

## POWER OF THE MIND

**You may want to consider the following when thinking about your health through the power of your mind:**

**Why would you want to enhance the power of your mind?**

- Reduce stress in my life and relax a little more
- Think more positively about my life and relationships
- Have more courage to try new things
- Reduce my focus on negative things
- Improve how I feel in my body and mind
- Other \_\_\_\_\_

**You might want to decide if there is a mind-body approach that you would like to try.**

- *Psychological approaches* including hypnosis, imagery, biofeedback and Cognitive Behavioral Therapy (CBT)
- *Art Therapies* including painting, music, dance or other forms of creativity
- Breathing Exercises
- *Journaling* may be helpful in being mindful about your day-to-day life
- Meditation and/or mindful awareness. There are many types.
- *Progressive Muscle Relaxation* (PMR) and Progressive Relaxation (PR)
- *Yoga, Tai Chi* or other movement activities that include a mind component

**You might consider increasing the power of your mind through some of the following:**

- First, notice that I have a choice about how I want to view my life and the world
- Second, notice that how I view my life has an impact on my health and well-being
- Choose one of the therapies above and work with a professional to practice it
- Notice what causes you stress and what you can do to best manage that stress
- Notice your emotions. How often do you feel angry, sad, happy or at ease?
- Notice that I have choices about doing any of these activities.

*Note: These are general guidelines. Before making major changes, please consult with your physician, a mental health provider, or other qualified medical team member.*