

Sacramento Promise Zone
Mind, Body, & Spirit
Health Series



**Stress Management and
Mindfulness-Based Stress
Reduction**

Digital Guide



**Samuel Merritt
University**



Sacramento Promise
ZONE
Connecting partners and resources

Intro

The Sacramento Promise Zone has partnered with Samuel Merritt University to host a bimonthly *mind, body, & spirit* webinar series that features medical professionals sharing information focused on improving health outcomes and eliminating disparities.

This digital guide offers the valuable information from the webinar series in a convenient, accessible, and printable format. Just like the webinars themselves, the guide is completely free to download, re-upload, and share with others. We encourage you to share it with all of your networks, family, and friends. Together, we can make an impact on the health disparities that our communities face.

For more information, please visit the official website [here](#).

Stress Management and Mindfulness-Based Stress Reduction



[Click here to watch the presentation.](#)

- **RePAIR** Training for Restorative Environments. **Restoring Personal Accountability In Relationships**
- ***Take a moment to breathe. Inhale and exhale.***
- **“Restorative”** = Activates your health, strength, feeling of well-being, or individual and collective voice.
 - **Restorative Practice:** Strengthens relationships with yourself, others, and surrounding communities.
 - **Restorative Environment:** Supports the renewal of your inner/outer resources that have depleted while trying to meet everyday demands.
 - **Restorative Questions:** Ask yourself... What is happening around me and within me right now? What is the impact on me and around me right now? What am I doing right now to make it better?
- **Restoring Environment:** through community building and community strengthening.
- Because of how different the world is now, it's very important to reevaluate and reassess how we care for ourselves and each other.

Stress Management and Mindfulness-Based Stress Reduction

- It's important that you recognize and incorporate:
 - **Compassion:** For ourselves and each other.
 - **Advocacy:** Explore how to advocate differently during different times for different needs.
 - **Responsibility:** Numerous responsibilities can come about, professionally or personally.
 - **Empowerment:** At the personal, professional, and community levels.
 - **Restorative Research:**
 - Healthy stress = **Eustress**
 - Creates a feeling of being motivated and having control
 - Outcome: "**Euphoria**"
 - *Examples:* new job, test taking, marriage, moving, giving a speech, exercising, laughter, new child, hugs
 - Unhealthy Stress = **Distress**
 - Creates a feeling of being depleted and not being in control
 - Outcome: "Disturbance"
 - *Examples:* job insecurity, traffic, divorce, worrying, death of loved one, abuse, fear of safety
 - **Sounds of nature** are very good for your health and well-being.
 - New research shows that being and breathing in nature and green spaces can elevate mood, lower stress, and even lessen sensation of pain.
 - Try taking a walk through a park or a forest.
 - **Yoga**-inspired activities have been found through new research to alter stress response systems by reducing perceived stress and anxiety.
 - Reduction of physiological arousal / stress response ("**fight/flight/freeze**")
 - Relaxation response: Reduction of heart rate, lowering of blood pressure, easing of respiration (Harvard Mental Health Letter, April 2009)
 - "The Relaxation Response" Herbert Benson, M.D. Mind/Body Medical Institute, Boston
 - Walter Reed National Military Medical Center is employing a yoga-inspired method of deep relaxation for veterans returning from combat in Iraq and Afghanistan.
 - The military hopes that yoga-based treatments will be more acceptable to soldiers and less stigmatizing than traditional psychotherapy. (Harvard Mental Health Letter, April 2009)
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Stress Management and Mindfulness-Based Stress Reduction

- There is a plethora of **evidence-based research** and literature on yoga and other mindful movement practices for psychological and physiological wellness.
 - Relaxation through yoga, tai-chi, qi-gong, and other healing movement practices.
 - All healing movement practices **bring you to the present moment** and back to your body. This gives you the opportunity to reduce your stress.
 - Outcomes:
 - An **informed** body: You're much more aware of what's going on in your body.
 - An **empowered** mind: You connect to more practices that support you, empowering your thinking.
 - A **healed** spirit: This impacts how you show up and connect to the world around you.
 - **Restorative Self-Talk:** The way we talk to ourselves is very important.
 - More *curious* than critical
 - More *caring* than crushing
 - More *asking* than assuming
 - More connecting than correcting
 - **Restorative Empowerment:**
 - Let go of the things that you *can't* control.
 - *Examples:* How long a hardship will last, the actions of others, reactions of others, other people's theories, lack of toilet paper, how others practice social distancing
 - Focus on the things that you *can* control.
 - *Examples:* Your outlook on current events, keeping a routine, maintaining healthy habits, finding fun and active things to do at home, cleanliness of your environment
 - **Restorative Tools:**
 - Self-care prescriptions – Mindfulness practices
 - Nonjudgment, Acceptance, Witnessing
 - Breathing and movement exercises inspired by yoga
 - Any movement practice that embraces **conscious breath with movement** is inherently restorative and can reduce stress.
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Stress Management and Mindfulness-Based Stress Reduction



Grounding Breath, Intentional Breath, and Shoulder Check-in Movement

- Yoga-inspired relaxing breath and stress reducing movements
- To begin either technique, first plant your feet on the ground.
- Then place your hands in front of you, flat against your thighs, palms down.

Initial Grounding Breath

1. **Sit** in a comfortable chair.
2. **Close** your eyelids.
3. **Rest** both hands on the knees or thighs.
4. **Connect** both feet flat on the ground.
5. **Elevate** your spine to the sky like a tree trunk.
6. **Relax** your shoulders to the sides like branches on a tree.
7. **Balance** your head between the two collarbones like the tip of a tree.
8. **Feel** fully supported by the chair.
9. **Watch** your breath from the inside out.

Intentional Guiding Breath

1. **Feel** every inhale and every exhale.
 2. **Allow** the mind to focus on the exhale or out breath.
 3. **Use** the exhale to clear out, release, and let go of any negativity, whether it's mental, physical, or emotional.
 4. **Allow** the mind to focus on the inhale.
 5. **Use** the inhale to bring in, invite and accept any positivity into the mental, physical, or emotional spaces.
 6. **Repeat** 3 times.
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Stress Management and Mindfulness-Based Stress Reduction



- **Shoulder Check-In**
 - **Sit** in a chair, with your hands on your thighs.
 - **Inhale** and roll your shoulders up.
 - **Exhale** and roll your shoulders back and down.
 - **Repeat** this 5 times.
 - **Restorative Common Themes:**
 - Taking positive steps to:
 - **Prevent** isolation.
 - **Promote** well-being.
 - **Use** body/mind awareness.
 - **Embrace** acceptance of the moment.
 - **Feel** empowered.
 - **Restorative Strength** – The end goal, balancing your mind, body and spirit and engaging them in the healthiest way possible to ultimately build **resilience**.
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Top 10 Summer Self Care Prescriptions (Rxs)

[Click to download PDF](#)

In this free guide, Dr. Marcus Penn offers ten useful tips on self-care that can further strengthen your mind, body, and spirit.

Presenter

Dr. Marcus Adéshima Penn

Assistant Professor, Restorative Coach, Samuel Merritt University



Marcus Adéshima Penn, MD, CYT brings over 15 years of experience working with diverse populations as a holistic health and wellness professor, consultant and coach. He has a strong desire for informing people about novel practices that support living a healthier life. In this role he helps populations become informed of their own health and empowers them to adopt healthy behaviors that lead to their healing. Dr. Penn received his M.D. degree from Howard University College of Medicine in Washington, D.C. with postgraduate medical training at Alameda County Medical Center Highland Hospital in Oakland and public health work at UC San Francisco. Currently he serves on faculty at Samuel Merritt University in Oakland, CA. He is certified in Raja and Hatha yoga styles receiving his yoga and mindfulness training through an Integral Health Fellowship with Niroga Institute in Berkeley, CA. As founder of Self Care Reform Wellness, he is passionate about providing restorative tools and strategies for self-awareness, personal transformation, stress reduction and lifestyle change.

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Special Thanks



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AmeriCorps



The Mind, Body and Spirit series is also made possible by the AmeriCorps VISTA members of the [Sacramento Promise Zone](#).

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