

Mindful Lifestyle – Centering Group

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Group 1: Intro to Centering/Relationships/Social Support

(W)Intro to how the Centering group works – check-in and grab documentation sheet, vital sign area, parking lot, exam area, sitting in a circle and removing chairs if there are too many

Listening with attention; speaking with intention

Nothing shared here goes outside this room/confidentiality

Generous assumption

(N)Opening: Meta-meditation via Stevie.

(W) Information and Discussion: <https://nutritionstudies.org/benefits-social-support-healthy-lifestyle/>

Set container for dismantling toxic diet culture.

-The barometer is “how you feel” not “how you look”

Share mantra “honor your health”

-Explore the science behind Neurolinguistic Priming in support of mantras.

Cover psychological factors like loneliness, isolation, depression, and anger. Why? Because research shows emotional and social health is associated with a reduced risk of disease and premature death. He spoke about the importance (research-proven) of connection, intimacy, and love. He points out that a lot of “bad” behaviors such as smoking, drinking, and overeating are actually people’s attempts to self-medicate emotional pain.

Stress the importance of avoiding guilt, shame, and scare tactics, and getting away from labels such as “good” or “bad.” Any lifestyle change has to be meaningful and pleasurable. If it’s meaningful and pleasurable, people will do it. For these changes to be most effective, people have to want to continue them for the rest of their lives.

Reasons you might be resistant to change and that people around you may be resistant to you changing behaviors

(B)Activity: Popcorn: What are some (non-numeric) gentle metrics of success for you?

(W)Closing: “My Wish” p.152

*Hand out Parks & Rec info and Trail maps - an invitation to our Saturday morning "Walk! For the Health of it!" then Yoga at 9:15
Invitation to Rest & Return meditation on August 6th at 5pm *bring handouts

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, cups and marbles, folding table, blank paper for closing activity

Group 2: Meaningful Movement

Mindfulness: 5-7-8 breath

Opening: Just for Fun!

Questions:

- **What types of exercise have you tried that you enjoy?**
- **What are some that you don't enjoy?**
- **What is a healthy active self-care they do/ could do?**
- **What is a movement goal you can set for yourself through the rest of the group?**

Walk + Chair yoga + a couple standing sequences

Did anyone have any barriers this week? What are the specifics? How did you handle them? Did anyone else experience similar barriers?

Activity: Hot Potato

write these questions on the whiteboard - patients choose one to discuss when they get tossed ball

- **I wonder if yoga/ mindful stretching would help me get started in more exercise, and feel better while doing it.**
- **I feel like I have to be sweaty/ sweating for my exercise to 'count'.**
- **It is difficult for me to find time to be active and exercise.**
- **After the day, or before it begins, I am too tired to go to the gym, or get exercise.**
- **I feel like I need specific types of clothes, shoes or props to exercise or exercise correctly.**
- **I get excited about certain exercises but quickly become bored.**
- **I'm scared to be active or begin exercising due to an injury or illness.**
- **I'm not sure where to start, and I feel embarrassed about learning to get started or finding movement in public.**

- I would be more active if I had someone that could exercise with me and help to hold me accountable.

Circle Up: Barriers to exercise

- Ideas people in the group might have for fitting exercise/ movement into their schedule
- Dysfunctions of exercise: “when it doesn’t count” - didn’t go long/ far enough, didn’t reach certain heart rate, steps, sweat, etc

Closing: My Body Knows What to Do chant...

make a sticky note with affirmation + “honor your health”

MY body knows what to do

My **BODY** knows what to do

My body **KNOWS** what to do

My body knows **WHAT** to do

My body knows what **TO DO**

Invitation to:

“Walk! For the Health of it!” July 20th 8 am then Yoga at 9:15

Rest & Return meditation on August 6th at 5 pm *bring flyers & new yoga schedule cards

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, marker board, (stress) ball or something to toss for the activity

Parking Lot for next session (S&W Group):

- How to read a food label - the importance of hormones and cage-free and organic, etc
- Picking out fresh seasonal fruits/ veggies - secret?
- Nutrition affecting families and kids

Group 3: Mindfulness, Meditation and Eating = Mindful Eating

Opening: Popcorn

Anonymously review everyone’s “whys” - Popcorn of Whys?

Did anyone have any barriers this week? How did you handle them?

Activity:

Guided Meditation--"I would like to give you permission" Sarah Blondin via the Insight Timer

On Mindful Eating:

Part of mindfulness is knowing what is in your food. Oftentimes, we just choose items without really knowing what we're eating. To become more aware and present during the eating process, start paying attention to what you're actually eating. Read the ingredient list. Read the nutrition facts and educate yourself on what things you want to look for on food labels. Be very wary of buzz words that you see on the front of the label because usually they are not regulated food claims and end up making the food sound much healthier than it actually is.

Something else you can try, if you have the time is to look at your food and actively imagine the journey that the food went on to get on your plate. —Where was it grown? How did it travel? How was it processed? This can be not only a fun experience but can also help in bringing about a great sense of appreciation of your food.

-What would it look like to be an active participant in your nutrition?

-How might mindful eating like this look similar or different from your current practice?

-Examples of non-supportive self-talk about how to reframe it.

Closing: Body Scan

Pg. 70-71. F/u with the group on how it felt. Explore what it would be like at home, would it help? What was difficult?

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, small pieces of paper for popcorn, body scan script

Handouts:

- What are your food rules?
- Milestone Chart
- Hunger discovery scale journal
- Spiral Healing

<https://www.psychologytoday.com/blog/mindfulness-in-frantic-world/201501/can-mindfulness-meditation-really-reduce-pain-and-suffering>

<https://www.youtube.com/watch?v=w6T02g5hnT4>

Group 4: Wise Nutrition

Potluck of favorite foods, things that are easy to prepare but don't adversely affect them when they eat them. Bring the recipe to hand out to others who want them.

Opening: Food talk

Each participant can share their recipe, explain why they brought this item.

Dr. Dean Ornish:

- a plant-based diet (meaning eating mostly fruits and veggies)
- avoiding sugars and flours, especially those in processed food (prepared foods, foods in boxes)
- limiting animal products
- 8 glasses of water/day

Did anyone have any barriers this week? How did you handle them?

Activity: List of one good food they eat/one bad food they eat - Use large wall stickies. Explore setting and tracking achievable dietary goals. Explore barriers.

Closing:

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, bingo worksheet, our own recipes/food

Group 5: Solid sleep

(N)Opening:

--Did anyone have any barriers this week around nutrition ? How did you handle them?

--What's your story around sleep ?

(W)Activity: Sleep ritual collage

Throughout time, culture, and circumstance ritual has been used to bring attention to sacred importance of transitions. Preparing for sleep is something we all do, and sleep is ground zero for the body's practice of healing and regeneration. Consider your sleep ritual an opportunity for your to cultivate the ways you'd like to signal your self, your body, and your mind that it is time to lay down the busyness and thoughts of the day to prioritize yourself and invite the slowing down of healing rest.

Share CBT-I Handout (half-sheet)

Wendy will share physiological effects of sleep on health--sleep is the foundation of everything.

(N)Closing: Body scan by Stevie.

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, squishy ball, music

<https://sleep.med.harvard.edu/>

https://hms.harvard.edu/sites/default/files/assets/Sites/Longwood_Seminars/Sleep_3_19_13.pdf

<http://www.sleephealthjournal.org/>

<https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>

Group 6: Relapse Prevention/bring it all together

***Written on white board:**

- Even when you've mastered a new behavior there is potential to fall off the rails
- Life happens
- New challenges emerge as you get older and life gets more complex
- Developing strategies to prevent relapses is the thinking work required when you've reached the maintenance stage of change.

How can you be a role model/ mentor to others or in your family?

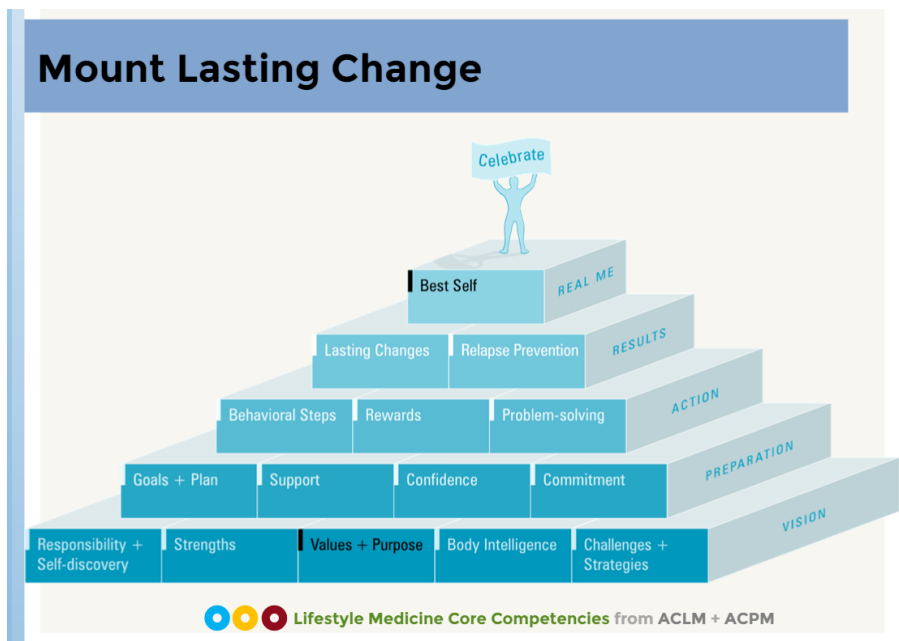
How can you rekindle motivation?

How have your values and purpose shifted?

What are new challenges that may require new strategies?

Mindfulness: 4-7-8 breath

Opening: Best Self Activity - How would you describe your best self?



Did anyone have any barriers this week? How did you handle them?

Discuss potential triggers:

- When?
- What circumstances?
- With whom?
- How to notice a lapse before it becomes a relapse
- Who to turn to during a relapse
- Negative self talk that comes with relapse- trigger you haven't identified in the past

Self-management:

- CBT techniques
- Social Support
- Referral to community and employee health programs
- Digital technology
- H&B
- Profile
- Ongoing group?

Activity: Hope Tree

What things do you want in life?

Topics such as: health, relationships, ways they'd like to be, qualities in their life, service, things they'd like in the world, material things, etc.

Once everyone has finished they can take their leaves to the "hope tree" - through time and assessment at beginning - go over at the end

- big sticky with a tree with tiny stickies

Closing: Yarn connection

Supplies needed: large post-it sheets, BP cuff, O2 sat, patient folders, pens, yarn, scissors,