

## CLASS CONTENT WEEK 2

- Q&A from last week's experiences.
- This week we will briefly talk about the placebo effect and the healer within. We will then work on progressive relaxation mediation techniques.
- (Kabat-Zinn, 2013, pg 296) "...it can be particularly helpful to keep in mind from moment to moment that it is not so much the stressors in our lives but how we see them and what we do with them, how we are *in relationship* to them that determines how much we are at their mercy. If we can change the way we see, we can change the way we respond and thereby dramatically lower our stress and its short- and long-term consequences for our health and well-being."

### THE HEALER

- **The healer within** - When you have a cut, you put a band aid over it and wait for it to heal. So who does the healing? If you break an arm, you go to the doctor, and the doctor resets the arm and puts it in a cast. Then you wait for it to heal. Who does the healing? Not the doctor, the doctor is your technician in this case. You are the healer.
- **The Placebo effect** – Psychology experiments using two groups: One group receives the pharmaceutical medication the other group receives a sugar pill – both groups thinking they are receiving the medication. Some of those who received the sugar pill actually become better. This illustrates the capacity of the mind to believe (think and feel) you will improve because you are receiving the pharmaceutical medication, when in fact you did not.
- It is evident that you can spontaneously heal yourself.
- Periodically **remind yourself** to activate the healer inside of you to help instigate bodily health as you take in a breath and relax.

### PROGRESSIVE RELAXATION

- **Body scans** can be completed by sitting, lying down or standing up. How often do you find yourself standing in line...waiting? An issue with laying down that needs to be conquered is falling asleep. You might consider lying down as a technique to relax your body and fall asleep for the night.
- **Body scanning** visualizations, affirmations and inner dialogue body segments starting at your feet and ending at your head
- **Introduce** Jon Kabat-Zinn (2014 45 minute audio recording) *Guided Body Scan Meditation* (not doing this meditation in class, but can be homework).  
<https://www.youtube.com/watch?v=daU-xneLA0g> Jon takes you through slow paced body scan. This is a helpful way to conduct a thorough body scan, starting with your toes and slowly working up the body to your head.
- Q&A
- **Exercise** - 5 minute short body scan (Insight app recording)
- Q&A

- **Alternate body scan technique – Deeply relaxing statements**
  - First, allow your breath to be full and relaxed, not urgent.
  - Next at each inhalation bring you attention to the next area of your body
  - As you are relaxing each body zone, visualize that body part filling up with life giving breath.
  - When visualizing a part of your body mentally say to yourself, “Now my \_\_\_ is relaxed.” As you move to different body zones you can alternately say “...deeply relaxed”, “ ...completely relaxed,” or “fully relax.”
  - Sequence - Feet and toes; calves up to knees; thighs; buttocks; hands and fingers; arms; muscles and organs in pelvis; muscles and organs in abdomen; chest; back; shoulders; neck; face and jaw; eyes; temples and forehead; scalp and “Now my head is *totally* relaxed.”
- Q&A
- **Alternate Body Scanning using muscle tensing and release** each part of your body progressively as you mentally bring your awareness to each part.
- **Exercise** - 5 minute short body muscle tensing/releasing scan
  - In a comfortable position, close your eyes and take several deep breaths.
  - Allow your breath to be full and relaxed, not urgent
  - Bring awareness to your right leg. Inhale deeply and lift the leg up slightly, tensing the foot and leg. Tense a little tighter. Now let your breath out and gently drop the leg. Role the leg from side-to-side and relax.
  - Do the same for the left leg and foot.
  - Do the same procedure for the following: together thighs, buttocks and pelvic muscles – tighten and relax; raise right arm making hand into fist tense and hold then release and role the arm side-to-side; now the left arm; pull shoulder blades together in the back, squeeze; next pull shoulders up towards your ears hold & release and repeat three times; now tighten facial muscles, squeezing and release; gently roll your head from side to side.
  - Continue to just relax for a few more breaths.
- Q&A

#### CLOSING

- Homework - Continue the meditation sittings you began during the first week.
- Homework - Complete at least one body scan per day. Below are examples of some body scanning recordings you might use. They are from the Insight Timer App (download free into your mobile phone). You can do your own body scanning without listening to a recording; however, sometimes listening to a recording helps to keep the mind focused. Explore and discover what works best for you.
  - Body Scan--Dawn Mauricio, 7:49 minutes – not the best, but it is short
  - Body Scan Meditation--Kate James, 15:20 minutes
  - Body Scan--Mark Bertin MD, 15:59 minutes
  - Sitting Body Scan Practice--Scott Rogers, 19:42 minutes
- Q&A