

Mind-Body Skills Outline for HUMA 50: Stress Management

Developed by The Center for Mind-Body Medicine

Instructor: Shireen Luna Woo

Week 1: Establishing the Group

- I. Welcome
- II. Review Syllabus
- III. Overview of Mind-Body Medicine and Mind-Body Skills Groups
- IV. Daily opening Meditation: simple and accessible to everyone
- V. Introduction of Self and Group Members (in small groups)
- VI. Discussion on Group Guidelines
- VII. Daily Closing Meditation
- VIII. Homework: Practice soft-belly breathing 5 minutes a day for one week & write about it

Week 2: Drawings

- I. Daily opening & closing Meditation
- II. Lecture: Exploring a particular challenge
- III. Experiential Exercise: 3 Drawings
- IV. Homework: Practice using drawings as a means of cultivating awareness of your unconscious mind & write about it
- V. Small group processing: Discussion on your experience with the drawings

Week 3: Biological Underpinnings of Mind-Body Medicine

- I. Daily opening & closing Meditation
- II. Lecture: Biological Underpinnings of Mind-Body Medicine, Biofeedback & Autogenics
- III. Experiential Exercise: Thermal Biofeedback and Autogenics
- IV. Homework: Practice using biodots in different situations to gauge stress level & write about it
- V. Small group processing: Discussion on your experience with Autogenics & biofeedback

Week 4: Guided Imagery & Visualization

- I. Daily opening & closing Meditation
- II. Lecture: Guided Imagery and the Mind-Body Connection
- III. Experiential Exercise: 1) Lemon Imagery & 2) Safe Place Imagery
- IV. Homework: Practice imagery & write about it
- V. Small group processing: Discussion on your experience with imagery

Week 5: Meditation

- I. Daily opening & closing Meditation
- II. Lecture: Meditation
- III. Experiential Exercise: Expressive Meditation
- IV. Homework: Practice expressive meditation & write about it
- V. Small group processing: Discussion on expressive meditation

“Self-care is the heart of health care!”

Week 6: Breath and Movement

- I. Daily opening & closing Meditation
- II. Lecture: Breathing, Movement & Exercise
- III. Experiential Exercise: Concentrative meditation
- IV. Homework: Practice exercising 5 days this week and write about it.
- V. Small group processing: Discussion on exercising and the breath

Week 7: Mobilizing, Transforming and Celebrating

- I. Daily opening & closing Meditation
- II. Lecture: Emotions and our bodies
- III. Experiential Exercise: Dialoging with a Symptom, Problem or Issue
- IV. Homework: Continue the inner dialogue & writing to become more aware of what is going on in your body
- V. Small group processing: Discussion on this different way of journal writing

Week 8 & 9: Genograms & presentations (*3 sessions, Holiday on Monday 11/10/14*)

- I. Daily opening & closing Meditation
- II. Lecture: Genograms
- III. Experiential Exercise: Drawing a Genogram
- IV. Homework: Continue to accumulate info about your family, write in your journal & prepare to present you Genogram in class
- V. Small group processing: Presenting your Genograms

Week 10: Mindful Eating and Healthy Nutrition Goals

- I. Daily opening & closing Meditation
- II. Lecture: Nutrition and Healthy Eating
- III. Experiential Exercise: Mindful Eating
- IV. Homework: Practice mindfulness and mindful eating
- V. Small group processing: Discussion on your experience with the mindful eating exercise

Week 11: Wise Guide Imagery

- I. Daily opening & closing Meditation
- II. Lecture & Experiential Exercise: Wise Guide Imagery
- III. Homework: practice wise guide imagery at least once this week & write about it
- IV. Small group processing: Discussion on your experience with this imagery

Week 12: Drawings and Closing Ritual

- I. Daily opening & closing Meditation
- II. Experiential Exercise: Create new drawings & re-visit past drawings
- III. Closure & how to incorporate mind-body skills into everyday life
- IV. Experiential Exercise: Closing Ritual
- V. Ongoing Homework: continue to practice these techniques
- VI. Class Evaluations & Final paper

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