

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

