Vitality: Optimal Health & the PERMA-V Model of Flourishing

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www.TheFlourishing.Center
www.GetCertifiedinPP.com
Disclaimer

• Not intended as medical advice
• Seek out a medical professional before making any changes to your well-being practices
Flourishing Pathways

Vitality

Positivity

Engagement

Relationships

Meaning

Achievement

CAPP
WHAT THEY LEARN
Share – Don’t reinvent

Self Care is Healthcare

Measure

Apply – Apply

Vitality
A six-month personal + professional learning journey

into the science of human flourishing

www.certificateinpositivepsychology.com
Agenda

Mind-Body Hacking

• Digestion
• Physical Activity
• Alignment
• Sleep
• Calm
Walk Our Talk

Courtesy of Shutterstock
Pomodor Technique

- 25 minutes of work followed by a 5-minute break
- After 4 work intervals, there is a 15-minute break
Brain-Derived Neurotrophic Factor (BDNF)

• “Fertilizer” for neuronal connections
• Grow dendrites quicker
• Develop stronger connections
• Associated with improved cognition
• Improved mood (serotonin loop)
• Increased through physical activity
Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING QUIETLY

BRAIN AFTER 20 MINUTE WALK

Research/scan compliments of Dr. Chuck Hillman University of Illinois
N = 1
Definition of PP:

The scientific study of optimal human functioning.

It aims to discover and promote the factors that allow individuals, organizations & communities to thrive.
Not Sick ≠ Healthy
Optimal Human Functioning
Optimal MIND BODY SPIRIT Functioning
Optimal Functioning in Society (OFIS)

The Role of Passion in Optimal Functioning in Society

Robert J. Vallerand, Ph.D.
McGill University

2nd Canadian Conference on Positive Psychology, July 18, 2014, Ottawa
Current Biomedical Model

- CAM Therapies
  - Drugs
  - Surgery

Psycho-social approach

New Medicine

- Drugs & Surgery
- Self Care

Therapies that require a professional and also stimulate one’s capacity for self healing, e.g. acupuncture, herbal medicine, musculoskeletal manipulation, group support
Self Care is Healthcare
EZ Model for Flourishing (Zhivotovskaya, 2016)

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Biohacking
A Beginner’s Guide to Biohacking

Share: twitter facebook pinterest googleplus linkedin

Warning: This is going to be interactive.

Biohackers believe in experience-based learning. Or in plainer terms... we like to touch stuff. If you don't try it, how do you know it works?

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Defining Vitality
Defining Vitality
Define Vitality

• The state of being **strong** and **active**; **energy**.
  – Synonyms: liveliness, life, energy, spirit, vivacity, exuberance, buoyancy, bounce, elan, verve, vim, pep, brio, zest, sparkle, dynamism, passion, fire, vigor, drive, punch; get-up-and-go
  – "the bright weather has revived my vitality"
Define Vitality

• The power giving continuance of life, present in all living things: "the vitality of seeds".

(Google)
Subjective Vitality

• The concept of subjective vitality refers to the state of feeling alive and alert - to having energy available to the self.

Subjective Vitality

• Vitality is considered an aspect of eudaimonic well-being (Ryan & Deci, 2001), as being vital and energetic is part of what it means to be fully functioning and psychologically well.

State of Being vs. Affective State

• Handbook of Positive Psychology: *emotional vitality & strength of spiritual experience*

• **Flourish by Seligman:** *Positive health and optimism*
  – (barely skims the surface of what is possible)

• Subjective vitality as an emotion versus a state of being
Enablers / Pathways

- Sleep
- Balancing Calm/Stress (Polarities)
- Breathe
- Sunlight
- Physical Activity
- Alignment
- Nutrition
- Nature
- Touch
- Sexuality & Sensuality
Your Body is a Wonderland
Your Body is a Battery
Basic Body Principles

• Your body is an ecosystem
• Your body has innate intelligence
• Your body is always working towards homeostasis.
Homeodynamics:

- **Physiological and biochemical** processes help **maintain the internal systems** of the body (e.g., blood pressure, temperature, pH, etc.) in **dynamic equilibrium**, despite continuous environmental challenges and internal fluctuations in the natural dynamics of life.
Basic Body Principles

• While we can DO things to experience the emotion of VITALITY
• However, your body is always leaning towards a natural state of VITALITY
Allostatic Load

• "The chronically stressful environment is pathological, NOT the body's response to it”
  (Chestnut, p xiv)

• Allostasis: after chronic demands for changes the body sets new set points for functions.

• The body isn't sick it’s just doing its best to maintain homeostasis
Animal Stretches

Energy Break

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Digestion
Mental & Physical Health:
Digest without Repelling or Getting Stuck
Did you know you’re basically a microbial tube with appendages?
You are…

“A super-complex ecosystem containing trillions of bacteria and other microorganisms that inhabit all our surfaces; skin, mouth, sexual organs, and specially intestines…”

Escherichia coli (causes diarrhea)
Human Microbiota

• “A diverse and dynamic ecosystem, which has evolved in a mutualistic relationship with its host…

• Intestinal lumen affects its host’s CNS activity, and vice versa brain activity impacts microbiota development and composition.” (Montiel-Castro et al., 2013, p.1)
“In the human lower intestine, numbers of bacteria reach $10^{14}$ organisms per gram of intestinal contents with roughly 1,800 different species accounted for.” (Neufeld et al., 2011, p. 255)
**Birth of Dietary Psychiatry & Body Psychotherapy**

“In the coming years *psychiatry* will need to expand to treat the 2nd brain in addition to the one atop the shoulders.” (Mayer, 2011, p. 455)

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**Nutritional medicine as mainstream in psychiatry**

Jerome Sarris, Alan C Logan, Tasnime N Akbaraly, G Paul Amminger, Vicent Balanza-Martinez, Marlene P Freeman, Joseph Hibbeln, Yutaka Matsuoka, David Mischoulon, Tetsuya Mizoue, Akiko Nanni, Daisuke Nishi, Drew Ramsey, Julia J Rucklidge, Almudena Sanchez-Villegas, Andrew Scholey, Kuan-Pin Su, Felice N Jacka, on behalf of The International Society for Nutritional Psychiatry Research

Psychiatry is at an important juncture, with the current pharmacologically focused model having achieved modest benefits in addressing the burden of poor mental health worldwide. Although the determinants of mental health are complex, the emerging and compelling evidence for nutrition as a crucial factor in the high prevalence and incidence of mental disorders suggests that diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology. Evidence is steadily growing for the relation between dietary quality (and potential nutritional deficiencies) and mental health, and for the select use of nutrient-based supplements to address deficiencies, or as monotherapies or augmentation therapies. We present a viewpoint from an international collaboration of academics (members of the International Society for Nutritional Psychiatry Research), in which we provide a context and overview of the current evidence in this emerging field of research, and discuss the future direction. We advocate recognition of diet and nutrition as central determinants of both physical and mental health.

(Sarris et al., 2015)
Enteric Nervous System (ENS)

• 3rd Branch of the Autonomic Nervous System
• a.k.a. 2nd Brain
  – based on its size, complexity and similarity—in neurotransmitters and signaling molecules
• There is bidirectional signaling between the brain and the gut
  – Plays a role in homeostasis and disease
Nutrition is about absorption

Bioavailability – the portion of the nutrients are absorbed into the body
Eat Prebiotic & Probiotic Foods
Take Prebiotics & Probiotics
Bacteroidetes & Firmicutes

• “Fat mice and humans have a less diverse milieu of gut bacteria, with a greater proportion of Firmicutes to Bacteroidetes in their bowels. This ratio increases if we eat high-fat diets and falls if we eat low-fat diets. And if the gut bacteria from fat mice are transplanted into mice with no gut bacteria of their own, they can make the new hosts overeat and pile on the pounds.”


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Prebiotic Foods

• Bananas
• Acacia gum (or gum Arabic)
• Raw chicory root
• Raw Jerusalem artichoke
• Raw dandelion greens
• Raw garlic
• Raw or cooked onion
• Raw leek
• Raw asparagus

Probiotic Foods

• Active-Culture Yogurt
• Kefir
• Kombucha Tea
• Tempeh
• Kimchi
• Sauerkraut
• Pickles
• Pickled fruits and vegetables
• Cultured condiments
• Fermented meat, fish, and eggs

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Eat Protein First

(be mindful of food combos)
Hunger Hormones

Leptin

Increasing appetite

Ghrelin

Suppresses appetite

Long-term energy balance


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What to eat?
Free Radicals & Antioxidants

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Eat Antioxidant Rich Foods
Angiogenesis

William Li: Can we eat to starve cancer? | TED Talk | TED.com
Eat Anti-Angiogenesis Foods
## Dietary Sources of Naturally-Ocurring Antiangiogenic Substances

<table>
<thead>
<tr>
<th>Green tea</th>
<th>Red grapes</th>
<th>Lavender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>Red wine</td>
<td>Pumpkin</td>
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<tr>
<td>Blackberries</td>
<td>Bok choy</td>
<td>Sea Cucumber</td>
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<tr>
<td>Raspberries</td>
<td>Kale</td>
<td>Tuna</td>
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<tr>
<td>Blueberries</td>
<td>Soy beans</td>
<td>Parsley</td>
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<tr>
<td>Oranges</td>
<td>Ginseng</td>
<td>Garlic</td>
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<td>Grapefruit</td>
<td>Maitake mushroom</td>
<td>Tomato</td>
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<tr>
<td>Lemons</td>
<td>Licorice</td>
<td>Olive oil</td>
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<tr>
<td>Apples</td>
<td>Turmeric</td>
<td>Grape seed oil</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Nutmeg</td>
<td>Dark chocolate</td>
</tr>
<tr>
<td>Cherries</td>
<td>Artichokes</td>
<td>Others</td>
</tr>
</tbody>
</table>

Source: Angiogenesis Foundation (www.angio.org)
Something Fishy: How Humans Got So Smart

By Corey Binns | February 20, 2006 05:20am ET

ST. LOUIS—Human brains are bigger and better than any of our closest living or dead non-human relatives in relation to body weight. Scientists say we have fish and frogs to thank for this.

When early humans started to fish, they also began feeding their hungry brains.

The arrival of language and tool-making tend get all the credit for the big brain phenomenon. But before language or tools, a healthy diet was a brain's first fertilizer, said Stephen Cunnane, a metabolic physiologist at the University of Sherbrooke in Quebec.
Eat Omega-3 Rich Foods
Consider Personalized Nutrition & Nutrigenomics
Genetic Tests

- DNAFit.com
- 23andme.com
- personalnutrition.org

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How to eat?
Induce Rest & Digest and Eat Mindfully
Mindful Eating

Associations Among Self-Compassion, Mindful Eating, Eating Disorder Symptomatology, and Body Mass Index in College Students

This study investigated the relationships among self-compassion, mindful eating, eating disorder symptomatology, and body mass index. Participants (N = 150) were college students. Average body mass index was 23.02 [(weight in pounds/height in inches$^2$) × 703]; average age was 19.23 years. Participants completed measures of self-compassion, mindful eating, and disordered eating and provided self-reported height and weight. Higher self-compassion predicted lower body mass index and eating disorder symptomatology. In addition, higher self-compassion predicted higher mindful eating and explained a notable 11% of variance in mindful eating. These findings have implications for the development and testing of self-compassion mindful-eating (SC-ME) training programs on college campuses that are oriented toward improving body image, reducing eating disorder symptomatology, decreasing mindless eating, and preventing weight gain.


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Effects of a mindfulness-based intervention on mindful eating, sweets consumption, and fasting glucose levels in obese adults: data from the SHINE randomized controlled trial


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Fast Intermittently
Intermittent Fasting

- Changes The Function of Cells, Genes and Hormones
  - Insulin, growth hormone, stem cells
- Maintain weight
- Decrease risk of Diabetes
- Reduce oxidative stress & Inflammation
- Regulates blood pressure & cholesterol
- Induces cellular repair
- May prevent cancer
- Induces neurogenesis
- Longevity
Ways to Intermittent Fast

• Skip breakfast
• Eat ALL your calories in an 8 hour window
• Practice 5:2
  – Fast twice a week (not consecutively)
  – <500 cal for women
  – <600 cal for men
Squatty When You Potty
Squat to Eliminate


WE ARE DESIGNED TO SQUAT
Humans have squatted for millennia – until the advent of the modern toilet.

THIS IS YOUR COLON
The colon has a natural kink that maintains continence.

SITTING STOPS THE FLOW

PARTIALLY RELAXED puborectalis muscle

FULLY RELAXED puborectalis muscle

SQUATTY POTTY® OPENS THE COLON

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Squatting & Lunging

Energy Break

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Brain Basics
Core Brain vs. Human Brain
What do we do?
Farmer Brain vs. Hunter Brain

3 Traps of a Farmer
1. Complacent
2. Repetitive
3. Protective

3 Hunter Instincts
1. Insatiable
2. Curious
3. Willing to Destroy

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“We are hindered by a series of brain traps from evolution...
Once you find your field of opportunity, you’re pre-wired to repeat and optimize all of the decisions that led to last years harvest.

- Jeremy Gutsche
  TrendHunter.com
Perform Varied Physical Activity
Game: List Physical Activities

Goal: Name 50 Types
Positive Aging

Younger Next Year

"Brain-rattling, irresistible, hilarious. If you’re up for it… [this book] could change your life."

The Washington Post

Live Strong, Fit, and Sexy—Until You’re 80 and Beyond

by Chris Crowley & Henry S. Lodge, M.D.

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Olga Kotelko

GIVING UP IS NEVER O.K.

https://www.youtube.com/watch?v=97Sc1ejqjms

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How To Age Gracefully: A Look Inside The Brain Of Olga Kotelko, The 94-Year-Old Runner And Athlete

Aug 18, 2015 06:49 PM  By Lecia Bushak

Researchers found that due to a strong exercise plan, Olga Kotelko's brain function was preserved way more than other adults her age. CC BY-SA 4.0
Quick Test

"Without worrying about the speed of movement, try to sit and then to rise from the floor, using the minimum support that you believe is needed."
These differences **persisted when results were controlled** for age, gender and body mass index, **suggesting that the sitting-rising test score is a significant predictor of all-cause mortality**; indeed, subjects in the lower score range (C1) had **a 5-6 times higher risk of death** than those in the reference group (C4).
Essential Physical Activities (often under practiced)

• Resistance training
• Inverting
• Bouncing
• Balancing (Proprioception)
Strength Training
Increases Bone Health
Plasticity of Your Blood Vessels

• When you exercise you stimulate collateral blood vessels to **elongate**, **widen**, and **form new connections**.
Make Connections in Your Brain

• Exercise increases blood flow in your brain
• **Angiogenesis:** growth of new blood vessels
• Exercise increases the number of smaller blood vessels.
• Helps prevent cognitive decline
• Decreases risk of stroke

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Make Connections in Your Brain


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Increased Mitochondria

• In muscle cells & brain cells
• Mitochondria are responsible for generating energy
• Resulting in increased strength or endurance

http://www.the-aps.org/mm/hp/Audiences/Public-Press/Archive/2011/31.html
Muscle Mass & Resilience to Depression

- Researchers gave mice a protein called PGC-1α1 which gets activated during exercise.
- PGC-1α1 is activated in skeletal muscle by endurance-type activity and promotes mitochondrial biogenesis, fatty acid oxidation, angiogenesis, and resistance to muscle atrophy.


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Muscle Mass & Resilience to Depression

• These “muscled gym mice” were given a stress condition over 5 weeks.
• Normal mice showed signs of depression
• Gym mice functioned as they did before the stress


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Muscle Mass & Resilience to Depression

• Well-trained muscle **produced an enzyme** that purges the body of harmful substances.

• When the “muscled-gym mice” were given injections of chemical substances that were supposed to increase depression, they were able to **convert the toxin into a less harmful substance**, and thus not get depressed.

Not exercising is like taking a depressant

Fit Star

• Personal Training App
Inverting
Inversion table

Legs up the wall

DIY w/chairs

Handstand

Supported shoulder stand
Kangoo Jumps

Whole Body Vibration Plates

Rebounding (Trampolining)

Jump Roping
Balance & Proprioception
Balance Plates

Playgrounds

Balance Boards
Strength Train
Bounce & Shake
Hang Upside Down
Balance
Shaking & Balancing

Energy Break

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Alignment
The Optimal Blue Print
Body Jenga
What Texting Does To Your Neck

• https://www.youtube.com/watch?v=vyhry-RXuRU
Raise Your Phone Eye Level
Psycho-Somatic & Somato-Psychic Principles
The health hazards of sitting

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe. Download a pdf poster of this graphic.

Itching to move? Here are some ways to workout at work and eat the right stuff.

By Bonnie Berkowitz and Patterson Clark  Jan. 20, 2014

Organ damage

HEART DISEASE
Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease than those with the least.

OVERPRODUCTIVE PANCREAS
The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in the muscles don’t respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

COLON CANCER
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that regular movement boosts natural antioxidants.

Trouble at the top

FOGGY BRAIN
Moving muscles pump fresh blood and oxygen through the brain and trigger the release of all sorts of brain-boosting chemicals. When we are sedentary for a long time, everything slows, including brain function.

STRAINED NECK
If most of your sitting occurs at a desk at work, craning your neck forward toward a keyboard or lifting your head to create a phone while typing can strain the cervical vertebrae and lead to permanent changes.

The neck doesn’t strain alone. Stiffness forward overextends the shoulder and back muscles as well, particularly the trapezius, which connects the neck to shoulders.

BAD BACK
INFLEXIBLE SPINE

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IS SITTING

There’s no running away from it:
The more you sit, the poorer your health and the sooner you may die.

no matter how fit you are

THE NEW SMOKING

by Selene Yeager

photography by Nick Ferrari
Move Often
Create Varied Work Stations
Hack Your Work Stations

• Your computer +
  External Monitor OR Keyboard & Mouse

• Research shows varied workstations are more effective than any singular approach.
Wall Mount Shelves

Music Stand

iCraze Adjustable Desk

Adjustable Stool

Treadmill
(Can be hacked)

Balance Plates

Hospital Tray

Ball Chair

Confidence Fitness

Wall Mount Shelves

Music Stand

iCraze Adjustable Desk

Adjustable Stool

Treadmill
(Can be hacked)

Balance Plates

Hospital Tray

Ball Chair
Connective Tissue (Fascia)
The Fuzz Speech

- https://www.youtube.com/watch?v=BdRqLrCF_Ys
The following clip includes images of human cadavers, which support the lesson.

I am deeply grateful for the gifts bestowed by the donors and their families: we who view this material are the direct beneficiaries of their gifts.
Fascia

picture by Jon Burras
The Future of Fitness is Fascial Fitness
Hydrate Tissue
Yoga Tune Up

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Alignment Practices

Classes:
• Yoga Tune Up
• Iyengar Yoga
• Anusara Yoga
• Feldenkrais
• Alexander Technique
• Qigong
• Tai Chi
• Melt Method

Body Work:
• Rolfing & Structural Integration Therapy
• Craniosacral Massage
• Muskuloskeletal
• Active Release Technique (ACT)
• (some) Acupuncture
• (some) Chiropractic

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Keep Your Connective Tissue Healthy
Massage Circle

Energy Break

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Sleep
Benefits of Sleep

• Improved performance
• Higher immune system
• Decreased inflammation
• Improved memory, concentration & creativity
• Enhanced physical function & recovery
Sleep is fuel
Sleep Debt

• Even short-term sleep debt is associated with headaches, colds, and stomach discomfort and that long term sleep debt is linked to obesity, heart problems, diabetes, and shorter life spans
Sleep Debt

• According to David Rapoport, MD:
• "When you don't get enough sleep, it drives **leptin levels** down, which means you *don't feel as satisfied after you eat*. Lack of sleep also causes **ghrelin levels** to rise, which means your **appetite is stimulated, so you want more food**,” says Michael Breus, PhD.
Stages of Sleep

• Stages 1-4 – House Keeping for the Body
• REM – House Keeping for the Mind
Sleep is the Fuel for Your Body Battery
The Scientific Power of Napping

• https://www.youtube.com/watch?v=NJ_f9onTTQE
Let's Nap

Energy Break
Nature
Richard Louv

- Calls it “Vitamin N”
- Ecotherapy


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Maybe the Grass is Greener where the Grass is Greener

- Does moving to a greener space make you mentally healthier?
- A year longitudinal study
- Moving to a greener space (n=594)
- Moving to a less green space (n=470)
- Compared to premove mental health scores:
  - “individuals who moved to greener areas had significantly better mental health in all three postmove years (P = .015; P = .016; P = .008)
  - Compared to Individuals who moved to less green areas who showed significantly worse mental health in the year”


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Eustress & Distress
Sympathetic & Parasympathetic Nervous System

Fight Flight or Freeze

vs.

Rest and Digest
Metaphor: Gas Pedal & Break Pedal
Use stress strategically
Learn to Use Your Brakes
Heart Rate Variability
Heart Rate Variability
Heart Rate Variability

.859 sec. 70 BPM
.793 sec. 76 BPM
.726 sec. 83 BPM

2.5 seconds of heart beat data

m Volts
Heart Rate Variability (HRV)

- An Independent Risk Factor for All Cause Mortality
- Why?
  - Represents a wave or rhythm indicative of the degree of physiologic health of the human system
  - Indicative of the resiliency of the body
Normal Heart Rate Variability

Beats per min | Time
---|---

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Abnormal Heart Rate Variability

Beats per min

Time
How many breathes do you take in one minute?

- People range from as little as 4 to as many as 24.
Breathe
Research shows that heart rate variability (HRV) is optimal when people breathe at approximately 5 breathes per minute.

i.e. Inhale for 5, Hold 1, Exhale for 5, Hold 1
or Inhale for 4, Hold 2, Exhale for 4, Hold 2
or Inhale for 6, Exhale for 6
Building your HRV

- Best way: Use biofeedback to determine which breathing pattern gives you the highest HRV score
  - For most people it is between 4-7 breathes per minute
- Best training: Use biofeedback to sync heart rate with breathing.

- **However, fancy equipment isn’t needed:**
  - 5-6 breathes per minute works for most people
Inner Balance or emWave

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Breathing Basics

• Your breath is your direct link to your body’s nervous system.
• **Inhaling** activates your **sympathetic nervous system**
• **Exhaling** activates your **parasympathetic nervous system**
• You can use the breath to **excite** or **calm** the body.
• Breathing affects the **fight, flight & freeze** vs. **rest & digest response** of your body.
Breathing Basics

• Nostril breathing is MUCH better for your health than mouth breathing.
• Nostril breathing enables you to warm and clean the air that reaches your lungs.
• Takes practice
Breathing Basics

• Diaphramatic breathing (or belly breathing) helps you **deepen your breath**.
• Work the muscles of your lungs to become stronger.
• Stimulates the **vagus nerve** related to relaxation.
Soft Belly Breathing

Energy Break

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Vitality in Action
“When we know what we know why do we lives as we do?”

- Christopher Peterson
Tips for Maximum Benefit

• JUST DO IT!
  – “7 minute lean into it” – Dr. Tal Ben-Shahar
• Create primers & change your environment
• Be compassionate - yet firm with yourself
• Keep adaptation in mind
• Get support - be social
• Make it fun

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Vitality

“The human body is unlimited in potential, it is just a matter of knowing how to access it.”

- John Douillard, PhD
Summarizing Vitality

• We are animals;
• With a body battery;
• As earth creatures we need touch, to move, sleep, eat, drink, relax, have sex and digest.

• We do this in a homeodynamic environment.

• While we’ve learned to circumvent our needs, they haven’t disappeared.
We can make a difference

The body is forgiving (mostly) and the body is resilient

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Summarizing Vitality

Treating your body with **self-awareness, self-compassion** and **self-care** unleashes that potential.
The Power of 1% Gains

• What could you do to make a 1% increase to your vitality?
Self-care is Healthcare

Thank you!