

The Stress Cycle: Physiological Model

Hans Selye's General Adaptation Cycle

- 1) Alarm
- 2) Resistance
- 3) Exhaustion

The Stress Cycle: Integrated Model

5 Palm Qigong

- ❖ Body (physiology)
- ❖ Mind (cognitive)
- ❖ Emotions (energy)
- ❖ Behavioral (body/mind)

1. Stressor (person, place or thing, and event)
2. Perception (5 senses, plus extra sensory)
3. Cognitive appraisal
4. Physical/emotional symptoms
5. Reaction/response
6. Consequence

5 PALMS WELLNESS SYSTEM©

THE FORMULA TO A GOOD SELF-CARE PROGRAM

1. The formula for this type of program is simple: wherever the mind is, energy will follow.
2. A relaxed mind and body, free from the negative effects of accumulated stress, is an important prerequisite to the development and cultivation of your power.
3. Let your breathing (both inhalation and exhalation) be a barometer to measure your internal functions, as well as to regulate the functions of the autonomic nervous system.
4. Balance is the key to obtaining an agreement between the hard and soft aspects of ourselves, both mentally and physically.
5. Use static, active, hard and soft exercises. All of these are important keys to good health. (Internal vs. External)
6. For the sake of practical training-use the mind's eye to focus on the unobstructed flow of energy rather than trying to visualize each muscle or bone. In other words, use "feeling" and "sensing", rather than intellectualizing.
7. There are no secrets, only practice!

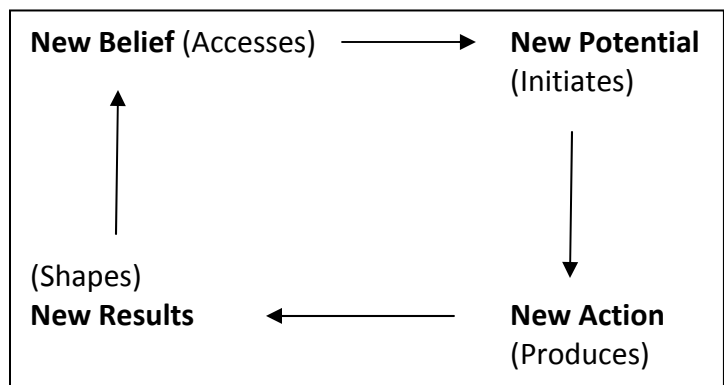
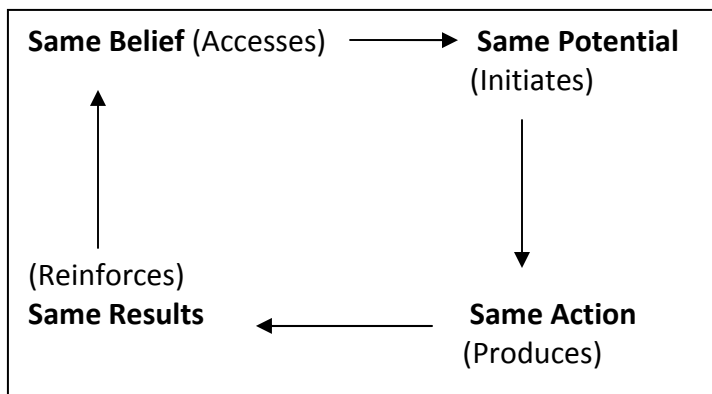
ABILITY TO INNOVATE AND TO CHANGE

i.e. FLEXIBILITY

Are you ready to let go of judgment and past conditioning to investigate new beliefs and their possible utility?

If so, your core beliefs must be identified and continuously evaluated for their overall usefulness.

“What the mind can conceive and believe it can achieve.”



BREATHING

The action of breathing is the action of life. To take in the breath is to breathe in the bioenergy and information of your environment. Breathing not only provides your body with the necessary oxygen to live, it can become a powerful technique for stress reduction, personal transformation, and physical vitality.

While breathing is connected to the autonomic (involuntary) nervous system and is done naturally without thought, its rate and depth can be consciously controlled. By controlling the rate and depth of the breath we can calm the nerves, reduce stress, thus controlling our body and mind. In addition, we can develop a variety of breathing technologies to enhance health and wellness based on conscious control of the respiratory system.

Breathing in through the nose brings in new air and molecules to the olfactory organ. That organ is connected to our sense of smell and will evoke ancient memories and rapidly change our emotions. Aromatherapy is a powerful tool to use for relaxation and change of internal states because the olfactory organ makes direct contact with the brain and can quickly influence our body and mind. Certain essence oils can facilitate relaxation such as rosemary, lavender, peppermint, and ylang ylang. It is important to have both your nostrils open and free from congestion to receive a good flow of air to stimulate the olfactory organ and the brain.

Breathing can be utilized to create a sense of awareness in the moment. By bringing our attention to the breath, a personal sense of presence with the “here and now” occurs, this is being mindful with breath. Mindful breathing and intention go hand and glove, having clear intention means having a clear mind, having a clear mind means having a good focus-good focus means achieving your goals. All goals achieved start with proper breath.

Breathing with correct technique can enhance the bioenergy potential of the “WHOLE” being. The mechanics of respiration/exhalation have the ability to move any or all of the soft tissue structures of the body.

The basic **forward breathing method** is to inhale through the nose, deep into the belly. On inhalation focus the mind on the lower center, allow the breath to originate from that point. The belly should expand slightly. On exhalation gently pull the lower abdomen in. Use the count 4-4-6, to help focus the rate and depth of respiration. Inhale to the count of four, and exhale to the count of six. Pause before you start again. Don't force the respiration.

FLEXIBILITY: A BODY/MIND APPROACH

1. **WHAT IS FLEXIBILITY?** Flexibility is the mobility of motion in a joint. The range of motion is determined by the natural structure of the joint itself and the direction in which it bends.
2. **WHAT LIMITS FLEXIBILITY?** When a joint moves, resistance from soft tissue is the major obstacle to its full range of motion. Research has determined that skin provides two percent of that resistance, tendons and ligaments provide ten percent, and muscle tissue and its connecting fascia provide forty-one percent. The remaining resistance is in the joint capsule itself.
3. **WHY IS STAYING FLEXIBLE SO IMPORTANT?** For the athletic person or layman, good flexibility reduces the chance of injury. Flexibility is also crucial for proper posture, which in turn affects your athletic performance and your general well being.
4. **CAN LACK OF FLEXIBILITY CAUSE HEALTH PROBLEMS?** Lack of flexibility can create poor posture, resulting in mechanical imbalances in the back, hip and neck. These imbalances pull body segments out of line, causing stress, strain, and even worse posture.
5. **HOW MUCH STRETCHING IS REQUIRED TO MAKE A MUSCLE FLEXIBLE?** To increase a muscle's length, you must regularly pull it about ten percent beyond its normal length. At this point, the muscle feels stretched enough to be slightly uncomfortable, but not enough to cause pain.
6. **IS IT EVER TOO LATE TO GET FLEXIBLE?** One of the most obvious signs of aging is reduced flexibility. Luckily, inflexibility can be reversed.