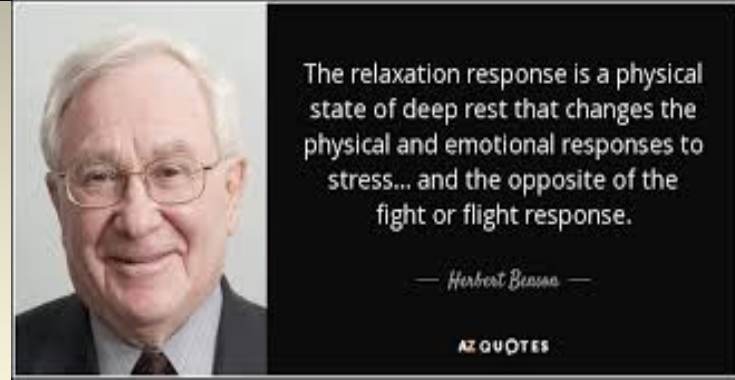
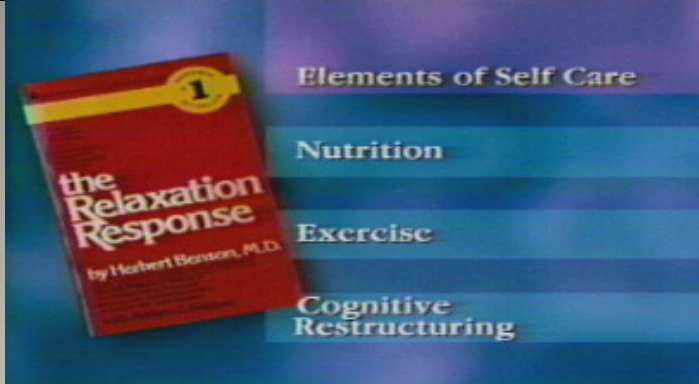




**“The Relaxation Response”
with Wellness Educator ~ Elsie Kerns**

**Based on the work of Dr. Herbert Benson
Founder of the Mind/Body Medical Institute
at Harvard Medical School & Director Emeritus of the
Benson-Henry Institute at Massachusetts General Hospital**



Dr. Herbert Benson is a pioneer in mind/body medicine, one of the first **Western** physician to bring spirituality and healing into medicine. He recognized the “*white coat*” *syndrome* when a physician walked in to see his/her patient, their blood pressure went up 5 to 10 or more points. His ground breaking research into ways to counteract the harmful effects of stress has lead to numerous national and international awards. He is the author and co-author of more than 200 scientific publications and 11 books. In 1991, Benson participated in a dialogue between scientists and Buddhists initiated by the Dalai Lama at Harvard’s Mind & Life Institute.

<http://www.relaxationresponse.org/>



Proven Physiologic Changes & Benefits of The Relaxation Response when practiced on consistent basis for 10 to 20 minutes a day.¹

- calms the mind**
- lowers blood pressure**
- releases muscle tension**
- deepens rate of breathing**
- lessens anxiety & depression**
- increases blood flow to muscles of the arms and legs**
- decreases chances of developing cardiovascular disease**

¹Benson, Herbert, M.D., The Relaxation Response pg. 131-136

Stress Relief is Right Under Your Nose!

“Slow deep breathing is probably the single best anti-stress medicine we have...watch a baby breathe and you’ll see the belly go up and down, deep and slow.” says Physician James Gordon, Director of the Center for Mind/Body Medicine in Washington, DC



Deep diaphragmatic breathing and other mind/body techniques can significantly reduce symptoms of severe PMS and depression according to research by Alice Domar, Assistant Professor of Medicine at Harvard Medical School and Director of the Mind/Body Center for Women’s Health.

Slow it down, down, down deep into the baby belly!



**Let's learn how to turn the
“flight, fight or freeze”
response into the
*The Relaxation Response!***



*Retrain the brain for a relaxed,
calmer approach to everyday life
with three simple steps...*

- ❖ **Breathe! Take a long deep breath and let go!**
- ❖ **Repeat a word, sound, prayer, phrase or muscular activity of your own choosing.**
- ❖ **Passively disregard thoughts that come to mind and quietly return to your personal word, repetition or activity again of your own choosing.**

Success Tips!

- Set intention for success! Intention is powerful and effective
- Find a quiet place for daily practice, same time everyday if possible
- Wrap a blanket or shawl around you to keep comfortable
- Turn off cell phones and eliminate other distractions
- Begin with 10 minutes twice a day – early morning & before dinner or before bed
- Sitting in a chair, rest your palms face down on your thighs for grounding
- Breathe naturally. Notice the air coming into your nostrils is cool and leaving warm
- Close your eyes to remove visual distractions from your outer world
- Become aware of your inner world and begin repeating your chosen word, phrase, sound or begin your repetitive activity ... walking, swimming, yoga





Be Aware of the Voice of Inner Judgment that ...

- **Wants to distract you with “doing it right?” or “how much time left?”**
- **Wants to encourage you to put that load of wash in the dryer, check emails one more time or dash off a quick text...**

At the End

- **Don't stand immediately**
- **Continue sitting for a moment and enjoy the quiet**
- **Slowly open your eyes**
- **Sit for another moment before rising aware of your inner world**
- **Become aware again of your outer world**
- **During the day, stop & check in with your inner world!**

Begin Anew Each Day !



- ❖ Don't let burnout “force you to take time for yourself.”
- ❖ Begin your *Relaxation Response* practice today.
- ❖ Let go of what you can't control and invite courage into your life for that which only you can change.



Elsie Kerns ~ Wellness with Elsie

www.wellnesswithelsie.com

856.988.7426

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Thank you for joining me & TDI to engage

The Relaxation Response

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Liesha & Dr. Philip Getson TDI ~ www.TDINJ.com