



THE NATURAL PRACTICE, WEBINAR: MARCOS FRANGOS

NATURAL MEDICINE HOLISTIC APPROACH COMPLEMENTARY AND
ALTERNATIVE THERAPIES



THE NATURAL PRACTICE

INTEGRATED MEDICINE

WEBINAR: NOURISH YOUR RESILIENCE & WELLBEING



“

***THE OAK FOUGHT THE WIND AND WAS BROKEN,
THE WILLOW BENT AND SURVIVED.***

”



The human species thinks in metaphors and learns through stories.



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WELLBEING & THE MULTIPLE LAYERS OF COVID-19 IMPACT

Our personal health, our loved ones

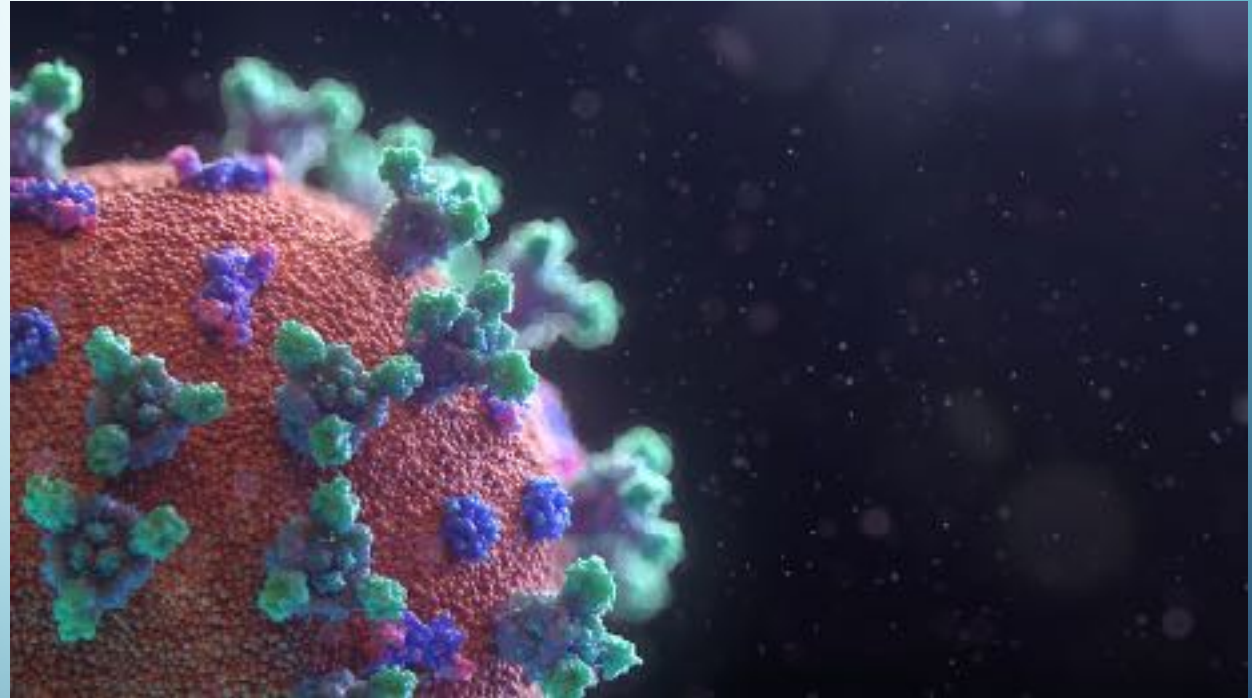
Societal & global impacts: we don't yet know
the full impact of the virus

Economic collapse and recession

Facing mortality, loss, grief

Social distancing; social isolation; togetherness
– in all its colours

Disrupted patterns of life, loss of control



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NEUROPHYSIOLOGY OF STRESS

The hypothalamus is our command centre, controls breathing, blood pressure, heartbeat, dilation or constriction of blood vessels etc.

The sympathetic nervous system functions like a gas pedal in a car, triggers the fight-or-flight response to a “perceived harmful event”:. Stress hormones adrenalin & cortisol released, glucose from the liver for burst of energy, accelerated heart rate, sweating and blood pressure, controlling swelling etc.

Parasympathetic nervous system acts like a brake: promotes "rest and digest" response, calming the body, slowing the heart rate, increases intestinal and gland activity, re-sets our system after danger has passed.



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WHAT HAPPENS
TO OUR WATER
LEVELS OF
WELLBEING,
WHEN STRESSED?



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SYMPTOMS TO WATCH FOR

overwhelmed

racing thoughts, or over-thinking events

difficulty concentrating

irritable

constantly worried, anxious or scared

lack of self-confidence

trouble sleeping or tired all the time

avoid things or people we have problems with

eating more or less than usual

drink or smoke more than usual



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Domain	Warning Signs	Symptoms
Feeling	Tense /Sulky	Anxiety/ depression
Thinking	My mind is racing	I can't concentrate
Body	Sweatiness/ tension	Headache/skin rash
Behaviour	I go quiet and withdraw	I can't concentrate
Relationships	Tension/ irritability	Rows or I become isolated



5 STEPS TO NOURISH YOUR RESILIENCE & WELLBEING



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BRIEF CHECK-IN?

TAKE A FEW DEEP BREATHS, LOOK AWAY FROM THE SCREEN, SOFTEN YOUR GAZE
LOOK TO THE MIDDLE DISTANCE...



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Close your mouth and inhale quietly through your nose for a
4 SECOND COUNT

**REPEAT 3
MORE TIMES**
4 BREATHS, 2 TIMES DAILY

**4-7-8
BREATHING**

Hold your
breath
for a
**7 SECOND
COUNT**

Exhale completely through your mouth,
making a whoosh sound for a
8 SECOND COUNT

DEEP BREATHING SENDS A MESSAGE TO OUR BRAIN TO CALM DOWN AND RELAX

“Breathe in deeply to bring your mind home to your body”

Thich Nhat Hanh



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USING POSITIVE MEMORIES

1. Visualise a time when you felt happy and secure, in the moment, without concerns and distractions
2. Recall it, make the memory multi-coloured, as vivid as possible: words, smells, images, how you felt
3. Notice how it calms your whole system, relaxes facial muscles, inner smile, breathing slows down

“simply recalling happy memories can combat acute stress at a physical level ...people who tend to calm down physiologically soon after stressful events are generally healthier, both physically and psychologically, over the long term.”

British Psychological Society, Emma young 2017



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THE BUTTERFLY HUG

Sitting comfortably, 3 deep breaths, arms crossed over heart, start gentle tapping.

Part 1: This is a moment of...(find the most accurate word) - suffering, sadness, fear, upset, distress, loss

Allow ALL your feelings, sensations and thoughts that arise to simply be, and pass like clouds for 2-3 minutes.

Part 2: I offer myself the...that I need right now. (find the most accurate words).... E.g. patience, kindness, rest, compassion etc.



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NATURE IS AN INCREDIBLE RESOURCE FOR WELLBEING

Spend daily time: in a garden or park - soak in:

Sensations

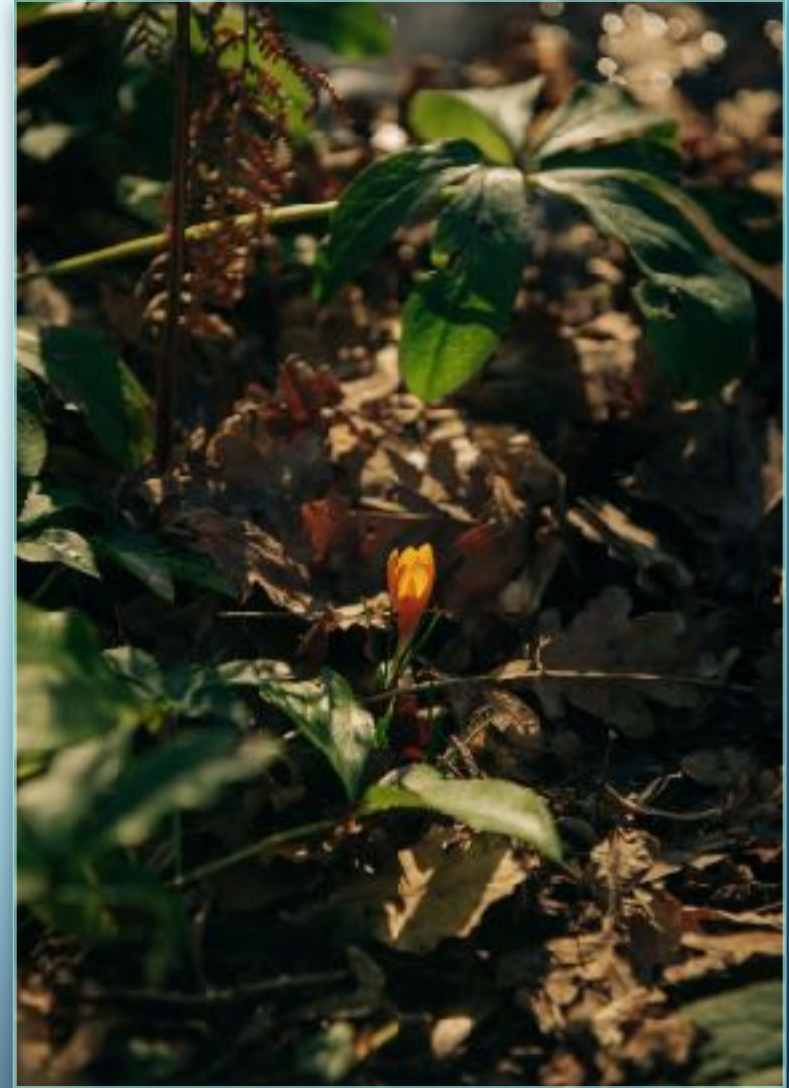
Smells

Sight

Taste

Hearing

The Kaplans - Attention restoration theory
Voluntary attention
Fascination



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6 MINDFULNESS EXERCISES TO TRY

- ❖ Mindful Breathing
- ❖ Mindful Observation
- ❖ Mindful Awareness
- ❖ Mindful Listening
- ❖ Mindful Immersion
- ❖ Mindful Appreciation



NEW ECONOMICS FOUNDATION ON WELLBEING

Twelve years ago, NEF reviewed 400+ studies on wellbeing & identified a 'five a day' wellbeing message to understand and incorporate wellbeing into our everyday lives.

'Five Ways to Wellbeing' can be a great way of coping during the coronavirus crisis.



WELLBEING & RESILIENCE RESOURCES

www.grief.com: 5 stages of grief, free video

New Economics Foundation: 5 steps to Wellbeing, <https://neweconomics.org>

Breathing exercises for Asthma www.lifeguidehealth.org

www.actionforhappiness.org

www.arttherapycentre.com



A decorative graphic on the left side of the slide, consisting of a network of white lines and circles that resemble a circuit board or a neural network. The lines are of varying thickness and connect to small white circles of different sizes. The pattern is more dense and vertical on the left side, tapering off towards the right.

QUESTIONS?

THANK YOU...



Ring the bells, ring the bells that still can ring
Forget your perfect offering
There is a crack in everything, there is a crack in
everything
That's how the light gets in..

Leonard Cohen



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