

**Finding Your  
Bliss:  
Creating a  
Healthy Mind &  
Body in Today's  
World**

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July 14, 2020





# Housekeeping Notes

- Mute your phones/computers to alleviate outside noise and disruption.
- Do not put this call on hold.
- If you are having issues with hearing the webinar through your computer speakers, please call in at 312.626.6799 and enter code 81086646098.
- When the Q&A portion begins, remember to unmute your computer/phone and ask one question at a time.
- This call will last for 30-40 minutes.



# Ann Marchetti

## Consulting Director

- Dedicated to a singular goal--to improve the health and well-being of children, youth and families.
- Ann believes that collaborative solutions enhance sustainability and build shared and lasting solutions for a brighter and healthier future for everyone.
- Drawing upon her unique combination of public policy, business and creative skills, Ann works by building strategic partnerships to optimize resources while building sustainable programs and solutions.



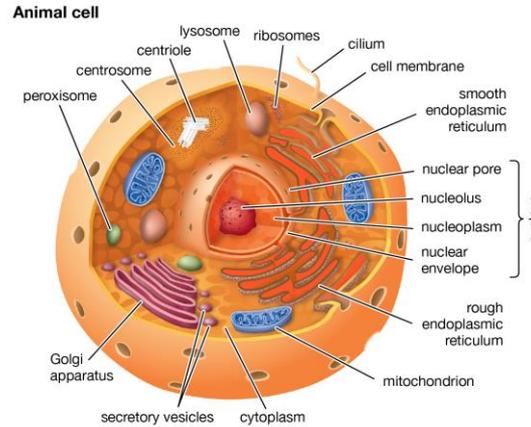
**Balance:** An even distribution of weight enabling someone or something to remain upright and steady. Stability, steady, equilibrium



**Bliss:** Reach a state of perfect happiness, typically to be oblivious of everything else. Delight, joy pleasure, happiness, ecstasy





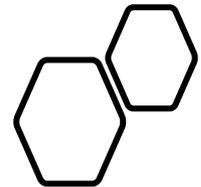


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## Finding Your Bliss Reconnecting with My Body

- Send signals to our cells—Carry out thousands of reactions every minute and do it with efficiency and effectiveness
- We interfere
  - Stress
  - Don't listen to the signals
  - Turn our back on healthy lifestyle choices that would enable us to thrive
  - Don't allow our bodies to do what it knows how to do with ease





# Finding Your Bliss: Reconnecting with My Mind

- Caught up with old habits
- Personal attitude towards our bodies and lives are mostly negative (i.e. looking in the mirror is not the body we want)
- Stress and challenges bring fear and restriction
- Disappointment in what we want
- We focus on the future or reflect on the past
- Demand immediate gratification
- Not listening to what our bodies need

# Stress Throws the Body & Mind Out of Balance

- Anxiety
- Worry
- Depression
- Lack of sleep
- Overstimulating the nervous system:
  - Constant activity
  - Working too hard
  - Not taking time to relax





# Health/Healing is Personal

- Doctors are called **healers**, but we all know that medicine is not fully responsible-it can help, but inside you is a complex response system that knows exactly what to do to heal and maintain perfect health.
- The Healing Response whether it be from a spring cold or an injury, takes place automatically. (Your input is vital and **personal-pay attention**)
- We can aid in this process-some choices help with healing; others hinder the body's natural processes.
- Every cell renews itself constantly-if you don't make good choices it will hinder or slow this process.
- Self-care is important if you want your body to be healthy, active, full of energy and in a state of wellness for your entire lifetime.



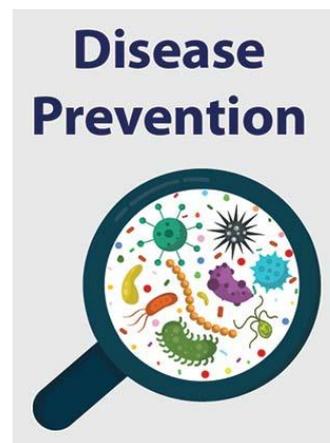
# Redefining Wellness Through Wholeness

- **Healing** will make you well; disease (or problem) will stop
- **Wholeness** will allow you to move forward, fully repair, and rebuild.
  - Anything you do to support the body, mind and spirit –all of us need to be whole (you don't need to be sick, traumatized or hurt)
  - Anything that throws the body out of balance is stressful and can impact our wholeness-depression, cut finger, low energy, cold
  - Choices: Everything you do can put stress on the body/mind or help keep it in balance
  - Homeostasis is the process of renewal--retuning to the natural state of dynamic balance/returning to the state within



# Redefining Prevention

- Prevention=
  - Avoiding alcohol and cigarettes, getting regular exercise, eating a balanced diet
  - Motivated by fear of illness or death
  - Fear is a poor motivator and creates a huge gap- Adding more stress, overloading the autonomic nervous system
  - Not prioritizing sleep-triggers stress hormones
- Better Option=
  - Vision for Healthy Lifestyle: Optimize daily life. Enjoying every change because you like them
  - Motivation vs. Undoing bad habits- poor sleep, sedentary habits, improper diet and daily stress-none can be changed by good intentions. One must find a deeper motivation.



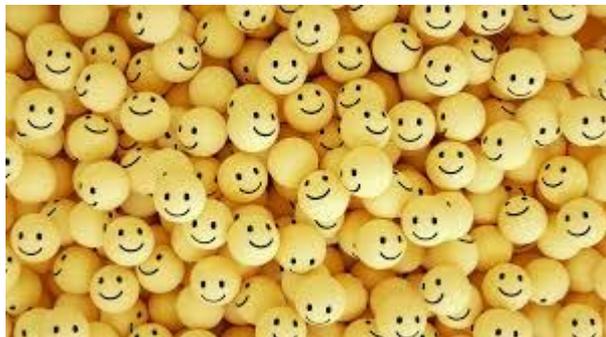
# Redefining Prevention: A Better Option

- What Does Not Work/Self Defeating:
  - Willpower
  - Attacking the whole problem at once
  - Working in fits and starts
  - Loosing hope after a setback
  - Comparing yourself to others
- Small Steps that Make a Big Difference/Victory:
  - Making your bedroom a quiet sanctuary
  - Saying “no” to the 2<sup>nd</sup> serving
  - Cutting back on sugar
  - Walking away from a stressful situation
  - Standing up and stretching each hour





## COVID-19: Restoring Balance/ Homeostasis



- Tuning Into Self Care
- Finding opportunities where they once were
- Choosing gratitude
- Accepting Time
- Smiling about the small stuff
- Finding simplicity





## COVID-19: Restoring Balance/ Homeostasis

- Laughter as medicine
- Feeling content=inner peace
- Focus on joy and beauty (walking and breathing in nature)
- When engaged in creativity
- Recreation: refreshment of the mind, body and spirit through play
- Meditation: getting out of the way to restore dynamic restfulness

# Start Now: Thriving In Your Body

- Research indicates that by connecting the mind (mental state) and the body one can cope with any challenge and find renewal-greater joy and energy.
- What is needed for renewal- Improving our daily chemical messaging system- reconnecting with the body to its feelings, thoughts, moods, stress level and overall health. These in turn are communicated to your 50,000 cells/blood and nervous system.
- It is not the brain that sits at the center-with the calm-- YOU sit at the center/Your consciousness.
- In a state of disconnect we fall into unconscious habits and poor lifestyle choices.
- We would never inflict these things on a friend-almost without thinking, pushing it into stressful situations, seeing it as undesirable, inflicting harm on it by making poor choices.



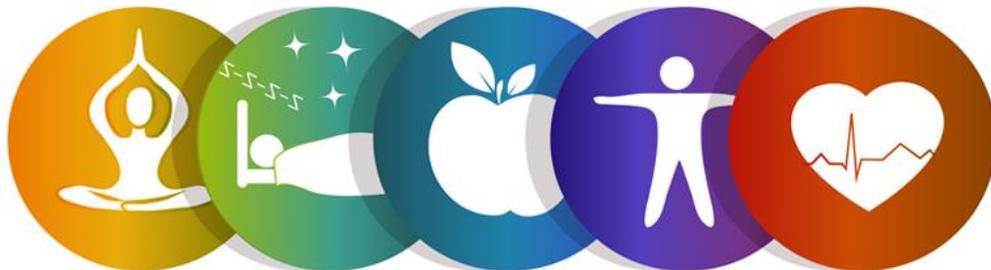


## Reconnecting the Body & Mind: Practice Meditation

- Centering thought: “I bring my body into peace and healing”
- Make your self comfortable
- Close your eyes
- Become aware of your breath
- Breathe slowly and deeply
- With each breathe allow yourself to become more relaxed
- Gently introduce the Mantra: “I Am” (I bring my Body into Healing and Balance).
- Whenever distracted by noise or physical sensations, return attention to breathing and Mantra
- A soft sound will signal the beginning and end of the meditation

# Challenge: Motivate Self

- Adopt habits that renew
- Admit that you want and need a change
- Meditate: Adapt a non-stress habit-calm and peaceful inside
- Recognize that inner peace is more enjoyable than daily stress
- Be your own best healer







# Questions & Discussion

# Check Us Out or Contact Us

Thank you for participating in this webinar.

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