



## **Mind/Body Health Connections**

### **Session Guide and Review Notes**

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**5 min Welcome and Introduction**

**PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version**

#### **Summary: Mind/Body Health Connections**

- “A person’s psychological state is a prominent factor in health.” David Beaton, PhD.
- Attitudes such as perseverance under stress, optimism, and faith are linked to reduced stress-related conditions such as heart disease, high blood pressure, and general ill health.
- A steady state of worry, grief, hostility, unforgiveness, hopelessness, and depression increases the risk of infection, inflammatory conditions and disease. Psychoneuroimmunology 2007: Elsevier Press; p. 766
- Positive, perky people get sick—Tip the scales in a positive direction:
  - ✓ Activate your smile and express gratitude. Write down 5 things you are thankful for each day.
  - ✓ Focus on positives. Concentrate on solutions instead of problems.
  - ✓ Forgive yourself. Forgive others. Forgiveness is a gift from God.
  - ✓ Get up, don’t give up, when you make a mistake.
  - ✓ Nurture your brain and body with good food, rest, and exercise.
  - ✓ Get busy about others—find someone to encourage each day.
- Always work with your healthcare provider when making medical or lifestyle changes, especially with severe depression or mood changes.

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ How does attitude affect health for good or ill?
- ✓ Discuss ways to think and act in a more positive way when facing problems.

#### **5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Consistent, healthy habits are formed one choice at a time. They are protective and stabilizing.
- **Recalculate:** A modest change in diet, attitude, exercise, sleep, and other habits can make a big difference in your brain and body health.
- **Reframe:** What we magnify will get bigger. Choose to magnify solutions, faith, trust, and God's promises instead of problems and obstacles.
- **Remember:** Jesus invites you to come to Him for all your needs. "My God shall supply all your needs according to His riches in glory by Christ Jesus." Philippians 4:19.

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- Drink at least 8 glasses of water daily instead of caffeine and soda.
- Enjoy colorful vegetables, salads, and beans for lunch.
- Create a "Better Way Journal" and record daily positive choices.
- Record 5 Bible promises in your journal each day—repeat them aloud.
- Take time for a creative hobby and brisk exercise each day.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** "Dear God, thank you that by your power and strength, I am Living Free!"
- **Promise:** "I can do all things through Christ who strengthens me." Philippians 4:13.
- **Affirmation:** "Thank you God for my freedom journey to better physical, mental, and spiritual health!"
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** 1. Balanced Living Tract: Mind/Body Health Connections