goals for the eleventh evening

- autogenics & goodwill practice
- reviewing the last 5 weeks’ intentions – successes, lessons, implications?
- touching base on the wide selection of skills/intentions we have covered
- possible discussion of recent topics like dietary supplements, relationships & mortality and life highlights exercise
- personal intentions for the next 11 weeks until the twelfth session
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

Odds of decreased mortality

- Overall findings from meta-analysis
- High vs low social support contrasted
- Complex measures of social integration
- Smoking <15 cigarettes a day
- Stopped smoking vs continued (patients with CHD)
- Abstinence vs excessive drinking (>6 drinks a day)
- Pneumococcal vaccination in adults (for pneumonia mortality)
- Exercise for patients with CHD
- Physical activity (controlling for adiposity)
- Lean vs obese
- Antihypertensives (vs controls) in >59 year olds
- Air pollution: low vs high

Adapted from PloS Med 2010;7:e1000316
four aspects of helpful inner focus

- reducing negative states
- nourishing positive states
- exploring & processing
- encouraging mindfulness
compassion & criticism key points

- to understand more clearly how important these areas are for our health & wellbeing
- appreciate the mechanisms that lead to compassion or criticism
- explore ways to assess personal relevance of these issues
- look at how we can work to improve relationships both with ourselves & with others