

What is Mind Body Medicine?

- ❖ Medical discipline based upon the inseparable connection between the mind and the body
- ❖ Unmanaged and overwhelming stress can turn into illness and dysfunction and possibly disease
- ❖ There are self-care modalities that can increase one's capacity to manage stress and increase resilience

Resiliency Self-Care Modalities

- ❖ A regular meditation habit
 - Mindfulness, yoga, mantram etc...
- ❖ Recuperative sleep
 - Sleep hygiene, positive sleep thoughts, creating a buffer zone
- ❖ Resiliency-building thought habits
 - Cognitive restructuring, positive psychology, finding meaning in adversity
- ❖ Social connection cultivation
- ❖ Diet/Exercise

Increasing Scientific Evidence in Multiple Condition:

Strong to Moderate Evidence:

- ❖ Cardiovascular disease
- ❖ Hypertension
- ❖ Insomnia
- ❖ Pain
 - Chronic
 - Low back pain
 - Arthritis
 - Acute pain

- Fibromyalgia
- ❖ Surgical outcomes
- ❖ Cancer treatment tolerance
- ❖ Depression
- ❖ Anxiety

Limited Evidence:

- ❖ Allergies
- ❖ Dermatological disorders
- ❖ Diabetes
- ❖ HIV progression
- ❖ Irritable bowel syndrome
- ❖ Post-stroke rehabilitation
- ❖ Peptic ulcer
- ❖ Pregnancy outcomes
- ❖ Chronic obstructive pulmonary disease
- ❖ Tinnitus

Pain-Specific Benefits:

- ❖ Reduces pain-related brain activation
- ❖ Reduced pain catastrophizing
- ❖ Reduced self-reported pain disability
- ❖ Increase compassion

Eight Week Program – 2 hour weekly sessions

- ❖ Session I: Understanding Pain, Stress Physiology, and the Relaxation Response
- ❖ Session II: Building a Practice and Recuperative Sleep
- ❖ Session III: Mindfulness, Purpose of Pain, and Pacing
- ❖ Session IV: Positive Psychology and Cognitive Restructuring
- ❖ Session V: Yoga and Developing Cognitive Resilience
- ❖ Session VI: Pain and Nutrition
- ❖ Session VII: Enhancing Social Connection & Communication
- ❖ Session VIII: Putting It All Together

MIND BODY MEDICINE focuses on the interactions among the brain, mind, body, and behavior, and the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect your experience of pain and overall health and functioning.

In eight sessions, you will:

- ❖ Understand the role of the brain and stress in the experience of pain and pain disability.
- ❖ Practice multiple proven beneficial meditative techniques that can be practiced anywhere
- ❖ Learn skills to promote healthier outlooks with a sense of purpose for the future
- ❖ Incorporate healthy living practices including restorative sleep
- ❖ Appreciate the power of interpersonal connections on health

Contact: 619-532-5128/6360

Mind Body Medicine for Pain @ 32nd Street

