

## 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

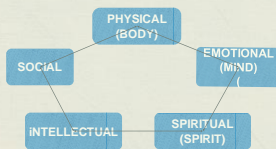
***“Well-being is a positive state of mind, with an understanding that we are whole, just we were created to be in body, mind and spirit.”***

–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

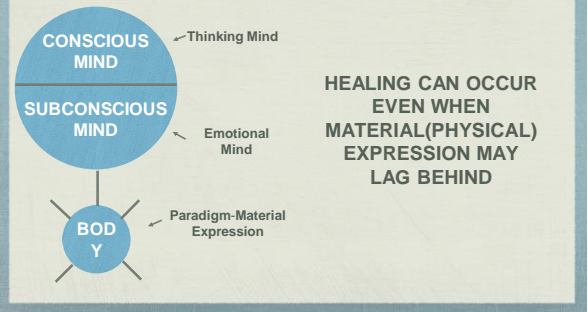
- Take quiet time each and every day to calm your mind and visualize perfect health
- Journal, especially expressing gratitude
- Monitor self-talk in your conscious mind
- Develop a mantra and affirmations
- Find opportunities for laughter

***“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  
Osher Center for Integrative Medicine*

## 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.



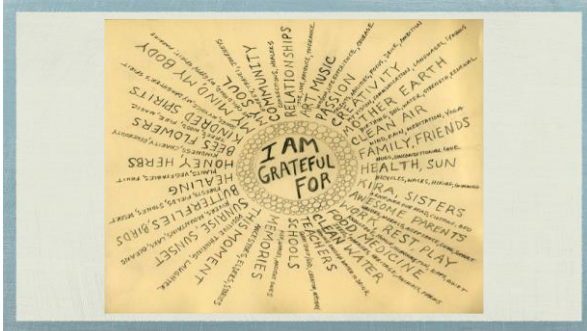
The voice inside your head is your conscious mind-it's creates who you are; it thinks in images that feed your subconscious brain.

**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 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 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 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**

