



HEALTH AND WELLNESS PART II

ST. MARK'S EPISCOPAL CHURCH
FEBRUARY 17, 2019

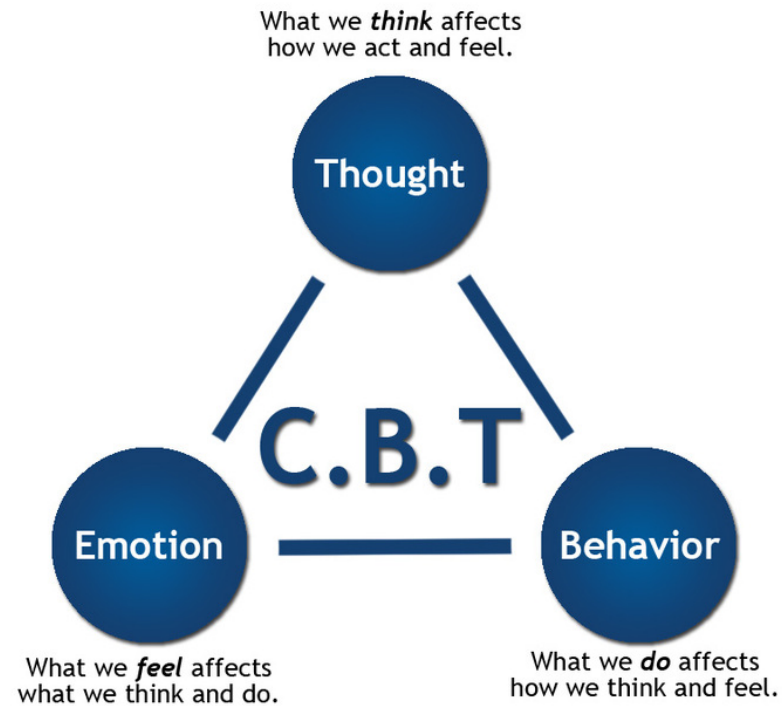
“...your body is a
temple of the Holy
Spirit within you...”

-1 Corinthians 6:19

**YOUR BODY IS NOT A TEMPLE, IT'S AN
AMUSEMENT PARK. ENJOY THE RIDE.**

- ANTHONY BOURDAIN -

COGNITIVE BEHAVIORAL THERAPY (CBT)



COGNITIVE DISTORTIONS

- Automatic and “hot” thoughts
- “Mind playing tricks on itself”
- **NOT** a sign of mental illness!
- *Everyone* has these

COGNITIVE RESTRUCTURING

Reframing or changing our thoughts to ones that are more...

- Accurate
- Realistic
- Useful
- Positive

CBT IN SELF-CARE

- DIET: Moderation, not deprivation
- EXERCISE: “Activity,” feeling > looking better
- SLEEP: Necessity, not luxury
- BODIES/HEALTH: Functional, not perfect
- FOCUS: Assets > deficits

MINDFULNESS

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

- Jon Kabat-Zinn

- Creator of Mindfulness-Based Stress Reduction (MBSR)
- Founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society
- Founding Director of the Stress Reduction Clinic
- Professor of Medicine Emeritus
- University of Massachusetts Medical School

MINDFULNESS

- **Slowing down** and **focusing** instead of rushing or ignoring
- How can we be mindful when we eat, exercise, and go to sleep?

GRATITUDE PRACTICES

- 3 Good Things
- Journaling
- Letters
- Prayer

BAPTISMAL COVENANT (BOOK OF COMMON PRAYER, PP. 304-305)

- Continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers
- Persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord
- Proclaim by word and example the Good News of God in Christ
- Seek and serve Christ in all persons, loving your neighbor as yourself
- Strive for justice and peace among all people, and respect the dignity of every human being

SELF-CARE: YOUR “OXYGEN MASK”

- DIET
- EXERCISE
- SLEEP
- PERCEPTIONS
 - BODIES
 - HEALTH
- PRIORITIES
- BOUNDARIES
- SCHEDULING
- CREATIVITY
- KINDNESS