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Mindfulness for Stress Management

For CPS Nurses Week
May 7, 2024

Mindfulness • Breathing • Movement

Topics to Cover

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1. Mindfulness and Stress Management
2. Brain Education 5 Steps & Experience
3. Water Up Fire Down Principle & Exercises
4. Resources: Webinars/Classes, Book & Film



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Body & Brain

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- Since 1996, Body & Brain has been utilizing a unique system of mind-body exercises to help people feel healthier, happier & more peaceful.
- Body & Brain methods are delivered to more than 250,000 people at over 100 physical locations across the United States.



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Magdalena Szara

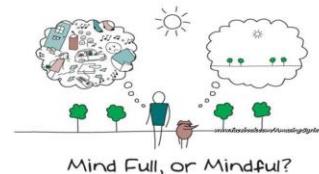
Regional Director of Body & Brain Illinois

Wellness Expert | Corporate Speaker
Life Coach | Qigong Trainer

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1. Mindfulness and Stress Management 6

- **Mindfulness** – Being aware of what is taking place in the present moment versus mind-wandering and habitual or automatic ways of functioning.



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2. Brain Education 5 Steps & Experience 7

A collection of systemized mind-body training methods designed to help strengthen the mind-body connection and develop the power of the brain.



Step 3. Brain Refreshing

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1. 1-minute Laughing Exercise

- How many times do you laugh a day?
- Best Exercise, equivalent to running a 100 meter
- Choose it and it will happen

2. 3-3 Breathing

- Inhale 3 times, exhale 3 times



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Step 1. Brain Sensitizing

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1. 1-minute Clapping

- When do you clap/applaud?
- Palms and Internal Organs
- Wake up & Pay attention



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Step 2. Brain Versatilizing

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1. Thumb & Pinky Exercise

- Are you the owner of your hands?
- Left brain and Right brain
- Good News Makes a Good Brain



3. Water Up Fire Down Principle & Exercises 11

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- Universal principles lie behind our health like natural laws.
- To be healthy, we need to understand the principles of health and live according to them.



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**“Keep your head cool
and your belly warm.”**

This is the Golden Principle of Health

No matter what physical or mental issues you may have, if you apply this principle in your daily life, you'll be able to make progress toward clearing them up.



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Water Up, Fire Down

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When your body is healthy,

- **Water energy** from your kidneys goes up to the head and makes your brain cool.
- **Fire energy** from your brain and heart goes down to the lower abdomen and makes your belly warm.
- This creates an ideal energy balance for the brain and the body.

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How to Balance Your Energy at Work/Home

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1. 1-minute Exercise

- Clapping & laughing
- 3-3 Breathing

2. Energy Meditation

- Energy Meditation: Focus, Mindfulness, Gratitude

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4. Resources: Webinars/Classes, Book & Film

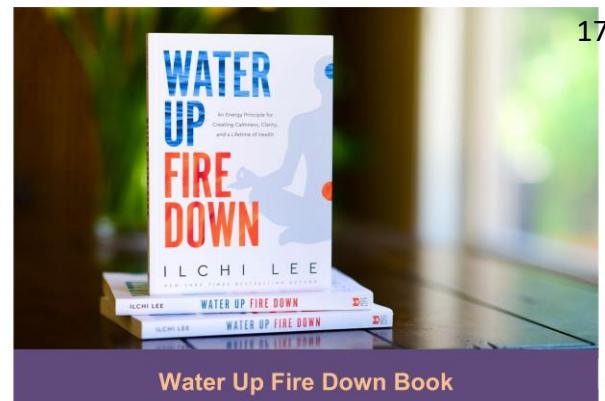
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Body & Brain Classes

Body & Brain Classes for Chicago Public Schools

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<https://sites.google.com/bodynbrain.com/bodybrainclasses/>



Water Up Fire Down Book

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<https://lovehealsfilm.com/>

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