



Westchester Institute  
for Human Development

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*Welcome!*

Community Support Network Transition Institute 2023

# Moving the Body to Calm The Mind: A Toolbox for Self Care

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**Do you ever feel anxious?**

**Do you know someone with anxiety?**

How does that show up for you?

What are your sensations?

Dr. Russell Kennedy states that: “Anxiety in the mind is different from alarm in the body. Anxiety is only thoughts of the mind. The pain you associate with anxiety is a state of alarm in your body.”

# Your toolbox for managing your body and your mind:

**Movement-** Releases pent up energy and can help regulate your energy and sensations

**Breath-** As you learn to control the breath you learn to control your subconscious

**Mantra-** A word or sound used to focus the mind.( Man- mind Trang- wave or projection

**Meditation-** a mental exercise that trains the mind bringing the meditator to greater awareness.

# Let's stand up and move our bodies:

The seven directions of the spine:

Forward and Backward

To the Left and the Right

Twisting to the Left and the Right

Lengthening

# Let's Practice Mindful Breathing:

Inhale through your nose:

(Smell the flowers)



Exhale out of your mouth

(Blow the candle)

**SLOWLY !!**

## Let's talk about mindfulness

“a mental state achieved by focusing one's awareness on the present moment.....

while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.....

used as a therapeutic technique”

## Our self care routine is Self Regulation?

**Self-regulation** is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

## Let's go back to those spine movements.....What are chakras?

These are energy centers along the middle of the body.

They are spinning wheels of energy that keep us healthy, alert, calm and focused.

Energy needs to MOVE! If it is stuck or sluggish, that area of the body is not at it's best!

The Seven Main Chakras each vibrate at a color and have matching frequency.

Illustration of the

Chakra colors --->



# Let's start from the bottom: The First Chakra, The Root Chakra

The color is **red**.

Place your hands on the root chakra and

Imagine inhaling red into this area

Think "I am safe, I am grounded. I have trust in myself and the people that love me." This is also the area of feeling financially secure and safe.

# The Second Chakra: The Sacral Chakra

The color is **orange**.

Place your hands on the sacral chakra and

Imagine inhaling the color orange into this area

Think “I am creative! I can have flexible and original thinking! I am comfortable with my sexuality.

# The Third Chakra: The Solar Plexus Chakra

The color is **YELLOW.**

Place your hands on the solar plexus chakra and

Imagine inhaling the color yellow into this area

Think “I trust my gut feelings, I have power and wisdom.”

# The Fourth Chakra: The Heart Chakra

The color is **green**.

Place your hands on the heart chakra and

Imagine inhaling green into this area

Think “I have love in my heart, I love myself, I love my family and I love

\_\_\_\_\_ (fill in who you love).

# The Fifth Chakra: The Throat Chakra

The color is **blue**.

Place your hands on the throat chakra and

Imagine inhaling blue into this area

Think, “I can communicate my needs, I can speak my honest truth, I can hear what others have to say and understand them.”

# The Sixth Chakra: The Third Eye Chakra

The color is **Purple**.

Place your hands on the third eye chakra and

Imagine inhaling purple into this area

Think, “I am smart, I have the intelligence I need in my life, I am aware of my surroundings”

# The Seventh Chakra: The Crown Chakra

The color is **Indigo or a bright white light.**

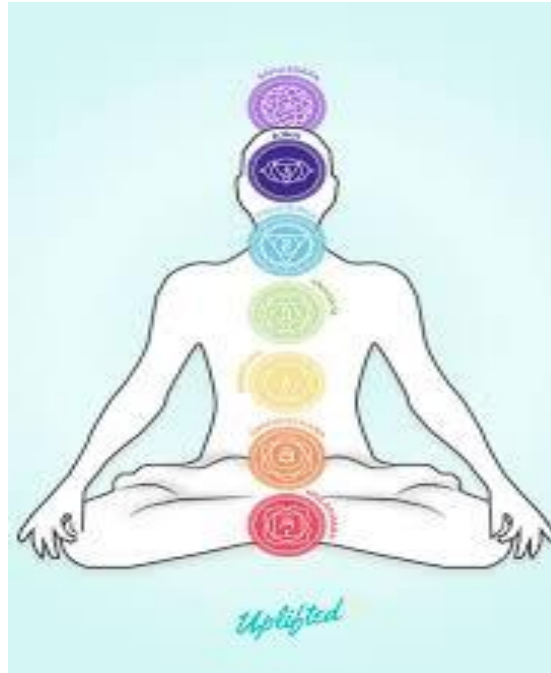
Place your hands on the crown chakra and

Imagine inhaling the color indigo or a bright white light into this area

Think, “I am connected to my spirituality, I know my angels are watching over me.”

# Review of the colors:

The colors once again:



OK! We are ready to meditate with the chakras!

Get comfortable

Find a space that is quiet and peaceful

Hug yourself and smile.....you are taking care of you!

Settle in and begin breathing and I will guide you through this!

# Questions?

How to contact us:

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# Thank you and NAMASTE!

Namaste means:

The light in me sees the light in you!



# namaste

I honor the Place in You  
in which the entire universe dwells.

I honor the Place in You  
which is of love, of truth, of light  
and of Peace.

When You are in that Place in You  
and I am in that Place in me,  
we are one.