Week 3: Tips and Reminders
Balancing Mind and Body

"First we make our habits, then our habits make us!"

We learned in week two, that the mind (our brains) can be re-trained on how it deals with stress. Healthy Healer habits can establish a balanced mind-body connection that allows us to cope better with work stress.

Being in your Body. . .
Dr. Ferguson talked about "being in your body" as a way to deal with stress. When we stop to "sense our body" by giving attention to the breath or doing a body-scan, we shift into "PAUSE". This gives the mind time to "re-set" and get out of "spiral-thinking." This allows the "upstairs brain" to get re-engaged and decide what to do next.

- **Body Scan** – Notice where you feel tension. Then, consciously go through the body and relax each muscle.

- **Focused Breath** – Notice your breath for a few minutes, watch it fill your belly and become slower, and deeper.

- **Shift into Pause –** Make simple notes to remind yourself to breathe, before you respond, or begin something new, .Post your reminder where you will see it.

There are several guided exercises, websites and apps in the resource section to listen/watch.

Healthy Healer Habits include

- **Getting enough sleep - at least 7 hours**
  Sleep affects growth and stress hormones, our immune system and cardiovascular health. Lack of sleep increases the risk for obesity, heart disease and infection.

- **Eating healthy local, traditional foods**
  Part of stress management is eating healthy foods especially those that are hunted, fished, gathered, or grown locally. For more information check out Store Outside Your Door   https://www.facebook.com/StoreOutside

- **Moving more! (Sit less, stand more, stretch and exercise)**
  This info graphic explains the risks associated with excessive sitting.
  http://www.washingtonpost.com/wp-srv/special/health/sitting/Sitting.pdf

  There are several ways to work movement into our jobs See,*Tips for Standing More, Sitting Less!* In the resource section.

Healthy Healers
Program
ALASKA NATIVE TRIBAL HEALTH CONSORTIUM