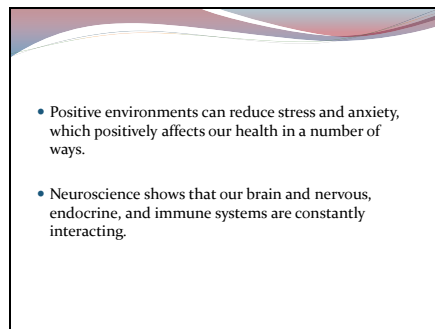


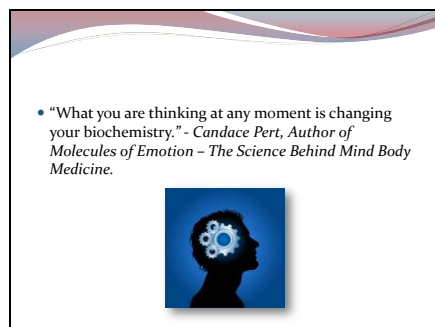
Slide 1



Slide 2



Slide 3



Slide 4

Brain-Gut

- Your brain is always talking to your gut and your gut is talking to your brain
- The gut makes neurotransmitters like serotonin (helps with depression) and GABA (helps with anxiety)
- The communication is through the vagus nerve
- There may be other communication pathways as well.



A diagram showing the vagus nerve, a long cranial nerve that originates in the brainstem and extends down to the abdominal cavity, where it branches out to innervate various organs of the digestive system. The nerve is depicted as a yellow, thread-like structure with small branching points.

Slide 5

Thoughts

- This means your thoughts affect your gut
- This also means what you feel will also affect your gut
- Stress is a good example
- Cortisol levels rise when we feel stressed and lowers good bacteria levels and increase bad
- Your thoughts and beliefs affect your physical stress levels and there for your gut

Slide 6

Positive Thinking

A meta-analysis study on positive thinking and stress found that:

- By thinking positively, we perceive the stress as less threatening, are able to cope with it more effectively.
- This means we can affect our gut health directly by how we think.



A graphic with the word 'THINK' in large, colorful, 3D block letters (T is red, H is blue, I is yellow, N is green, K is purple) and the word 'Positive' in a smaller, white, cursive font below it. The background is dark and textured.

Slide 7

Meta-Analysis Study

- 30 studies looking at creating a healing environment
- Positive effects were found from windows, sunlight, smell, and seating arrangements
- Negative effects were related to sound, nature, spatial, layout, television and multiple stimuli



Slide 8

The Physical Environment

- A healing environment is one that is psychologically supportive
- It allows a you to feel like you can help yourself to feel calm and peaceful
- It encourages laughter, relaxation, spiritual renewal and can creates a life-enhancing experience

Slide 9

Physical Environment

- Windows and good light are best – use full-spectrum light bulbs if there is no natural light
- If there are no windows, add artwork that create a sense of openness and lightness
- Plants allow for fresher air and bring a more natural feel to the room



Slide 10

Physical Environment

- A comfortable chair to sit in – one that allows the body to relax
- Make sure the chair does not have its back to the door (Feng Shui)
- If lying down, make sure you are comfortable and that the surface supports your body (have a good bed)



Slide 11

Colour

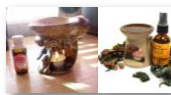
- Cool colors such as blues and blue-greens tend to be more calming
- Blues can be too cooling so mix it with warm wood tones or neutral beiges



Slide 12

Smell

- Lavender helps relaxation and anxiety
- Cinnamon improves focus and reduces frustration
- Orange decreases anxiety and elevates mood
- Clary sage reduces blood pressure and breathing rate
- Diffuse lightly in the air
- Use a sage smudge or spray smudge



Slide 13

- Practice mindfulness – be aware of your physical reality and emotional feelings
- Don't assume anything – let your body and your mind be open
- Be positive and smile - studies have shown that smiling whether you want to or not, creates positive chemicals in your brain



Slide 14

Thought Patterns

- Don't let the concept of what healing means affect or let it overwhelm you
- Stay sincerely focused
- Stay in the moment



Slide 15

5 Stages of Change

- Pre-Contemplation - resistant to change
- Contemplation - thinking, not doing
- Preparation to Change – maybe ready for small steps
- Action Stage – you are changing their behavior (maybe not permanently)
- Maintenance – consistent for at least 6 months



Slide 16

The Key

- Don't put pressure on yourself
- Think about what makes you feel good and put that into life as much as possible
- Healing takes time and so does change - you want to relax into the process
- Don't overthink anything
- Make your decisions and be happy

