-BODY PRACTICE

- Alternate practicing the body scan and yoga 6 out of 7 days
  - OWL audio: body scan and yoga
  - OWL video: yoga
- Practice meditation 6 out of 7 days
  - OWL audio: meditation

## DAILY LIFE PRACTICE

- Be aware of stress reactions during the week while they are happening and without trying to change them in any way
- If you want, share these experiences with the Community on OWL

## MANUAL ACTIVITY

NONE

## HEALTH TOPIC VIDEO

- Our Bodies' Response to Pain
- Acupressure

# Curried greens with lentils and brown rice

4 servings

This dish is filled with plant-based protein, fiber, and calcium to keep your body strong and healthy!

## Ingredients

- 2 cups dried brown lentils
- 2 bunches kale, chard, spinach or collard greens
- 1 tablespoon olive oil or coconut oil
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1 tablespoon tomato paste
- 1 medium yellow onion, diced
- 1 large carrot, diced
- 2 cloves garlic, minced
- ½ teaspoon salt
- 2 cups cooked brown rice



## Tools:

- ✓ Cutting board
- ✓ Knife
- ✓ Utensil to sauté greens
- ✓ Large bowl or colander to wash greens and lentils
- ✓ 2 large pots and large skillet

## Tip:

- ✓ Only cook greens until they are bright green; flash-sautéing keeps them the most nutrient-dense and flavorful!

## Preparation:

1. Making the brown rice: bring 4 cups of water to boil; add 2 cups rice. Bring to a boil again, lower heat and simmer for about 45 minutes, or until rice is tender.
2. In a medium sauce pan, bring 4 ½ cups salted water to a boil. Add 2 cups brown lentils, cover, and reduce heat. Simmer covered for about 20 to 25 minutes, until most of the water has been absorbed.
3. Meanwhile, wash the greens, remove the tough stems, and chop them into ribbons.
4. In a large skillet, heat 1 tablespoon olive oil (or coconut oil) over medium high heat. Add the yellow onion and garlic and sauté until tender, about 3 minutes. Add the tomato paste, curry powder, and diced carrot. Sauté until tender, about 3-5 minutes. Add the greens and sauté for several minutes until tender and bright green.
5. When the lentils are done, add them to the skillet with the greens. Over medium high heat, stir in. Taste, and add additional seasonings as desired.
6. Serve over cooked brown rice.

# Session 6: Our Bodies and Inflammation



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
  - Inflammation
  - Nutrition Spotlight: Omega-3s
- Mind-body:
  - Sitting Meditation
- Review home practice assignments for coming week
- Recipe
- Healthy lunch

# Our Bodies and Inflammation

## *What is inflammation?*

Inflammation is the body's way of signaling that something inside of you is hurt or needs attention. Inflammation can be acute (temporary, for instance when you have a scraped knee), or it can be chronic. When inflammation is acute it can help you heal. But when it is chronic it can lead to or aggravate many illnesses. We will discuss ways to help reduce this chronic inflammation.

**Acute (temporary) inflammation** occurs in the body to help:

- ✓ to fight off infections
- ✓ to increase blood flow to places that need healing
- ✓ to generate pain as a signal that something is wrong with the body



**Chronic inflammation** is inflammation that:

- ✓ Extends over a longer period of time
- ✓ It can occur in places that we often can't see or feel
- ✓ Can cause significant damage to different parts of the body.



## ***What causes inflammation?***

- ✓ **Acute inflammation** can be caused by temporary injury or infection, such as a sprained ankle, infection, or bruise.
- ✓ **Chronic inflammation** can be caused by poor diet, stress, and lack of physical activity.

Many medical conditions are linked to increased inflammation in the body, *including:*

- ✓ *Chronic pain*
- ✓ *Alzheimer's disease*
- ✓ *Asthma*
- ✓ *Cancer*
- ✓ *Breathing problems*
- ✓ *Type 2 diabetes*
- ✓ *Heart disease*
- ✓ *Diseases where the immune system attacks the body*



# What are some ways that I can decrease inflammation in the body?

## ***Manage stress levels:***

Chronic stress can lead to a compromised immune system. A compromised immune system can contribute to the development of many diseases.

- ✓ When you're feeling tense throughout the day, pause and take 5 to 10 deep breaths.
- ✓ Adopting a daily practice that quiets the mind and body can help us learn how to consciously respond to stressful situations and in turn, reduce inflammation.



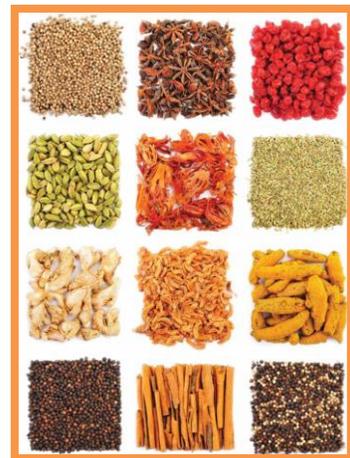
## ***Get active:***

- ✓ **Choose activities that you like and are fun:** dancing, gardening, brisk walks, yoga...
- ✓ **Make it social:** Find an exercise partner to help each other stay on track and motivate each other.
- ✓ **Take the stairs** whenever possible.
- ✓ **Walk an extra stop.** During your bus or subway commute, get off a stop or two earlier and walk the rest of the way!
- ✓ **Set short-term achievable goals** and reward yourself when you reach them!

References: National Academy of Sciences  
Food User Manual, Center for Diabetes and Cardiovascular Wellness, Bastyr University  
Harvard School of Public Health, *The Nutrition Source: 20 Exercise Tips.*

***Eat a healthy diet:***

- ✓ *Pay attention to your intake of saturated and trans fats.*
- ✓ *Increase your intake of plant-based foods and foods high in omega-3 fatty acids (see table on next page).*



## Foods to eat more of:

### Foods high in omega-3 fats:

- Cold water fish (like salmon)
- Ground flax seeds or flax oil
- Leafy green vegetables
- Tofu
- Walnuts
- Avocados



### Foods high in antioxidants:

- Yellow, orange, & red vegetables
- Dark leafy greens
- Citrus fruits
- Black & green teas
- Onions & garlic



### Foods high in fiber

- Whole grains
- Whole fruits and vegetables
- Nuts and seeds



### Certain Spices

- Ginger
- Rosemary
- Turmeric
- Oregano
- Cayenne
- Clove
- Nutmeg



## Foods to avoid:

### **Foods high in trans- and omega-6 fats**

- Red meats
- Dairy products
- Partially hydrogenated oils
- Corn, cottonseed, grapeseed, & peanut oils

### **Foods high in simple carbohydrates and high glycemic index**

- White breads or bagels
- English muffins
- Instant rice
- Rice and corn cereals

### **Foods with a long shelf life:**

Packaged chips, crackers, cookies & candies

### **Artificial flavors and colors:**

Aspartame, FD&C dyes



## Nutrition Spotlight: Omega-3 Fatty Acids

### ***What are omega-3 fatty acids?***

Omega-3 fatty acids are healthy fats that are essential for human health. Our bodies cannot produce omega-3s, so we need to add them to our diet by food or supplement form.



### ***Why are omega- 3 fatty acids important for my health?***

Omega-3 fatty acids support the body in many important ways and may help reduce the risk of several chronic diseases and conditions including heart disease, arthritis, and mood disorders.

- *Reduce inflammation in the body*
- *Support cardiovascular health*
- *Support brain function*
- *Support skin health*
- *Support vision*
- *Reducing high blood pressure*

## **How do I get omega-3 fatty acids?**

- ✓ *Fish (salmon, tuna, halibut, sardines)*
- ✓ *Flax seeds (ground)*
- ✓ *Chia seeds*
- ✓ *Walnuts*
- ✓ *Tofu*
- ✓ *Greens (spinach, kale, salad greens)*
- ✓ *Soybean and canola oil*
- ✓ *Supplement form (flaxseed oil, fish oil, algae, and krill)*



## **Tips for adding omega 3-s to your diet:**

- ✓ *Sprinkle a spoonful of ground flax seeds or flaxseed oil over yogurt or add to smoothies for a boost in fiber and healthy fats!*
- ✓ *Note: make sure to store ground flax seeds in the fridge or freezer; the nutritional benefits breakdown with exposure to heat and they can spoil!*
- ✓ *Add a small handful of walnuts to oatmeal or salads*
- ✓ *Try to add fish to your diet once a week! Note: canned fish is a cost-efficient and nutrient-dense option!*

Sources: University of Maryland Medical Center and Harvard School of Public Health: The Nutrition Source.

# Home Practice: Session 6



## **MIND-BODY PRACTICE**

- Alternate practicing the body scan and yoga every other day, 6 out of 7 days
  - OWL audio: body scan and yoga
  - OWL video: yoga
- Practice the longer meditation 6 out of 7 days.
  - OWL audio: meditation (long)

## **DAILY LIFE PRACTICE**

- Bring awareness to moments of *reacting* and explore options of *responding* with greater mindfulness. Remember to use the breath as an anchor. It's a way to increase your awareness of your usual habits and to slow down to make more conscious choices.
- If you want, share these experiences with the Community on OWL

## **MANUAL ACTIVITY**

- Fill out the Challenging Communications Chart

## **HEALTH TOPIC VIDEO**

- Inflammation

## Challenging Communications Chart

Directions: Each day, complete the *communication* chart by answering the questions for each box.

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p><b>Describe the communication.</b></p> <p><b>Who was it with? What was it about?</b></p>							
<p><b>What did you really want from the person or situation? What did you get?</b></p>							
<p><b>What did the other person want? What did they get?</b></p>							
<p><b>How did you feel during and after this communication?</b></p>							

# Rainbow slaw

Serves 4 as side dish

*This colorful, nutrient-packed dish offers many benefits for the immune system, digestion, and energy levels!*

## **Ingredients salad:**

- 1 bunch kale, thick stems removed and leaves thinly sliced
- 4 cups cored and shredded red cabbage (about 1 small head)
- 2 oranges, peeled and cut into slices (reserve ½ of an orange for the dressing)
- 1 small red onion, thinly sliced
- 1 large bell pepper, cored, seeded and thinly sliced
- 1/3 cup sunflower seeds

## **Ingredients dressing:**

- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh squeezed orange juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground black pepper



Photo credit: <http://www.wholefoodsmarket.com/recipe/rainbow-kaleslaw>

## **Preparation:**

1. In a large bowl, combine kale, cabbage, orange segments, red onion, bell pepper and sunflower seeds.
2. In a small bowl, whisk together mustard, olive oil, apple cider vinegar and pepper. Pour over the kale mixture and toss to coat. Serve immediately or refrigerate for up to 2 days.

\*Tip: soak sliced onion in bowl of cold water for 15 minutes before serving to make sweeter!

## **Health Benefits**

- ✓ Apple cider vinegar has been used for centuries as a healing tonic for the body. Among its many benefits, it reduces inflammation externally and internally. Tip: dilute a splash in 8 ounces of water to sooth the gastrointestinal tract, or add to salad dressing, like in this recipe.
- ✓ Colorful, raw vegetables possess strong anti-inflammatory properties, while ensuring that you are getting a healthy range of vitamins, minerals, and disease-fighting antioxidants.
- ✓ Spare the salt: this nutritious and delicious dressing was made without added salt. Too much sodium in our diets can increase the risk of developing complications like high blood pressure, stroke, and heart disease.
  - Alternative: Experiment with herbs (dried or fresh), spices, and vinegars to make delicious and nutritious marinades and dressings.

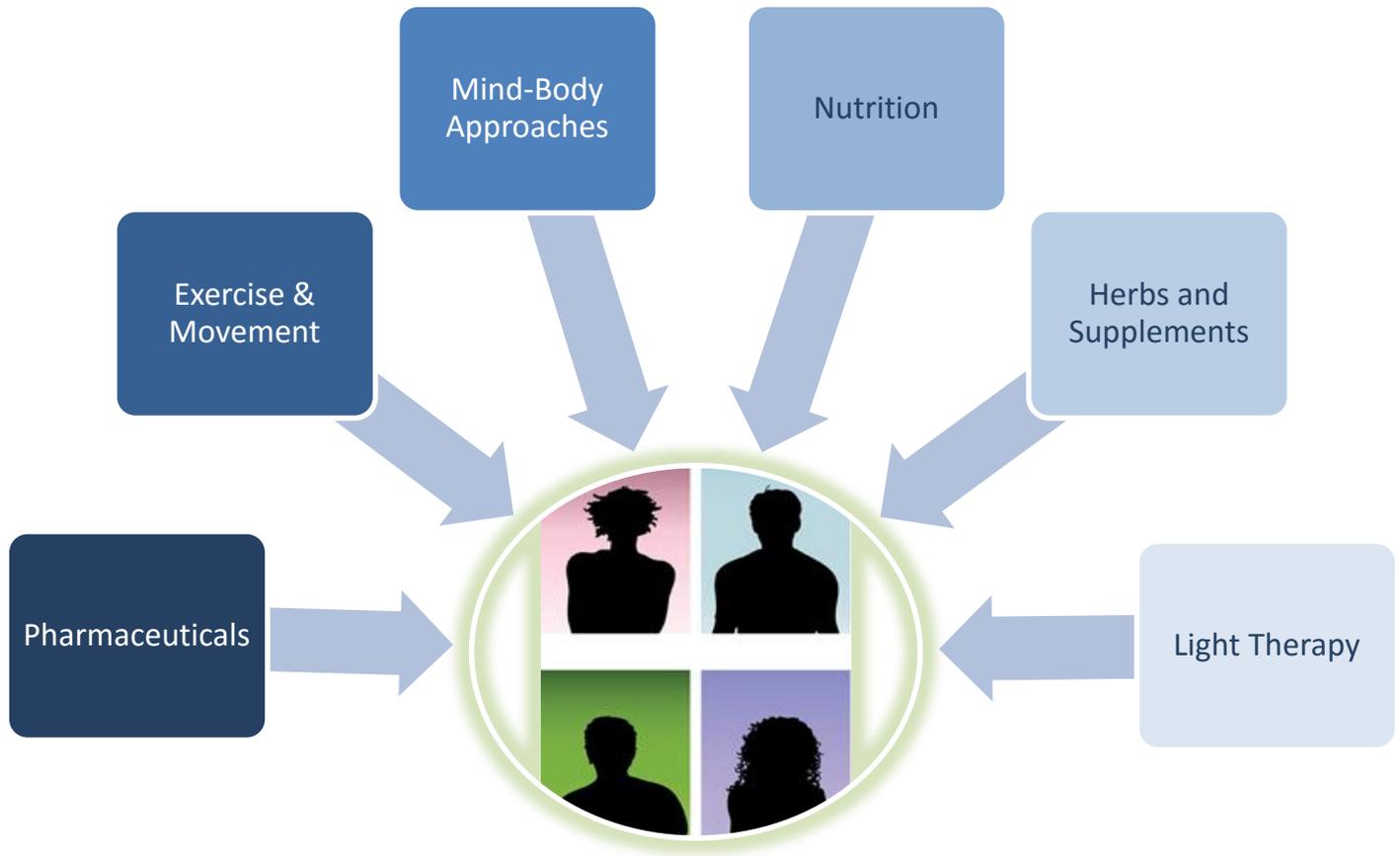
# Session 7: Approaches to Depression and Challenging Communications



- Check your vitals
- Centering meditation
- Go around
- Home practice review: Challenging Communications Chart
- Health topics:
  - Approaches to Depression
  - Nutrition Spotlight: Vitamin D
- Mind-body:
  - Loving Kindness Meditation
- Review home practice assignments for coming week
- Recipe
- Healthy meal

# Approaches to Depression

There are many ways to cope with depression



Any of these approaches can help improve well-being in those with depression

Adapted from: University of Wisconsin, Integrative Medicine Department

## ***What is depression?***

Depression is an illness that can interfere with a person's thoughts, feelings, behavior, and physical health. Everyone feels sad, "blue", or "down-in-the-dumps" at times. Depression is different. It can last for weeks, months, or years and greatly interfere with a person's life.

The good news is that for some people, depression can be successfully treated.

## ***How is depression treated?***

- ✓ There are many approaches and types of treatment for depression.
- ✓ The treatment prescribed will depend on the level of depression (mild, moderate, or severe)
- ✓ Lifestyle and behavior changes (examples include: exercise and movement, nutrition, mind-body approaches, supplements).
  - Prescription medication
  - Counseling/talk therapy
  - Combination of lifestyle changes and prescription medication

It is important to work with your health care practitioner to find the treatment that is right for you. We will focus on non-drug approaches to improving depression.



## ***Mind-Body Approaches to Depression***

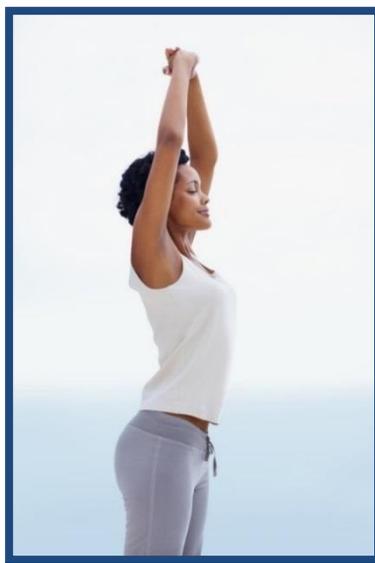
Mind-body approaches consider how the mind, spirit, body and behavior are connected to each other.

Bringing our awareness to the present moment and noticing our thoughts, feelings and sensations can have a very powerful effect on our overall well-being.



### ***Yoga:***

Yoga is a practice that unites the mind, body and spirit through a series of breathing exercises and holding various postures. There are many different styles of yoga and ways to adapt postures for everyone.



Reference:<http://www.americanyogaassociation.org/general.html>

## ***Exercise and Movement:***

Extensive research studies have shown that: “exercise enhances the action of endorphins, chemicals that circulate throughout the body.

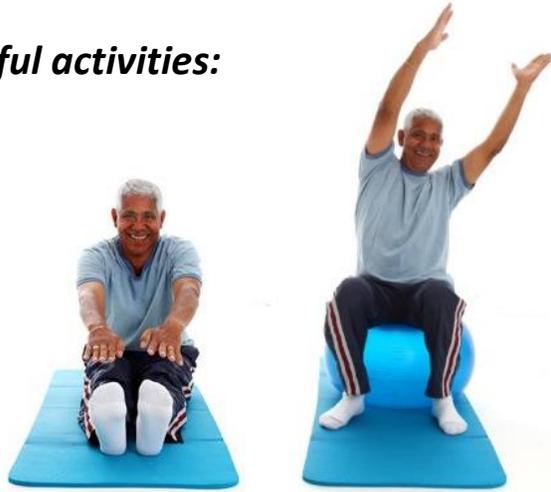
Endorphins improve natural immunity and reduce the perception of pain. They may also serve to improve mood... How often or intensely you need to exercise to alleviate depression is not clear, but for general health, experts advise getting half an hour to an hour of moderate exercise, such as brisk walking, on all or most days of the week.” *(Special Health Report from Harvard Medical School "Understanding Depression").*



- ✓ In addition to lifting your mood, regular exercise offers many other health benefits, including;
  - Lowering blood pressure
  - Protecting against heart disease and cancer
  - Maintaining a healthy weight
  - Increasing strength and balance
  - Boosting self-esteem
- ✓ Before starting any new exercise routine it is important to consult with your health care practitioner.

## ***Examples of helpful activities:***

- **Stretching**



- **Walking** (being outside has many additional benefits)

- **Jogging**



- **Lifting weights**

- 20-30 minutes, 2-3 times a week for beginners



- **Swimming/water aerobics**



### **Tips:**

- ✓ If you are new to exercising, begin slowly and over time increase your activity level.
- ✓ Trying different kinds of exercise can help you discover one that you will enjoy; therefore you will be more likely to continue with your practice over time.
- ✓ Group exercise can offer a fun and supportive environment for many.
- ✓ Try not to get easily discouraged: results will build slowly over time, as you develop your routine.

## ***Other Approaches to Depression***

**Helping others and volunteering** can build connections with others and make a difference in your community.

**Art and Music therapy** are ways of expressing thoughts through drawing, painting, clay, knitting and music, which is thought to improve moods and raise self-esteem.



Developing a **spiritual practice** can be helpful for many. This can take many different forms, uniting the individual with a sense of 'oneness' and connectedness.



**Light therapy, or phototherapy,** consists of concentrated doses of light, at specific wavelengths and intensities. It is important to consult your health care provider before pursuing this therapy to see if it is the right fit for you.



## ***Journaling:***

Many individuals find that keeping a journal can be beneficial for depression. Some ways a journal may be positive:

- ✓ Can help to manage anxiety
- ✓ Can promote stress reduction
- ✓ Can help to prioritize problems, fears, and concerns
- ✓ Expressing gratitude for positive experiences throughout the day
- ✓ Can provide a space for positive self-talk
- ✓ Can be used to identify negative thoughts and behaviors



Adapted from: <http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4552p>

# Food for a Happier Mind

- ✓ The food that we eat is directly related to our mood, behavior, and well-being.
- ✓ When we are stressed, we often crave foods that can make us feel worse over time.

## Try to increase:

- ↑ Fruits and vegetables
- ↑ Whole grains, like brown rice, whole wheat cereals, oatmeal
- ↑ Omega 3 essential fatty acids, like fish and walnuts

## Try to limit:

- ↓ Refined sugars, high fructose corn syrup, soda
  - Alternatives: honey, maple syrup, agave nectar, stevia, sparkling water with sliced fruit
- ↓ Refined carbohydrates (pastries, white bread, white rice)
  - Alternatives: whole grain bread, oatmeal, brown rice, quinoa
- ↓ Caffeine: having too much can make falling asleep harder and increase anxiety levels
  - Alternatives: herbal tea, sparkling water, fresh fruit

## Nutritional supplements

The next page shows a few of the supplements which have been proven to help depression. It is recommended that we aim to get these nutrients from the food that we eat, versus in supplement form, because food offers additional minerals, vitamins, and essential nutrients that our body can absorb.



However, if we can't get these nutrients through eating diverse foods, supplements can be a good option for many. Be sure to consult your provider before taking any new supplements.

## Omega-3 fatty acids

Research suggests that taking omega-3 fatty acid supplements in addition to prescribed medication may help ease the symptoms of mild depression. Strong sources include fatty fish, such as salmon; walnuts; greens; such as kale and spinach, and certain oils, like canola and soybean.

## B vitamins

The body needs B vitamins, in part, to make “feel good” hormones for the body that help regulate mood. When a person does not have enough folic acid (a B vitamin), depressive symptoms are common.

B vitamins can be found in whole grains, like brown rice, greens, beans and legumes, fish, eggs, and dairy.



Image credit: Google images

Reference: <http://www.hsph.harvard.edu/nutritionsource/omega-3/>

# Nutrient Spotlight: Vitamin D

## ***What is vitamin D?***

- ✓ Vitamins are chemicals that your body needs for good health. They are vital for everyone to ensure that your body works well, is able to fight illness and heal well.
- ✓ Your body can make its own vitamin D from sunlight. You can also get vitamin D from supplements and a very small amount comes from a few foods you eat.



- ✓ The way that vitamins and minerals work in your body is interconnected. How well vitamin D works depends on the amount of other vitamins and minerals that are present in your body.

The other vitamins and minerals needed to help vitamin D work well are:

- *Magnesium*
- *Vitamin K*
- *Zinc*
- *Boron*
- *Vitamin A*

## ***Why is vitamin D important?***

- ✓ Vitamin D is important for good overall health and strong and healthy bones. It is also an important factor in supporting:
  - *Immune system, which helps you to fight infection*
  - *Muscle function*
  - *Cardiovascular function, for healthy heart and circulation*
  - *Anti-cancer effects*
  - *Respiratory system, for healthy lungs and airways*
  - *Brain development*



## ***How do I get vitamin D?***

- ✓ Exposure to sunlight for a short period of time
- ✓ Supplement form
- ✓ Small amounts from certain foods, including:
  - *Egg yolks*
  - *Tuna fish*
  - *Salmon*
  - *Fortified milk and orange juice*
  - *Fortified cereals*



*Adapted from: [vitamindcouncil.org](http://vitamindcouncil.org)*

# Loving-Kindness Meditation

Jon Kabat-Zinn

May I be safe and protected, and free from inner and outer harm.

May I be happy and contented.

May I be healthy and whole to whatever degree possible.

May I experience the ease of well-being.

May he/she/they be safe and protected, and free from inner and outer harm.

May he/she/they be happy and contented.

May he/she/they be healthy and whole to whatever degree possible.

May he/she/they experience ease of well-being.

Progression of meditation: Loved ones, neutral feelings toward others, difficult relationships, the community, etc.

May all beings, near and far be safe and protected, and free from inner and outer harm.

May all beings be happy and contented.

May all beings be healthy and whole to whatever degree possible.

May all beings experience ease of well-being.

# Home Practice: Session 7



## **MIND-BODY PRACTICE**

- Alternate practicing the body scan and yoga every other day, 6 out of 7 days
  - OWL audio: body scan and yoga
  - OWL video: yoga
- Practice loving kindness meditation, 6 out of 7 days
  - OWL audio: loving kindness meditation

## **DAILY LIFE PRACTICE**

- Pay attention to the food you put in your body: how does your body respond?
- If you want, share these experiences with the Community on OWL

## **MANUAL ACTIVITY**

NONE

## **HEALTH TOPIC VIDEO**

- Approaches to Depression

# Vegetable Stir-fry with Brown Rice

Serves 4

## Ingredients

- 1 package of extra-firm tofu, cut into 1 inch cubes
- 2 tablespoons oil
- 3 cloves of garlic, minced
- 1 inch of fresh ginger, minced (or 1 teaspoon of dried ginger)
- 1 yellow onion, roughly chopped
- 1 bell pepper, roughly chopped
- 2 medium-sized carrots, roughly chopped
- 1 cup of broccoli florets
- 3 tablespoons reduced-sodium soy sauce
- 3 cups cooked brown rice



www.marthastewart.com

**\*tip:** squeeze out as much water from the tofu as possible before cooking so that it browns nicely and absorbs more flavor.

**\*tip:** marinate the tofu overnight in the fridge or for at least a few hours to increase flavor absorption.

**\*tip:** add any colorful variety of vegetables that sounds delicious to you! Keep in mind cooking times of individual vegetables as you add them into the stir-fry. For example, root vegetables can take the longest time to cook, versus greens, which should be added at the very end to ensure that they retain their vital nutrients, flavor, and texture.

**\*tip:** frozen veggies and fruits are an equally nutritious, and often more affordable option! Choose frozen over canned because there is no added sodium to frozen vegetables, and they retain their nutrient density better.

## Preparation:

1. In a large skillet, heat the oil over medium-high heat. Add onion, garlic and ginger; stir-fry until fragrant, about 30 seconds.
2. With the heat still on medium-high, add tofu; stir-fry until golden brown, about 2 minutes. Add pepper, broccoli, and carrot; cook, stirring, until veggies are crisp but tender, about 3 minutes.
3. Stir in soy sauce. Serve hot over brown rice.

## Health Benefits:

- ✓ Choose “smart carbs”- brown rice, and other whole grains, are loaded with feel-good vitamins, minerals, fiber, and protein. They keep you fuller longer, give you sustained energy, and even contain mood-boosting properties.
- ✓ Plant foods never contain cholesterol.
- ✓ Tofu is an excellent source of protein, is low in calories, and contains compounds that prevent diseases like cancer and heart disease.

# Session 8: Understanding the Role of Food



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
  - Sugar
  - Fiber
  - Protein
  - Mindful Eating
- Mind-body:
  - Chair Yoga or Sitting Meditation
- Review home practice assignments for coming week
- Recipe
- Mindful meal

## Nutrition Spotlight: Sugar and My Body

### ***What is sugar?***

Sugar is what our body uses to make energy. All foods raise your blood sugar some but certain foods raise your blood sugar too high too fast and can cause you to gain weight or even get diabetes.

### ***Why is this important?***

It is important that we know how food effects our bodies and too much sugar can have a negative impact on our health.

### ***What are whole foods (Low Glycemic Index foods)?***

The best foods for our bodies are whole foods that our body processes and digests to break down all the nutrients we need. These foods usually have a low Glycemic Index:

- Fresh and frozen vegetables and fruits (carrots, spinach, apples, mango, etc.)
- Whole grains (brown rice, whole wheat flour, steel cut and rolled oats, quinoa, etc.)
- Beans (black beans, soy beans, etc.)
- Nuts (walnuts, almonds, cashews, etc.)

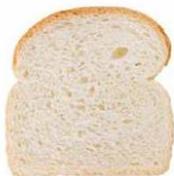


### ***What are processed foods (High Glycemic Index foods)?***

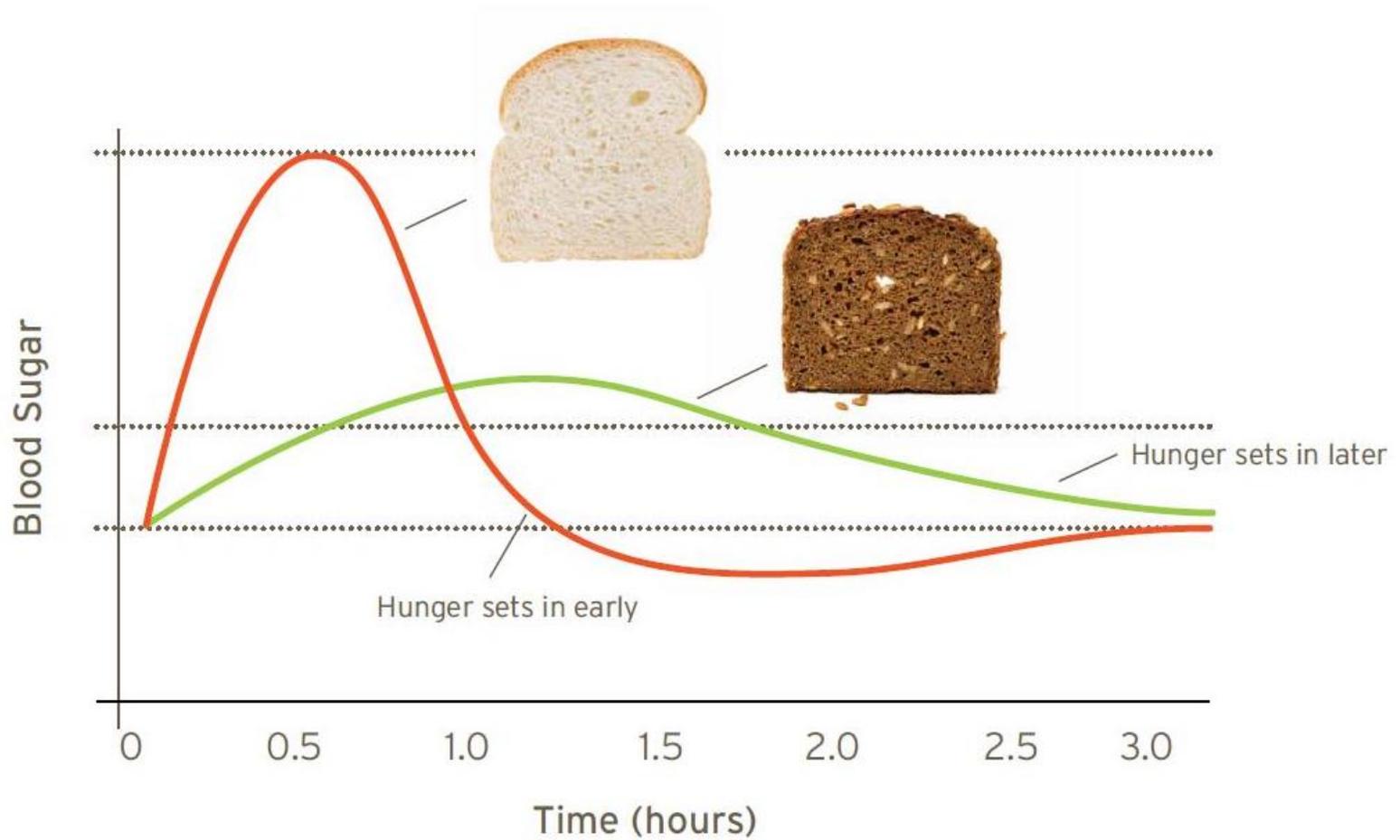
When food is processed instead of whole, factories remove many of the important nutrients we need before it reaches our mouths. When we eat processed food, our body doesn't have the opportunity to use these nutrients since they have already been simplified into sugar.

### **Foods high in sugar increase inflammation in the body.**

- Potato chips
- White bread and white pasta
- Soda and fruit juice
- Fruit roll-ups



## How the body responds to Processed vs. Whole Foods



© 2013 Ryan Bradley, ND, MPH and Sonja Max, MS, RD All rights reserved. This material is intended to supplement Food User Manual, Volume 1

Understanding Blood Sugar



# How much sugar should we eat?

An average American eats 150lbs of sugar each year! This is over 5 times the recommended amount!

## Finding sugar on a nutrition label:

4 grams of sugar = 1 teaspoon 

This nutrition label has:

5 grams of sugar = 1.25 teaspoons of sugar



## Ingredients List:

Besides anything labeled as syrup or sugar, anything ending in **-ose** means sugar! (High Fructose Corn Syrup, Dextrose, Sucrose, etc.)

## Are you eating too much sugar?

The maximum amount of sugar outside of whole foods (like fruits and vegetables) each day is:

**Men:** 9 teaspoons per day



**Women:** 6 teaspoons per day



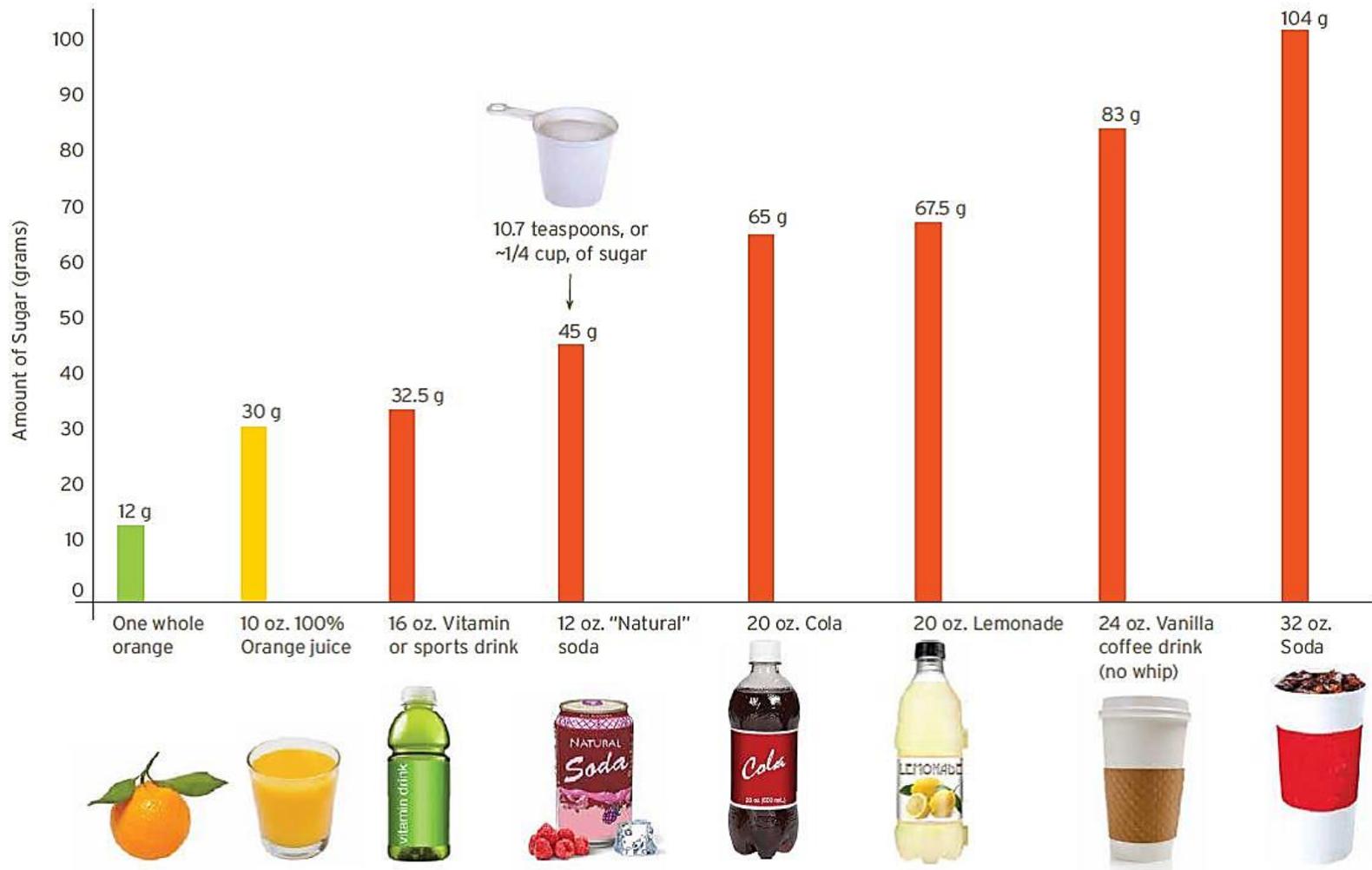
Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
<b>Sugars</b> 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Bottom line:** Do I need this added sugar?

## Drinks contain sugar too!



© 2013 Ryan Bradley, ND, MPH and Sonja Max, MS, RD All rights reserved. This material is intended to supplement Food User Manual, Volume 1

## Nutrition Spotlight: Fiber and My Body

### What is fiber?

- Fiber is the material in a plant (vegetables, beans, grains and fruits) that our bodies cannot digest. The digestible parts of plants break down into sugar in our body so fiber balances this by adding volume to our meal without causing our blood sugar to spike.

### How much fiber should I eat each day?

- It is recommended that children and adults get **20-30 grams** of fiber per day.
  - **Breakfast ideas:** oatmeal; fresh fruit; whole grain toast; whole grain cereal
  - **Lunch ideas:** sandwich on whole wheat bread; salad; chili
  - **Snack ideas:** raw vegetables and fruit; nuts; nut butter on whole grain bread
  - **Dinner ideas:** vegetable stir fry with brown rice; lentil soup; dark leafy greens as a side; a sweet potato with the skin on; a baked apple for dessert

### Examples of foods with fiber

			
<b>½ cup = 3.5g</b>	<b>1 cup = 3g</b>	<b>1 apple = 4.4g</b>	<b>1 cup oatmeal = 4g</b>

## ***Why is fiber important?***

- Fiber helps with:
  - Weight control
  - Regulating the body's use of sugars
  - Lowering cholesterol
  - Keeping food moving through our digestive system
- Fiber helps to keep us fuller for longer because it is a carbohydrate that the body cannot digest.



## ***Tips for eating more fiber:***

- Eating a diverse range of whole grains, nuts, legumes, fruits and vegetables is the best way to ensure you are getting enough fiber each day.
- Incorporate a little at a time: sprinkle a spoonful of ground flaxseed on a smoothie or oatmeal; eat a fresh fruit instead of fruit juice; add a serving of garbanzo or kidney beans to a salad at lunch; exchange brown rice for white rice at dinner time.
- Try substituting beans and legumes (garbanzo, cannellini, black, kidney, soy, pinto, lentils, peanuts, peas...) for meat a few times a week.
- Make smarter snacking choices: peanut butter on whole grain bread; a handful of almonds and walnuts; a handful of carrot sticks and celery with hummus; an apple or other whole fruit

# Nutrition Spotlight: Healthy Protein Sources

## What is protein?

- ✓ Protein is our building block for the body and we need it to build muscle and keep our body strong and healthy.
- ✓ Protein can be found in lean meats, fish, beans, dairy, and nuts and seeds.

## Why is it important?

- ✓ The body uses protein to maintain healthy hair, nails, skin, muscles, and tissues.
- ✓ When we don't get enough protein we can crave eating sugar and simple carbohydrates.
- ✓ Not eating enough protein can lead to weight gain and decreased lean muscle development.
- ✓ High protein snacks like plain yogurt and nuts can help us to control and maintain healthy blood-sugar levels.
- ✓ Research shows that reducing animal-based protein can lessen our chances of developing many diseases, including diabetes.



## How much protein do I need each day?

	<b>Grams of protein needed each day</b>
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
<b>Women ages 19 – 70+</b>	<b>46</b>
<b>Men ages 19 – 70+</b>	<b>56</b>

Reference: <http://www.cdc.gov/nutrition/everyone/basics/protein.html>

## What are healthy protein sources?

- ↑ **Plant proteins:** provide additional healthy fats, vitamins and minerals, fiber and never contain cholesterol.
- ↑ **Functional proteins:** examples are yogurt and fish, which have beneficial added components like probiotics (healthy bacteria to promote digestion and immune health) and omega-3 fatty acids in fish.



- ✓ **Fish** - salmon, tuna, cod, bluefish, tilapia, sardines...36 grams in 5 oz. salmon.
- ✓ **Eggs**- scrambled, hard-boiled, frittata, over-easy (use small amount canola or olive oil).  
Each egg= 6 grams of protein.
- ✓ **Tofu**- 10 grams in ½ cup serving
- ✓ **Beans**- black, pinto, cannellini, garbanzo (chickpeas), soybeans, kidney... ½ cup of black beans has 21 grams of protein
- ✓ **Nuts and nut butters** - almond, walnuts, peanuts, pistachios, and cashews - eat nuts slowly! ¼ cup of almonds= 7 grams of protein.
- ✓ **Seeds**- pumpkin, sunflower, flaxseeds, hempseeds, chia seeds... ¼ cup pumpkin seeds= 14 grams of protein
- ✓ **Lentils**- each cup of lentils is 18 grams of protein
- ✓ **Fruits and veggies**- Avocado= 3 grams per cup
- ✓ **Lean meats** – skinless chicken, lamb, beef, pork...3 oz. of chicken= 27 grams protein
- ✓ **Dairy**- Greek yogurt, milk, cottage cheese, kefir...Each 8 oz. of milk=8 grams protein
- ✓ **Whole grains**- Quinoa, brown rice, barley, buckwheat cereal... ½ cup of buckwheat cereal= 10 grams of protein.

References: *Food User Manual*, R. Bradley & S. Max, 2012; USDA.

## ***What should my meals look like?***

- Aim to combine **fiber, healthy fats,** and **protein** with your **carbohydrates** with **each meal**. This helps to slow down the absorption of sugar in your blood stream.
- Aim to increase your consumption of foods in their whole state: fruits and vegetables with their skin on, whole grains like brown rice and whole wheat bread, beans, raw nuts and seeds.
- **An example of a balanced plate:**
  - ¼ of your plate could be a piece of baked fish the size of your palm
  - ½ of your plate could be steamed or roasted veggies or salad
  - ¼ of your plate could be brown rice or whole wheat bread
  - A healthy dessert could be a baked pear with some honey and cinnamon.



Image credit:

[http://img.webmd.com/dtmcms/live/webmd/consumer\\_assets/site\\_images/articles/health\\_tools/portion\\_sizes\\_slideshow/webmd\\_photo\\_of\\_healthy\\_portions\\_on\\_plate.jpg](http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/articles/health_tools/portion_sizes_slideshow/webmd_photo_of_healthy_portions_on_plate.jpg)

# What is Mindful Eating?

- ✧ A focus on being present and aware of what we put into our bodies.
- ✧ Letting go of judgment and focusing on the HERE and NOW of nourishing body, mind, and spirit.
- ✧ Noticing taste, textures, and sensations.
- ✧ Savoring each bite to get more enjoyment out of your food.
- ✧ Being aware of how the body responds; helping you to eat just the right amount and type of food that you need at that time.
- ✧ Noticing what full feels like for you.
- ✧ Reflecting on where your food came from, who prepared it, and who is eating near you.
- ✧ Focusing on nourishment of the whole self.

## ***What are the benefits of eating mindfully?***

- ✧ Food becomes more enjoyable as you begin to pay attention to unique textures, flavors and sensations.
- ✧ Eating mindfully slows down the pace of your meals, allowing your stomach to communicate to your brain that it is full. This can support weight loss and healthy weight maintenance.
- ✧ It promotes healthy digestion.
- ✧ You model healthy eating behaviors for your family and community.



Adapted from: University of Wisconsin Integrative Medicine, [www.fammed.wisc.edu/integrative](http://www.fammed.wisc.edu/integrative)

# Home Practice: Session 8



## MIND-BODY PRACTICE

- Practice any combination of practices 6 out of 7 days (check OWL for audio and videos)
  - Body scan
  - Chair yoga
  - Meditation (long)
  - Loving kindness meditation

## DAILY LIFE PRACTICE

- Practice informally; be aware and awake throughout the day
- Pay attention to what you put in your body and to nutrition labels:
  - What?
  - How much?
  - How often?
- Enjoy one mindful meal
- Journaling:
  - Eat one high glycemic index food and notice how your body feels afterward. Share these experiences with the Community on OWL.

## MANUAL ACTIVITY

- Fill out the Goals Development Worksheet.
- Reflect on your experiences the last 8 weeks.
  - Bring in your favorite poem, quote, photo or piece of art to share with the group or write your own poem if you are feeling inspired.

## HEALTH TOPIC VIDEO

- Understanding Blood Sugar

## Home Practice Session 8: Goal Development Worksheet

Category	What I'm doing well	Where I need improvement	My goals
<p><b>Self-Care</b> Examples:</p> <ul style="list-style-type: none"> <li>• Meditation</li> <li>• Write in a journal</li> <li>• Take a bath</li> </ul>			
<p><b>Exercise and Healthy Eating</b> Examples:</p> <ul style="list-style-type: none"> <li>• Walking</li> <li>• Dance</li> <li>• Eat more vegetables or whole grains</li> <li>• Read more nutrition labels</li> </ul>			
<p><b>Your own category:</b></p> <hr/> <hr/>			

# Think SMART!

While brainstorming goals, keep in mind the following tips for setting successful goals.

## S

Specific, significant

- Well defined.
- Clear to anyone that has a basic knowledge of the project.

## M

Measurable, meaningful, motivational

- Know when it has been achieved.
- Something you care about and want to achieve.

## A

Attainable, achievable

- Know if the goal is possible within the time frame.

## R

Realistic, relevant, reasonable, rewarding, results-oriented

- Within the availability of resources, knowledge and time.

## T

Timely, tangible, trackable

- Enough time to achieve the goal

References: <http://www.projectsmart.co.uk/smart-goals.php>

# Frittata

Serves 4

## Ingredients:

6 eggs

½ teaspoon ground black pepper

¼ cup fresh herbs or 1 tablespoon of dried (such as basil, dill, oregano)

1 tablespoon olive oil

2 cups various vegetables, chopped (such as a combination of chopped greens, onion, broccoli, red or green pepper, mushrooms, or zucchini)

½ cup cheese (optional)



Image credit: [www.thefoodadvicecentre.co.uk](http://www.thefoodadvicecentre.co.uk)

## Directions:

1. Pre-heat oven to 425-degrees.
2. Wash and chop mixed vegetables. Set aside in a bowl.
3. In a medium size bowl, using a whisk or fork, blend together the eggs and black pepper. Set aside.
4. Heat a 12-inch, oven safe sauté pan (ideally a cast iron pan) over medium-high heat and add oil to the pan. Add the chopped vegetables and any desired herbs. Sauté for 2 to 3 minutes until soft.
5. Pour egg mixture evenly over sautéed vegetables. Reduce heat to medium and cook for 4-5 minutes without touching until the egg mixture begins to set.
6. Sprinkle cheese over top, if using, and place pan into a 425-degree pre-heated oven. Bake for 8 to 10 minutes, until lightly browned and fluffy. Remove from heat and garnish with remaining herbs. Cut into 4 pieces. Serves nicely with a green salad and/or whole-wheat bread.

## Health Benefits:

- ✓ Eggs offer a variety of disease-fighting nutrients that support brain, nervous system, memory, and eye health.
- ✓ Egg yolks are a good source of Vitamin D and protein.
- ✓ Eating a range of vegetables each day offers important sources of many nutrients, including potassium, dietary fiber, folic acid, and a range of vitamins.

# Session 9: Wellness Review



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topic:
  - Goal Setting
- Mind-body:
  - Self-massage
- Graduation ceremony and certificates
- Home practice assignment review for upcoming months
- Recipe
- Healthy meal

# Goal Setting

“Practice and all else will follow”

Now that you have spent the week thinking about what goals you would like to make, we are going to pick three goals that we think we can accomplish in 1 week, 1 month and 3 months.

Keep in mind, that a good goal is SMART:

- **Specific**
- **Meaningful**
- **Attainable**
- **Realistic**
- **Timely**

By **next week** I would like to:

---

In **1 month** I would like to:

---

In **3 months** I would like to:

---

What are obstacles to reaching my goals?

---

Things I will need to do to achieve my goals?

---

What can I begin doing tomorrow to work towards my goals?

---

# Wellness Review

*Where have we been and where are we going?*

In the last 8 weeks together, we have learned a lot about the mind-body-spirit connection and how this contributes to your wellness. Today we will review what we have learned and where to go from here.





***Together, we have learned about:***

- *Stress*- its effect on the body, mind, and emotions.
- *Insomnia*- what it is and strategies for developing healthy sleeping patterns
- The importance of *vitamins and minerals* and how they affect health
- *Yoga* postures to improve flexibility, manage stress, and decrease pain
- *Inflammation* in the body and lifestyle strategies that can help decrease this
- *Pain*- what it is and different approaches to treating it
- *Acupressure* points to reduce pain
- *Depression*- what it is and different approaches to treating it
- *Mindful eating*- the importance of being in the moment with your food
- *Glycemic Index of foods*- what it is and why it matters for our health
- *Self-massage*- its benefits as well as techniques to practice at home

***What some things that you have found most helpful about this group?***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***What are 5 things that you want to incorporate into your life?***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***If you could pass one thing on to someone you love, what would it be?***

## Tips for Continued Health and Well-Being

1. **Breathe.** When you feel tense, take ten slow, deep breaths in through your nose, out through your mouth.
2. **Spend time with your friends and family.** Share the good stuff.
3. **Stay hydrated.** Aim to drink at least eight glasses of water a day.
4. **Smile** at people that you pass on the street.
5. **Be ok with saying no.** Allow yourself to say no to some requests and channel your energy into positive opportunities.
6. **Laugh.** See the humor in life and have fun.
7. **Communicate.** Be honest with yourself and others. Ask for what you want. Express your true feelings as they occur.
8. **Eat healthy, nourishing foods for the body, mind and spirit.** Be mindful while eating. Notice feelings and thoughts that arise.
9. **Carve out time in your day to center yourself.** Relax, sit, breathe deeply and quiet your mind.
10. **Make a gratitude list.** Write down three things that are both new and good for which you feel thankful.
11. **Take a bubble bath.** Try scented oils or soaps for aromatherapy.
12. **Clean it up.** Recycle old junk and papers. Cleaning your physical space can help create more emotional and mental space.
13. **Unplug!** At the end of the day, instead of watching TV, surfing the internet or using a phone, take time to reflect on the day and what needs to get done for the next day.
14. **Express and receive love as often as possible** for yourself and others.

15. **Don't be afraid to cry.** Crying is nature's way of releasing toxins from the body, releasing stress, or expressing joy.
16. **Move more.** Walk, stretch, move about. Staying physically active keeps you mentally fit, calm, and at peace.
17. Be intentional with your language.
18. **Build community.** Take time in your week to participate in groups or communities that are special to you.
19. **Find a creative outlet and feel good.**
20. **Be forgiving with yourself** and others. Withholding love does not nurture relationships

*Add your own wellness tips below!*



# Introduction to Self-care Massage

## ***Background:***

Massage therapy is a science that has been practiced for over 5,000 years. By applying hand pressure to the muscles, massage therapy relaxes and heals muscles, increases circulation, and allows the mind to become relaxed.

Self-care massage is where you give yourself a massage treatment, while fully clothed, and sitting in a chair to care for sore, achy muscles and to relax. Options are to use lotion or massage oil on arms and hands, unscented for those with sensitivities to scented products.

Enjoy taking care of yourself with these massage techniques and feel free to try them with a friend or family member.

## ***Techniques for Self-Care Massage:***

### **Hand massage**

1. Begin with massage to the hands- gently rubbing the hands together, to create warmth. Close both hands making a fist, then open them and spread your fingers out like a fan. Repeat a few times making a fist with both hands closed, then open both hands and fan your fingers out.
2. Gently massage one hand, the “receiving” hand, starting on the top of the hand, applying pressure that is comfortable for you. Turn your hand over and massage the palm, pressing into each area, the pads or heel of the hand, the middle and upper palm.
3. Now gently grasp and squeeze each finger, one at a time. Practice mindful breathing as you give your hand a massage, being aware of what you feel and notice as you massage your hand.
4. Now switch hands, and repeat this massage to the “massaging/giving hand.”



Optional: Finish the hand massage by rolling a tennis ball between your hands, clockwise and then counterclockwise.

Shake your hands, like after washing them and shaking water off. Rest for a moment. Notice how your hands feel.

## Wrist and arm massage

1. Rotate your wrists clockwise and counterclockwise and massage them.
2. Massage your forearm, lower arm, from the wrists to the elbow, gently squeezing each area from wrist to elbow. Continue to the upper arm, gently massage and knead the bicep, the large muscle on top of your upper arm, and the triceps, the muscles beneath your upper arm.
3. Grasp your shoulder muscle and massage, kneading it like bread dough. Then grasp the top of your shoulder, the trapezius, and gently massage, kneading it like bread dough.
4. Repeat on the opposite, “giving” side, beginning with the forearm and moving up the arm.
5. Notice how your arms and shoulders feel now.

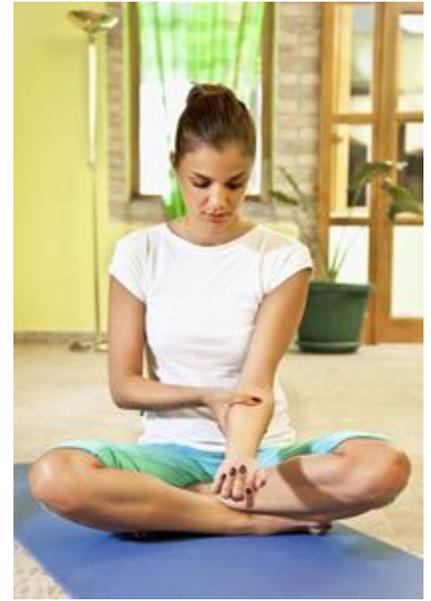


Image credit: www.life123.com

### **Optional:**

- Use tennis balls to massage these areas. Hold a tennis ball in the giving hand and roll it over the hands, arms and shoulders. Place the tennis ball in a sock and tie a knot in the sock for more leverage.
- Try using fists, palms, or knuckles instead of fingers alone to massage.

## Neck and back massage

1. Knead the back of the neck gently. Form a letter “C” with your “giving” hand and massage the neck. Notice any tension present.
2. Using two tennis balls tied inside a sock, place these on your back, on the large muscles, **not on the spine.**
3. You may sit in a chair with the balls between your back and the chair, or stand against a wall, with the balls between your back and the wall. Move your body from side to side, and up and down, so the balls are giving your back a massage. Or, simply stand or sit still with the balls still and against your back.
4. Notice how you feel.



## **Leg and foot massage**

1. Place a paper towel on the floor and put a tennis ball on the paper.
2. Place one foot on top of a ball and roll your foot over it, massaging your foot. Repeat on your other foot. You can try this with golf balls inside a sock too, if your foot can take the firm, deeper pressure.
3. Hold a tennis ball in hand and massage your legs, thighs, hips, low back and buttocks if you have sciatic pain.
4. Notice how you feel.



Image credit: [www.pacificcollegeblog.com](http://www.pacificcollegeblog.com)

## **Scalp massage**

1. Gently massage the scalp, with fingertips, moving to the temples in front of the ears, the forehead, eyebrows, around the eyes, the cheeks, and jaw.
2. Gently yawn, stretching the mouth open, then make a frowning face, closing eyes, closing the mouth, and tightening the face.
3. Hold a moment, and then open the eyes wide. Breathe in deeply, breath out. Relax.



Image credit: [massagetherapy.careerpathblog.com](http://massagetherapy.careerpathblog.com)

**Reminder:** Always notice areas that are tender to the touch, and stop or **avoid** massaging these areas. Notice if swelling is present and avoid massage there. And **never** massage an area with a bruise or open sore or wound, this could cause more damage to the injured area. If the massage causes any irritation, or increases pain or symptoms already present, then stop.

# Home Practice: Session 9



## **DAILY LIFE PRACTICE**

Over the next 3 months you will continue to have access to Our Whole Lives (OWL) even though you will not meet for classes.

When you log into OWL over the next 3 months you will be asked to create and maintain goals. You can use the goals you brainstormed in class! Just add the goals you want to try.

**You can go to “My Goals” in OWL to select and set your goals.**

We hope you set goals you want to do. The website can help you reach these goals.

The purpose of setting goals is to help motivate you to practice self-care, mindfulness, and stress reduction techniques for your well-being!

**Let OWL help you continue your journey for health and wellness.**

## **HEALTH TOPIC VIDEO**

- Introduction to Self-Massage
- Staying Healthy

# Smoothie Recipes

Smoothies are a great way to increase your fruit and vegetable intake!

Here are some ideas for ingredients: experiment with mixing and matching to find your favorite combinations.

## Fruits:

- ✓ Bananas
- ✓ Berries
- ✓ Pineapple
- ✓ Kiwi
- ✓ Papaya
- ✓ Mango
- ✓ Melons
- ✓ Pears
- ✓ Others...

## Vegetables:

Add any veggies that you like raw to the blender!

- ✓ Any greens: spinach, kale, collards, lettuce, swiss chard
- ✓ Grated carrots
- ✓ Grated beets
- ✓ Avocados
- ✓ Cucumber
- ✓ Others...

## OR (optional)

You can steam vegetables before adding them to the smoothie:

- ✓ Take a large pot and steamer basket (if you have one) that fits inside.
- ✓ Fill the pot with enough water so that it just barely reaches the bottom of the steamer basket.
- ✓ Steam until tender: all vegetables have different steaming times based on size and thickness.



Image credit: [www.marthastewart.com](http://www.marthastewart.com)

## For Texture:

- ✓ Citrus juice: lemon, lime, orange, grapefruit
- ✓ Milk: dairy, almond, soy, rice
- ✓ Kefir
- ✓ Yogurt: dairy, soy, coconut
- ✓ Nut butters: peanut, almond, cashew
- ✓ Oats
- ✓ Silken tofu
- ✓ Bananas
- ✓ Ice

## Wholesome Sweeteners:

- ✓ Honey
- ✓ Agave nectar
- ✓ Maple syrup
- ✓ Stevia
- ✓ Applesauce

# Session 10: Wellness Review



- Check your vitals
- Centering meditation
- Go around
- Health topic:
  - Give a Hoot!
  - Mindfulness Review
- Mind-body:
  - Set New Goals
  - Fence Visualization
- Recipe
- Healthy meal

# Give a Hoot!



**Give a HOOT** is a tool to learn to figure out what may be causing negative feelings how we can change the way we look at things to feel more self-kindness and healing.

## **H** = Happening

What is happening inside of me? We recognize when we are feeling anxious, scared or in pain. We may feel an urge to react automatically to this feeling without thinking.

## **O** = Open to it/Observe

Open yourself to whatever feelings you discover. We notice these feelings without judgment. We observe ourselves and our bodies and everything that comes along with these feelings.

## **O** = Offer kindness to yourself

We give ourselves kindness and gentleness when we get in touch with what may be the true reason for these feelings. When we are kind, gentle and nonjudgmental we allow what is there to show itself. This exploration can show us what is really causing our emotions and behaviors.

## **T** = Together/Taking time

We are not alone in our pain. When we surround ourselves with people who understand us and who have compassion for themselves and us, our self-acceptance and healing grows. Relax and allow wisdom and understanding to come during this step. Take time to care for yourself.

## More ways to give a Hoot!



1. Practice using awareness of the breath.
2. Try to identify signs in your body and emotions.
3. Notice judgmental feelings of liking/disliking and wanting/rejecting.
4. Be aware of how much our moods and reactions to events influence how we feel physically.
5. Be aware of the “Judging Mind.”
6. Be aware of when you are feeling:

Fearful	Fearless
Angry	Joyful
Jealous/Envious	Happy for others
Lazy	Enthusiastic
Low Energy	Infinite energy resources
Agitated	Peaceful
Bored	Engaged
Anxious	Calm
Worried/Insecure	Secure
Greedy	Satisfied
Hateful	Caring

7. Pursuing wellness and mindfulness is an ongoing process of learning and growth!

Adapted from Mindfulness Based Stress Reduction Practicum by Jon Kabat-Zinn

# Mindfulness Review

Just as the body needs to be exercised regularly so does the mind! Let's go over the mindfulness practices we have learned in this course.

## Meditation

- Meditation allows you to relax and focus on the present moment.
- Be aware of the breath in and breath out and any of the sensations in the different regions of the body. Hear silence and sounds.
- Observe the thoughts and feelings as they come in and out of your mind. When you notice the mind has drifted into fantasy or planning dinner, gently bring it back to alert attention of the present moment.

## Gratitude Journal

- Writing down 3-4 new things you are grateful every day is powerful.
- You may find yourself feeling more positive and happier the longer you do this.
- Pay special attention to your first thought of the day. Try to start each day by setting a positive intention for the day.

## Mindful Eating

- Try eating with greater awareness and more slowly.
- Try eating in silence without watching TV, reading the newspaper or have your family all eat one meal a week mindfully in silence.
- Think about: Where did your food come from? Are you eating to satisfy a craving or just for the taste? Are you eating to nourish your body? How processed is it?

## Body Scan

- The body scan allows you to have a sense of comfort with yourself in your own skin.
- You have the skill to scan your body with precise and concentrated attention.
- Slowly focus on observing different parts of your body and the sensations you are feeling.
- When you notice tension in specific parts, bring curiosity and non-judgmental awareness to the sensation and watch how it may change.

## Yoga

- Yoga allows you to stretch and strengthen your body and relax.
- Move through the postures you have learned in class with and without the CD.
- Explore different positions that feel good for your body or mix up the sequence you have been practicing.

## Acupressure

- Acupressure can be used to treat pain, depression, anxiety, stress and other medical issues.
- Remember to use slow, mindful belly breathing while you are applying acupressure.
- Apply pressure to an acupressure point for 30 seconds – 2 minutes.

## Self-Care Massage

- Self-care massage can help with pain, relaxation and circulation by applying pressure to your muscles.
- Remember to use slow, mindful belly breathing while you are applying self-massage

## Home Practice: Update Goals Worksheet

Category	What I'm doing well	Where I need improvement	My goals
<b>Self-Care</b> Examples: <ul style="list-style-type: none"> <li>• Meditation</li> <li>• Write in a journal</li> <li>• Take a bath</li> </ul>			
<b>Exercise and Healthy Eating</b> Examples: <ul style="list-style-type: none"> <li>• Walking</li> <li>• Dance</li> <li>• Eat more vegetables or whole grains</li> <li>• Read more nutrition labels</li> </ul>			
<b>Your own category:</b>  <hr style="border: 0; border-top: 1px solid black; margin-bottom: 10px;"/> <hr style="border: 0; border-top: 1px solid black;"/>			

# Set New Goals

“Practice and all else will follow”

Now it is time to revisit the goals we set for ourselves 3 months ago. We may have achieved our goals or we may have discovered challenges to completing our goals. No matter what your original goals were, now is the time to set new goals that are SMART for you.

Keep in mind, that a good goal is SMART:

- **S**pecific
- **M**eaningful
- **A**ttainable
- **R**ealistic
- **T**imely

By **next week** I would like to:

---

In **1 month** I would like to:

---

In **3 months** I would like to:

---

What are obstacles to reaching my goals?

---

Things I will need to do to achieve my goals?

---

What can I begin doing tomorrow to work towards my goals?

---

# Vegetarian Chili Recipe

Serves 6

## Ingredients:

- 2 medium-sized sweet potatoes, chopped into bite-sized chunks
- 1 level teaspoon cayenne pepper
- 1 heaped teaspoon ground cumin
- 1 level teaspoon ground cinnamon
- 2 tablespoons olive oil
- 1/8 teaspoon freshly ground black pepper
- 1 large yellow onion, roughly chopped
- 2 red or yellow peppers, roughly chopped
- 1 jalapeno, deseeded and diced (leave in some seeds if you want the dish spicier)
- 2 cloves of garlic, diced
- 2, 15-ounce cans beans – try kidney, chickpea, pinto, cannelloni, drained and rinsed
- 1, 28-ounce can chopped tomatoes



Image credit: [www.jamieoliver.com](http://www.jamieoliver.com)

## Tools:

- ✓ Sharp knife
- ✓ Vegetable peeler
- ✓ Cutting boards
- ✓ Sheet pan
- ✓ Large bowl
- ✓ Few small bowls for prepped ingredients
- ✓ Measuring spoons
- ✓ Can opener
- ✓ Colander
- ✓ Large pot
- ✓ Large spoon

## Preparation:

1. Preheat the oven to 400°F.
2. Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin and cinnamon, drizzle with a splash of olive oil and scatter with a pinch of pepper; toss to coat then put them on a baking tray.
3. Put the tray of sweet potato in the hot oven to cook for 40 minutes until soft and golden.
4. Put a large pan on a medium-high heat and add a couple a lug of olive oil. Add the onion, peppers and garlic and cook for 5 minutes. Add chili peppers and spices and cook for another 5 to 10 minutes, stirring every couple of minutes.
5. Add beans to the pan with the canned tomatoes (keep juices!). Stir well and bring to the boil, then reduce to a medium-low heat and leave to tick away for 25 to 30 minutes. Keep an eye on it, and add a splash of water if it gets a bit thick.
6. Get the roasted sweet potato out of the oven and stir it through your chili.
7. Taste and season with freshly ground black pepper, if needed.

## Serving suggestions:

- ✓ Serve with plain yogurt, guacamole and light and fluffy rice or tortillas and/or green chopped salad.

Adapted from [http://www.jamieoliver.com/us/foundation/jamies-food-revolution/recipes/VEGETARIAN\\_CHILE](http://www.jamieoliver.com/us/foundation/jamies-food-revolution/recipes/VEGETARIAN_CHILE)

## Oh, The Places You'll Go (Excerpt)

I'm afraid that sometimes  
you'll play lonely games too.  
Games you can't win,  
cause you'll play against you.

All Alone!  
Whether you like it or not,  
Alone you will be something  
you'll be quite a lot.

And when you're alone, there's a very good chance  
You'll meet things that scare you right out of your pants.  
There are some, down the road between hither and yon,  
That can scare you so much you won't want to go on.

But on you will go  
though the weather be foul.  
On you will go  
though the Hakken-Kraks howl.  
Onward up many  
a frightening creek,  
though your arms may get sore  
And your sneakers may leak.

On and on you will hike.  
And I know you'll hike far  
And face up to your problems  
Whatever they are.

You'll get mixed up, of course,  
As you already know.  
You'll get mixed up  
with many strange birds as you go.  
So be sure where you step.  
Step with care and great tact  
And remember that life's a Great Balancing Act.  
Just never forget to be dexterous and deft.  
And never mix up your right foot with your left.

—*Dr. Seuss*