



The Art of Mindfulness

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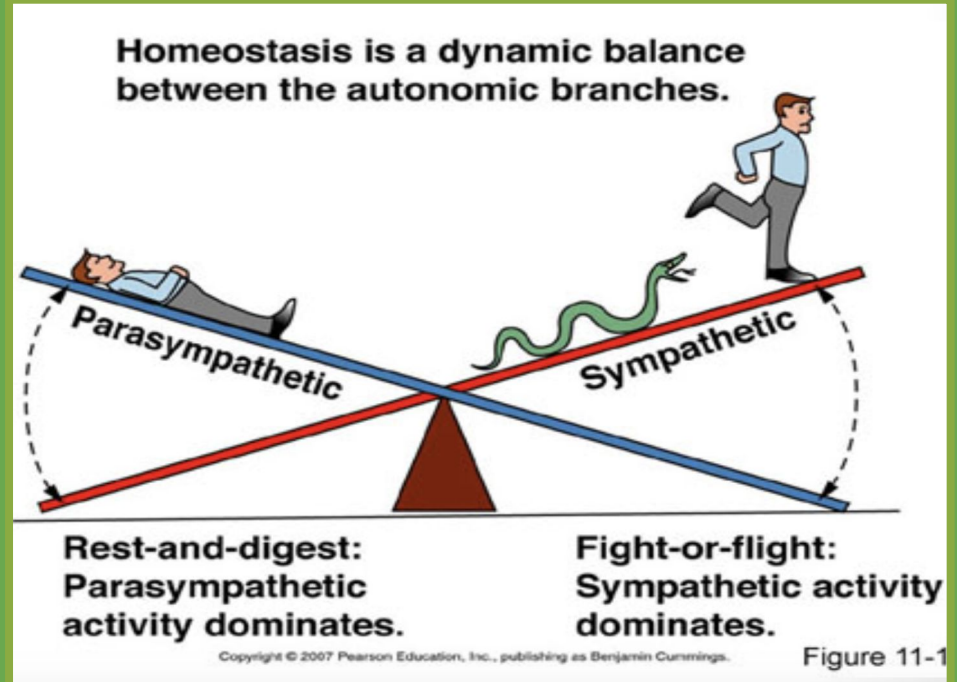
Count and Think:
Stressful, scary, or nervous events
in your week.





Balancing Rest and Digest & Fight or Flight

- **Sympathetic Nervous System**
 - *Response: Stress*
 - *Cortisol: ↑ energy in body*
 - *Adrenaline: alertness*
- **Parasympathetic Nervous System**
 - *Calms & Relaxes*
 - *Acetylcholine: ↓ energy in body*





Mindfulness

Slowing down to bring full awareness and attention to yourself





Mindfulness

Releases happy hormones which can help prevent stress.



Happy Hormone

1

Endorphins: blocks pain

- Spicy food



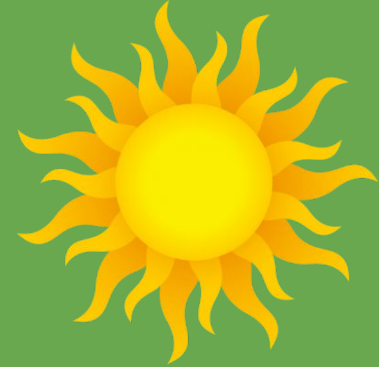
Happy Hormone



2

Serotonin: refreshes & happiness

- Sunlight/any happy item



Happy Hormone



3

Dopamine: action & purpose

- Setting/Reaching goals





Getting different types of happiness can **balance stress and motivation.**

Try to experiment in the different ways you can get happiness, so you can get an equal amount of **all** types of happiness.



Tips: Breath Awareness

- Calms you! Gives you a nice boost of happy hormones.
- Great to practice in the morning or after completing work.
- Can also calm you from excess stress/energy from work!

Click this to practice!

Breath Awareness



Practice mindfully and with caution! *

*Please consult your health care professional with any questions or concerns before starting any exercise program. Always practice with caution!



Tips: Sun Salutations

- Energizes and activates!
- Practice before or as a break during studies! Great in the morning too!
- Can be a great cardio exercise!

Click this to practice!

A diagram titled "Sun Salutations" showing a sequence of eight yoga poses arranged in a circle around a central sun icon. The poses are: 1. Mountain Pose (Tadasana), 2. Forward Bend (Uttanasana), 3. Downward Dog (Adho Mukha Svanasana), 4. Upward Dog (Urdhva Mukha Svanasana), 5. Cobra Pose (Bhujangasana), 6. Child's Pose (Balasana), 7. Cat-Cow (Marjaryasana/Bitilasana), and 8. Mountain Pose (Tadasana). Arrows indicate the flow between poses. A central sun icon is labeled "Sun". Text at the bottom of the diagram reads "Surya Namaskar" and "Each movement is linked to inhale and exhale".

Sun Salutations

Practice mindfully and with caution! *

*Please consult your health care professional with any questions or concerns before starting any exercise program. Always practice with caution!




Tips: Loosen up! With Yogic Jogging

- Activates during a break from studying! Or when you need to relieve stress!
- Controls your stress, but also motivates you!

Click this to practice!

Yogic Jogging



Practice mindfully and with caution! *

*Please consult your health care professional with any questions or concerns before starting any exercise program. Always practice with caution!



Lifestyle Changes

- Try organizing your work
- Get a hobby!
- Talk it out!

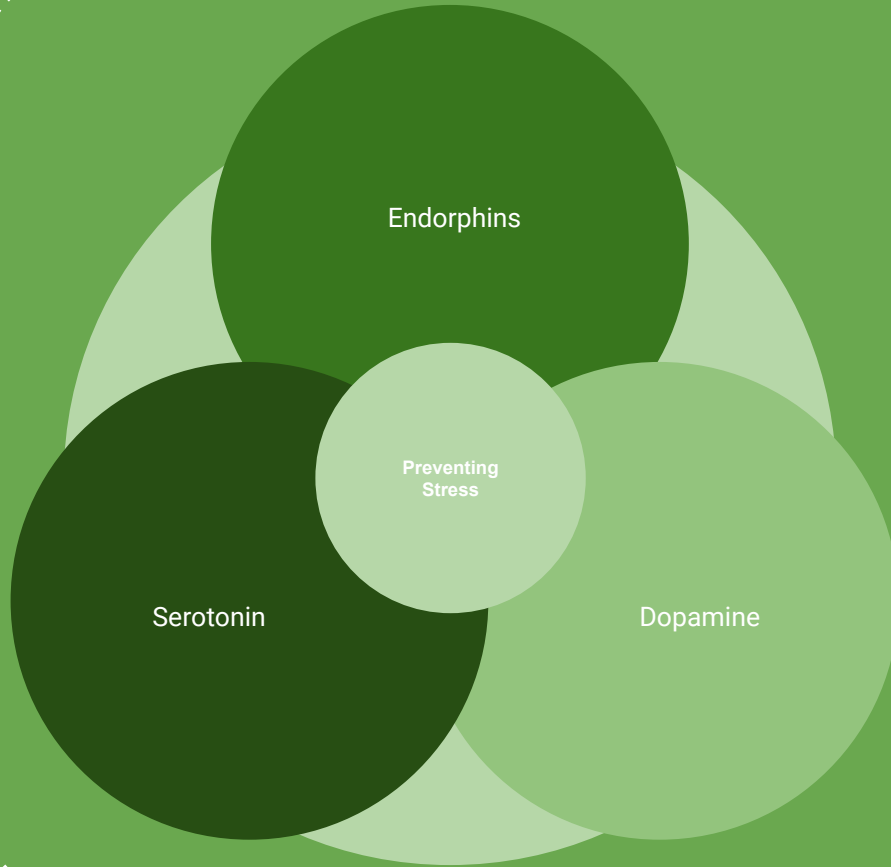




Review:

Balance sympathetic response (stress)
&
Parasympathetic response (relaxation).

Sympathetic Nervous System (Fight or Flight)	Parasympathetic Nervous System (Rest and Digest)
Cortisol allows more energy in body	Acetylcholine allows the body to relax
Adrenaline allows focus and alertness	



- Importance of balancing all happy hormones
- Controls your stress, but also motivates you!



Thank you.

Credits:

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