Taking Care of You: Mind, Body and Soul

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What Do You Find Stressful?

• Time stress
• Sleep stress
• Health stress
• Work stress
• People stress (family and friends)
• Money stress (social)
• Food stress
• World stress
What are you thinking?
“Iceberg” of Health

YOU AT THIS MOMENT

PHYSICAL

MENTAL HEALTH

SOCIAL HEALTH

SPIRIT HEALTH

ENVIRONMENT

CULTURE
Dimensions of Wellness Wheel

- Physical
- Mental
- Emotional
- Intellectual
- Spiritual
- Relationship
- Social

Environment
Culture
Dimensions of Wellness Discussion

• Which dimensions do you struggle with?
• How does this affect other dimensions?
• What dimension are you spending too much time on?
• What compromise could you make?
• What could you do to improve or nourish the dimension you struggle with?
Mindlessness

• Being on “automatic pilot”
• A sense of living mechanically
• Living in the past or the future
• Living in the present, but in a struggle with what is here
• Separation from self
• Sleepwalking through life
Mindlessness

“The average person looks without seeing, listens without hearing, touches without feeling, eats without tasting, moves without physical awareness, inhales without awareness of odor or fragrances, and talks without thinking”

-Leonardo da Vinci
Mindlessness

• “Paying attention/being aware in a particular way”
• On purpose
• In the present moment
• Nonjudgmentally

- Jon Kabat-Zinn
Body Scan
Books

• Full catastrophe living
• Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World
• The mindful solution
• Mindful eating
• Intuitive eating
• Body kindness
• Fully present
Questions?
Thank you...