

Take a Deep Breath... and Tell a Good Story

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What is Wellness?

wealth

Origin



Middle English *welthe*, from *well*¹ or *weal*², on the pattern of *health* .

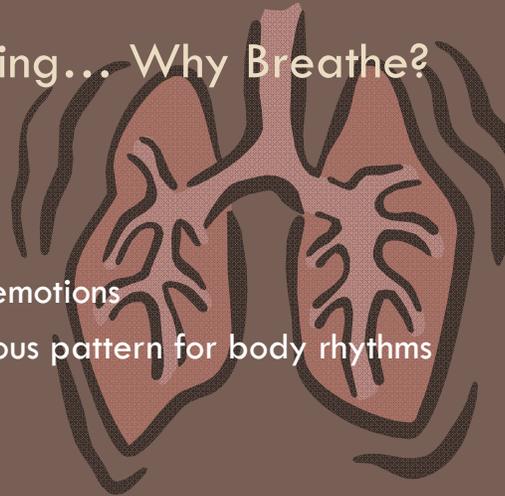
Take a Deep Breath...

Breathing for Life

The Art of Breathing... Why Breathe?

- Vital to life
- Nourishes the body
- Regulates mood and emotions
- Establishes a harmonious pattern for body rhythms
- Key to healthy living

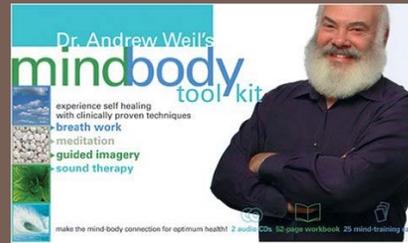
- Only body function that can be both fully voluntary and fully involuntary



Breathing for Life

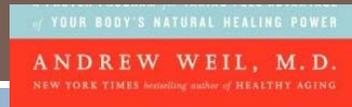
Breathing Exercises

- Follow Your Breath
- Begin with Exhalation
- Let Yourself be Breathed
- Relaxing Breath
- Stimulating Breath



If you could tell people to do only one thing that would give them greater access to spontaneous healing, what would it be?

Work with your breath!



Breathing for Life

Follow Your Breath



- Sit in a comfortable position with your back straight and your eyes lightly closed
- Focus your attention on your breathing and follow the breath cycles through inhalation and exhalation
- Just observe your breath, don't try to influence it
- Note the points when one phase changes into the next

- Do this for 5 minutes each day!

Breathing for Life

Begin with an Exhalation

- Breathing is continuous, with no beginning or end, but we tend to think of beginning with an inhalation and ending with an exhalation... practice reversing this perception
- Again, just observe your breath, don't try to influence it
- Now, think of each breath cycle as starting with an exhalation
- Do this for 1 minute

Breathing for Life

Let Yourself be Breathed



- Close your eyes, and focus your attention on your breath without trying to influence it
- Imagine with each inhalation the universe blowing breath into you... with each exhalation the universe is withdrawing the breath... you are the passive recipient of breath
- As the universe breathes into you, let yourself feel the breath penetrating to every part of your body... even your fingers and toes
- Try to hold this perception for 10 breath cycles every day!

Breathing for Life

Relaxing Breath

- Touch the tip of your tongue to the space between your top teeth and the roof of your mouth
- Exhale completely through your mouth making an audible sound (a woosh)
- Close your mouth and inhale quietly through your nose for a count of 4
- Hold your breath for a count of 7
- Exhale loudly for a count of 8
- Repeat 5 times



Breathing for Life

Stimulating Breath

- Sit comfortably, eyes closed, tongue on the roof of your mouth
- Breathe in and out rapidly through the nose... three cycles per second if you can do this comfortably
- Try this for 15 seconds... work up to 1 minute
- This is real exercise so expect to feel fatigue in the muscles you are using (base of neck above collarbone and at the diaphragm)



Breathing for Life

Take a Deep Breath...

AND Tell a Good Story



Telling the Story of your Life

Key Considerations...

- Self-Fulfilling Prophecies
- Visualization and Language Use

Telling the Story of your Life

Is Story Telling a REAL Initiative?

- Who are you?



Telling the Story of your Life

Is Story Telling a REAL Initiative?

- Who are you? What story do you tell yourself/others about you?
- Where do you work? What story do you tell yourself/others about your employer?
- Where do you live? What story do you tell yourself/others about your community?



Telling the Story of your Life

Self-Esteem/Self-Worth/Pride



- Be YOUR best (not be THE best)
- Salutogenic Focus vs. Pathogenic Focus
 - ▣ Salutary
 - ▣ Sense of Coherence (Meaningful, Manageable, Understandable)
- Foundation is laid down in childhood
- Applies to BOTH *Individual* AND *Collective*

Telling the Story of your Life

Creating the Future

- The best way to predict the future is to create it through STORY!
- At our most fundamental level, we are story tellers
- In reality, we are also story lovers
- How you interact with others says more about who you are than who they are.



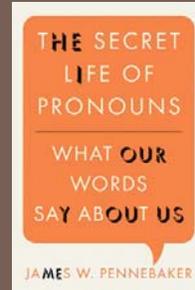
Telling the Story of your Life

Visualizing for Change and Using Language Intentionally

- Power Pose
- Visualization Exercises
- Former Smoker/Ex-Smoker/Non-Smoker

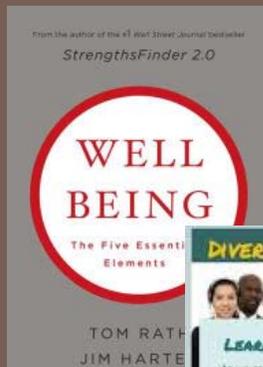


- Pronoun Use
 - WE-LLNESS = WELLNESS
 - I-LLNESS = ILLNESS
- Positive Self-Talk



Telling the Story of your Life

A Life Examined...



Telling the Story of your Life

Learning and Growing Together

- Oral Histories
- +Acumen



Telling the Story of your Life

THE FUTURIST

A Magazine of Forecasts, Trends, and Ideas about the Future

“ For myself, as a futurist, one of the things that I've learned is the way that you change the future is you change the story that people tell themselves about the future that they will live in. I've seen it happen time and time again in universities, in corporations, in the government. If you can change that story, people will actually make different decisions. ”

Brian David Johnson, Futurist
Arizona State's Center for Science and Imagination

**The most important story you
will ever tell is the story of
your life and your future!**

So...



**What's your
story?**

Telling the Story of your Life

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