goals for the ninth evening

✧ review first eight weeks of the course – key personal gains and learnings
✧ remembering & exploring challenges with exercise, diet, alcohol, smoking
✧ autogenics: formal exercise choices, reminders & personalizing the ‘shorts’
✧ relationships: building and exploring both close & less close relationships
✧ compassion & caring: self & others
✧ self-determination theory & goals
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

● helpful for initiating and/or maintaining an overall goal intention (X) that you are committed to, but find difficult to carry out
● implementation intentions involve clarifying likely road blocks (if situation Y occurs) and having a pre-planned response (then I will initiate behaviour Z) – see the handouts
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.
four aspects of helpful inner focus

- reducing negative states
- nourishing positive states
- exploring & processing
- encouraging mindfulness