INTRODUCTION TO MIND-BODY MEDICINE

Welcome to the first day of your journey with mind-body medicine!

- Mind-body medicine is not something new
- It actually draws from techniques used over thousands of years by people all over the world to promote self-awareness, healing, healthy self-expression, reflection, and healthier connection to our mind, body, and spirit
- The overall goal is enhancing mental, emotional and physical health
- You will try activities such as breathing, guided imagery, journaling, drawing, and meditation
- Each activity will be provided with instructions and the goal is that you practice a technique daily and reflect on your journey
- You will find that the weekly activities build on each other and that they are all intimately connected. You can try these activities alone or with your family
WHAT IS MIND-BODY MEDICINE?

- Connection between our thoughts, emotions, bodies, and actions
- Allows you to reconnect your mind, body, and spirit with the outside world through breathing, body awareness, and various types of meditation
- Uses techniques that help you manage the negative impacts of stress
- Scientifically validated to improve overall health
- Improves self-awareness which can build self confidence
- Can be used at an individual or community wide level, therefore can create a safe space to talk about emotions and feelings, while healing together
- Many mind-body medicine techniques can be done whenever, wherever because they purely rely on you, your mind, and your breathing

WHY PRACTICE MIND-BODY MEDICINE?

- Build confidence
- Manage emotions and stress
- Strengthen imagination and creativity
- Improve focus
- Improve relationship with others
- Enhance a sense of purpose and meaning
- Heal from trauma
- Increase self-awareness
- Improve overall health