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**The Presenter**



**Debbi Brown**  
 Debbi Brown has 20 years of experience as a facilitator of personal development classes, seminars, retreats, and leadership training. She has professionally spoken to large audiences at national conferences, educational seminars and spiritual centers. She has experience in clinical hypnotherapy, meditation, and guided imagery.

Debbi operates a private practice treating pre-and-post operative, physical healing, addiction, depression, grief, stress, and so much more. Using her naturally upbeat personality, she connects with her audiences while appealing to both their intellect and their hearts. She exhibits excellent people skills as well as a genuine, caring and compassionate nature.

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**Agenda**

- Identify the connections between mind and body
- Practice the Relaxation Response
- Identify how to recognize and manage stressful situations
- Recognize the benefits of relaxing your mind and body

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## The Mind-Body Connection

- What people **think** and **believe** can affect their health
- Research indicates that keeping the body in a relatively **calm** state is **crucial** to well-being and optimal health
- **Relaxation** and **stress management** techniques help to maintain a calm state during stressful situations



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## How Thoughts Affect Well-Being

- Psychologists, including Aaron Beck and Albert Ellis, suggest that thoughts have a direct connection to your state of mind
- If you change your thinking, you can change your feelings and experience of stress
- Changing your emotional response may then have a subsequently positive effect on your physical health

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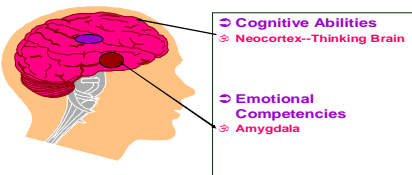
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## Cerebral Functions: Thinking and Feeling

### DIFFERENCES IN CEREBRAL FUNCTIONS



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### Effects of an Amygdala Attack

- Stops cognitive thinking
- Impulsive feelings override rationality
- Worry, anxiety, panic, frustration, and anger
- Knee-jerk reactions
- “Fly off the handle”

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### Amygdala Attack Triggers

What are the triggers?

- Perception that something will hurt you
- Intense emotional reactions and overreactions
- Past hurts that resurface
- Extreme dislikes

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### Poll

What feeling do you experience the most of as a reaction to stress at work?

- A. Fear
- B. Anger
- C. Feeling “down”
- D. Guilt
- E. Insecurity

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### Reactions to Stress at Work



- Fear
- Anger
- Feeling "down"
- Guilt
- Insecurity

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### Benefits of Managing the Mind-Body Connection

- Decreases wear and tear on the body
- Decreases anxiety and pain
- Improves recovery time when recuperating
- Strengthens the immune system
- Improves self-control when handling stressful situations

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### The Relaxation Response

- Developed by Herbert Benson
- Two step process:
  - Repetition of a word, sound, or phrase
  - Focus on the repetition as other every day thoughts come to mind



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Relaxation Response Activity

“PEACE”

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Poll

Which one of the below is NOT a benefit of the “Relaxation Response”?

- A. Slows down the heart beat and breathing
- B. Increases blood pressure
- C. Enhances resiliency when practiced regularly

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Benefits of the Relaxation Response

- Slows down the heart beat and breathing
- Reduces blood pressure
- Enhances resiliency when practiced regularly



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### Breathing Techniques



- Begin with regular breathing
- Focus on your breath
- Observe inhalation and exhalation
- Inhale for four counts
- Hold for seven counts
- Exhale for eight counts
- Breathe normally

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### Benefits of Using Breathing Tools

- Shifts focus from outside to inside
- Controls stressful emotions and anxiety
- Increases energy and awareness
- Harmonizes nervous system
- Diverts attention to a safe place
- Centers the mind and quiets mental chatter

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### Useful Strategies for Dealing With Stressors

- Consider how your perceptions influence your response
- Openly discuss feelings with loved ones and/or a counselor
- Use additional techniques such as guided imagery and progressive muscle relaxation
- Stay physically active
- Recognize that adaptability to change is personally beneficial
- Hold onto your sense of humor
- Seek medical advice about medication options

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### Benefits of Knowing About the Mind-Body Connection

- Knowing how the connection affects you empowers you to embrace the positive responses and reduce the effect of negative ones
- You can recognize your own signs and symptoms, and identify when you need to take action
- You better understand your stressors and ways to manage them

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Thank You!

## Questions?

*Please complete the short online evaluation after exiting from this webinar.*

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### Works Cited

Benson, H. (n.d.). The Relaxation Response. Retrieved from <http://www.relaxationresponse.org>

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