



Taking Care of You: Mind, Body and Spirit

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Taking Care of You

- Evidence informed program developed by MU Extension
- Integrates principles and techniques of positive psychology and mindfulness
- This is NOT designed as group therapy
- Delivery options
 - 4 2-hour sessions
 - 8 1-hour sessions

What Do You Find Stressful?

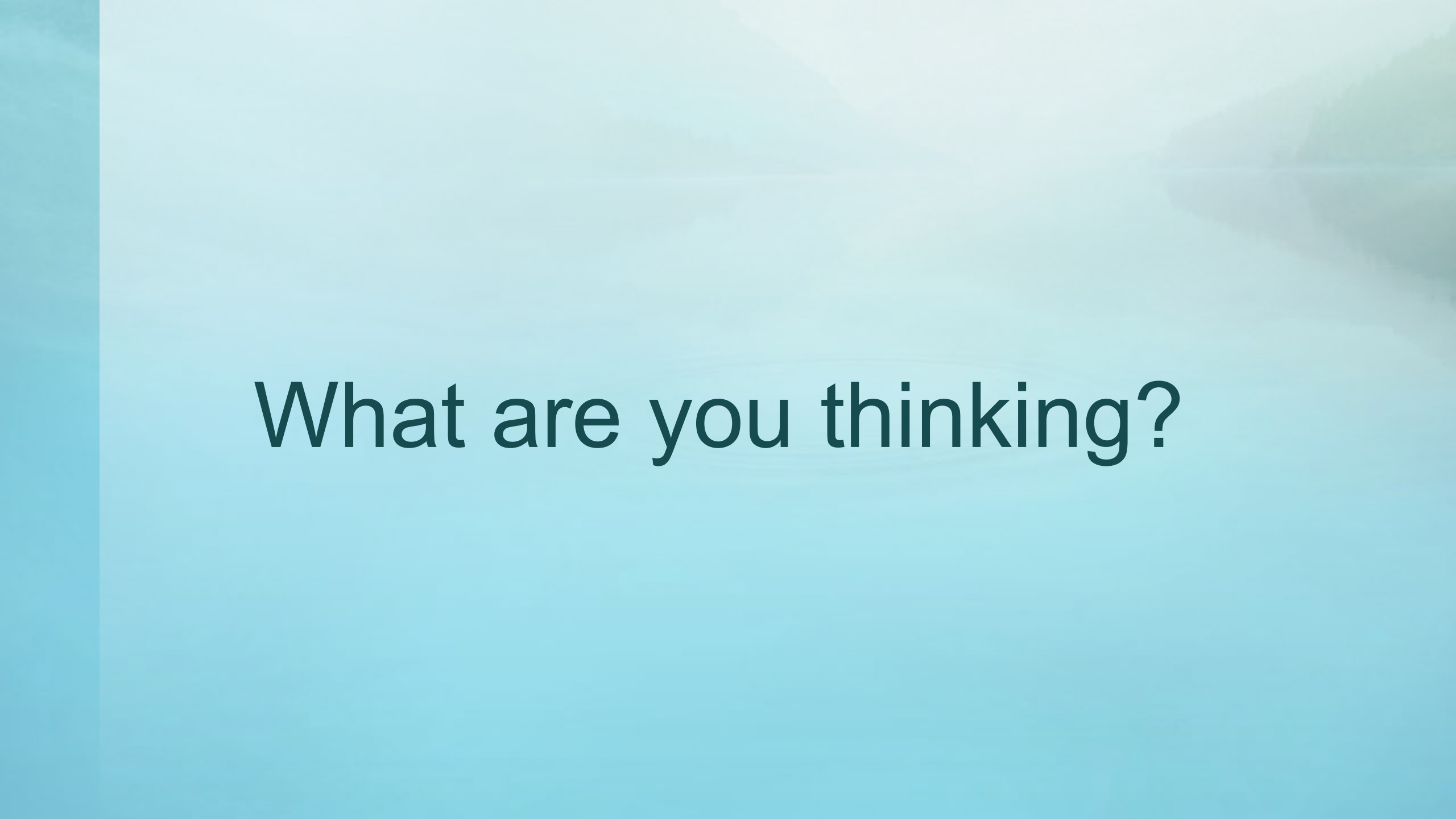
- Time stress
- Sleep stress
- Health stress
- Work stress
- People stress
- Money stress
- Food stress
- World stress

Chronic Stress...

“It’s much like flooring the gas pedal with your car in park. If you do it for a prolonged period, something in your engine will break.”

Adam Perlman, MD,MPH Executive
Integrative Medicine Director
Duke University

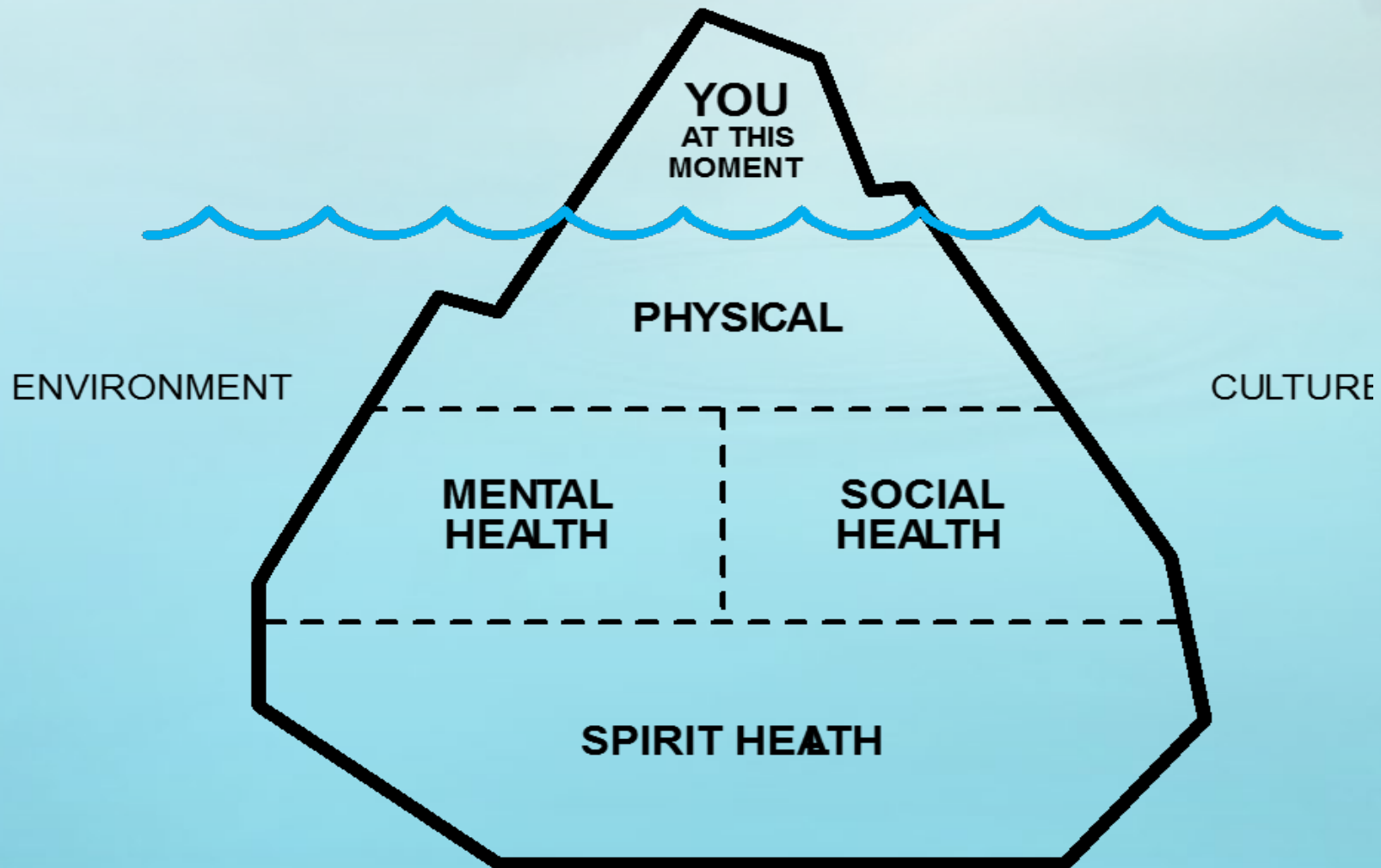




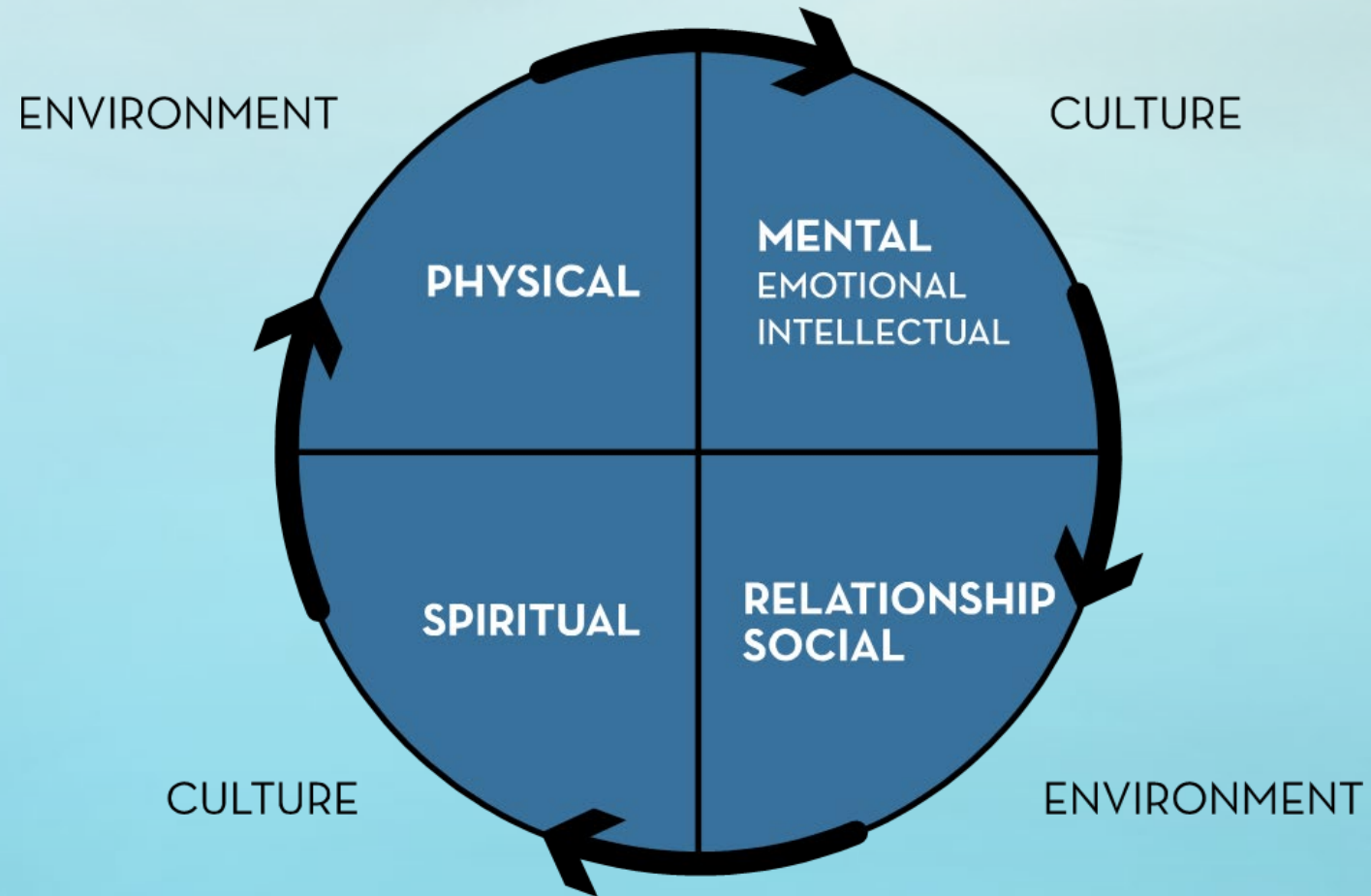
What are you thinking?



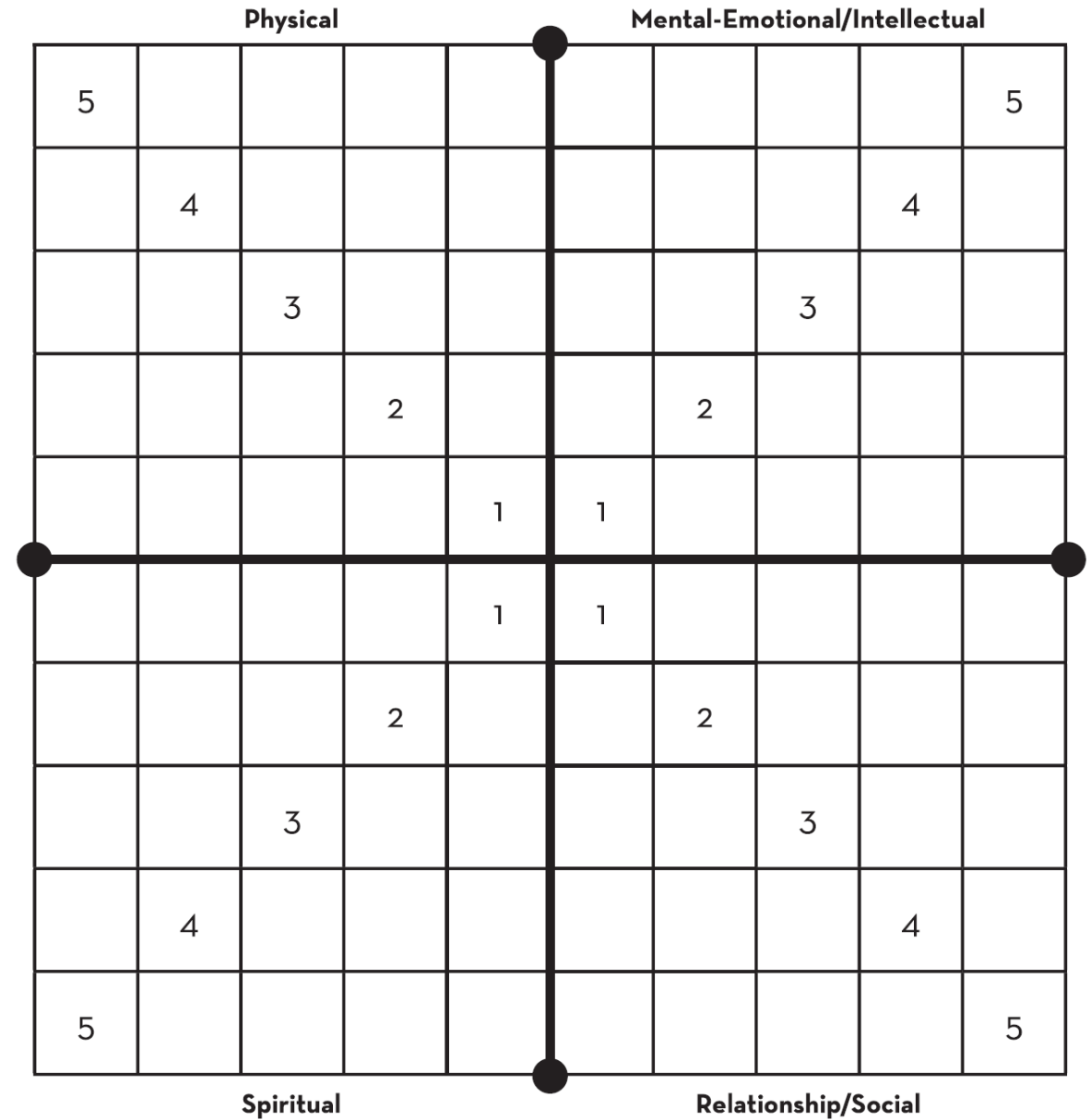
“Iceberg” of Health



Dimensions of Wellness



Wellness Wheel



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?

“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

- 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

Mindfulness

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

- Jon Kabat-Zinn

Body Scan





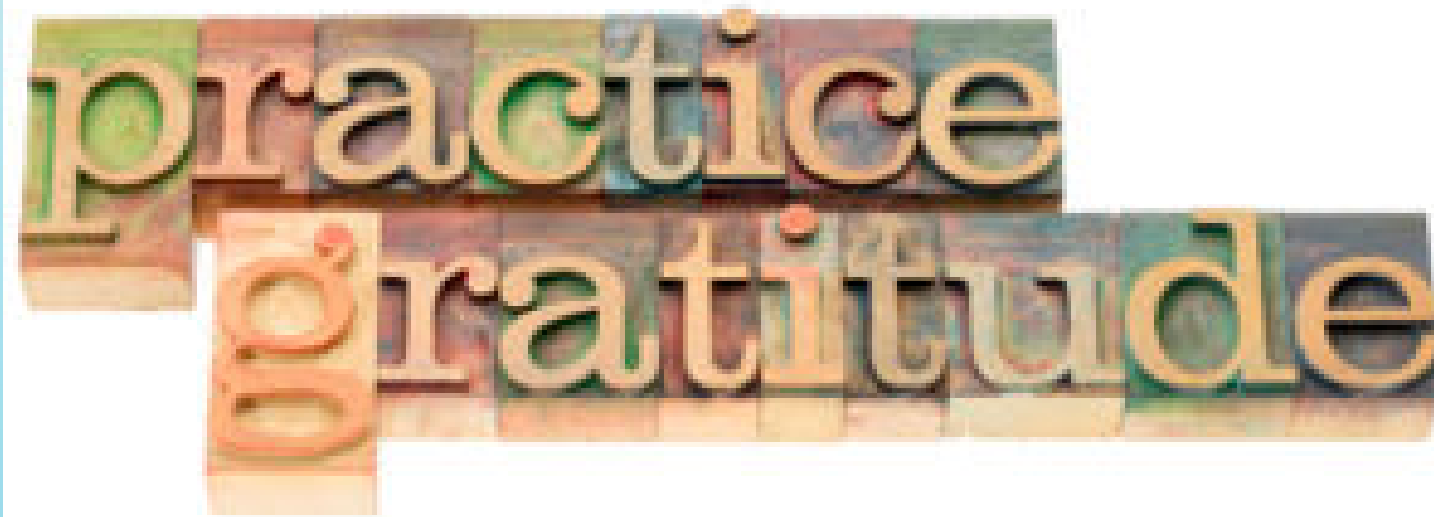
Weebles



Resilient People

- Feel a sense of control
- Have strong problem-solving skills
- Identify as a fighter or survivor
- Ask for help when needed
- Have the capacity to make realistic plans and follow through with them
- Manage their emotions effectively
- Embrace change
- Remain optimistic

An Attitude of Gratitude



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Books

- Full Catastrophe Living – *Jon Kabat Zin*
- Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World – *Mark Williams & Danny Penman*
- The Mindful Solution – *Ronald Siegel*
- Fully Present – *Susan Smalley & Diana Winston*
- The How of Happiness – *Sonya Lyubomirsky*
- Happiness and Health – *Rick Foster & Greg Hicks*
- The Happiness Advantage – *Sean Anchor*

A background image of a calm lake reflecting misty mountains under a soft, hazy sky. The scene is serene and atmospheric, with the water's surface acting as a mirror for the distant peaks.

Questions?

Thank you...



Extension

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an equal opportunity/ADA institution

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