

# **Healthy Living: Mind - Body - Spirit**

**Plenary Session**

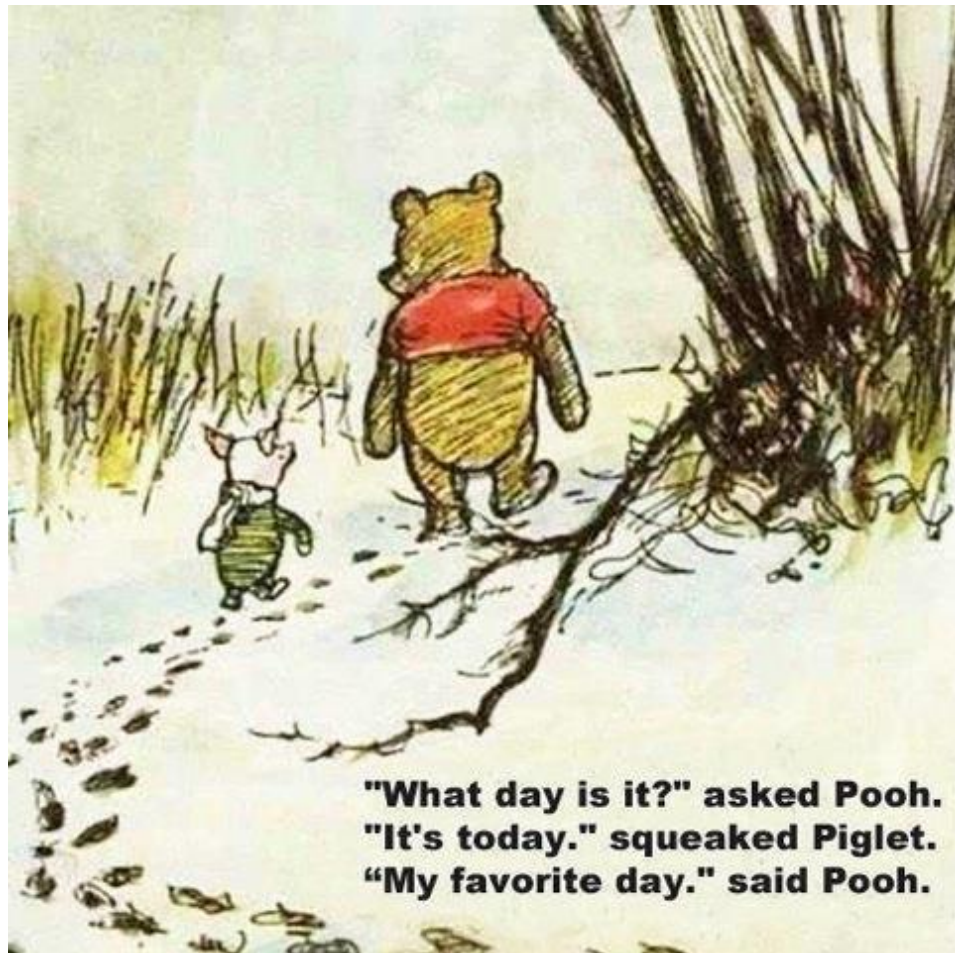
**ICASSI 2017**

# Life is Movement

Alfred Adler



# Living in the Present Moment



# Living in the Present Moment

## Challenges:

- Tendency to focus on regret from past and worry about future – not the present.
- Hard to accept ever changing nature of things.
- Tendency to cling to pleasure, success or avoid pain, failure.
- Mind and behaviours are so conditioned by habits and boundaries of the past.
- Preoccupation with the future and being prepared for all possibilities.

# Life

*For a long time it had seemed  
to me that life was about to  
begin – real life.*

*But there was always some  
obstacle in the way,  
something to be gotten  
through first,  
some unfinished business,  
time still to be served, or a  
debt to be paid.*

*Then life would begin.*

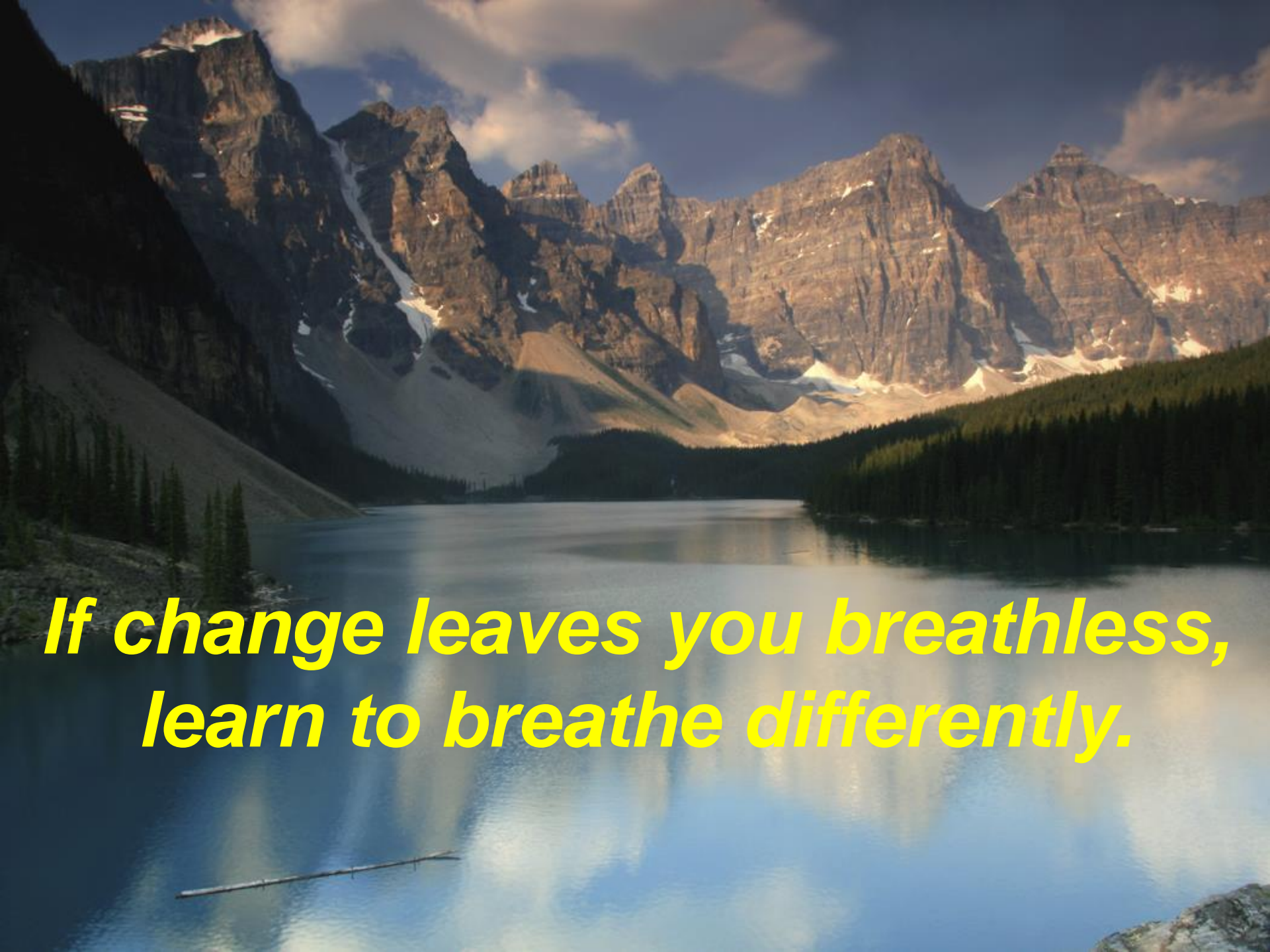
*At last it dawned on me that  
these obstacles were my life.*

Alfred D. Souza



iclipart.com





***If change leaves you breathless,  
learn to breathe differently.***



***The true journey of discovery consists  
not in seeking new landscapes but in  
having fresh eyes.***



Marcel Proust



A young boy with brown hair and blue eyes is lying in a field of green grass. He is holding a magnifying glass over a white daisy flower. The background is a soft-focus green field.

*We see things not as they  
are, but as we are.*







# Approaching Life Mindfully

What is Mindfulness?

***“It is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to things as they are.”***

- Jon Kabat Zinn





# What is Mindfulness?

*Intentionally living in the moment  
without judgment.*

## Seven Attitudes of Mindfulness

Non-judging

Non-striving

Patience

Beginner's Mind

Trust

Acceptance

Letting Go

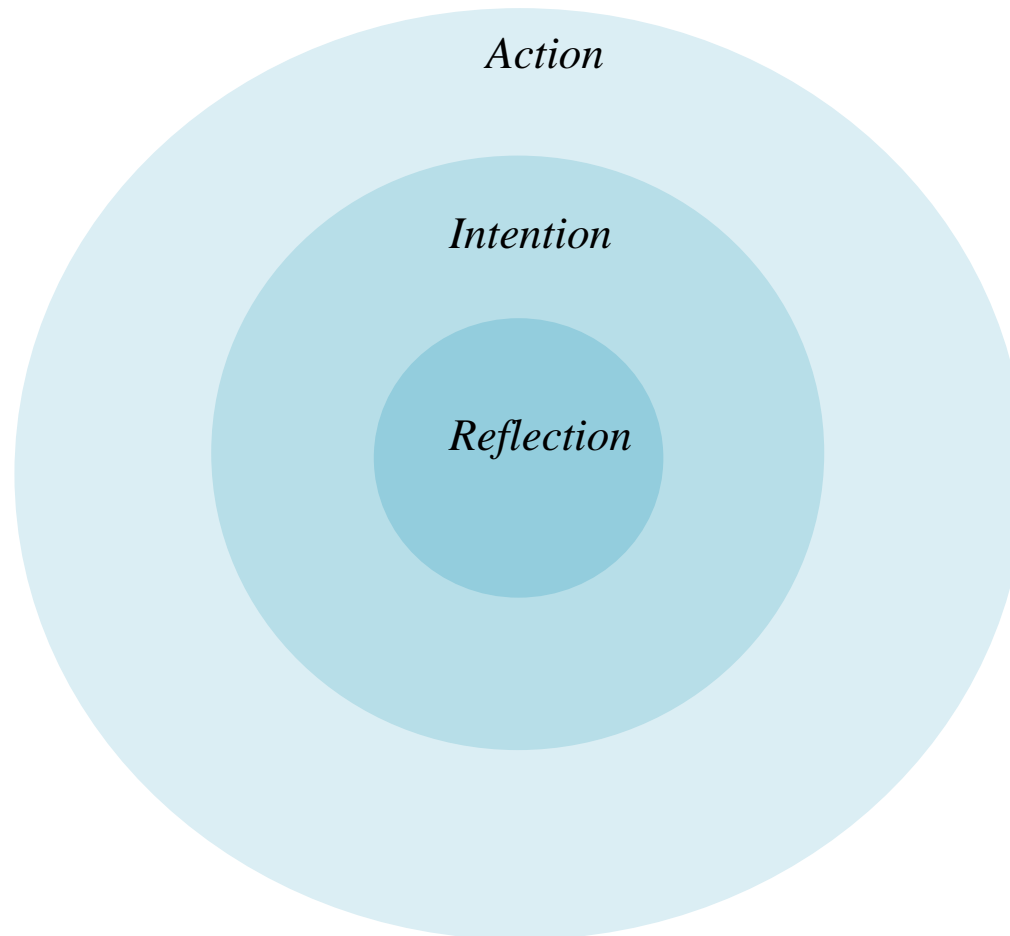
# Mindful Relaxation

Our aim should not be to change our experience but rather to change our relationships with it

Non-attachment is not detachment

Mindfulness is a way of learning compassion for self, others and the human condition

# Self-Care From the Inside Out





# Grandchildren's Wisdom

**Taking care of myself  
means....**

**Jacob, 6 yrs: “Being kind  
to myself”**

**Sophia, 9 yrs: “Being  
respectful of myself”**



# Grandchildren's Wisdom

**In order to take care of myself I can...**

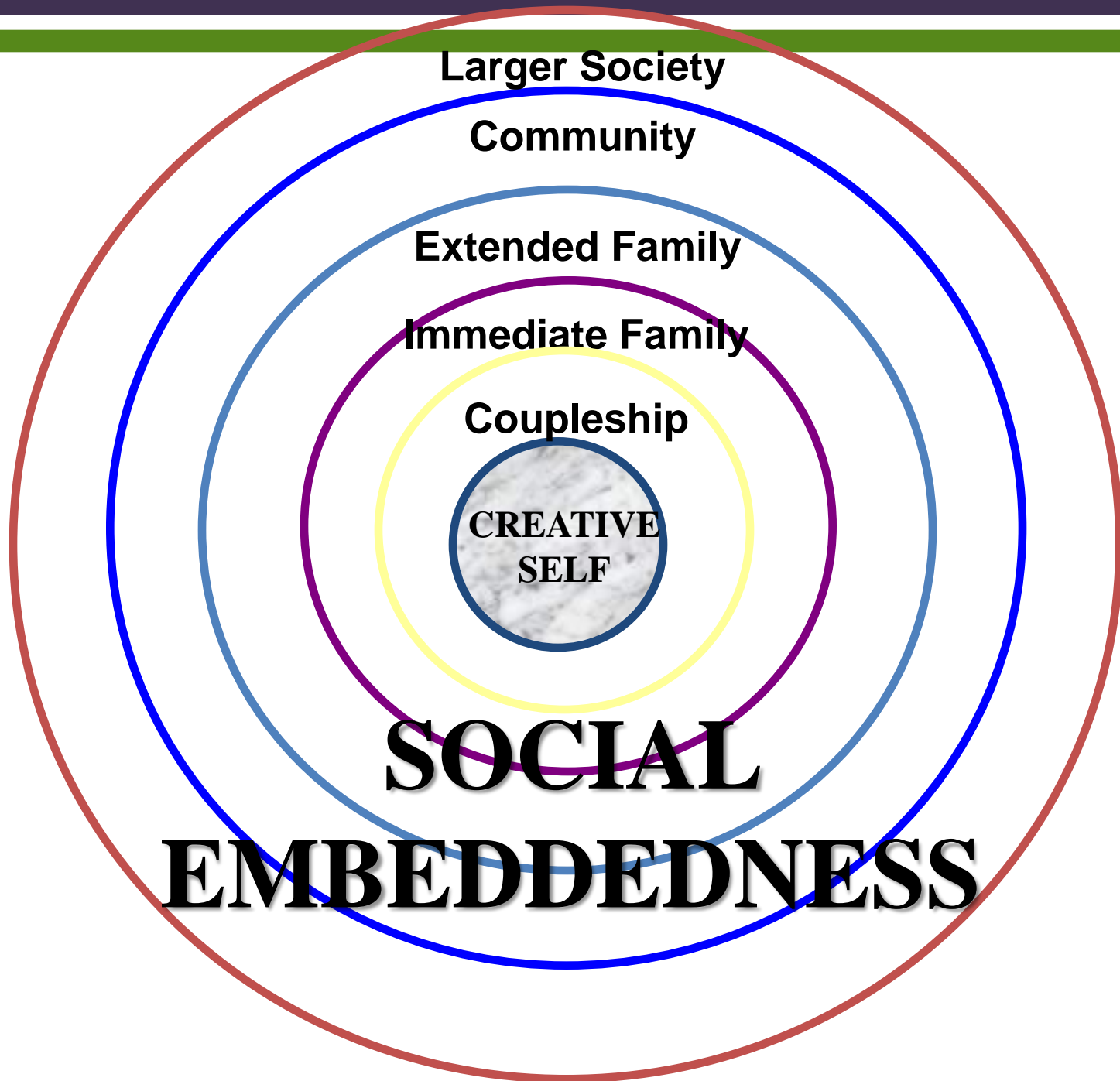
**Jacob, 6 yrs:**

**“Not eat too much junk”**

**Sophia, 9 yrs:**

**“Listen to my body and be smart about what I do with it”**







# SOCIAL EMBEDDEDNESS

“(T)he whole individual must be understood within the larger whole, which is formed by groups to which he belongs, ranging from face to face to the whole of mankind. We refuse to recognize and examine an isolated human being. . . Individual Psychology accepts the viewpoint of complete unity and self-consistency of the individual whom it regards and examines as socially embedded. The individual must be seen and must see himself as embedded in a larger whole, the social situation.”

# SOCIAL EMBEDDEDNESS

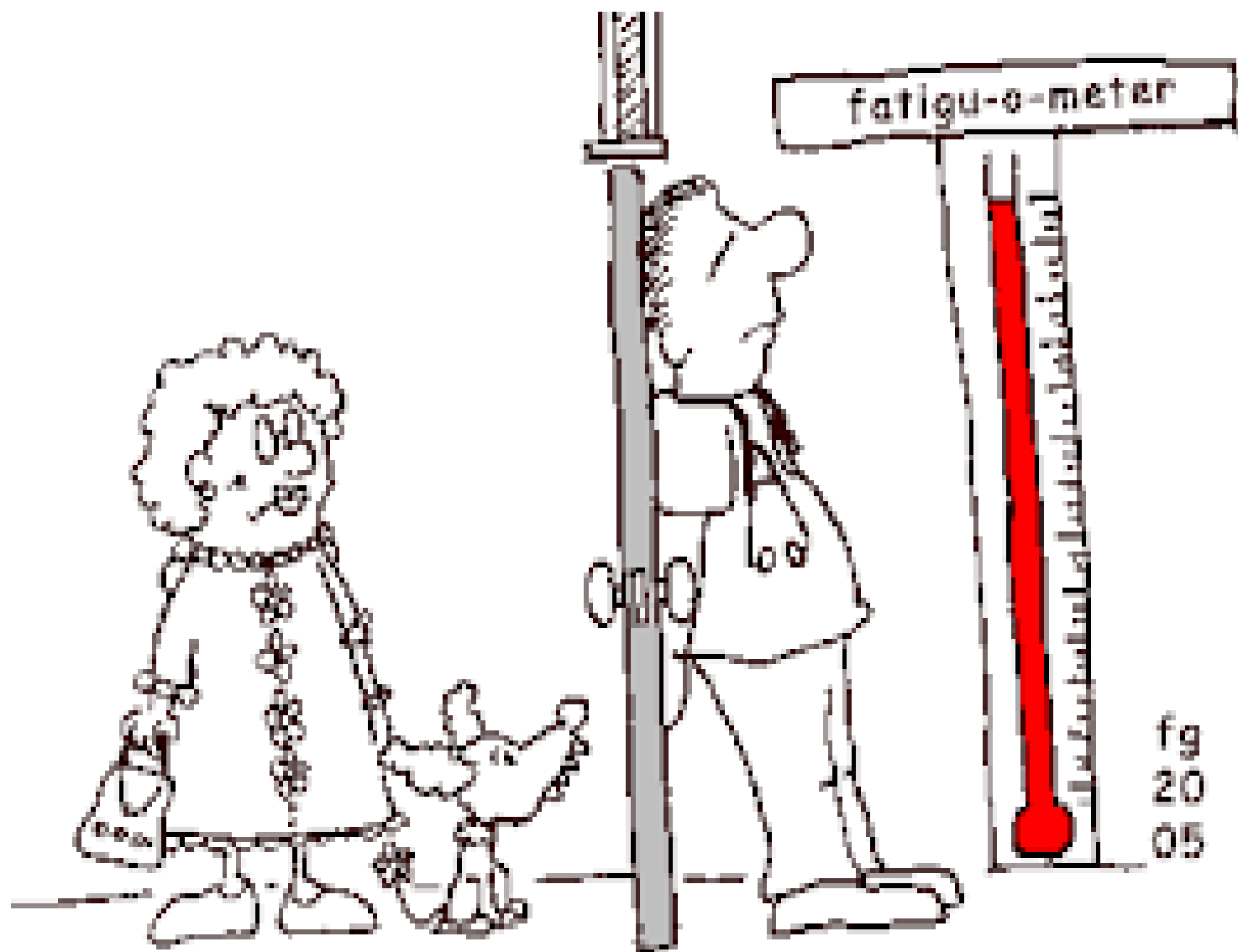
In Adlerian Psychology we view individuals within their social context (e.g., culture, gender, age, socio-economic status, family circumstances, values, birth order, etc.)

*“People will often choose to stay with what is known and familiar, even if it is painful and difficult, than to risk something new and unfamiliar – even when there is a high degree of certainty that “something new” will lead to a better life.”*

What Life Should Mean to You, Alfred Adler



Recall messages you received/observed in your childhood from parents, grandparents, teachers, and friends about living a healthy life.

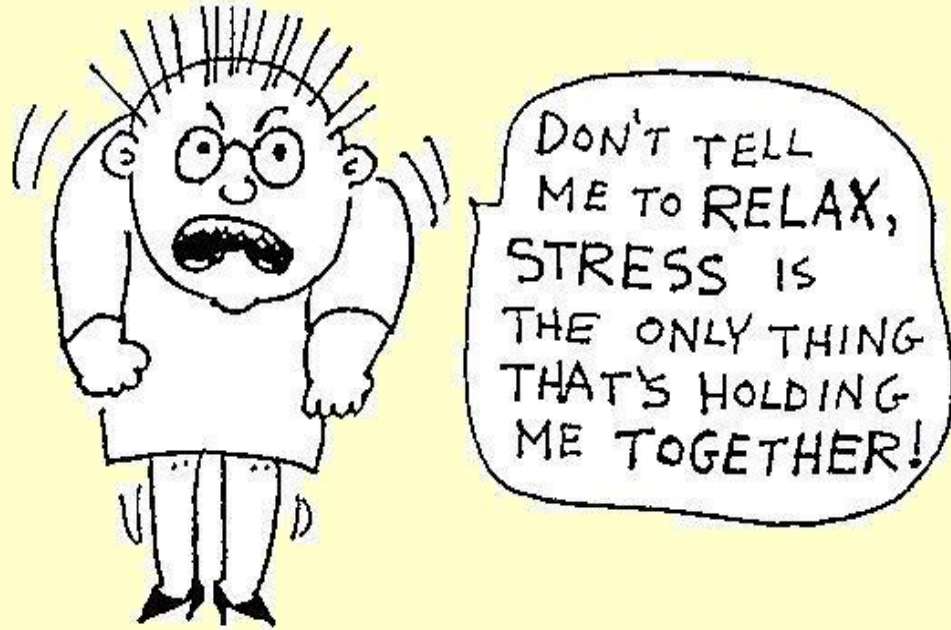


# Personal Reflection

1. What are 3 warning signs that I am experiencing overload leading to stress/distress?
2. What signs/symptoms do I carry with me most often?
3. What strategies do I use to manage stress/distress?

Adapted from Mathieu, 2012

Too much change  
in too short a time  
can cause distress.





# Definitions

Stress: a response of the body to any demand made upon it.

Stressor: the factors in our lives that produce stress

"Stress is a necessary and normal human experience, a part of living."

Hans Selye (Canadian Institute of Stress, Toronto, Canada)

# Stress Mythology

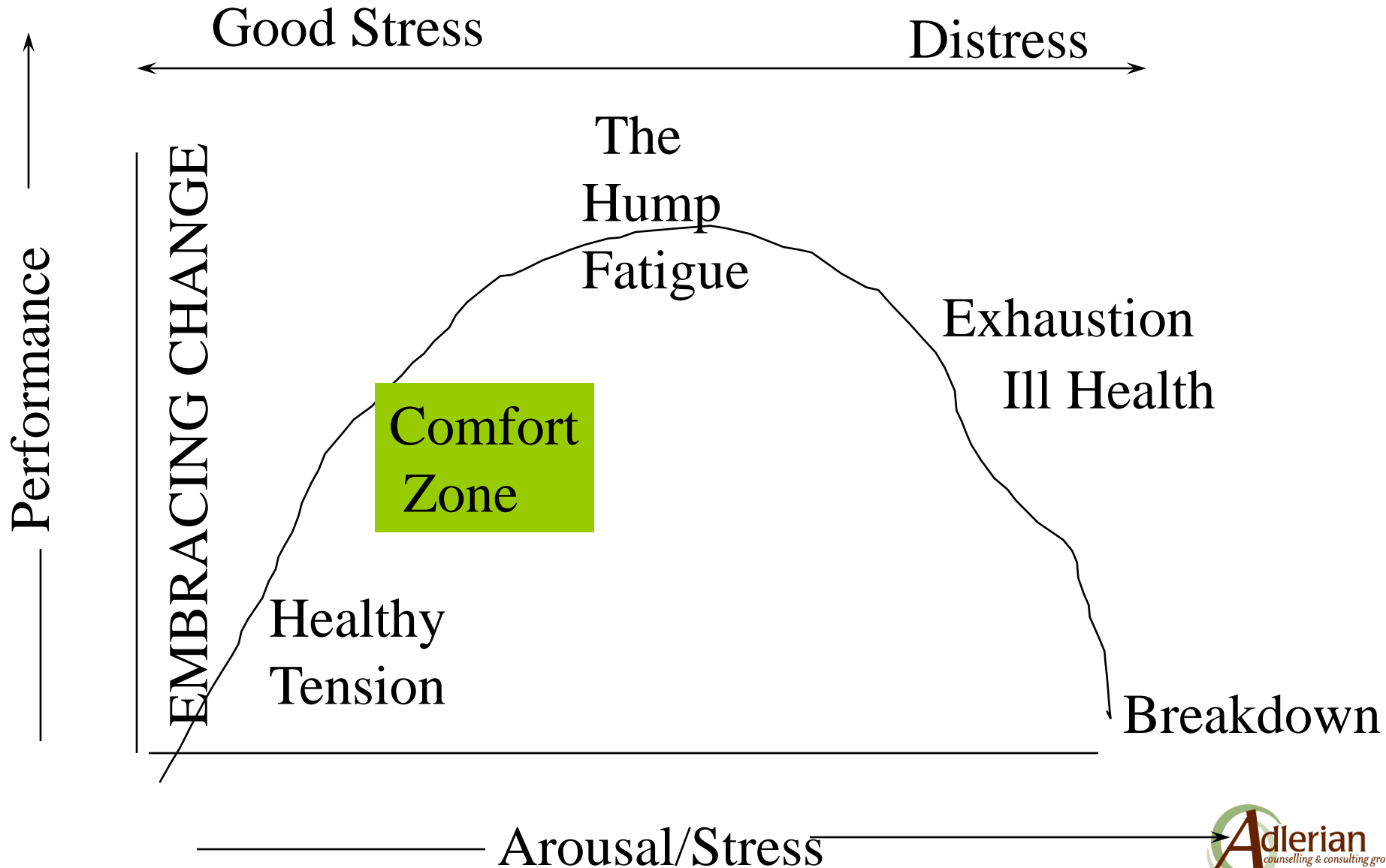
Listed below are some of the commonly held misconceptions surrounding stress.

1. **"All people experience stress in the same way."**
2. **"You always know when you're beginning to suffer from excessive stress"**
3. **"Only weak people suffer from stress."**
4. **"People bring stress on themselves."**
5. **"Pleasant, happy events don't cause stress."**

# Signs of Stress Include

- Muscle tension
- Backaches
- Headaches
- Sleeping difficulties
- Digestives problems
- Overwhelmed
- Restlessness
- Mood swings
- Social withdrawal
- Anxiety about the future
- Exhaustion
- Irritability

# The Human Function Curve





# Resilience and Self Care

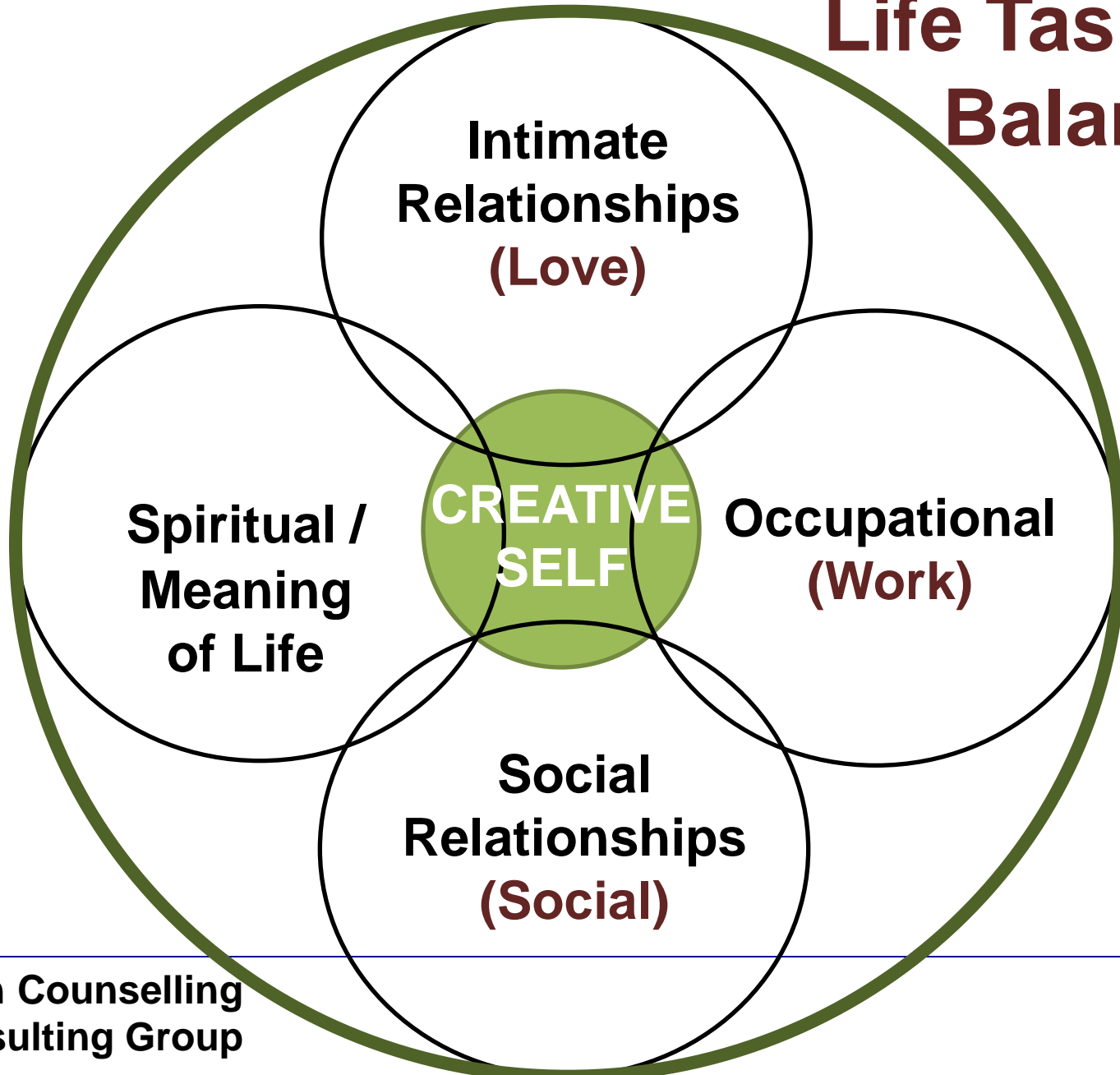
## **Resilience**

The ability to bounce back from major stresses in life

## **Self Care:**

Intentional actions you take to care for your physical, mental and emotional health

# Life Tasks and Balance



# Life Tasks

## The Three General Social Ties

One of Adler's favorite devices for teaching and preaching the necessity of the well-developed social interest was to point out that all the main problems in life are problems of human cooperation.

These problems represent the ties of the individual to social life and are somewhat loosely classified into problems of occupation, social relations in general and love and marriage.

The three ties in which human beings are bound set the three problems of life, but none of these problems can be solved separately. Each of them demands successful approach to the other two.

These three problems are never found apart, for they all throw cross-lights on one another. A solution of one helps towards the solution of the others, and indeed we can say that they are all aspects of the same situation and the same problem – the necessity for a human being to preserve life and to further life in the environment in which he finds himself.

## **Dreikurs and Mosak introduced both the fourth and the fifth life tasks**

The fourth life task “to get along with oneself” speaks to our human capacity of human reflection - the ability to objectify and think about oneself as we consider others. This capacity for self reflection integrates assessment with memory, present experience, and an intended future.

We are able to determine goals, consider present actions and mark progress in the service of personal growth and development. Self acceptance is support and enhanced by the development of community feeling and it's action line – social interest.



Dreikurs and Mosak had many different names for the fifth life task. Spiritual and/or Meaning of Life can be a psychological reflection of the human desire for completeness and wholeness. Adler stated “Life means to contribute to the whole.”

Personal meaning is about what humans do rather than what they profess. Dreikurs and Mosak suggested that people need to address their relationship with a power beyond, religion, as well as their relationship to the universe, immortality and meaning of life.

**Individual Psychologist 1966-1967**



GLASBERGEN

**“Before we begin our Time Management Seminar,  
did everyone get one of these 36-hour wrist watches?”**

# Sustaining Our Energy

“Energy, not time, is the currency of high performance”

Energy is simply the capacity to do work. Our most fundamental need as human beings is to spend and recover energy.

We call this rhythmic wave oscillation, and it represents the fundamental pulse of life

# Sustaining Our Energy

What it takes:

- Self care: physical, emotional, mental, spiritual
  - Recovery Breaks
  - Living in the present time zone
  - Knowing our biological prime time
- The '3 Sisters' – purpose, passion, and power
  - Being fully present

# Personal Energizers

Mentally review your present day situation and list the activities, people, places that energize and rejuvenate you at work, at home and at play:

*Calm you*

*Excite you*

*Give You Meaning*

*Are Freeing*

*Support or Nurture You*

*Help You to Feel Special*

*Energize You*



# Personal De-Energizers

Mentally review your present day situation and list the draining aspects of your day - the people, places, messages, activities that drain your energy at home, at work and at play:

*Annoy you*

*Anger you*

*Distract you*

*Frustrate you*

*Wear you out*

*Worry you*

*Challenge You*

# Strategies – Heal Thyself

- Breathing
- Present Time Zone
- Be fully present
- Manage the chatter box
- Get your mind out of the way as it delivers judgments, shoulds, comparisons, etc.
- Drink water

# Strategies – Heal Thyself

- Sense of humour
- Gratitude practice
- Exercise/nutrition/sleep
- Celebrations/validations/appreciation
- Focus on what you do each day vs. what you do not do
- Mindfulness
- Massage

# Creating Laughter

A young girl with brown hair is swinging happily on a swing set. She is wearing a floral dress and has a wide, joyful smile. The background is bright and slightly blurred, suggesting an outdoor setting.

**Research on humour  
shows that children  
laugh 200 times a  
day and adults laugh  
10 times a day.**

# Humour and Well Being

The medicine of the soul, or the sound of its healing is laughter. Humour is the key to opening the doors of Well Being.

***LOVE***

***SELF***

***WORK***

***SPIRITUALITY***

***SOCIAL RELATIONSHIPS***



# Physiological Benefits

“Inner Jogging”

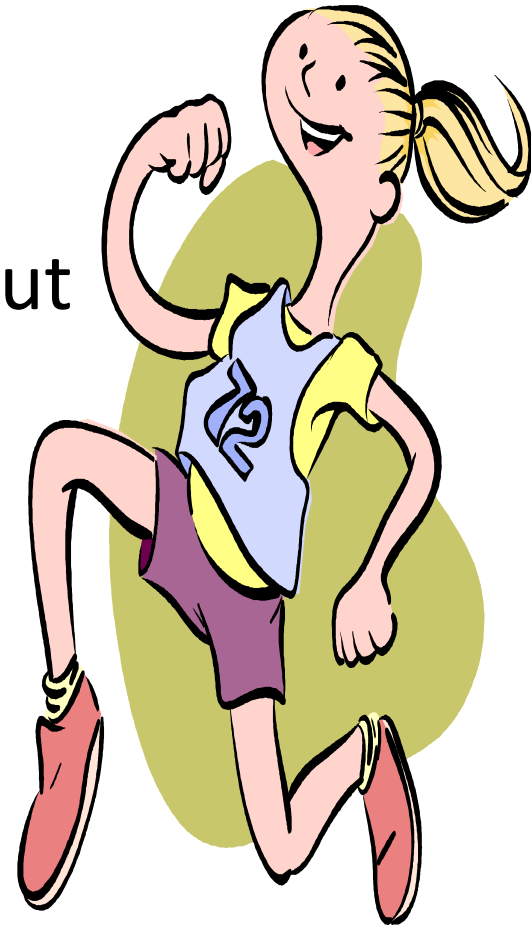
every system in the body gets a workout

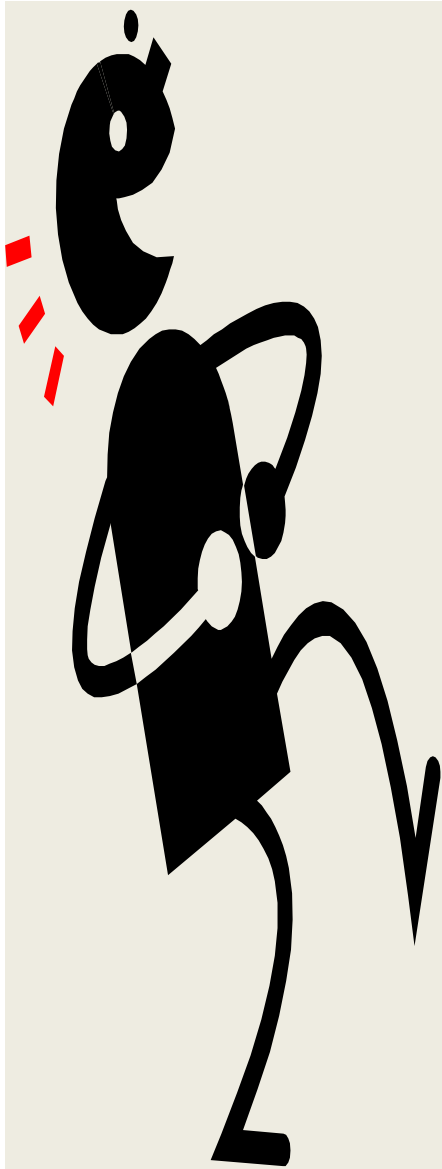
endorphins/opiates are released

works the heart and lungs

increases flexibility

increases muscular strength





# Psychological Benefits

Humour gives us personal power

Humour helps us to cope

Humour provides perspective

Humour keeps us balanced



nutrition

community fitness

activity pleasure

awareness

patience

rest

me time sleep

mindfulness

relaxation

protection

support

self  
care

kindness

attention

distraction

fun

[www.motherhoodunadorned.com](http://www.motherhoodunadorned.com)

# Love is...

when my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.

Rebecca – age 8

# Love is...

when a girl puts on perfume  
and a boy puts on shaving  
cologne and they go and  
smell each other.

Karl – Age 5

# Love is...

when your puppy licks your  
face even after you left him  
alone all day.

Mary Ann – Age 4



# Love is...

when you love somebody,  
your eyelashes go up and  
down and little stars come  
out of you.

Karen – Age 7

# Love is ...

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.

Lauren – Age 4

# Love

You really shouldn't say 'I  
love you' unless you mean it.  
But if you mean it, you  
should say it a lot.  
People forget.

Jessica – Age 8

# If I Had My Life to Live Over

*I'd dare to make more mistakes next time.*

*I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances.*

*I would take more trips. I would climb more mountains and swim more rivers.*

*I would eat more ice cream and less beans.*

*I would perhaps have more actual troubles, but fewer imaginary ones. You see, I'm one of those people who live sensibly and sanely hour after hour, day after day. Oh, I've had my moments. If I had it to do over again, I'd have more of them.*

*In fact, I'd try to have nothing else.*

***Just moments, one after another instead of living so many  
years ahead of each day. I've been one of those persons  
who never goes anywhere without a thermometer, a hot  
water bottle, a raincoat and a parachute. If I could do it  
again. I would travel lighter than I have. If I had my life to  
live over,  
I would start barefoot earlier in the spring  
and stay that way later in the fall.  
I would go to more dances.***

***I would ride more merry-go-rounds,***

***I would pick more daisies***

***By Nadine Stair & Elizabeth Lucas***

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