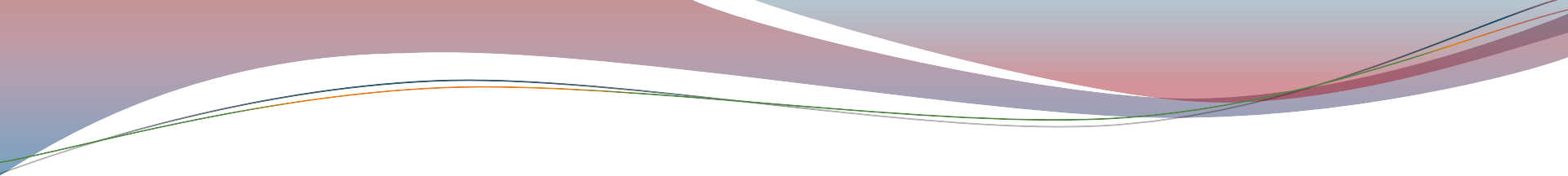


The Healing Power of Thought



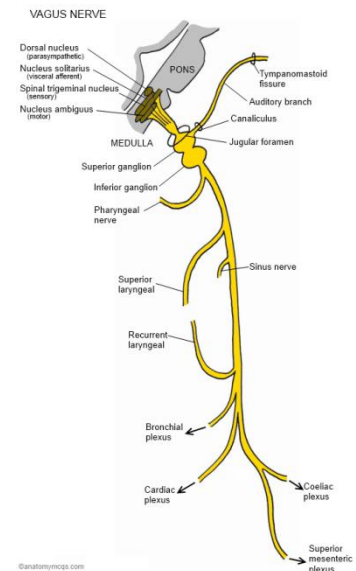
- 
- Positive environments can reduce stress and anxiety, which positively affects our health in a number of ways.
 - Neuroscience shows that our brain and nervous, endocrine, and immune systems are constantly interacting.

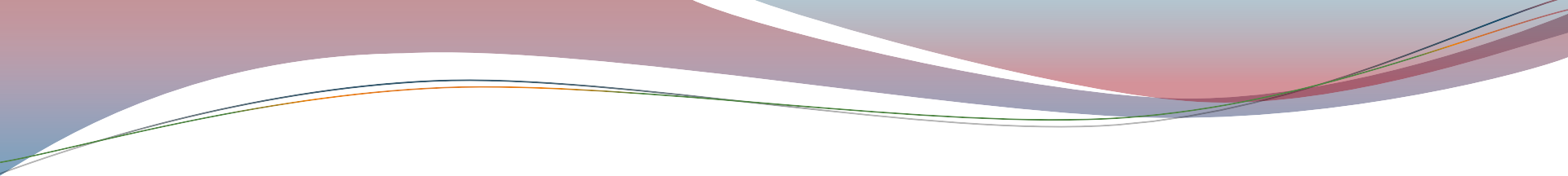
- “What you are thinking at any moment is changing your biochemistry.” - *Candace Pert, Author of Molecules of Emotion – The Science Behind Mind Body Medicine.*



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.





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

Positive Thinking

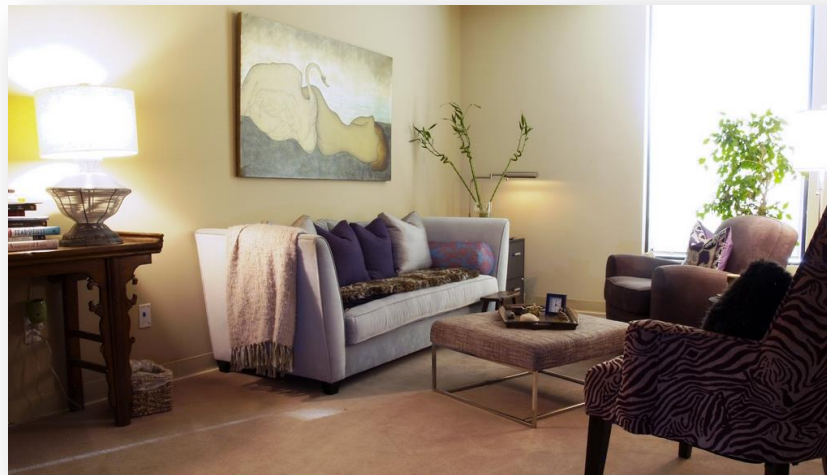
A meta-analysis study on positive thinking and stress found that:

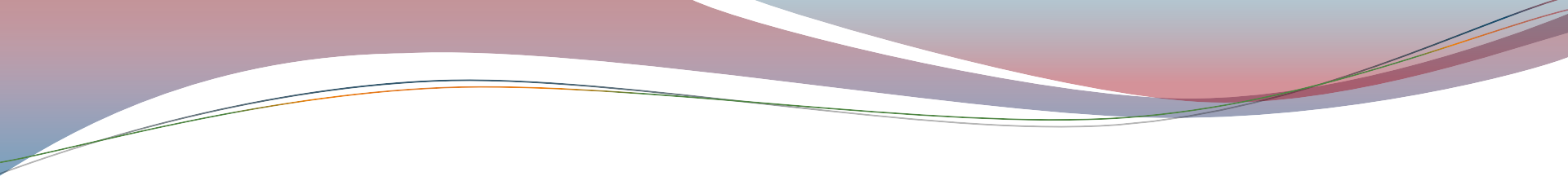
- By thinking positively, we perceive the stress as less threatening, are able to cope with it more effectively.
- This means we can affect our gut health directly by how we think.



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





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

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



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)



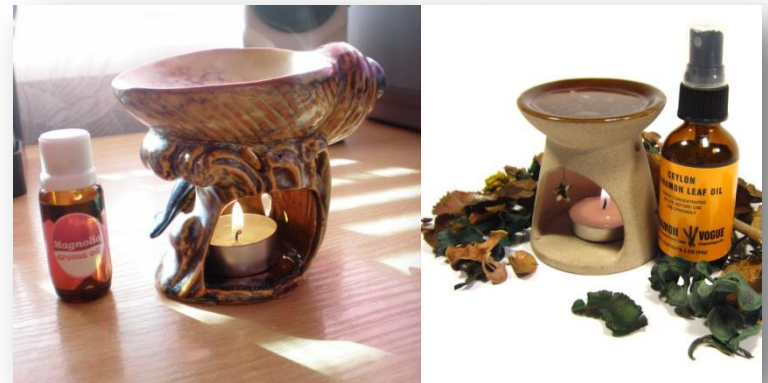
Colour

- 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



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



- 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



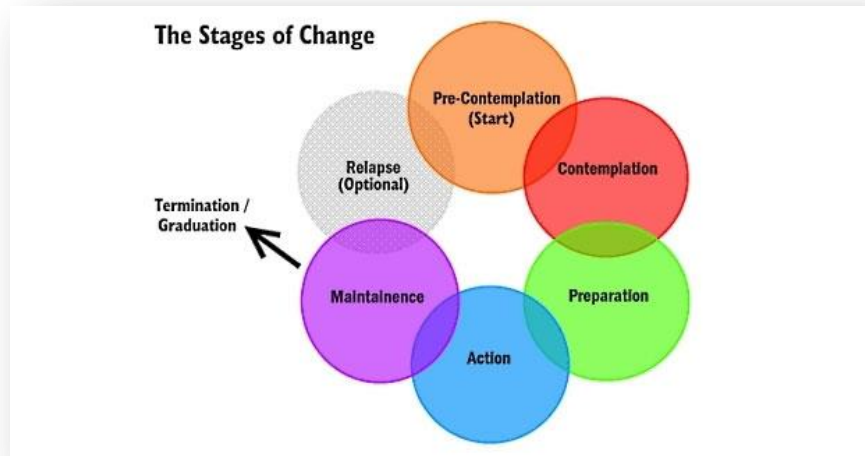
Thought Patterns

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



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



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

