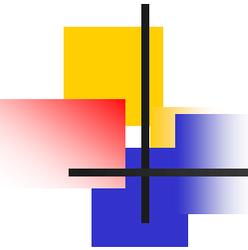


goals for the fourth evening

4

- ✧ review last week's intentions
 - ✧ autogenics: pulse, 1st differential, implementation, 12 breath exercise
 - ✧ exercise: stamina & strength – maintain, maybe build/innovate
 - ✧ diet, weight, alcohol & smoking – mortality, stress & wellbeing
 - ✧ specific intentions for this week
-



the practice for this week

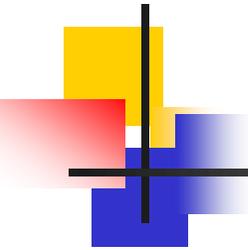
4th week's exercise:

Both arms are heavy and warm
Both legs are heavy and warm
The pulse is steady and calm
Neck and shoulders are heavy
I am at peace

.....

every day: practise this standard pulse exercise at least once daily. Also at least once daily practise the first differential exercise. A minimum 50% of all exercises should be without a tape. Remember too choice, control & freedom!

ATTENTION!



1st four sessions: progress so far?

last week's pair exercise: how did the intentions go and any lessons for this week's intentions?

✧ autogenic training

✧ motivation

✧ physical exercise

✧ self-determination

✧ diet

✧ goal setting

✧ weight

✧ stages of change

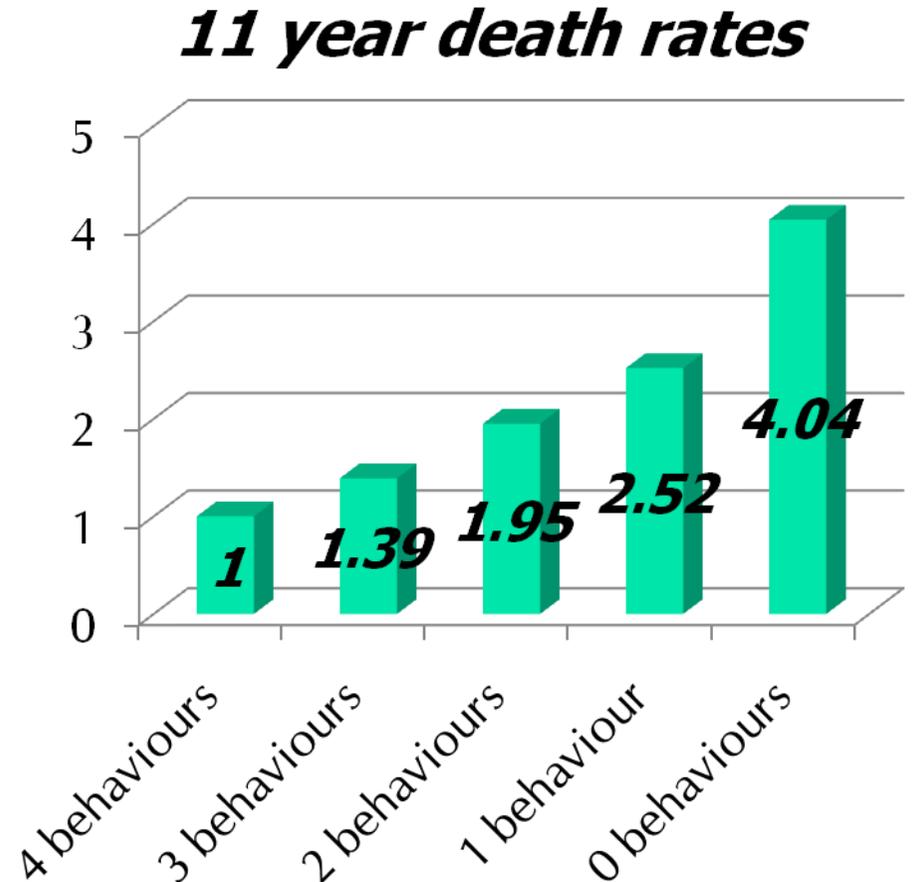
main components of the journey

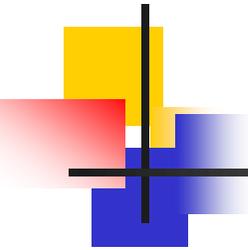
- ✧ basic skills: exercise, diet, weight, alcohol, smoking, sleep
- ✧ meditation: autogenic training, applied relaxation, visualisation, mindfulness, compassion
- ✧ relationships, emotional intelligence, social networks
- ✧ wellbeing: positive emotions, self-determination, happiness



do you want to be 14 yrs younger?

- ✧ 20,224 UK adults
- ✧ aged 45 to 79
- ✧ no initial cancer/CHD
- ✧ health behaviours rated
 - not smoking
 - physically active
 - at least 5 fruit & veg daily
 - 1-14 alcohol units weekly





unhealthy behaviours & stress

*unhealthy behaviours like smoking, alcohol abuse, and over weight increase the risk of depression **more than** depression increases the risk of smoking, alcohol abuse & over weight*

- ✧ Boden, J. M., D. M. Fergusson, et al. (2010). "Cigarette smoking and depression: tests of causal linkages using a longitudinal birth cohort." The British Journal of Psychiatry 196(6): 440-446.
 - ✧ Fergusson, D. M., J. M. Boden, et al. (2009). "Tests of Causal Links Between Alcohol Abuse or Dependence and Major Depression." Arch Gen Psychiatry 66(3): 260-266.
 - ✧ Luppino, F. S., L. M. de Wit, et al. (2010). "Overweight, Obesity, and Depression: A Systematic Review and Meta-analysis of Longitudinal Studies." Arch Gen Psychiatry 67(3): 220-229.
-