goals for the sixth evening

- review last week’s intentions
- autogenics: belly, mindfulness, reminder dots, 12 breath exercise
- exercise, diet (grains), alcohol, weight, sleep – make personal intentions for these ‘basic skills’
- relationships: health & wellbeing relevance, charting & intentions for personal community map
1st five sessions: progress so far

how did last week’s intentions go
and any lessons for this week’s intentions?

- autogenics: breath focus, second differential & eleven breath exercises
- exercise: stamina, strength, quantity, variety
- diet/alcohol/weight: breakfast & lunch, etc
- rumination/worry & the appreciations exercise
focus for sessions five to eight

- autogenic training: continuing to develop depth in formal sessions and application/mindfulness
- continuing with exercise, diet, alcohol & sleep ...
- worry & rumination and the garden of eden!
- savouring, appreciations and gratitude
- emotions – both so-called ‘negative’ & ‘positive’
- relationships, ‘personal community’, intentions


Olsen O. *Impact of social network on cardiovascular mortality in middle aged Danish men* J Epidemiol Community Health 1993;47:176-80
relationships & mortality: figures

relative risk for all cause mortality

these figures are age-adjusted & typically compare the lowest and highest quartiles

this shows the differences found in 5 studies between the those with the lowest & those with the highest levels of social integration
relationships & mortality: comments

- Age-adjusted relative mortality risk between lowest and highest social integration levels (mainly quartiles) in 5 studies are 1.83, 2.44, 2.63, 3.87 & 4.00 for men (3x) and 1.07, 1.59, 1.92, 1.97 & 2.81 for women (2x).

- Biological, health behaviour, personality and health status variables do not explain away this association.

- Social integration is as strong or stronger as a risk factor than smoking, high b.p., cholesterol & family history.

- Social integration seems to be deteriorating due to changes in divorce rates, proportions of those who are old or living alone, city lifestyles, etc.