

Nourish to Flourish

Integrative Medical Group Visit Programs for Post-Acute Sequelae of COVID-19

Week 3: Encouraging Healthy Thoughts

In this session, we will discuss creating healthy neural activity and tools to reduce symptoms and promote healthy thought.

Daily Agenda

- Grounding and Arriving Meditation (GAM)
- Individual updates – Rose and Thorn
- Home practice reflection- Did anyone do the Body Scan or have any questions about the website
- Neuroplasticity: Our amazing brain bodies
- Breathing exercise – Humming Breathing Technique
- Bio-Break
- Health topic: Triangle of Awareness
- Health topic: State of Mind
- Discussion of Gratitude Journaling
- Introduce the Pleasant Events Chart
- Home practice assignment- Feedback for support?

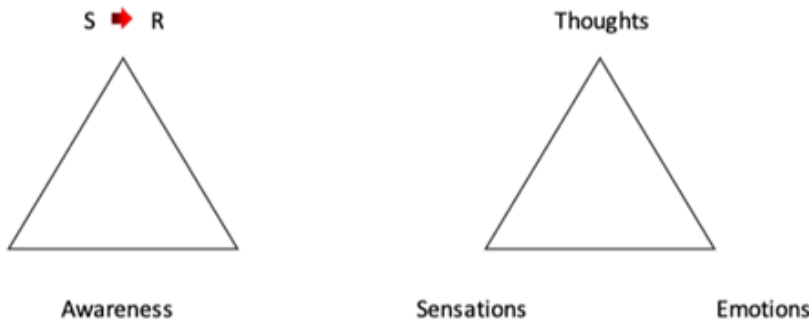
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The Triangle of Awareness

• Our normal reaction to a stimulus is usually completely habitual and mindless. The triangle of awareness helps us understand our emotions and can be used to help us recognize small pleasant things that happen in our daily lives.

- » S = Something happens (stress or a stimulus)
- » R = Reaction/response
- » A = Awareness of emotions, thoughts, physical sensations and behaviors



State of Mind

- **When to Use It:** when you are confused or conflicted

Start with **“What’s my goal?”**

Wise Mind Question: specific, local, related to goal.
Not “Why?” but “How now?”

Facts: Straightforward, without interpretation or judgement.

Emotions: Simply name them, without story or justification.

Body sense: Name the body part (chest, neck, shoulders, belly) and the quality (tired, achy, relaxed, comfortable).

Waterfall idea: You’re just trying to activate the different parts of your brain, don’t worry about being perfect or exhaustive. Just name facts, feelings, body senses: that’s enough to start the integration of your ways of knowing.

Pause and breathe: Gives a little time for the integration and synthesis to start to happen.

Listen: The experience is different from “figuring it out: using only your reasoning, often an “aha!” experience.



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NOURISH TO FLOURISH WISE MIND



WISE MIND FOR HEALTHY THOUGHTS

Question I'm exploring:

What are the **facts**?

What do I **feel** about this question? Naming my emotions:

What does my **body sense** about this question?

Pause

Breathe

What does my **Wise Mind** have to say about this?

Listen

Gratitude Journaling: Promoting Positive Thought

Research has shown that people who write about things that they are grateful about actually become happier even over the course of just a few weeks.

Using a Gratitude Journal

- Keep your journal in a place where you will see it at the end of each day
- Try and write about at least three experiences each time. This is regular, simple and doable. However, go for depth over breadth. Even if you just focus on one thing, go into detail about why the experience made you grateful.
- Another option is to express yourself through drawing, painting, creating a collage, or any way that feels like the best fit for you.
- Experiment with the types of things you write about. You can do obvious things ("I am grateful for my children") or more subtle things ("I am grateful that it stopped raining when I stepped outside") but try to do both.
- Remember that all gratitude doesn't need to be saved for the journal. Tell the people, both loved ones and strangers-in your life how much you appreciate them.
- Get personal. Research shows that focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- Savor surprises. Try to record events that were unexpected or surprising, as these tend to bring about stronger levels of gratitude.

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The Pleasant Events Chart

Session 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Situation							
Body Experience/ Sensations							
Emotions							
Thoughts							

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Home Practice for Next Week

Mind-Body Practice

- Practice body scan once a day, 2 out of 7 days this week

Daily Life Practice

- Write down 3 things that you are grateful for in the journal.
- Bring mindfulness to your routine activities. Try brushing your teeth, washing dishes, taking a shower, driving, and eating mindfully.

Manual Activities

- Fill out the Pleasant Events Chart
- Practice Getting into Wise Mind