



Relax, Release, Renew

*Introduction To Mindful Meditation &
Demonstration*



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GROUP CLASS CONFIDENTIALITY AGREEMENT

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.



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IMPORTANT DISCLAIMER

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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ABOUT YOUR FACILITATOR

- Cheryl Mirabella
- Kaiser Permanente Health Educator



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LEARNING OBJECTIVES

1

Recognize what meditation is and how it can be helpful in reducing stress.

2

Learn to recognize the relationship between mind and body.

3

Examine the basic techniques, such as correct breathing and posture.



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Mindful meditation is a union of mind and body. To be healthy human beings and to function at the peak of our potential, we need to achieve a balance of mind and body.



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The practice of slowing the mind and taking a mental break from the constant chatter brings the balance which is critical to health



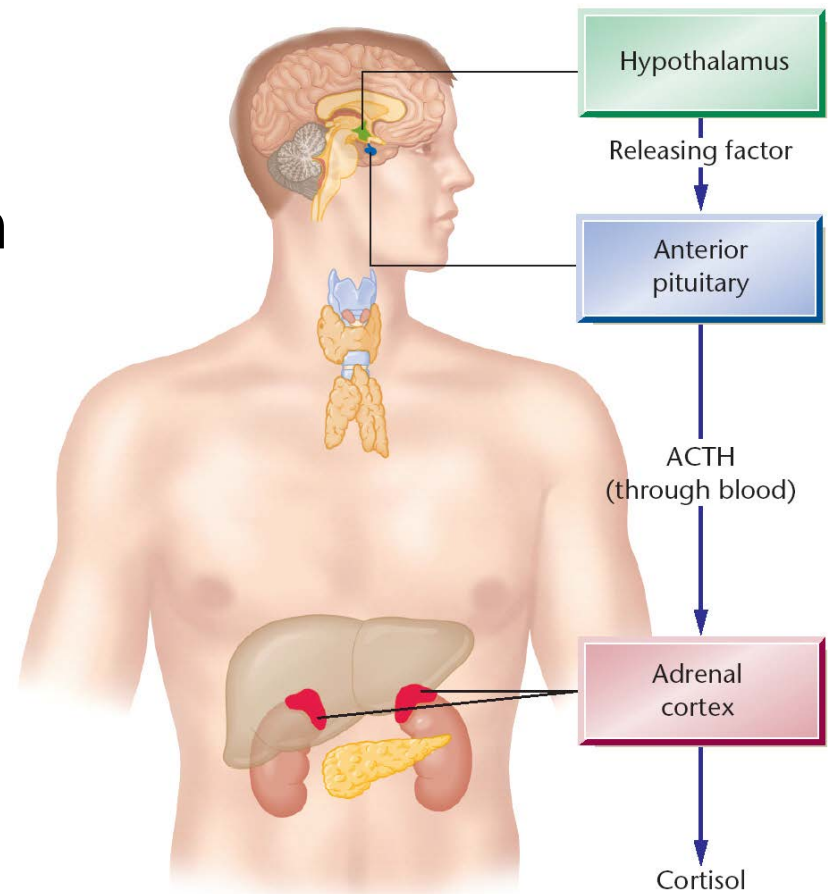
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THE MIND & BODY CONNECTION

- Organ systems working in concert
- Feedback between brain and body
 - Neurological
 - Hormonal - neurochemical



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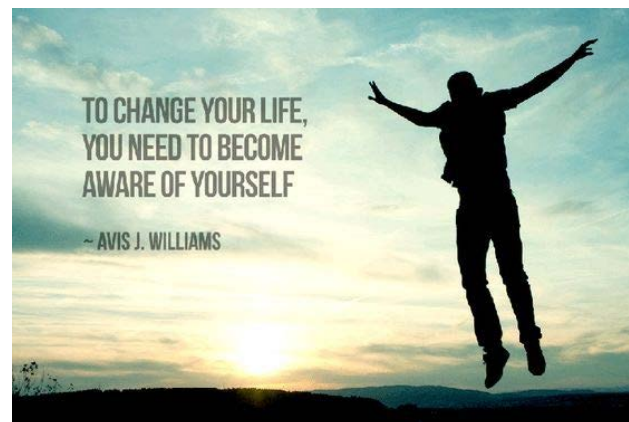
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MINDFUL AWARENESS

Being ‘**awake**’ in this moment

AWAKE: “to come or bring into awareness”

- Thoughts
- Sensations
- Feelings



IN THIS MOMENT

- Letting go of the past
- Letting the future unfold



MINDFUL AWARENESS

Acceptance Of This Moment As It Is:

- You will get distracted, and noting this, you awake to this moment, over and over
- A **Conscious Choice** to be Engaged in This Moment, as it is.



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COGNITIVE STRATEGIES

- **Reframing**

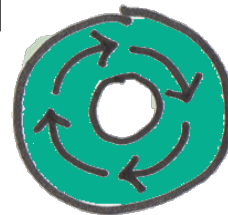
- Thoughts are only thoughts – you can change them.

- **Emotion focused strategies**

- “An opportunity to manage my anger skillfully”
- Owning our emotions
- Attitude adjustment

- **Problem solving strategies**

- Time Management = eliminate time wasters
- **ASK** for support, share the load



vs.



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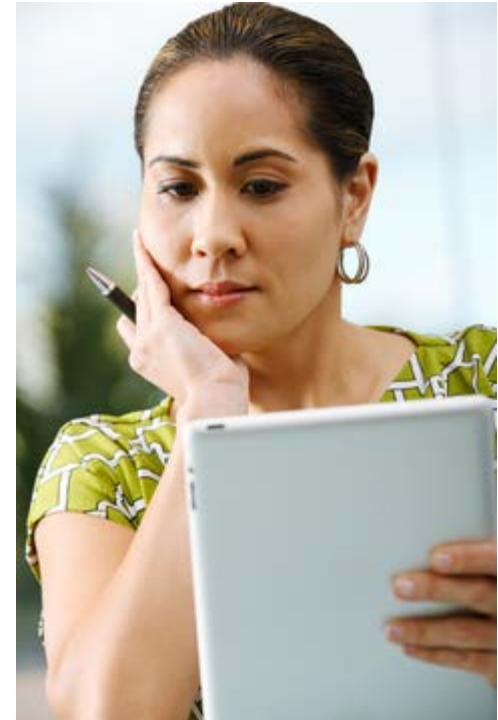


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COGNITIVE STRATEGIES

Seeing new options

- I can say no
- I can ride a bike to work
- I can take a vacation
- I can join a support group
- I can set goals



What is your “I Can” statement?



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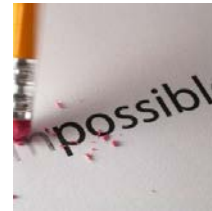


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ATTITUDE

The Cognitive Behavioral Response

- Changing Your Heart Rhythm
- Calm Rhythmic Breathing
- Focusing within yourself
- Positive affect



Positive Feedback to your Brain

- Lower blood pressure
- Release of DHEA



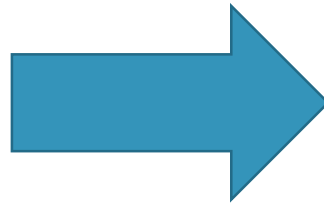
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THE RELAXATION RESPONSE

- A mentally active process that leaves the body relaxed and the mind alert
- Best done in an awake state
- Trainable and becomes more profound with practice
- Balances the 'fight or flight' response



Balancing



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APPLYING THE RELAXATION RESPONSE

- **Focus** on something occurring in the **present moment** – a word, your breath, simple movement, imagery.
- You **WILL** get distracted. **Observe** where your mind went and gently return your attention to your point of focus.
- **Let go** of judging and return over and over to the present.



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MEDITATION



Involves sitting quietly for 15 to 20 minutes, concentrating on breathing slowly and rhythmically to release stress



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BASIC MINDFULNESS MEDITATION

This is the mindfulness ‘exercise’ – to rest awareness in this moment, and then, be attentive to the distractions, and gently letting go and coming back to this moment

~Adapted from Jon Kabat-Zinn; Full Catastrophe Living



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WORKING ON BREATHING

- **Follow** your breathing
- **Focus** on the exhale
- **Engage** the belly



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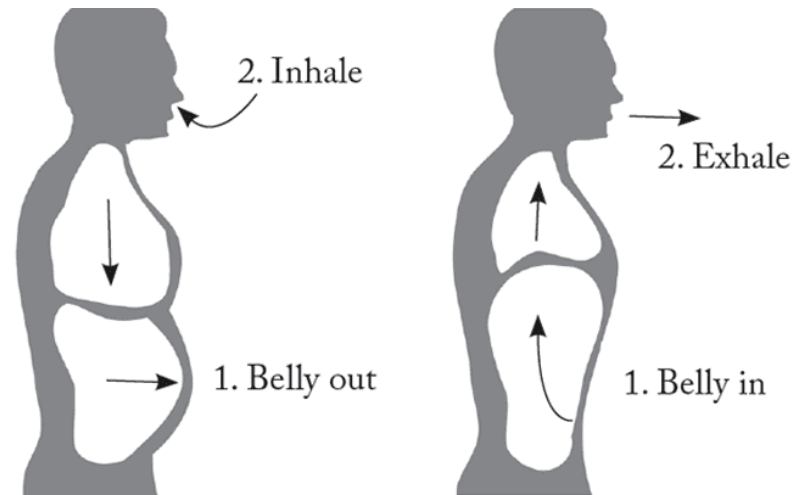


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BREATHING EXERCISES

Relaxing Breath

- Inhale counting to 4
- Hold for 7, and then
- Exhale counting to 8
- Inhale through the nose, exhale through the mouth, holding the tip of your tongue behind the upper teeth
- Repeat the breath cycle four times, then breath normally, and be aware of how you feel



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BREATHING EXERCISES

CALMING BREATH

- Take a moment to focus yourself
- Notice your breathing as it is
- Relax into a comfortable position, and begin...
- **DEEP, SLOW, QUIET, REGULAR** breathing
- A conscious effort to slow your breathing down
- Continue for several cycles, or continue for several minutes.



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PHYSICAL BENEFITS OF MEDITATING

- Lowered levels of cortisol and lactate-two chemicals associated with stress
- Reduction of free radicals - unstable oxygen molecules that can cause tissue damage
- Improved blood pressure
- Slows down the aging process



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MENTAL BENEFITS OF MEDITATING

- Greater creativity
- Decreased anxiety
- Decreased irritability and moodiness
- Improved learning ability and memory
- Decreased depression
- Increased feelings of vitality and rejuvenation
- Increased happiness



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Kaiser Permanente on-line resources

- kp.org/mindbody
learn techniques for mind & body health
- www.kp.org/healthylifestyles
HealthMedia® Relax® program
- www.kp.org/listen
guided imagery for sleep, stress, weight loss, and more

Reduce stress with a proven relaxation plan

[Relax](#) delivers a customized plan to manage symptoms and health issues related to stress.

 Printer friendly

Discover what causes your stress and find ways to help manage it. The Relax program teaches you how to minimize symptoms of stress, including:

- headaches
- irritability and depression
- sleep problems
- weight gain or loss
- smoking



63 percent of people who have completed the program report reduced stress levels.*

Once you complete the questionnaire, you'll receive an action plan to help you begin managing your stress and start reducing its impact on your life.

[Take Relax now.](#)

If you aren't able to finish the program all at once you can save your spot, then pick up where you left off when you return.

Tried Relax and want to learn even more ways to de-stress? Find balance in our [mental health and emotional wellness](#) center.



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Kaiser Permanente Today

Strong momentum in web, mobility, policy, telehealth, innovation

kp.org

76+ Million total visits



24+ Million

Lab results viewed online

10+ Million

Emails to doctors

8+ Million

Prescription refills

mobility

65,000+ average daily visits



Percentage of visits to kp.org via mobile

17+
million
total visits to
mobile
kp.org



Every Body Walk! - This app enables users to personalize walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more.



Mobile Clinical Library
iPhone and iPad



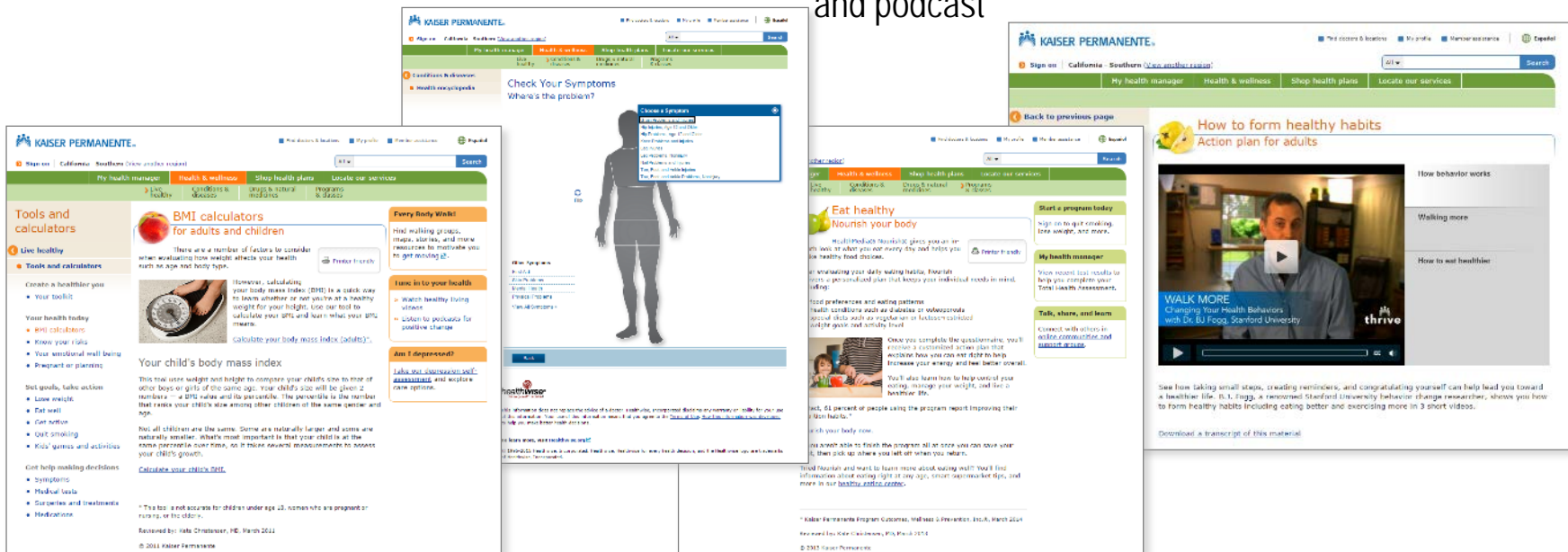
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KP.ORG: A HUB FOR MANAGING HEALTH

➤ Tools and resources for members

- ✓ Total Health Assessment
- ✓ Health and drug encyclopedias
- ✓ Symptom checker
- ✓ Healthy lifestyle programs
- ✓ Health videos
- ✓ Total Health Radio online radio show and podcast



TOTAL HEALTH ASSESSMENT

An interactive health awareness tool with built-in digital coaching solutions

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
 - Skills and action steps that can help modify behaviors that may result in personal improvements
 - Include tips on healthy eating, exercise, or stress management
 - Optional healthy lifestyle interactive coaching programs



9 Healthy Lifestyles Programs

- *Breathe - Tobacco Cessation*
- *Relax - Stress Management*
- *Balance - Weight Management*
- *Nourish - Healthy Eating*
- *Care for Your Back*
- *Care for Pain*
- *Care for Depression*
- *Care for Diabetes*
- *Dream® - Sleep Management*



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RESOURCES

- www.kp.org/listen
 - Guided Imagery for sleep, stress, weight loss, and more
- Mind Body Medical Institute Harvard University
<http://www.mbmi.org>
- Full Catastrophe Living by Jon Kabat-Zinn.
- The Relaxation Response by Herbert Benson.
- Breathing: Master Key to Self Healing (cd) by Andrew Weil, MD



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Make the Call, Take the Call

The State of Maryland Wellness Program offers **free** confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:

- Healthy weight*
- Managing stress*
- Physical activity*
- Eating healthy*
- Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

Or reach out to your wellness coordinator



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RELAX, RELEASE, RENEW

THANK YOU

Who has the first question?



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