

November 2016

A MONTHLY NEWSLETTER OF THE IM COMMITTEE

Integrative Perspectives



WHY I LOVE SOUND VIBRATIONAL BOWL THERAPY

-written by a YAS client/M4D

- It improves my sleep
- It relaxes my mind & body
- It eases tension in my body
- It improves my mood
- It makes communication of my thoughts & beliefs easier
- It makes me a more spiritual person
- It gives me more energy
- It makes daily life more calming & enjoyable

Patti Silverio, RT, YAS, has been working individually with the above YAS client for the past 9 months. She meets with him twice per week for 45 -minute Vibrational Healing Sessions and supportive counseling. He looks forward to these sessions and has not missed one. Patti & Carol Labonte have recently begun a weekly Vibrational Healing group for clients on M4D.



forget regret!

Let it go! In one study, neuroscientists found that healthy older adults showed more activity in the brain's anterior cingulate cortex-which may help regulate regret-than depressed people in the same age group and in younger people. Researchers speculate that when we are young, regret may serve a purpose by spurring us to change, but as we age, it just makes us miserable.

GIVE YOURSELF A BREAK!

When you're faced with a setback, be your own best friend.

If you want to cultivate resilience, self-compassion may be more important than self-esteem, says Kristen Neff, PhD, an associate professor of human development at the Univ. of Texas, Austin. While your self-esteem may hinge on beating the competition, self-compassion is about recognizing that you're suffering just like everyone else, and that you too deserve kindness. "People see it as a weakness, but being warm and supportive to ourselves is one of the greatest strengths we have," says Neff. "Studies show that people with self-compassion cope better when they're going through life's challenges-including divorce, HIV, or cancer". A few of Neff's suggestions for sympathetic self-talk:

Put your hand on your heart. "As humans we respond to warmth and physical touch, and sometimes the body responds before the mind does," says Neff. "A loving gesture can calm you enough to talk yourself through a bad moment."

Address yourself. Referring to yourself in the second person-for instance, "You're allowed to be stressed, but you're going to be okay"-helps you step outside the situation, Neff says.

Try a nickname. "Call yourself by a term of endearment, like *honey*. Yes, it feels weird at first. But it also evokes the sense that you're being cared for by a loving friend", says Neff.

