Clinical Services:
- Integrative Health and Wellness Consultation
- Acupuncture & Chinese Medicine Consultation
- Comprehensive Chronic Pain Consultation
- Comprehensive Stress Reduction Consultation
- Nutrition Consultation
- Cosmetic Acupuncture (mei-zen) Consultation
- Chiropractic Medicine
- Myofascial Trigger Point Needling
- Myofascial Therapy for muscle pain & dysfunction
- Visceral/Neural Manipulation for internal synchronization of organs
- Massage Therapy
- Adult Integrative Primary Care Services
- Energy Medicine – Healing Touch & Reiki
- Opportunity to meet with Curanderas & other traditional healers

Classes, Workshops and Lectures:
- Mindfulness-Based Stress Reduction (MBSR)
- Mindful Eating and Living (MEAL)
- Nia
- Qi Gong
- Meditation
- Healing Touch Introduction & Level 1 Program
- Healing Lifestyle courses

UNM & UNMH employees get a 10% discount on all paid-up-front services (PUF).

4700 Jefferson St. NE, Suite 100
Albuquerque, NM 87109
Phone: 505.925.7464
FAX: 505.925.4539
E-mail: centerforlife@unmmg.org
www.unmcfl.org
A Beginners Mind: Exploring Meditation and the Mindful Path

Barbara Welcer RN, BAS, Nurse Educator UNM Center for Life, Holistic Nurse –Board Certified, Healing Touch Certified Practitioner/Instructor, Reiki Practitioner, Health and Wellness Coach-Board Certified.
The Mindful Path:

Caring For The Caregiver
Plugged In
What Nourishes YOU?

- Physical
- Mental
- Emotional
- Spiritual
As a living vessel we need nourishment and refilling/revitalizing every day.

Our bodies are designed to rest and recuperate every 90 minutes.

Ultradian cycle—natural biological rhythm
A 90 to 120 minute cycle of activity alternate with 20 minutes of rejuvenation
Mindfulness

What does it look like to you?

- Awareness
- Focus
- Concentration
- Quiet mind
- Passive
- Yet awake
- Discipline
- Discrimination
- Peaceful (maybe)
What does meditation look like?

Types:
- Mindfulness – Jon Kabat Zinn - breath work and body scanning
- Relaxation Response - Robert Benson - Breath work
- Transcendental meditation - focus on an object or word.
- Prayer - Centering prayer - Thomas Keating
- Chanting, singing, mantra
- Movement, walking meditation, yoga, Qi Qong

Meditation/Centering
Please take the time to think about the different areas of your life reflected in the Wheel of Life below. Rate yourself in each category.

The Wheel of Life

- Physical Environment
- Career
- Fun & Recreation
- Money
- Significant Other/Romance
- Health/Well-Being
- Family Relationships
- Personal Development/Growth
- Friends
Cultural use of meditation techniques to induce relaxation goes back thousands of years

- Chinese medicine
- Ayurvedic medicine
- Indigenous cultures
- Sacred healing art
- Shamanic healing
- Yoga
- Prayer
• Zinn- University of Mass -MBSR for intractable pain
• Monk study-study neuro-pathways in the brain
• Shamatha Project at UC Davis – Meditation on effects of aging. Looking at cellular development

Research ongoing for past 30 yrs
In past science thought we could not re-program the brain.
Recent research shows that “neuroplasticity is the ability of the nervous system to respond to intrinsic and or extrinsic stimuli by reorganizing its structure, function and connections!”4
Psychoneuroimmunology

Science demonstrating connection among psychology, neuroendocrinology and immunology

The immune, endocrine and nervous systems

Hormones, neuropeptides, neurotransmitters, and products of the immune cells.
Stress response - Fight – Flight or Freeze?

- Constriction of blood
- Tightening of muscles
- Blood pressure
- Anxiety
- Heart rate
- Oxygen use
- Brain wave activity
- Sweat gland activity
• Protection?
• Our thoughts, images, emotions create a response.

• Can we self regulate these responses?

• Self regulation theory-learn cognitive techniques to process information bringing involuntary body responses under voluntary control
Relaxation Response

- Coined by Herbert Benson from Harvard
- Deep relaxation can counter stress response in body.
- Regulating endocrine, nervous and immune system
- Research on effects of meditation indicates it induces the relaxation response.
Mindfulness

- Centering Technique
  - Use as biofeedback
  - Olympic athlete's
  - Breath
Place one hand on your chest other hand on your abdomen.

**Inhale**

**Abdomen** should rise **Higher** than the one on the **Chest**.

This ensures that the diaphragm is pulling air into the **bases of the lungs**.
Abdominal breathing is just one of many types of breathing exercises.

Exploring other techniques

Idea??

Abdominal Breathing
SQUISH
ROCK AND ROLL
SHUFFLE
MOVE THE ENERGY
What is your natural rhythm?

Mind and Body Internal Rhythm
• Breathing exercises- do twice a day
  ◦ whenever you find yourself under stress, your mind dwelling on upsetting thoughts, or when you are experiencing pain.

• Practice, practice, practice!!

• It will become natural
1. Take a slow deep breath in through your nose, Inhale for a count of 4.
3. Slowly exhale for a count of 6-8. As all the air is released with exhale, gently contract abdomen for total release.
The Mindful Path:
RESILIENCE!

CHANGE IS INEVITABLE

What tools would be helpful
A fifteen year old boy describes it:

“Bouncing back from problems and stuff with more power and more smarts”
Capacity to Respond to Stress

- Internal qualities?
- External support??
Bricolage
Ability to create from situation
What are possibilities?
Contingency plans
Improvise
Right brain ability to synthesize information into something different
Acceptance of reality
What are some right brain activities?

How can we build stress hardy traits?
Positive Adaptations

- How can we build this?
  - Build autonomy
  - Reconnect with positive emotions
  - Creative impulses
  - Spirituality

- What are other ways?
Reframing

Always ongoing journey to remember

Perception

Choosing

Habits
Changing your perspective changes your experience
Some things to remember:
- Relaxation
- Cognitive restructuring
- Emotional exploration
- Nourish your spirit
The energy of our thoughts, actions, emotions ripples out to those around us. To take exquisite care of ourselves will result in exquisite care of others.