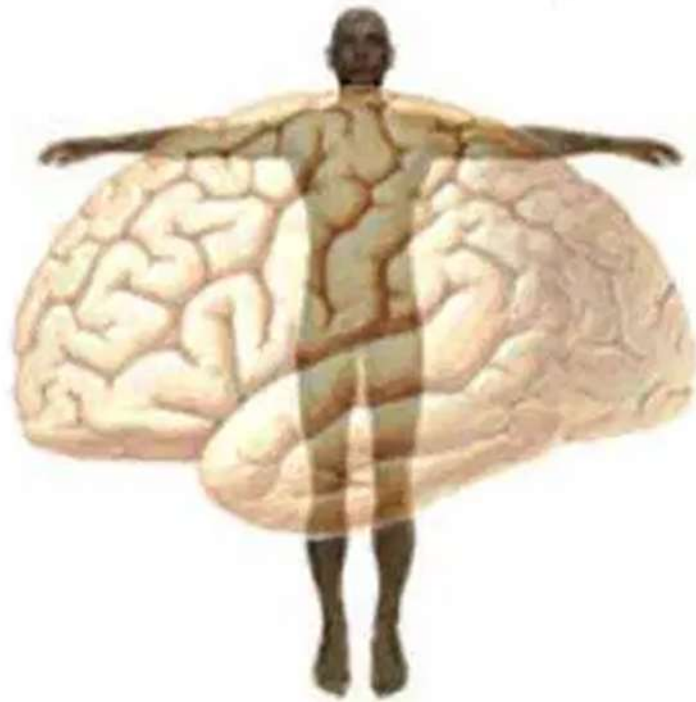
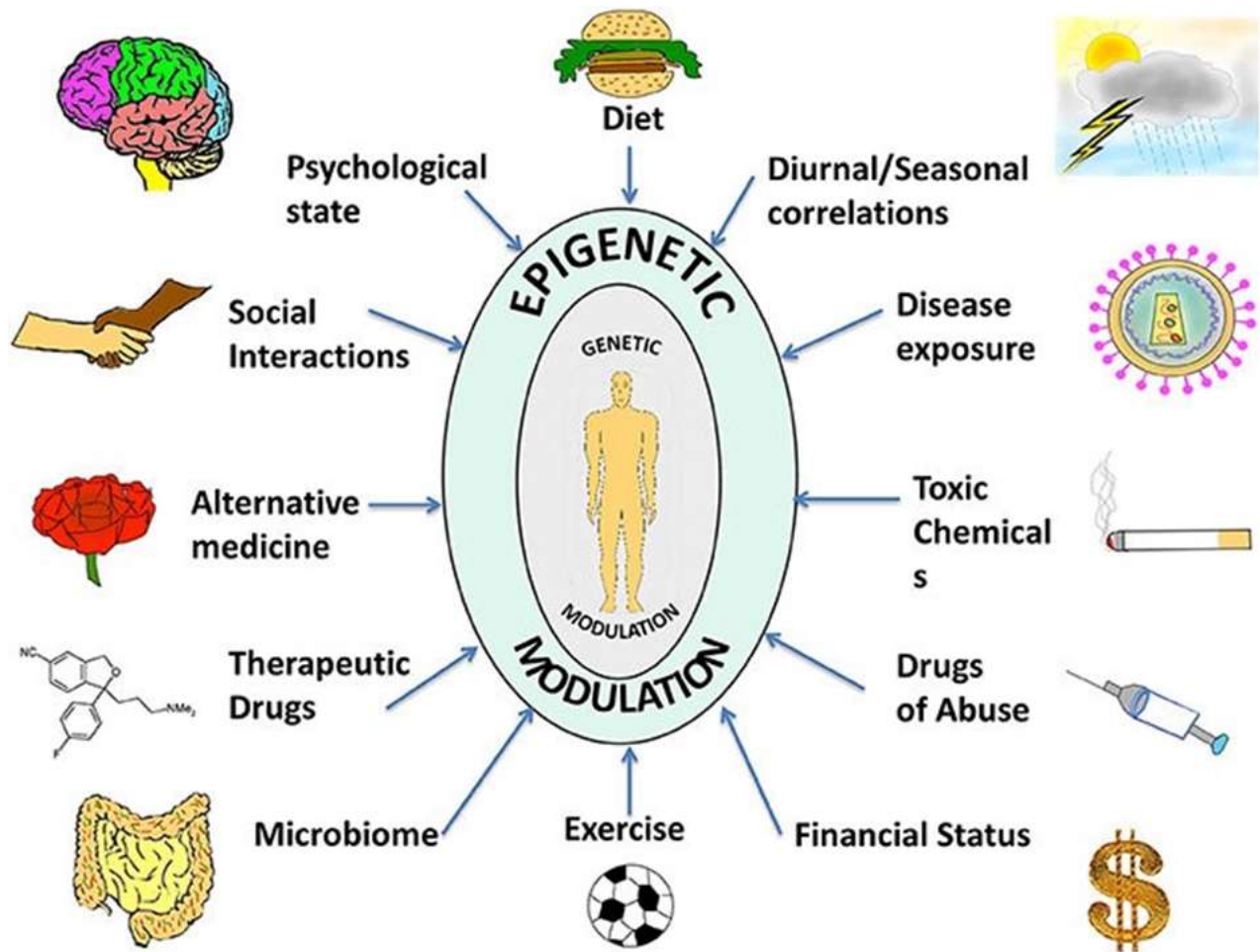


The MindBody Connection: How our Psychology Affects our Physical Health

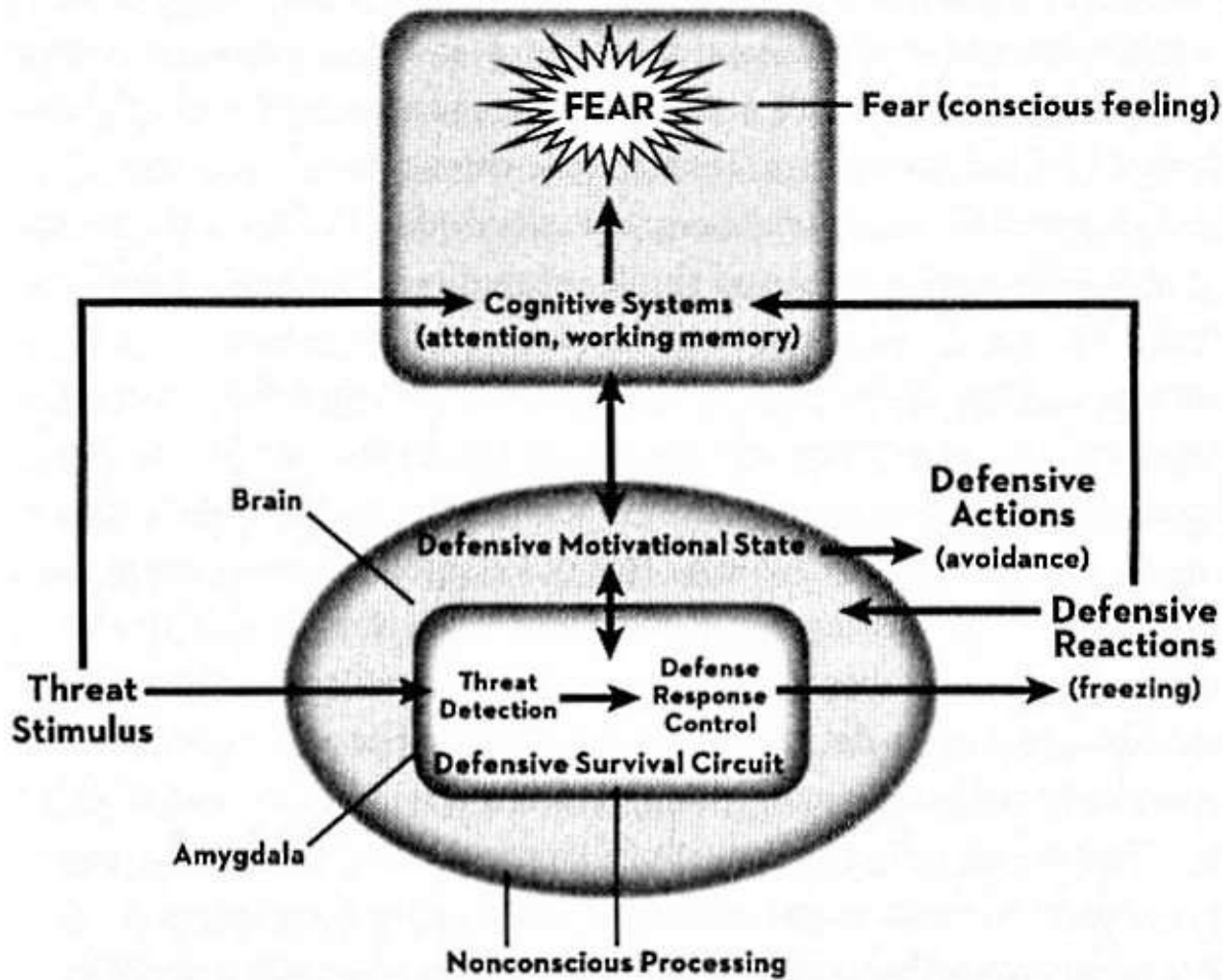
Slide Handouts



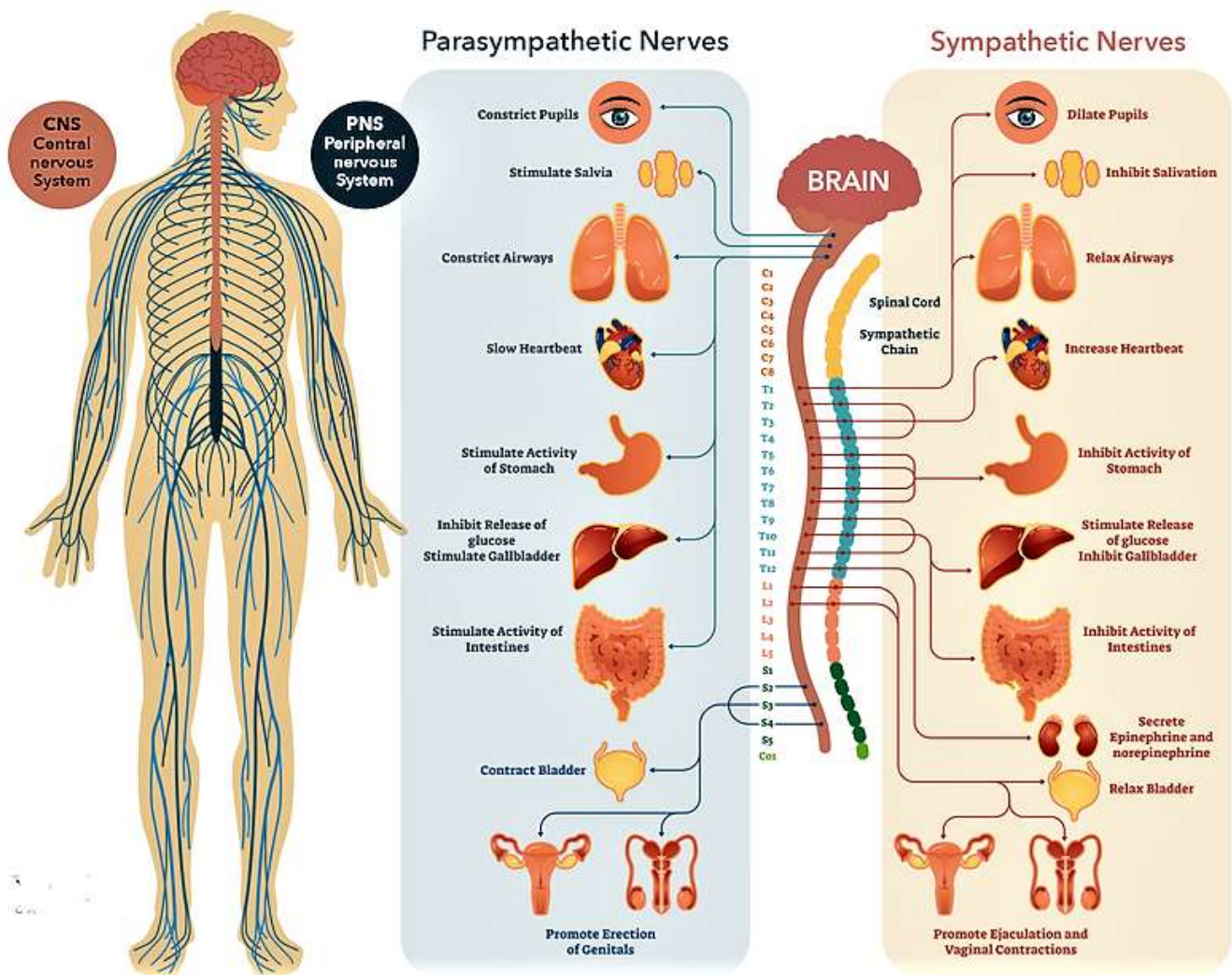
Presenter:
Russell H. Cashin, PhD



A compilation of epigenetic influences on humans. *Front. Cell Dev. Biol.*, 09 September 2014

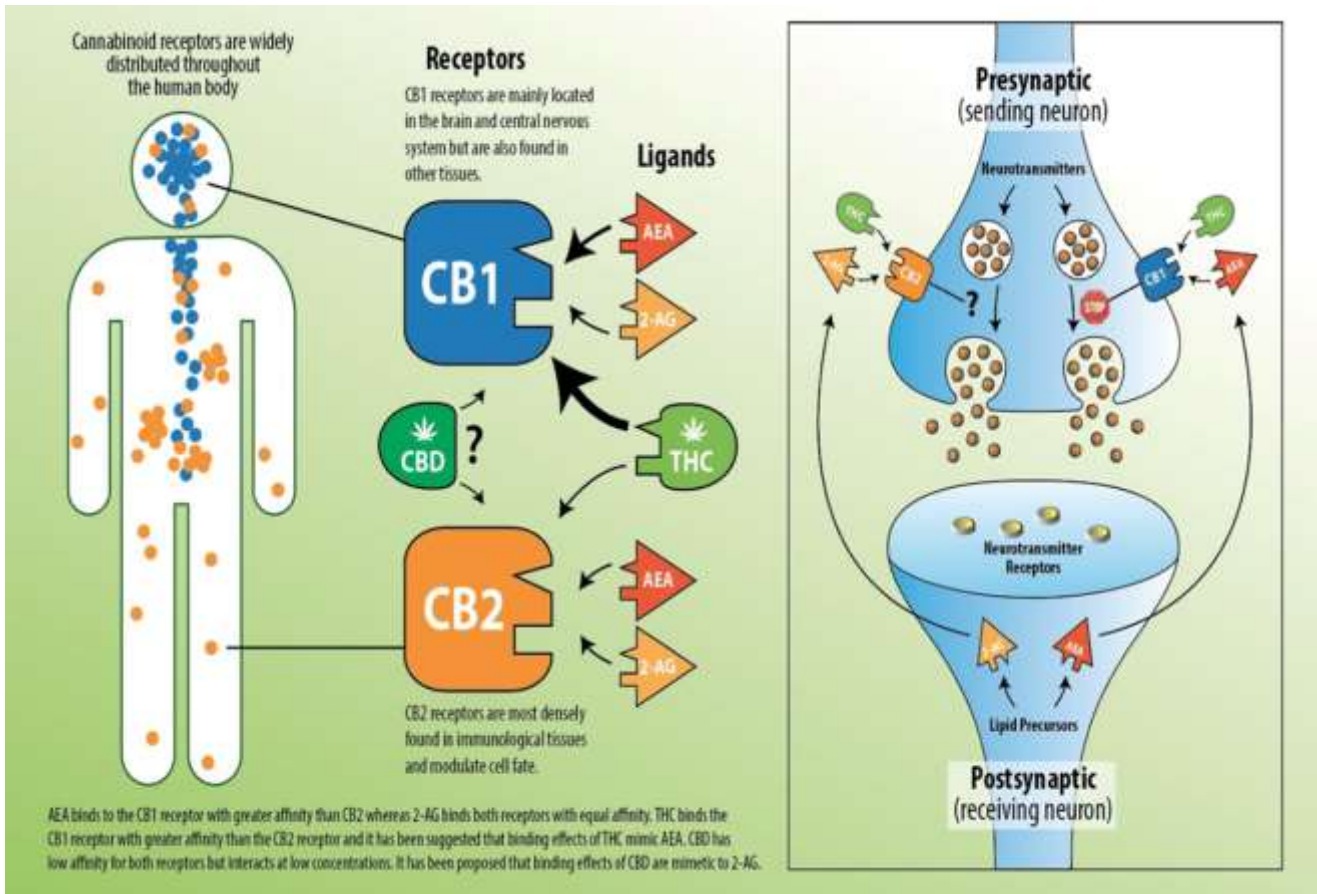


Survival Circuit View of Fear & Defensive Motivation - Credit Joseph LeDoux

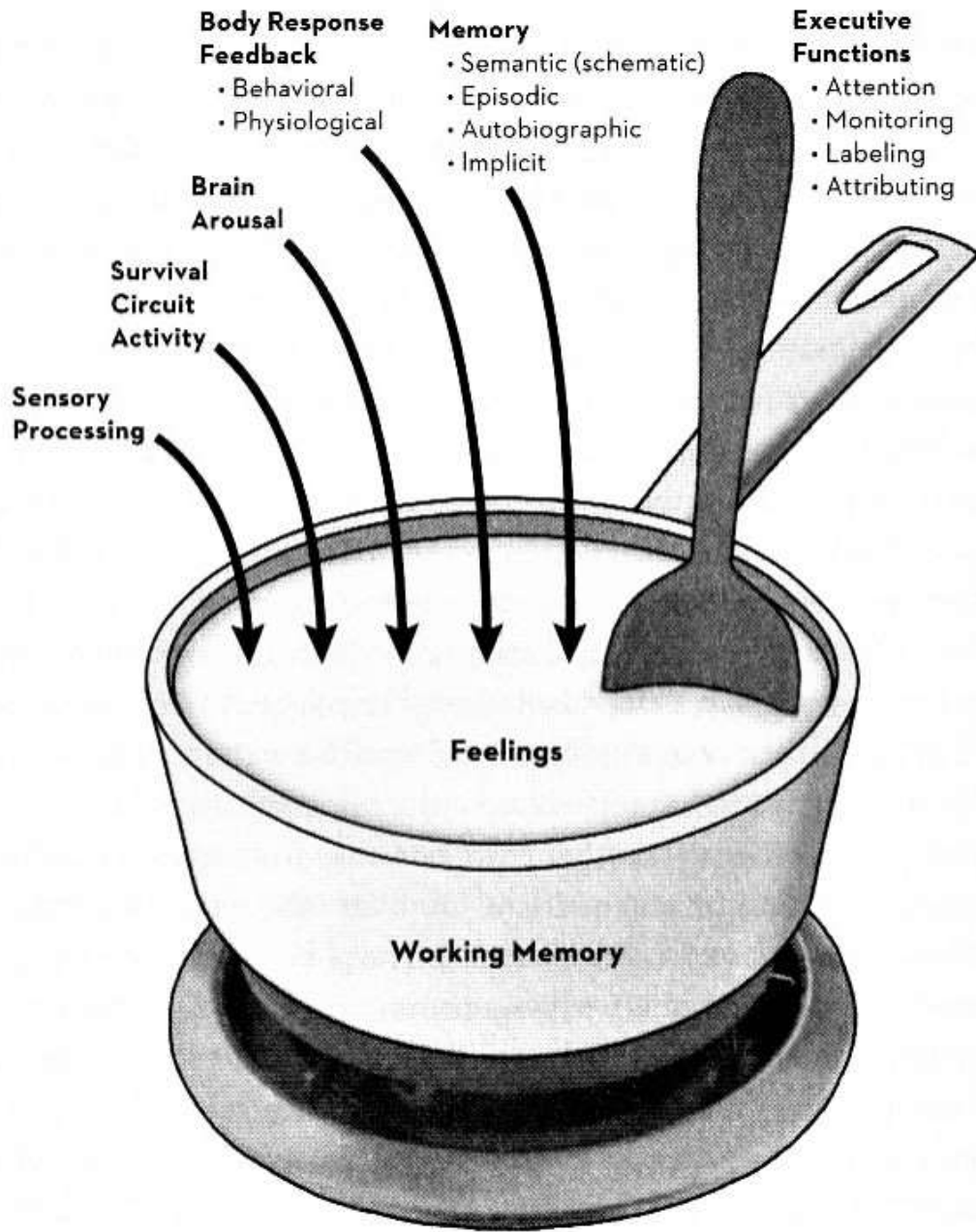


The Autonomic Nervous System (ANS) Sympathetic & Parasympathetic

Slide 16



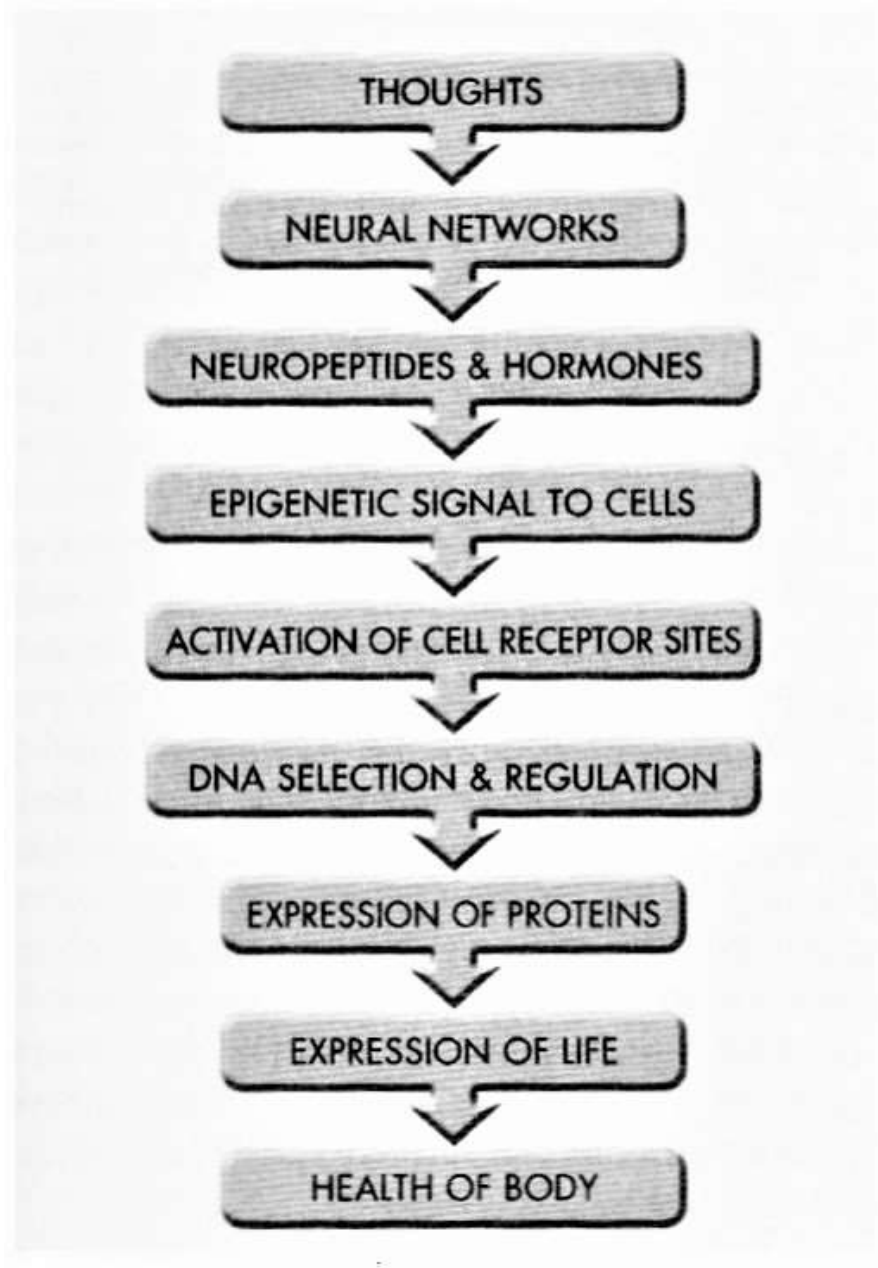
Overview of the Endocannabinoid System (ECS)



Construct of conscious emotional feelings – LeDoux

Reducing Stress – Techniques

- Buteyko Breathing
 - A type of breathing exercise to reduce the volume of air entering the lungs, activate the diaphragm and slow down the breathing which can help restore balance in the autonomic nervous system by stimulating the rest and digestive branch (parasympathetic nervous system).
 - Small Breath Holds to reduce stress - <https://www.youtube.com/watch?v=y-VRRDnClDU>
- Meditation/Mindfulness/Relaxation Practices
 - Guided Meditations
 - Relaxation techniques (example: Rational Progressive Relaxation by Dr. Pucci)
 - Mindfulness Coach App (Veterans Administration) - Free
- Laughter Practices
 - Laughing Meditation by Alan Watts <https://www.youtube.com/watch?v=8xCrQLyEep4>
 - Comedians
 - Funny Movies
- Positive Messages
 - Philosophers, Spirituality, Inspiring Quotes
 - Wayne Dyer, Eckhart Tolle, Dalai Lama, etc.
- Movement & Exercise
 - Walking, Dancing to Music, Workout Videos, etc.



Credit: You are the Placebo, 2015

Suggested Reading

Anxious: Using the brain to understand and treat fear and anxiety by Joseph LeDoux, 2016.

Introduction to the Endocannabinoid System by Dustin Sulak, 2015. Retrieved from <https://norml.org/library/item/introduction-to-the-endocannabinoid-system/>

The Mindbody Prescription: Healing the body, healing the pain. John E. Sarno, 2001.

Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping by Robert Sapolsky, 2004.

You Are The Placebo: making your mind matter by Joe Dispenza, 2015.