

WELLNESS AND MINDFULNESS: PHYSICAL AND MENTAL HEALTH

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What is Wellness?

The Wellness Continuum



Premature Death Disability Symptoms Awareness Education Growth High Level
Neutral Point Wellness
(No discernible illness (Zest for life)
or wellness)

The Five Dimensions of Wellness

- * Intellectual
- * Emotional
- * Social
- * Spiritual
- * Physical



Wellness includes prevention and the practice of holism: a personal commitment to enhance health through the five dimensions.

How do you take care of yourself in each dimension of wellness?

- **Intellectual** (Example: I learn a new vocabulary word every day)
- **Emotional** (Example: I seek counseling on a regular basis to help with anger management and depression)
- **Social** (Example: I play bridge twice a month with friends)
- **Physical** (Example: I make sure to walk for 30 minutes every day)
- **Spiritual** (Example: I meditate every morning for 5 minutes as soon as I wake up)

What does self-care look like for you?

Consider:

- Food/nutrition
- Water intake
- Movement/exercise
- Maintaining a healthy weight
- Medical and dental care
- Grooming (hair, skin, nails, etc.)
- Touch/physical pleasure
- Stress-relieving activities
- Sound (music, nature, other sounds)
- Safety issues
- Limiting screen time
- Avoiding exposure to excessively violent, abusive, cruel or negative people, images or media
- Balancing work responsibilities with family and leisure time
- Speaking up for yourself
- Paying attention to your finances

Physical well-being

Mental well-being

What is Mindfulness?



Understanding Mindfulness

- **Mindfulness:** the state of being attentive to and aware of what is taking place in the present
- **When we are mindful, we are paying attention, on-purpose, non-judgmentally**

Yesterday is history.
Tomorrow is a mystery.
Today is a gift.
That is why it is called
the present.

Mindfulness can increase:

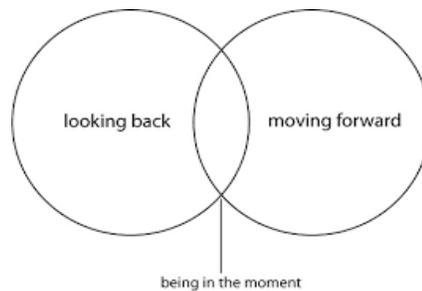


Gratitude
Compassion
Letting go
Joy
Skillful Communication
Meditation/Prayer

Creativity
Anger Management
Deep listening
Wisdom
Happiness
Pleasurable moments

Mindfulness is a Way of Being

- Mindfulness in daily life means being present in all one's activities and interactions
- When we live mindfully, we become more effective and more productive

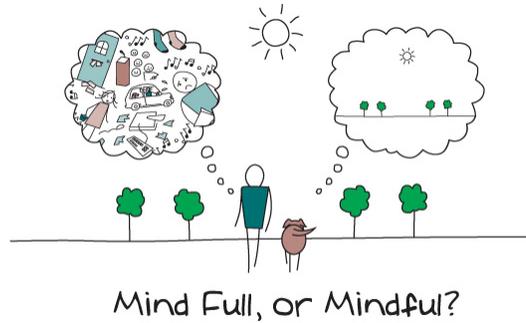


Benefits of Mindfulness

- Turns off the stress response
- Facilitates relaxation
- Reduces stress hormones
- Boosts the immune system
- Reduces pain, anxiety, binge eating, depression, and stress
- Enhances positive states of mind
- Increases overall sense of control



When are you mindful?



**Ten thousand flowers in spring
The moon in autumn
A cool breeze in summer,
Snow in the winter,
If your mind is not clouded by
unnecessary things,
This is the best season of your life.**

- Wu-men
(12th-century Chinese scholar)

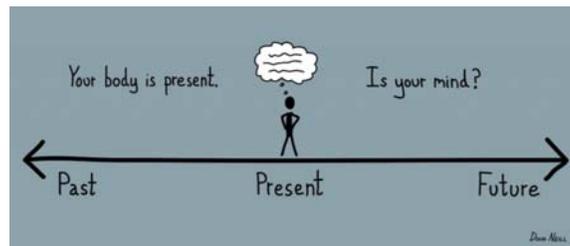
Mindlessness:

- Occurs when our thoughts are not in the present moment and when we tune out what is happening

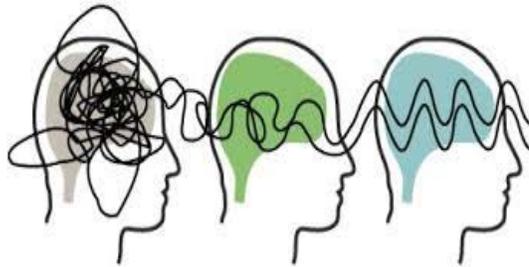


Can you think of 3 examples of when you were mindless yesterday?

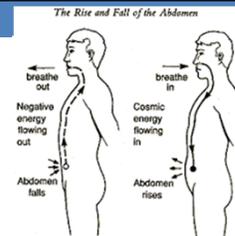
How about 3 examples of when you were mindful?



Practicing mindfulness is a gentle, gradual training in how to end dissatisfaction . . .



Mindfulness

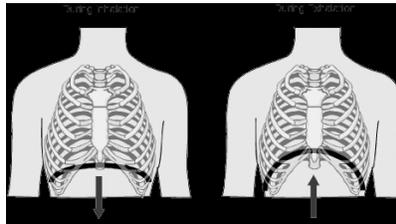


TRY:

- Staying with one full in-breath as it comes in, one full out-breath as it goes out, keeping your mind open and free for just this moment, just this breath.
- Abandon all ideas of getting somewhere or having anything happen. Just keep returning to the breath when your mind wanders, stringing moments of mindfulness together, breath by breath.
- Try it every once in a while throughout this session.

Coherence Breathing

- Slow down your breath for relaxation, increased heart-rate variability (associated with a healthier, more flexible CV system and a more balanced and resilient stress-response system)
- The sweet spot is between 4-6 breaths/minute for most people (10-15 seconds per breath)



<https://www.youtube.com/watch?v=ol-q-oX-Slw>

Practice Mindfulness



- | | |
|---|------------------------------------|
| 1. Breathing in, I know I am breathing in. Breathing out, I know I am breathing out. | In Out |
| 2. Breathing in, my breath grows deep. Breathing out, my breath goes slow. | Deep Slow |
| 3. Breathing in, I calm my body. Breathing out, I smile. | Calm Smile |
| 4. Breathing in, I am aware of the present moment. Breathing out, I know it is a wonderful moment. | Present moment Wonderful moment |

Mindfulness brings peace to the moment. Don't miss the beautiful moments in life because your mind is elsewhere.



Contemplate This:

- **Peace. It does not mean to be in a place where there is no noise, trouble, or hard work.**
- **It means to be in the midst of those things and still be calm in your heart.**



Only that day dawns to which we are awake.

Henry David Thoreau (Walden Pond)



- Whole days, even a whole life, can slip by unnoticed.
- Try asking yourself from time to time, “Am I awake right now?”

Mindful Mountain Pose (Tadasana)

- Feel your feet pressing into the floor
- Press your tailbone, shoulder blades, and fingertips down
- Feel the crown of your head stretching up
- Lift your kneecaps, abdominals, and chest up
- Feel your down-ness and your up-ness at the same time
- Breathe!!



My New Habit (pick an easily manageable situation)

Tomorrow, when I

And I am tempted to

Then I will

Physical Well-Being

- Keep moving! What does that mean for you?

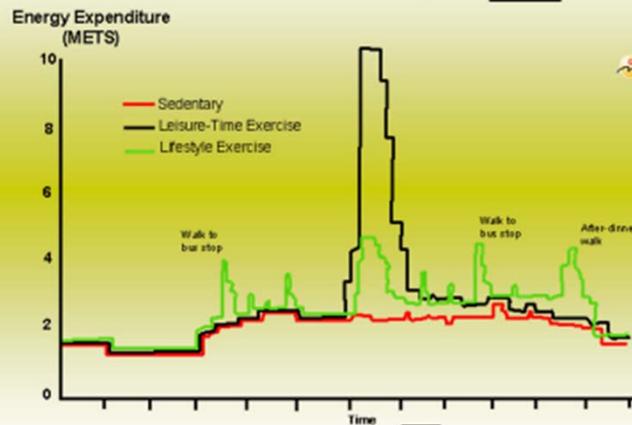
Did you know that sitting more than 30-60 minutes at a time is harmful to your health?

Suggestions:

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk — or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.
- Position your work surface above a treadmill — with a computer screen and keyboard on a stand or a specialized treadmill-ready vertical desk — so that you can be in motion throughout the day.

Physical Activity is different from exercise!

Theoretical Patterns of Physical Activity



Blair, et al. (1992), "Physical Activity and Health: A lifestyle Approach"
Medicine, Exercise Nutrition and Health 1:1, 54-56.

Can You Name the Immediate (Today's) Benefits of Physical Activity?



- Better sleep
- Improved brain functioning
- Decreased stress, anxiety, and depression
- Decreased chronic muscle tension; feel better
- Increased energy and productivity
- Improved mood
- Improved self-confidence and self-esteem
- Better digestion
- Better posture

Physical Activity: what does it mean for you?

The more you can structure it so it's fun, popular, and easy/convenient, the better!

1. **Fun**, pleasurable, enjoyable, believe that you will feel better
2. **Popular**/normative—can you do it with friends, family, or co-workers?
3. Convenient and **easy** to access/ easy for you to do



Which exercise is best?

- **The one you will do!!**
- The one you enjoy and is healthy and pleasurable
- Be aware that over-exercise (over-training) is stressful and potentially dangerous

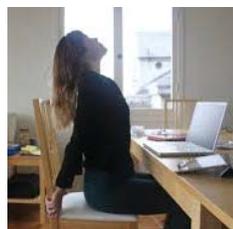


A Balanced Fitness Program

A balanced fitness program

| Type of physical activity | Cardiorespiratory training | Strength training | Flexibility |
|-----------------------------------|--|--|---|
| Examples | Swimming, jogging, running, playing tennis or other sports, dancing, kickboxing, water aerobics, riding a bike | Weight lifting using free weights or machines, using body weight to generate resistance against body weight such as push ups, sit ups, resistance bands, heavy gardening | Flexibility exercises to lengthen the muscles, |
| Frequency, duration and intensity | 3-5 days per week, 20-60 minutes each time, 55 to 90% VO ₂ max | At least 2 days per week , 8-10 repetitions, with an intensity that enhances muscle strength | 2-7 days per week, enough to develop and maintain a full range motion |

Everybody Stretch!!



Eating Well

To make healthy, life-supporting foods a regular part of your lifestyle, make your eating plan:

1. **Fun**, enjoyable, pleasurable, believe that you will feel better
2. **Popular**, normative, social
3. **Easy**, convenient



What Makes a Healthy Meal?

- Many opinions!
- See choosemyplate.gov for government guidelines
- Almost everyone agrees with the following:
 - Minimize sugar
 - Minimize white flour products
 - Minimize processed foods
 - Eat lots of veggies and fruits!



Physical Health Goals for the Next Four Days

Over the next 4 days, I will (physical activity goal) and (healthy eating goal) .

HINT: make your goals as specific, realistic, fun, and easy as possible! Make a specific 4-day plan now!



Caring for Your Mental Health

• Intellectual Health

- The ability to think, learn, assess, and question
- The ability to always be curious
- The desire to never stop learning
- The recognition that you can never know everything



Caring for Your Mental Health

• Emotional/Psychological Health

- Experiencing a wide range of feelings and expressing them in appropriate ways, such as:
 - the ability to handle anger and frustration
 - the ability to give and receive love
 - the ability to let go and forgive
 - having a sense of humor



Skillful communication is key!

Template for Saying Something Difficult

- **When you** _____ (avoid insults, cursing, or blaming),
- then **I feel** _____,
- and **I need** _____ (or sometimes it's "I imagine that")
- So **I request** that you _____.



Changing your Self-Talk

- | | | |
|--|---------|-------|
| - I can't | becomes | _____ |
| - I'm such a loser | | _____ |
| - I'm not a good test-taker | | _____ |
| - I'm not good at parties | | _____ |
| - I can't save money | | _____ |
| - I hate cold weather | | _____ |
| - I hate hot muggy days | | _____ |
| - I'm not as productive as I should be | | _____ |
| - I'm terrible at small talk | | _____ |
| - I can't seem to get ahead | | _____ |
| - My life is a mess | | _____ |

When you catch yourself engaging in negative self-talk:



- Recognize your choice to think or say "STOP" to unconstructive thoughts
- Immediately replace a stress-producing, negative statement with a positive one

Caring for Your Mental Health

• Spiritual Health

- Having principles and values that guide you and give meaning and direction.
- A belief that each human being has a higher self.
- Having a sense of oneness with other beings on the planet.
- Having a reverence for nature.



Spiritual Wellness Assessment

- I have a deeply held belief system or personal theology.
- I have faith in a higher power.
- My faith gives meaning to the experiences and relations in my life.
- Even during difficult times, I have a sense of hope and peace.
- My spiritual beliefs help me remain calm and strong during times of stress.
- I feel a connection to the people and the world around me.
- I am able to forgive people, even when I think they have wronged me.
- I seek time with nature and reflect on how nature contributes to my quality of life.
- I find comfort in the practice of spiritual rituals (prayer, meditation, music, etc.)
- I respect the diversity of spiritual expression and am tolerant of those whose beliefs differ from my own.
- I can clearly articulate the meaning and purpose of my life.
- My inner strength is related to my belief in a higher power.
- I take time to be of service to others and enjoy doing so.
- I feel a sense of harmony and inner peace.
- I think my life is balanced.
- I feel responsible and am actively involved in preserving the environment.
- The way I live my life is a reflection of what I value most.

What will you do to improve your spiritual health? When?

1. Develop a sense of meaning and purpose in life?
2. Develop a belief in a higher power?
3. Develop a feeling of connectedness (with self, others, the universe)?
4. Develop compassion for yourself and for others?
5. Practice religious behaviors, meaningful rituals, meditate or pray?

**Let it be
Let it go
Let it in**



Mental Health Goals for the Next Four Days

Over the next 4 days, I will practice _____.

HINT: make your goals as specific and realistic as possible! Make a specific 4-day plan now!



THANK YOU!!

- May you be happy and peaceful
- May you ride the waves of your life
- May joy arise within you
- May you come to know the beauty of your own true nature
- May your heart be open



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