

OPTIMIZING YOUR WELL-BEING

Practical Strategies Supporting Your Body, Spirit and Mind

Presenter: Karen Powrie Bosse
Two time, 35+ year survivor



LEARNING OBJECTIVES

- Discuss areas of wellness and well-being
- Identify what might be impacting your health and healing
- Develop strategies to feel empowered and achieve healing
- Understand that your mind is very powerful and you can impact your journey

OPTIMIZING YOUR WELL-BEING

- Be honest with yourself about where you are now and what is most impacting your wellness
- Identify some lifestyle interventions that will make the biggest impact on your well-being
- Make a simple and achievable plan of action to support your body, mind and spirit

THINGS WE KNOW FOR SURE

- You are NOT your diagnosis
- You can impact your state of being
- You can achieve healing without curing
- Simple things done consistently over time make a big difference
- Neurons that fire together wire together

KEEPING IT REAL

- Uncertainty (fear of the future)
- Time consuming treatment/therapies
- Family and relationship issues
- Financial concerns
- Diagnosable emotional health
- Fatigue

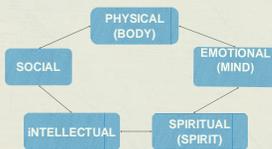
“Well-being is a positive state of mind, with an understanding that we are whole, just we were created to be in body, mind and spirit.”

–Karen Bosse

“Healing isn’t just something that comes from medicine or surgeries; it comes from a shift in the way we perceive ourselves and our connection to our health and our bodies.”

–Melinda Ring, MD
Executive Director, Northwestern Medicine
Osher Center for Integrative Medicine

AREAS OF WELL-BEING



Biology of Belief by Dr. Bruce Lipton
The Placebo Effect by Dr. Joe Dispenza
How Healing Happens by Dr. Wayne Jonas

BODY

- Good nutrition and colorful diet
- Regular exercise/movement
- Good quality sleep
- Minimal drug and alcohol use
- Good self-care

SPIRIT

- Know your core values and align to them
- Seek and find meaning and purpose in your life
- Maintain creative endeavors and social interactions
- Don't allow your diagnosis to define who you are
- Get outside in nature
- Seek opportunities for random acts of kindness and showing gratitude

**AS YOU ARE ABLE TO REALIZE, CONCEPTUALIZE
AND VISUALIZE
YOUR HEALTH AS A LARGER WEB OF LIFE,
YOU WILL INCREASINGLY MAKE HEALTHIER
CHOICES**

MIND

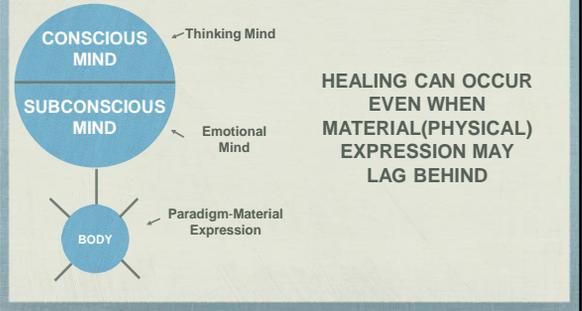
- Take quiet time each and every day to calm your mind and visualize perfect health
- Journal, especially expressing gratitude
- Monitor self-talk in your conscious mind
- Develop a mantra and affirmations
- Find opportunities for laughter

“The mind is powerful; our thoughts and beliefs make a difference in how we feel and how we respond to threats to our well-being. It is possible to create new stories or views of ourselves that not only change our emotional well-being, but also our physical health.”

—Melinda Ring, MD
Executive Director, Northwestern Medicine
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BODY, MIND, SPIRIT and our Brain

- Our body is brimming with intelligence, contained in every cell of our body. Disease is the distorted patterns of intelligence.
- We think in images and our body responds to the images in our conscious mind.
- Happy thoughts become happy molecules.
- The neuroplasticity of our brain enables us to change our health and well-being as we reprogram the synapses and neuropathways.



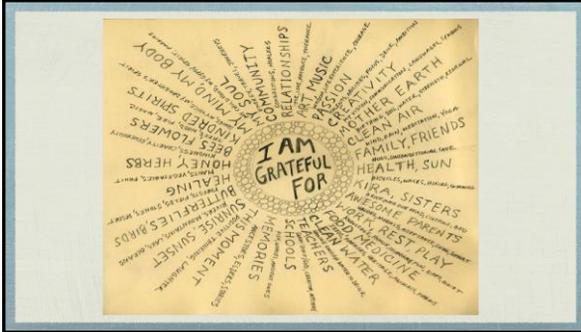
The voice inside your head is your conscious mind-it's creates who you are; it thinks in images that feed your subconscious brain.

**YOU ARE
LOVE, ALL KNOWING, DIVINE AND PERFECT HEALTH**

Use your conscious mind to get to that, because neurons that fire together wire together.

The Power of Love and Gratitude Made Visible by Masaru Emoto





EVIDENCE FOR GRATITUDE

- You will feel happier
- You will boost your energy levels
- You will be more resilient
- You will improve your relationships
- You will change the physiology of your cells

OUR BODIES ARE DESIGNED TO HEAL THEMSELVES

What are you going to do to initiate the relaxation response in your body to make it ripe for healing, miracles and well-being?

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KAIZEN

KAIZEN IDEAS FOR YOUR BODY

- Add one fruit/vegetable to every meal
- Reduce sugar desserts to once a week
- Add some movement to your day, every day
- Commit to deep breathing
- Get outside in nature as much as possible

KAIZEN IDEAS FOR YOUR SPIRIT

- Determine your identity other than that of a patient
- (Re)engage in social activities
- Identify a relaxing activity for the waiting room
- Replace one news broadcast with a comedy
- Be kind to staff and anyone you encounter
- Do anything that brings you joy

KAIZEN IDEAS FOR YOUR MIND

- Still your mind at least 5 minutes/day
- Determine a mantra or daily affirmation
- Journal to clear thoughts
- Write in your gratitude journal - three things per day
- Play relaxing music as often as possible
- Manage your internal dialogue



Lisa Rankin, MD
Mind Over Medicine

Feed your subconscious mind with the image of your perfection, through the thoughts in your conscious mind, and eventually your body will catch up.

Feed your cells with love, gratitude, service and whatever brings you joy to achieve healing and well-being.



SUMMARY

- Take care of your body with diet and exercise
- Deal with your fatigue and depression and don't ignore health problems
- Do something every day that brings you joy
- Become a healing partner with your physician
- Start a gratitude journal
- Recite your mantra every day, all day

**MANAGE YOUR INTERNAL DIALOGUE
AND
BELIEVE THAT YOU CAN IMPACT YOUR JOURNEY**

*Give Love.
Be Grateful.*