

12 week



The **12-week Resilient Mind & Body Program** progresses through practical physiological and psychological knowledge, skills, and tools for optimal wellbeing.

Each week participants will train their body and mind to prevent, management, and reduce stress. All sessions are designed to be applied immediately to one's workday and to provide education, motivation, and accountability.

2x 15-minute online sessions per week

- 1 BODY session on physical relaxation exercises and practices
- 1 MIND session on mental techniques and strategies



week 1

Mindfulness-Based Stress Reduction

Calm the mind by focusing on sensations of the body and environment.

The Link is What You Think

Change how you feel and react by changing how you think.



week 2

Simple Steps to Meditation

Create a fast and effective meditation practice using these simple steps.

ABC Stress and Problem Solving

Reduce mental and emotional distress by targeting beliefs from real-life events.



week 3

Manage Stress Like a Navy Seal

Practice the tactical breathing pattern used by the US military for being calm.

3R's for Stress Prevention

Recognize, Remove, and Replace the real source of your stress.



week 4

Breathing Exercises for Emotional Relief

Experience peaceful and positive emotions with simple breathing techniques.

3 C's for Negative Thoughts

Catch, Challenge, and Change daily negative thoughts that create stress.



week 5

Vizualization for Mental Relaxation

Use imagery with the power of the mind to impact your mental and physical state.

Unhealthy to Healthy Attitudes w/Dalpo

Fix demanding, awfulizing, low frustration, personalizing, and overgeneralizing attitudes for freedom from stress and unhappiness.



week 6

Massage Away Mental Knots

Practice reducing tension in the body with massage trigger points.

Break the Worry Habit

Release the habit of constantly worrying with this three-step mental technique.



week **7**

Chair-Based Progressive Relaxation Techniques

Calm the brain by contracting and relaxing muscles that hold stress.

The Action Plan for Anxiety

No more taking cover, take ACTION to reduce anxiety with this systematic plan.



week **8**

Stretches for a Stressed Mind

Relax the mind with slow breathing and stretching to lower resting body tension.

The Healthy Working Parent

Discover the 6 foundational principles and 4 doctors for every working parent.



week **9**

Slow Breathing for an Overactive Mind

The mind mirrors the breath, slow down your breathing to slow down your mind.

Get to Sleep When Stressing

Rest your best with the most stress-reducing bedtime routine and sleep hygiene.



week **10**

5 Cornerstones of Coping

Improve your resilience to difficulty and challenge with five specific strategies.

Master Work-Life Balance

Assess your current level of balance and customize an ongoing plan for you.



week **11**

4-6-8 Breathing for Mitigating Stress

This powerful breathing pattern moves your mind and body out of 'fight-or-flight'.

Foods that Feed Anxiety, Stress & Depression

Learn what foods and beverages sabotage your serotonin production.



week **12**

Accupressure Points for Tension

Release the buildup of muscle tension by pressing on a variety of body points.

Stressful Work Relationships

Elevate cooperation, collaboration, and cohesion with practical steps for improving professional relationships.