

WELLBEING TIPS FOR PRACTITIONERS
TO SHIFT YOUR MOOD, MIND & ENERGY

Feeling better fast

How to take care of yourselves as you
take care of others



Energy goes where attention flows

Statistics & Studies:

Stress & Burnout, Mental Health Issues,
Impact of COVID, High Staff Turnover

Awareness is the key to change

Prioritising self care to sustain energy levels and overall wellbeing is essential
while working in a demanding environment.

Helping you move from simply getting through to thriving and growing.



Kundalini – The Yoga of Awareness

Kundalini yoga known as the Householders yoga uses:

- Asana (posture) Mudra (hand positions) Pranayam (breath) Meditation and Mantra to:
- Strengthen the nervous system, balance the glands, and stimulate the vast energy reserves of the human system
- It's becoming the largest growing yoga & meditation movement in the world because fast-pace of life demands fast-paced practices to quickly produce profound results.

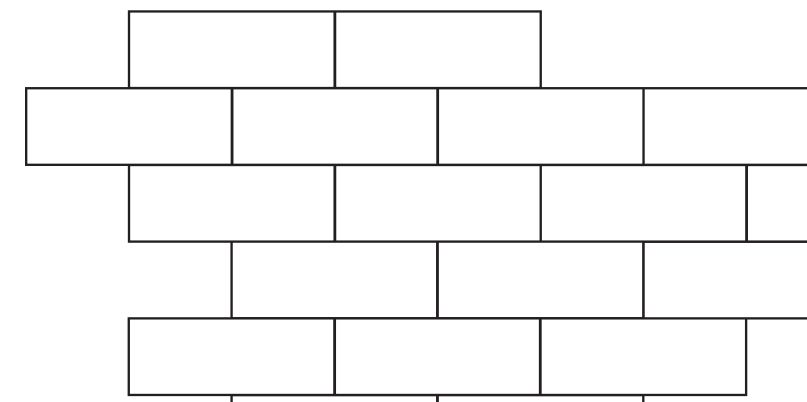


How do you respond to stress?

Over time, we create our own individual stress response pattern through our:

- thoughts and beliefs,
- our emotional responses,
- the way we breathe, and
- the way we hold and move our body.

This pattern becomes set at a certain point, and although this response is intended to be helpful...more often than not our personal stress response pattern blocks the natural flow of ease in the body, and we become frequently sick, easily tired, often irritable, and generally "stressed out."



What do you do to relax?

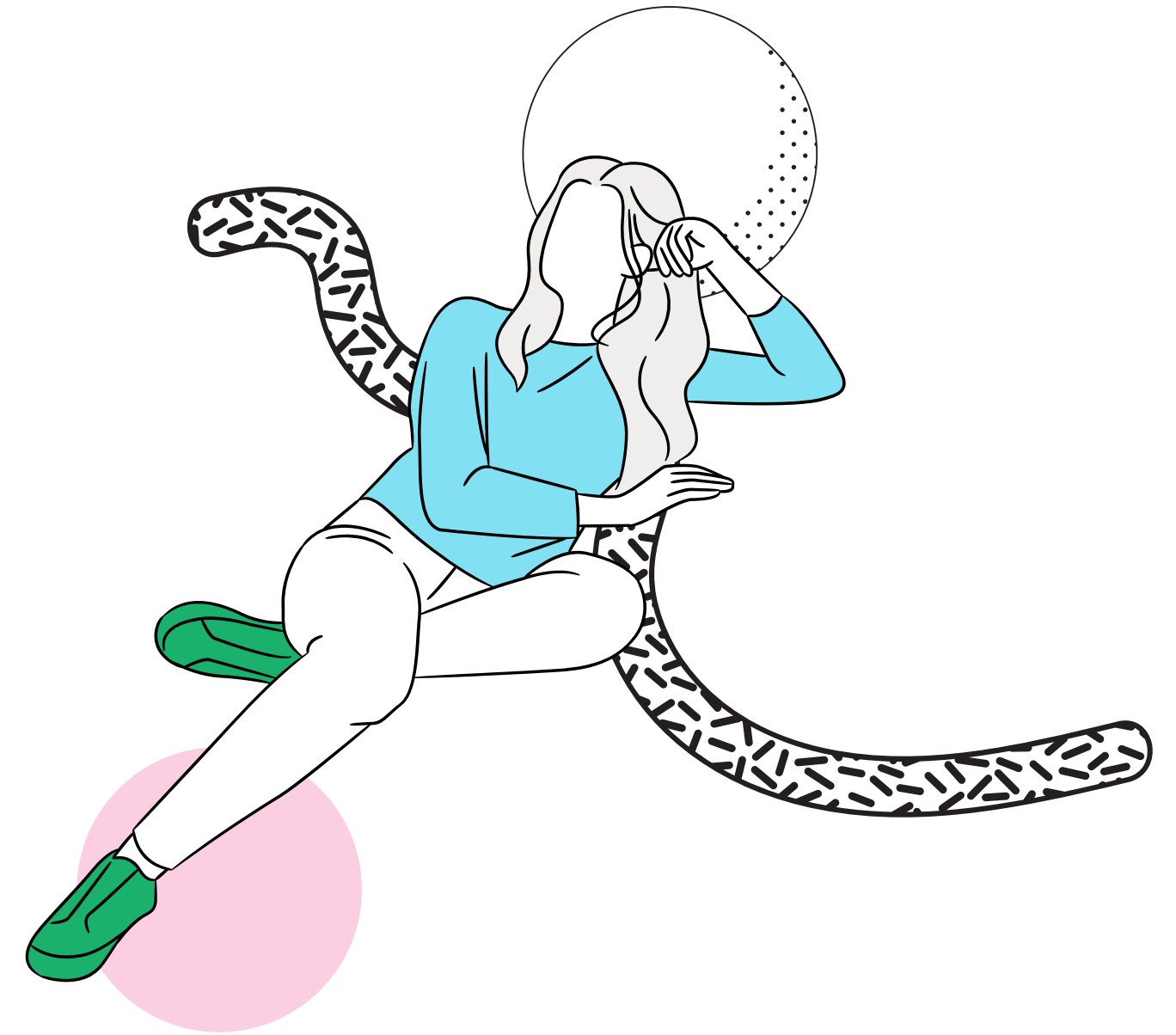
When we practice yoga, breathwork, mindfulness and learn how to relax properly we:

- Activate the parasympathetic nervous system
- Reduce stress hormones
- Improve heart rate variability
- Enhanced brain function
 - Attention, memory, decision making
- Alleviate muscle tension
- Improve sleep quality

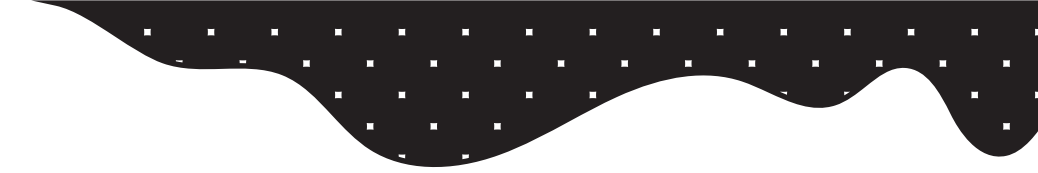


Take a breather

- Relax
- Breathe normally
- Count the number of breaths in a minute



Self-care means **being patient**
with and **kind** to yourself.



“On average, you breathe 20-25 breaths per minute. In good health you breathe 10 times a minute and a mentally balanced person breathes 7-9 breaths per minute. Fewer than that and you are a yogi ”

- Yogi Bhajan



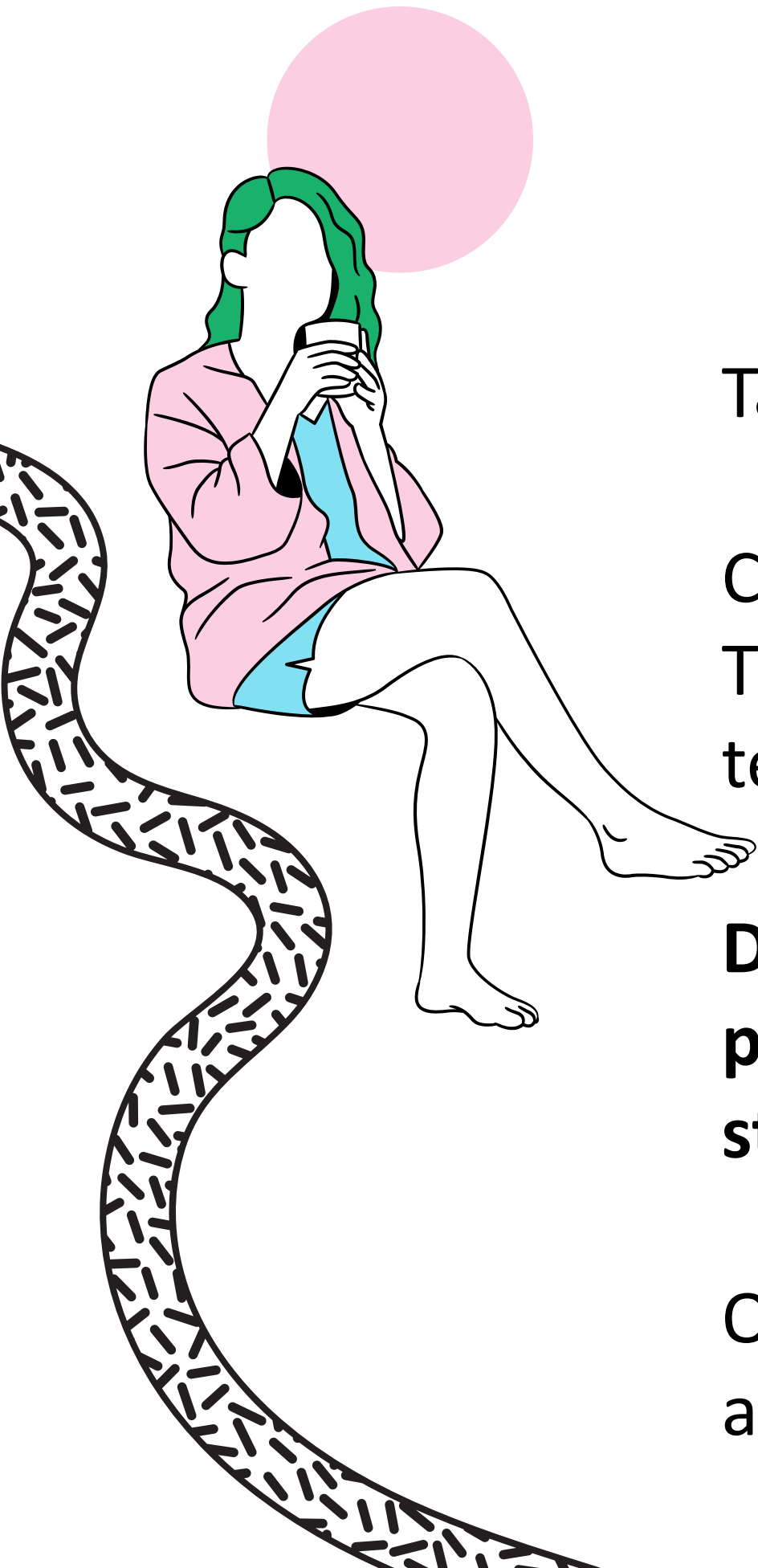
Breath is our direct link to our mood, energy, and hopefulness.



Yogis teach that the breath is the life of the mind. This means that the quality of our thoughts & emotional responses is determined by our breathing.

- On a physical level, practicing yogic breathing strengthens the nervous system and balances the glandular system
- These two systems are key to the stress response, making them strong through proper breathing actually breaks previous patterns and forms a healthy stress response.

Breathing Mindfully



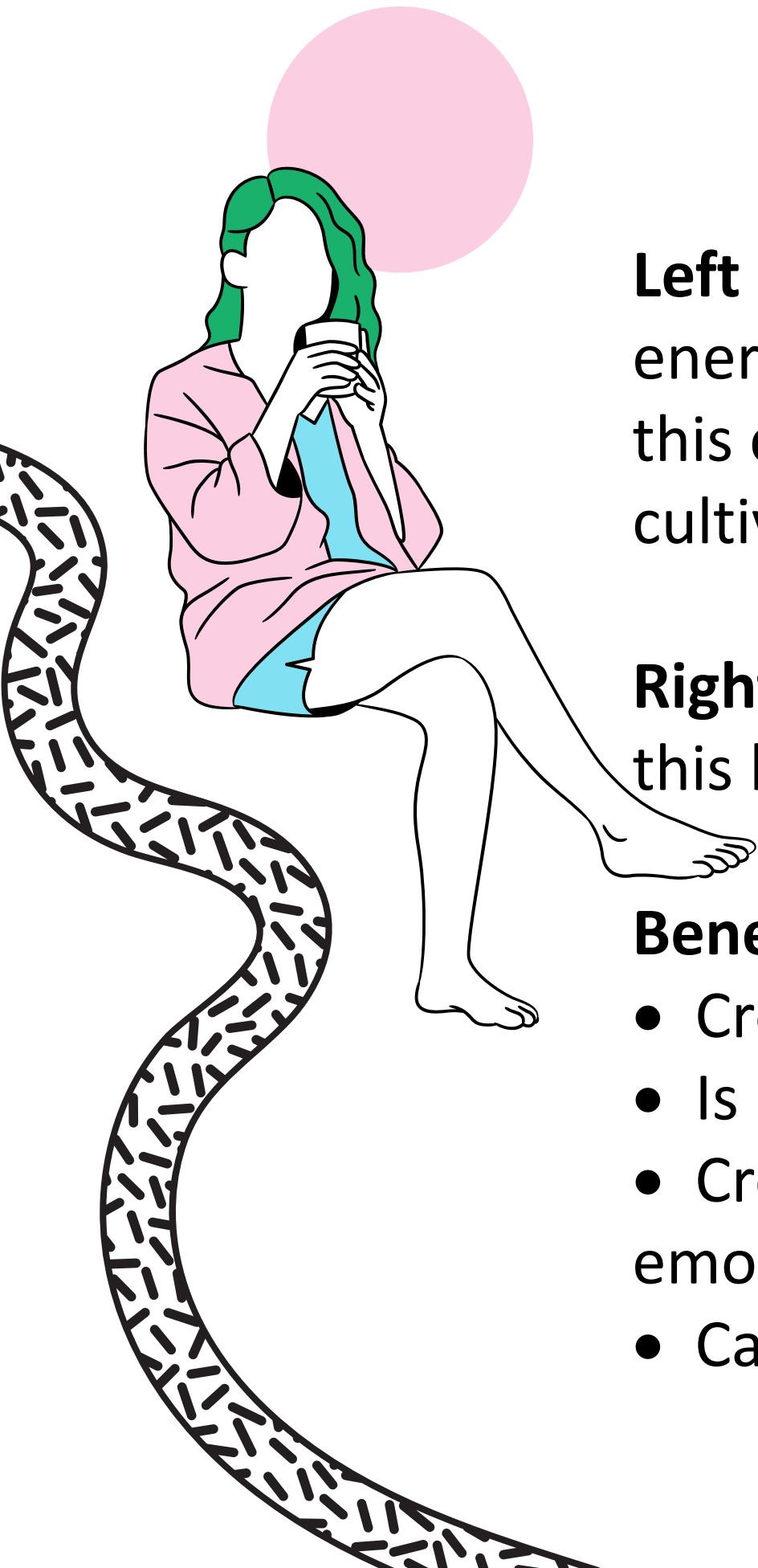
Take a deep breath

Continue to breathe consciously. Noticing how the breath feels
Throughout the day, notice your breathing pattern and where you hold
tension in your body.

**Do you hold your breath when thinking? When listening? When
performing certain tasks? Do you lift your shoulders or tighten your
stomach? These are all part of your personal stress response pattern.**

Once you are aware of your pattern, you can interact with it, modify it,
and make it work for you

Pranayama – Breathwork



Left Nostril Breathing - Most of us in our daily lives are constantly in our fire energy, this masculine action state. Which is great for productivity but at excess this can lead to adrenal fatigue and burn out. For peak performance we want to cultivate balance. We can use the breath to achieve this

Right Nostril Breathing – Sun energy action orientated masculine if tired can use this breath

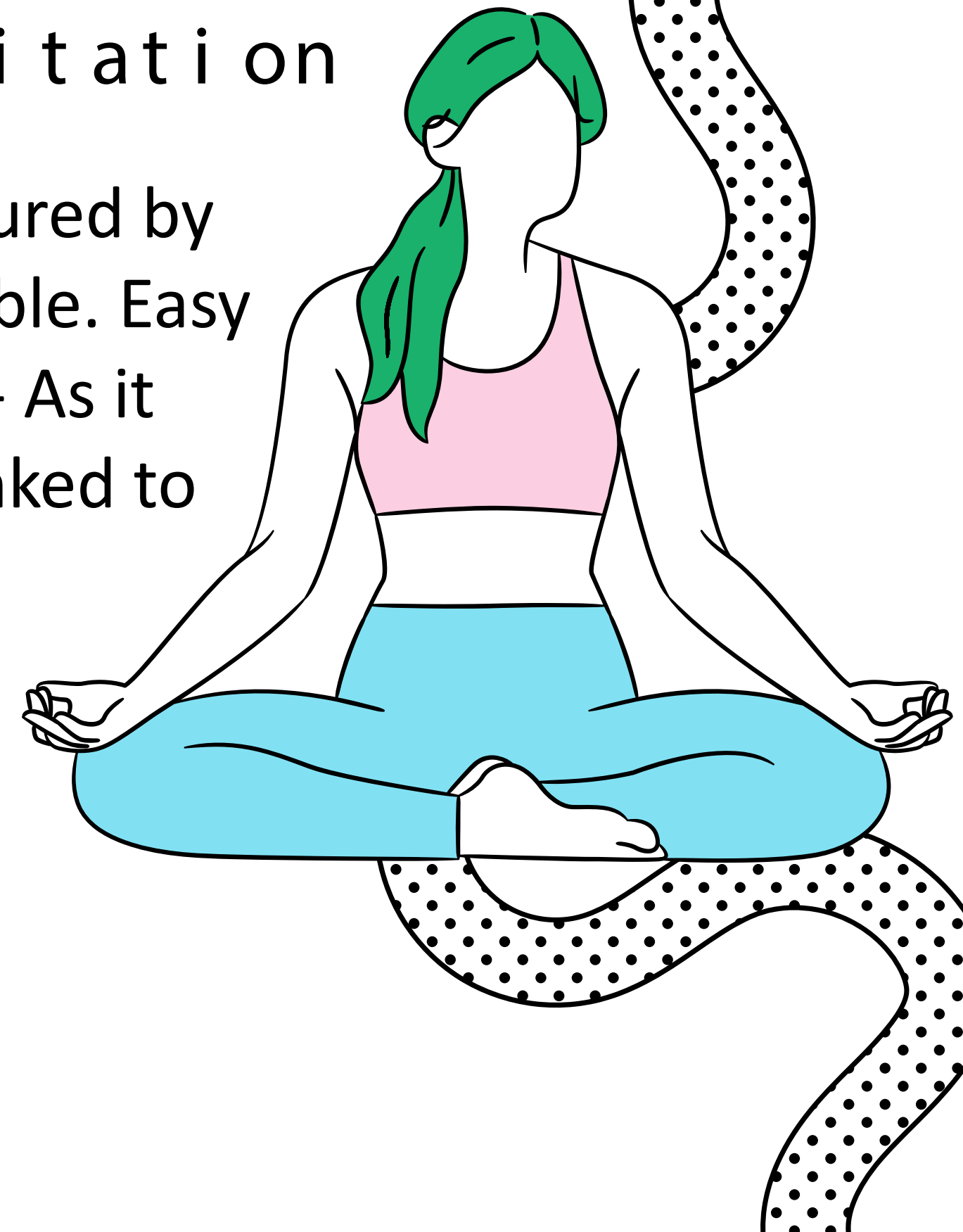
Benefits of Alternate Nostril Breathing:

- Creates whole brain functioning by balancing the right and left hemispheres.
- Is both integrating and grounding.
- Creates a deep sense of well-being and harmony on the physical, mental, and emotional levels.
- Can help with headaches, migraines, and other stress-related symptoms.

Yoga prepares the body for meditation

Movement brings us out of our head. Age is measured by the flexibility of the spine: to stay young, stay flexible. Easy chair postures that provide greater mental clarity - As it increases circulation of the spinal fluid, which is linked to having a good memory.

- ❖ Sufi Grind
- ❖ Spinal flex
- ❖ Twists
- ❖ Shoulder shrugs
- ❖ Head rolls



Kirtan Kriya

Sa Ta Na Ma each syllable has a specific vibration/meaning.

Sa: Infinity

Ta: Life, existence

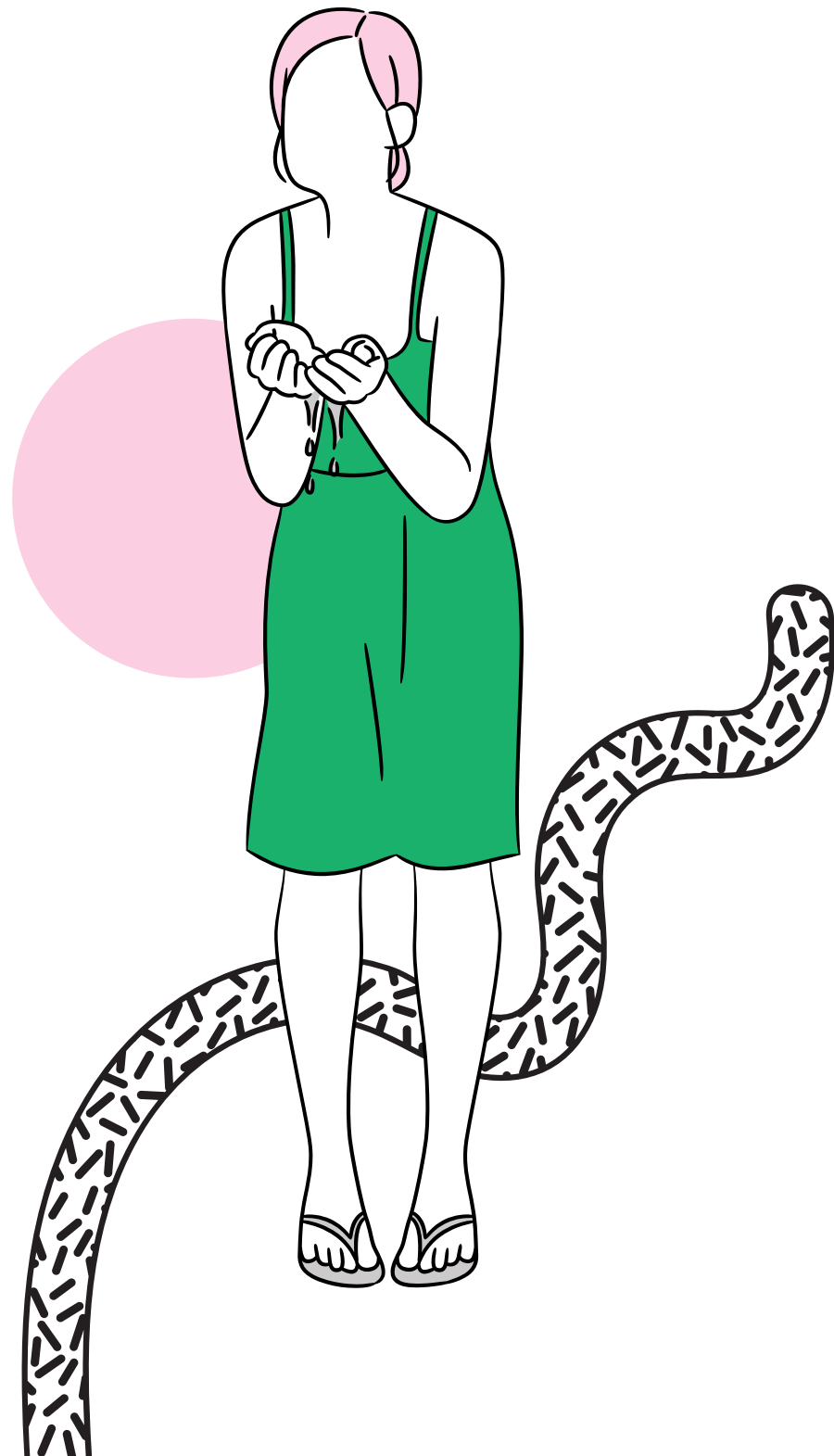
Na: Change, Transformation, Death

Ma: Rebirth

Kirtan Kriya Scientifically Proven Benefits

This meditation has been studied by Western medicine as a treatment for all sorts of medical and mental health ailments. Once such study conducted by The Alzheimer's Research and Prevention Foundation (ARPF) found the following benefits to be consistent practice of Kirtan Kriya: Improved memory, Reduced Stress, Enhanced Blood Flow to Brain & Improved Brain Chemistry, Improved Sleep, Reduced Depression.

Areas of Wellbeing



Mental

Tending to your mind by practicing mindfulness and meditation - A clearing & cleansing of the mind. Reduce stress, anxiety and depression, improve memory and sleep

Emotional

Staying in touch or fully engaging with your emotions. Breathing exercises balance the emotions and increase vitality.

Physical

Tending to your physical body by keeping it healthy. Practising simple chair based postures provide greater mental clarity.

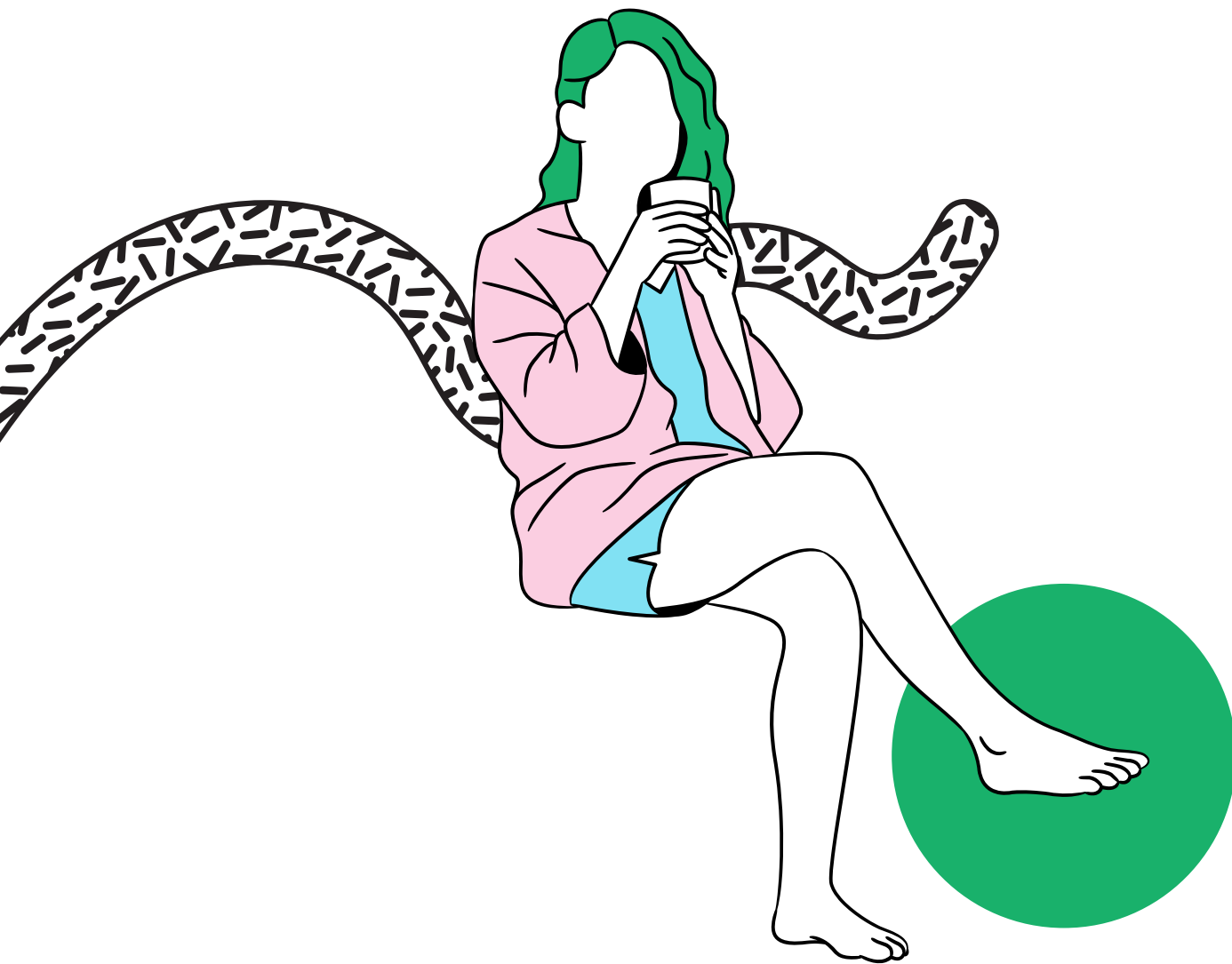
Energetic

Noticing what and whom depletes your energy and what elevates and inspires.

Social

Maintaining a healthy work life balance. Staying connected with family and friends, engaging in activities that fill your cup.

Cultivating Self Awareness



Become familiar with your stress response

Pay attention to what your triggers are and what ways you can soothe yourself in the moment.

Check in with yourself throughout the day

Notice your breath, your body and take mindful breaks that will bring you back to the present.

Remember to keep yourself hydrated.

Rest & Relaxation

Create rituals and routines that support you and set you up to be able to manage your day.

Validate your feelings

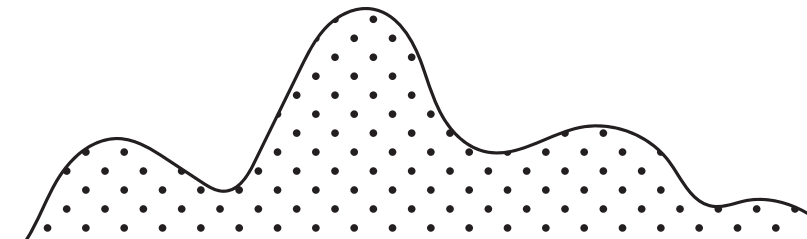
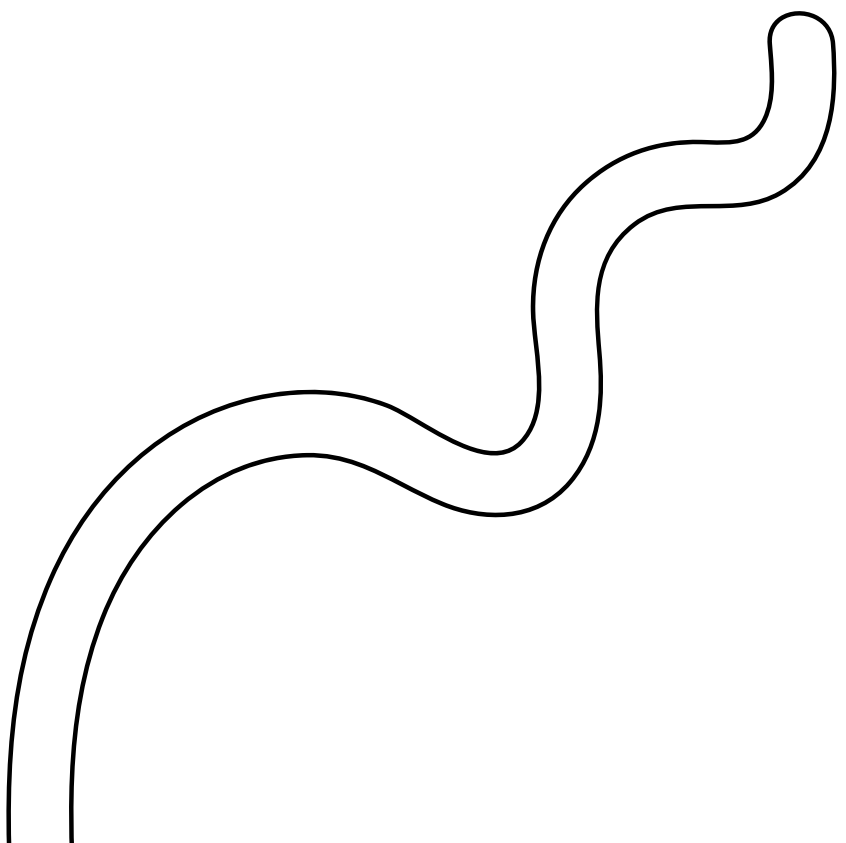
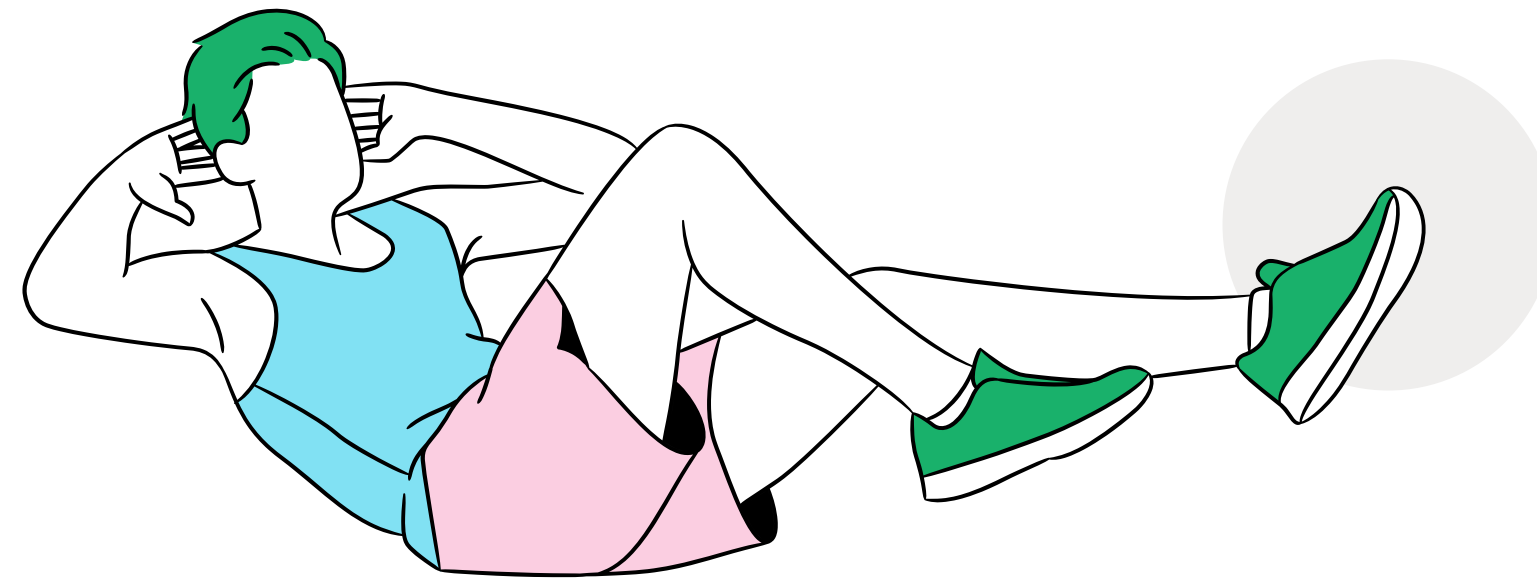
Write them down in a journal or share them with someone.

Practice gratitude. Think of at least three things you are thankful for every day.



Self Care isn't selfish

Prioritising your own wellbeing is taking care of yourself so you can better take care of others.





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