



# Transformational Thinking

*Meditation and Affirmation*



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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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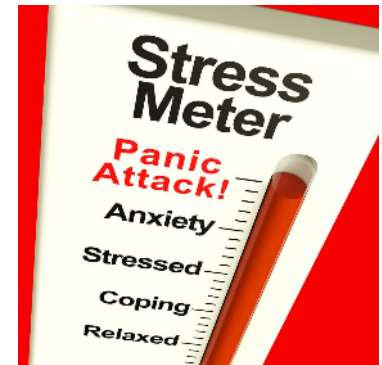
# What You Will Learn Today

- 1 • What is Stress?
- 2 • How does the body respond to stress?
- 3 • What can I do to better manage stress?
- 4 • The roles of meditation and affirmation in stress management
- 5 • Resources to help you



# What is Stress?

- Stress is a feeling of emotional or physical tension.
- **Three** types of stress:
  - **Acute stress** - demands and pressures of the recent past and near future.
  - **Episodic acute stress** - frequent bouts of acute stress.
  - **Chronic stress** - grinding stress that wears people away day after day, year after year; destroys bodies, minds and lives.



# Stress Symptoms

- Irritability
- No Sense of Humor
- Excessiveness
- Forgetfulness
- Aches and Pains
- Nervousness
- Fatigue
- Illness



# The Mind – Body Connection

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



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# Why we do what we do

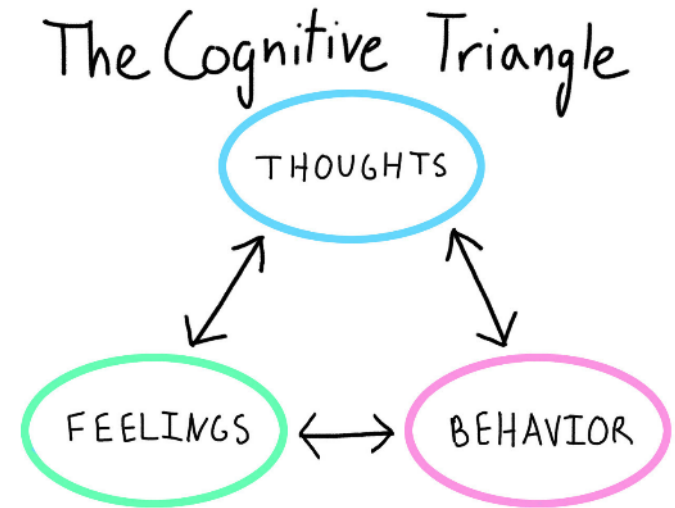
- Our 'habits' and tendencies are part of who we are.
- They allow us to function, even survive in our world.
- Our neurological wiring triggers our reactions before we are able to cognitively process what is happening.



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# The positive response

- 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



# Stress Management

- The other person knows what we are feeling before our conscious minds are aware that we have to hide those feelings.
- Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. Factors influencing stress management include:
  - Attitude
  - Diet
  - Physical inactivity
  - Lack of support systems
  - Inadequate rest and relaxation



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# Stress Management

- **Physical activity:** Not getting enough physical activity can put the body in a stressed state. Physical activity has many benefits, including promoting a feeling of well-being.
- **Support systems:** Almost everyone needs someone in their life they can rely on when they are having a hard time. Having little or no support makes stressful situations even more difficult to deal with.



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# Stress Management

- **Relaxation:** People with no outside interests, hobbies, or other ways to relax may be less able to handle stressful situations. Getting 7 to 8 hours of sleep per night also helps people cope with stress.



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# Tips to manage stress



1. Practice positive self-talk and thinking
2. Listen to your body and take regular breaks.
3. Begin a physical activity program (150 minutes/week)
4. Eat foods that improve your health and well-being, and avoid stress-induced eating.
5. Make an effort to socialize with others.
6. Practice relaxation and deep breathing exercises.



# Meditation

Meditation can draw out a relaxation response.

It has **two** basic elements:

- Focusing on your breathing or a repetitive word, phrase, image, or prayer.
- Separating from the pictorial view of the thoughts that goes through your mind.



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# Affirmation



- An affirmation is something that is already true in the present, not something that will happen in the future.
- Affirmations can help clarify your intentions and replace negative self-statements that float endlessly around in your mind.



# Affirmation

- Creating your own affirmations helps make clear what you really want.
- Affirmations are strong, positive statements.
- They are short, simple, and unconditional.
- During your relaxation and guided imagery exercises, repeat your affirmations several times to yourself.



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# What are some affirmation statements you can use?



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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



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# Basic mindfulness meditation

- Assume a comfortable position, spine straight, shoulders relaxed.
- Close your eyes if this feels comfortable.
- Bring your attention to the belly, feeling the rise and fall of the body with each breath, or sensations in the nose.
- Keep the focus on your breathing, as if riding the wave of the breath in and out, moment to moment.
- Noticing every time your mind has wandered, note the distraction, and gently return awareness to this breath
- 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 Catastrophy Living](#)



# Simple techniques

- **Focus on breathing, calm**
  - Focus as if breathing into your heart
  - Access positive affect – The Inner Smile
- **“Alert Mind – Calm Body”**
  - Alert Mind as you Inhale & Calm Body as you exhale
  - Imagine breathing in and up through your feet
  - And exhaling down and out the legs



# Working with your breathing



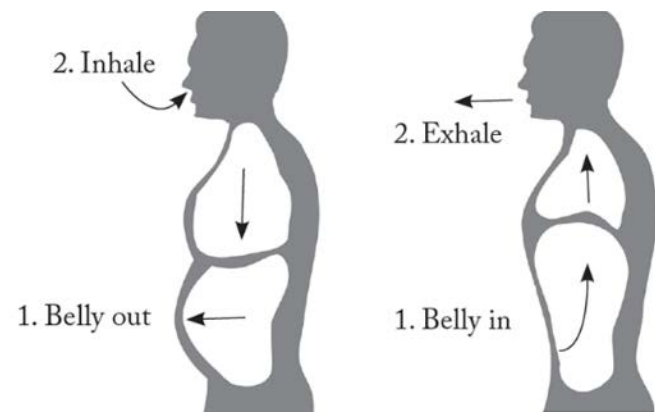
- **Follow your breathing** – let awareness rest in sensations felt in the nose or in the body returning each time you wander away.
- **Focus on the exhale** - extend the exhale slowly AND completely to empty the lungs and then allow the lungs to fill normally.
- **Engage the belly** - pushing the air out, and drawing the breath in.

# Breathing exercises

- 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.

## Relaxing Breath

- Inhale counting to 4
- Hold for 7, and then
- Exhale counting to 8



# Breathing exercises

## CALMING BREATH

- Take a moment to focus yourself, and ...
- Notice your breathing as it is, and
- 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.





# Applying the principle

- ✓ It is a skill, and like any take practice
- ✓ Remember, you will 'react' first
- ✓ SO... catching yourself in a 'stressful situation is a **REMINDER** to breath.



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# Simple mindfulness exercise

Mental **focus** grounded in present moment

- ✓ Any simple focus of awareness word
- ✓ A movement
- ✓ Your Breathing

**Let go** of judging and distractions and return your attention to the present moment over and over again



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# Kaiser Permanente on-line resources

- [kp.org/mindbody](http://kp.org/mindbody)  
learn techniques for mind & body health
- [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles)  
HealthMedia® Relax® program
- [www.kp.org/listen](http://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

# 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

The collage displays four different pages from the Kaiser Permanente website:

- Top Left:** A page titled "Check Your Symptoms" with a dropdown menu for "Choose a Symptom" listing various conditions like Allergies, Asthma, and Diabetes.
- Bottom Left:** A page titled "BMI calculators for adults and children" featuring a scale and a person's silhouette, with text explaining how to use the calculator.
- Top Right:** A page titled "How to form healthy habits Action plan for adults" with a video player showing a man speaking and a sidebar with "How behavior works" and "How to eat healthier".
- Bottom Right:** A page titled "Eat healthy Nourish your body" with a video player showing a woman and text about healthy eating habits.



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# 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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# 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>

# Remember this.....

“Take care of your body. It’s the only place you have to live.”

— John Rohn



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THANK YOU

*Who has the first question?*



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