Pine Tree Hospice

Stress Management & Self Care
Conventional and Complementary

for the hospice family
and for yourself

Sherry Peirce Corbin, RN, MS    May 2020
What is stress???
Stress is...
a sense of “dis-ease”
in body, thoughts, feelings, &/or spirit
What are some things that can cause stress???
Can Stress be good???
Yes...
When it protects us from danger

- pupils dilate ............... see better
- breathing deepens ........... more oxygen
- heart rate increases ........ move oxygen to cells
- mind alert, attentive hearing . . . priorities clear
- muscles tense ............... ready to move
- liver releases fats & sugar . . . more energy
- adrenaline & cortisol released . . ready for flight or fight
But ... stress is cumulative too much for too long leads to Dis-ease
Your body reacts to prolonged stress

The bear is chasing you all day and all night

- muscle tension and pain in neck, shoulders, back
- gastrointestinal upsets, diarrhea or constipation
- frequent upper respiratory infections
- weight loss or weight gain
- change in sleep patterns
- menstrual irregularity
- change in appetite
- tension headache
- decreased libido
- restlessness
- fatigue

- hypertension
- heart disease
- diabetes
- obesity
- skin eruptions
Your body reacts to prolonged stress

The bear is chasing you all day and all night

- increased absenteeism, illness, lethargy, loss of interest
- decreased productivity and quality of job performance
- diminished attention to detail, daydreams, spacing out
- tendency to make mistakes, forgetfulness, blocking
- loss of self esteem, feelings of inadequacy
- increased irritability, loss of motivation
- emotional outbursts and crying
- anxiety, depression, burnout
- use of alcohol or drugs
- inability to concentrate
- prone to accidents

- clinical depression
- drug dependency
We have many ways to manage stress to keep in balance
Engage in activities by yourself or with others to NOURISH and BALANCE Your body Your thoughts Your feelings Your spirit
Conventional ways of managing stress

- Healthful Nutrition
- Physical Activity
- Restful Sleep
- Joyful Diversion
- Service to others
Daily Fluid Intake

We lose about 3 quarts of fluid daily
From urine, stool, sweat, breathing and even more with exercise or hot weather

Some fluid is replaced by foods we eat

The CDC recommends daily fluid intake:
six to eight 8-ounce glasses (3 – 4 pints; 1 ½ - 2 qts; 1500-2000 cc)
don’t count diuretics: alcohol or caffeinated beverages (coffee, tea, cola)

Enough fluid intake ➔ plentiful pale yellow urine
Healthful Nutrition
Dietary Guidelines for Americans www.dietaryguidelines.gov

1956: Basic Four

A Guide to Good Eating

Use Daily:

- Milk Group
- Meat Group
- Vegetables and Fruits
- Breads and Cereals

1992

Dietary Guidelines for Americans

2015-2020
Eighth Edition

MyPyramid.gov
Steps to a Healthier You

ChooseMyPlate.gov

2005

2011
Healthy Eating Patterns Key Recommendations within an appropriate calorie level

**INCLUDE**

- Variety of vegetables from all food groups  
  dark green, red, orange, legumes (beans, peas), starchy
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods  
  seafood, lean meats & poultry, eggs, legumes, nuts, seeds, soy products
- Oils

**LIMIT**

- Consume less than 10% of daily calories from sugars
- Consume less than 10% of daily calories from saturated fat (solid at room temperature)
- Consume less than 2,300 mg sodium daily
- If alcohol is consumed, limit daily intake to 1 drink for women and 2 drinks for men

**However, also from NIH**
Several epidemiological studies have investigated the association between dietary fat intake and cardiovascular disease. However, dietary recommendations based on systematic review and meta-analysis might be more credible.

This current meta-analysis of cohort studies suggested that total fat, SFA, MUFA, and PUFA intake were not associated with the risk of cardiovascular disease. However, we found that higher TFA intake is associated with greater risk of CVDs in a dose-response fashion. Furthermore, the subgroup analysis found a cardio-protective effect of PUFA in studies followed up for more than 10 years.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6451787/

SFA = saturated fatty acids … fatty meats, dairy (solid at room temp)
MUFA = monounsaturated fatty acids
PUFA = polyunsaturated fatty acids
TFA = transfatty acids … partially hydrogenated fat such as margarine
CVD = cardiovascular disease
Our bodies need dietary fat

- Natural unsaturated fats, such as olive oil, are good
- Manufactured unsaturated fats, such as canola oil, may not be good
- Limited amounts of natural saturated fats, such as butter, are good
- Manufactured trans fats, such as some margarines, are very bad

Read the labels
Conventional ways of managing stress

- Healthful Nutrition
- Physical Activity
- Restful Sleep
- Joyful Diversion
- Service to others
Physical Activity Guidelines for Americans
2nd edition

Key Guidelines For Adults

Move more and sit less throughout the day
Some physical activity is better than none

2 ½ to 5 hours a week of moderate intensity

OR

1 ¼ to 2 ½ hours a week of vigorous aerobic activity

Add muscle-strengthening activities involving all major muscle groups
2 or more days a week
about 15 reps of 8-10 push & pull exercises

Older adults:

Same as younger adults
as physical limitations allow

Add balance training
Conventional ways of managing stress

▪ Healthful Nutrition
▪ Physical Activity
▪ Restful Sleep
▪ Joyful Diversion
▪ Service to others
Sleep restores the body and the mind

During sleep we
renew body tissues
and we process and organize the day’s events

You have enough sleep if you feel rested
What can YOU do
To help yourself
get a good night’s sleep
???
• regular wake-up and bedtime schedule
• get up if you’re still awake for 30 minutes
• avoid daytime naps (or limit to a half hour)
• avoid alcohol, caffeine and nicotine in afternoon
• limit liquids at bedtime
• regular outdoor exercise during the day
• comfortable room temperature
• relaxation techniques and/or soft music
Conventional ways of managing stress

- Healthful Nutrition
- Physical Activity
- Restful Sleep
- Joyful Diversion
- Service to others
Quiet spot / Pleasant music / Inspirational reading
Hobby / Restful nap / Pet companions / Humor
Visits with family & friends
Portable soothing

Music

computer
smartphone
tablet
cd player

For your client
For YOU
Conventional ways of managing stress

- Healthful Nutrition
- Physical Activity
- Restful Sleep
- Joyful Diversion
- Service to others
Service to others

Time  Talent  Treasure
You, Hospice Volunteer

Pine Tree Hospice
We can't add days to your life...
But we can add life to your days
Some complementary therapies for managing stress
Beliefs about life

How we think, feel, and behave

influence
Disease is caused by external agents or by physical / emotional disturbance

**Physical Therapies**
- Medication
- Surgery

**Mental Therapies**
- Counseling
- Psychiatric intervention

**Spiritual Therapies**
- Pastoral counseling
- Prayer

BELIEFS

- Pathogens
- Toxins
- Wear and tear
- Genetic disturbances
- Malnutrition
- Emotional stress

Conventional (Mainstream, Allopathic, Traditional)
Matter and energy are interchangeable and vibrate at different intensities.

Dis-ease is caused by energy imbalance or blocked energy flow.

Complementary Therapies

BELIEFS →

Create free flow of "universal life energy"

enable body / mind / spirit to resist pathogens, toxins, wear & tear, etc.
Health is a free flow of energy with a balance between inward and outward energy flow

Illness is an imbalance in this energy field or a disruption in the energy flow

The energy is the same, but is called by different names:

Chi  Qi  Ki
Prana  Dosha
Universal Life Force
Etheric Force
Divine Source
The energy centers... "chakras"

CROWN: Connection to Spirit
BROW: Intuition, Truth
THROAT: Compassion/Life Purpose
HEART: Love
SOLAR: Emotion/Thoughts
SACRAL: Security/Centered
ROOT: Empowered/Grounded

Aura
The NIH National Center for Complementary and Integrative Health

Mission: define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and health care

- Health topics: research based information about treatment practices and about diseases very extensive
- Be an informed consumer
- For health care professionals
- Herbs at a glance
- Pain
- Know the science

Some terms from the National Institutes of Health

Conventional health care
  allopathic, traditional, mainstream

Complementary health approaches
  non-mainstream *together with* conventional

Integrative health
  holistic (wholistic) approach using conventional and complementary practice addressing mental, emotional, functional, spiritual, social, and community aspects of health

Alternative health care
  non-mainstream practice *instead of* mainstream
NIH classifications of complementary therapies

Natural Products
- herbs (botanicals)
- vitamins and minerals; probiotics

Mind and Body Practices
- Yoga
- Chiropractic and Osteopathic Manipulation
- Meditation
- Acupuncture
- Relaxation Techniques
  - Breathing exercises, Progressive muscle relaxation
  - Guided imagery
- T’ai Chi, Qi Gong
- Hypnotherapy

Other Complementary Health Approaches
- Traditional healers (shamans)
- Ayurvedic medicine
- Traditional Chinese medicine
- Homeopathy
- Naturopathy
- Massage Therapy
- Healing Touch, energy therapies
COMPLEMENTARY

energy imbalance causes disease

CONVENTIONAL

physical or mental disturbance causes disease
<table>
<thead>
<tr>
<th>Era</th>
<th>Event</th>
<th>Country</th>
<th>Region</th>
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</thead>
<tbody>
<tr>
<td>1700’s</td>
<td>Science and technology: spirit and emotion became separate from the physical body; illness was “cured” but the spirit was not “healed”</td>
<td></td>
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<tr>
<td>1859</td>
<td>Florence Nightingale, <em>Notes on Nursing</em>: “<em>Nature alone cures</em>”</td>
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<tr>
<td>1920’s</td>
<td>Stress (ie fear) is detrimental to physical health</td>
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<td></td>
<td>WWII</td>
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<td></td>
<td>Placebos can control pain</td>
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<tr>
<td>1970’s</td>
<td>Western mainstream remains prominent in USA</td>
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<tr>
<td>Today</td>
<td>String Theory attempts to reconcile Theory of Relativity (space / time) and Quantum Physics (matter / energy)</td>
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A Very Brief History

2000 BC  Here, eat this root
1000 AD   That root is heathen ... say this prayer
1850 AD   Prayer is superstition ... drink this potion
1940 AD   Potion is snake oil ... swallow this pill
1985 AD   The pill is ineffective ... take this antibiotic
2000 AD   The antibiotic is artificial ... eat this root
The body, the mind with its thoughts and emotions, and the spirit [soul] are integrally interrelated. We are “whole”…what affects one part of us will affect the other parts.

There is an energy / matter vibration continuum.

People are affected by the energy from the environment and by the energy from other people and groups.

There is a “Divine Presence”
We are not bodies with spirits, but rather spirits with bodies.

All spirits/souls are integrated into a “community of one”

The truth is out there!

“New Age” may be Old Wisdom.
Some Underlying Assumptions of many complementary healing therapies...

In a nutshell,

Complementary therapies enable us to defend against pathogens, toxins, wear and tear, genetic disturbances, malnutrition, emotional stress.

Health and well-being are restored and maintained when energy flows freely, and is balanced.
Complementary Therapies

Traditional Chinese Medicine
A medical system focused on maintaining health and preventing dis-ease

Each person and every thing is governed by a delicate balance of Yin and Yang energies, which are relative to each other

Yin, like water, is cool, dark, still, inward, downward, and feminine; an earth energy

Yang, like fire, is hot, light, active, upward, outward, and masculine; a sun energy
A practice within Traditional Chinese Medicine

~ A vital energy, chi, flows through meridians (energy channels) in the body

~ Disease occurs when the flow of energy is blocked

~ The acupuncture needle reestablishes the energy flow
A complex medical system that has been practiced primarily in India for thousands of years

~ Includes diet and herbal remedies

~ Emphasizes the use of body, mind, and spirit in disease prevention and treatment

TCM
Acupuncture
Ayurveda
Naturopathy
Homeopathy
Osteopathy
Chiropractic
A medical system practiced in the west (derived from Hippocrates)

~ There is a healing power in the body that establishes, maintains, and restores health

~ The goal is to support this power through natural treatments such as
  • nutrition and lifestyle counseling
  • dietary supplements
  • medicinal plants
  • exercise

~ We are responsible for our own well-being
A medical system practiced in the west (derived from Hippocrates)

~ Symptoms of an illness are seen as the body’s positive attempt to heal itself with a vital force

~ Governed by
  “Law of Similars” (or, “like cures like”)
  natural substance that would produce symptom in a healthy person, cures the symptom in a sick person

“Law of Infinitisimals”
  dilution of natural healing compounds
  (to point of no molecules left…only electromagnetic energy)
Practiced as part of conventional western medicine  Practitioner = DO

~ all body systems work together; disturbances in one system may affect function elsewhere in the body

~ may emphasize disease arising in the musculoskeletal system

~ may use manipulation on the whole body to reduce discomfort; restore function; promote health and well-being
Practiced as part of conventional western medicine

~ focuses on relationship between body *structure* (primarily the spine) and *function* and how that relationship affects the preservation and restoration of health

~ uses manipulative therapy as an integral treatment tool

<table>
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<tr>
<th>Complementary Therapies</th>
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<td>TCM</td>
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<td><strong>Chiropractic</strong></td>
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Complementary Therapies

Some Practices YOU can do

Herbs ~~~ Diet Supplements / Essential Oils / Aromatherapy

Massage ~~~ Trigger Point Massage, Progressive Relaxation

Energy ~~~ Therapeutic Touch

Meditation ~~~ Focused Attention
  Listening    Looking    Thinking    Moving
Some YOU can do Herbal Therapy

Natural products / Ancient remedies

For sleep … For depression …
For colds … For memory …
For libido … For aches …

Unsafe ???

visit the National Institutes of Health website

Herbs at a Glance

www.nccih.nih.gov/health/herbsataglance.htm

can be downloaded to computer, tablet, phone
Some YOU can do Aromatherapy

Essential oils
(extracts or essences)

From flowers, herbs or trees
[essential energy]

bring to memory... the smell of a rose
Some YOU can do Massage

- Light and gentle for relaxation
- Deep tissue for relieving muscle tension
- Shiatsu to stimulate flow of chi
- Reflexology to feet, hands or ears for healing in other parts of body
- Trigger Point for relieving pain

let's practice Trigger Point Massage
Sit or lie down comfortably

Isolate and squeeze each of these muscle groups while counting
“one and two and three and four and five”

Then . . . relax each muscle group for the same amount of time (5 seconds)

Start with your face and end with your toes

- bunch the muscles of your face . . . . . . . . . . . relax your face
- hunch up your shoulders . . . . . . . . . . . . . . . . relax your shoulders
- squeeze your upper and lower arms . . . . . . . . . . relax your arms
- make tight fists . . . . . . . . . . . . . . . . . . . . . . . . relax your hands
- arch your back . . . . . . . . . . . . . . . . . . . . . . . . relax your back
- tighten your abdomen . . . . . . . . . . . . . . . . . . . . relax your abdomen
- squeeze your buttocks . . . . . . . . . . . . . . . . . . . . . relax your buttocks
- squeeze your upper and lower legs . . . . . . . . . . . . . relax your legs
- lift your toes . . . . . . . . . . . . . . . . . . . . . . . . . . . . relax your toes
1970’s   Dolores Krieger, R.N.

~ You are a conduit through which a healing universal energy is directed toward the client

~ derives in part from the ancient practice of “laying on of hands”

~ practitioner may not actually touch the client

~ client need not be aware of how treatment works

~ enables the client to recover his/her own healing powers

~ can be learned by anyone motivated by compassion
Some YOU can do Therapeutic Touch

Practice sensing your own energy field

~ bring your hands very close together but not touching

~ slowly separate them a couple of inches

~ slowly return them to the original position

~ repeat 3 times, each time separating by additional 2 inches until they are about 8 inches apart

~ see if you can feel a sense of “bounciness”... This is your energy field
Reiki is spiritually guided life force energy. Healing Reiki energy from the highest source flows to you through the practitioner’s hands, placed lightly on your body. Reiki energy always supports your highest good, past present and future. Expect to feel incredibly relaxed and peaceful during and after a Reiki treatment.
Meditation ~ Mindful

Listening  Looking  Thinking  Moving

Meditation is focused attention
with the intention
of becoming

- Physically relaxed and comfortable
- Emotionally peaceful
- Mentally aware of the present moment
- Spiritually connected to a greater power or to your highest self
**Meditation**

**Mindful Listening**
Music … Sounds of rain or ocean waves … Rhythms: chants, drums
Mantra, Passage Meditation
Entrainment to alpha and theta waves
Intentional auditory trigger (neurolinguistic programming)

**Mindful Looking**
Candle flame, lovely picture, religious icon, crystal
Guided imagery (visualize by listening)

**Mindful Thinking**
Intercessory prayer … Affirmations
Focused remembering
Zazen (sitting) meditation, Vipassana: not thinking of past or future

**Mindful Moving**
Breathing: abdominal breathing, pranayama
Focused or purposeful movement … Labyrinth (mandala, a walking maze)
Qi Gong, T’ai Chi, T’ai Chi Chih … Yoga asanas (postures)
TTouch for pets
Meditation: Mindful thinking

Frank Ostaseski, Founded the Zen Hospice Project in 1987 and the Metta Institute in 2004
He identified Five Precepts for the “Compassionate Companion”

~ Welcome everything    Push away nothing

~ Bring your whole self to the experience

~ Don’t wait

~ Find a place of rest in the middle of things

~ Cultivate ‘Don’t know’ mind
Meditation: Mindful breathing

Many cultures have known for many years

Slow, deep breaths relax us

Diaphragm
The real muscle of breathing is the diaphragm

When the diaphragm contracts (moves down), it pulls air into the lungs (like opening a bellows) this is an active process (*we do it*)

When the diaphragm moves down, it also gently squeezes the abdominal organs, and this makes the belly expand outward

When the diaphragm relaxes (goes back up), air is pushed out of the lungs this is a passive process (*we let it happen*)
Meditation: Pranayama Breathing

Pranayama Breathing  a Yoga MEDITATION technique

pranayama = expansion of life force

- index and middle finger of right hand between eyebrows
- thumb closes right nostril; inhale
- ring finger closes left nostril; exhale and inhale
- thumb closes right nostril; exhale and inhale
- continue until breathing is deeper and smoother

let’s practice
Meditation: Pranayama Breathing

Pranayama Breathing: another relaxing breathing technique

- tongue in yogic position (behind upper front teeth)
- exhale completely through mouth
- inhale through nose quietly, with mouth closed, for 4 seconds
- hold breath for 7 seconds (*or longer*)
- exhale through mouth noisily, with pursed lips and whooshing sound for 8 seconds
- repeat 3 times, then resume normal breathing

Do these 4 breath cycles twice a day

Dr. Andrew Weil
Meditation: Yoga Stretches

• Has been practiced for 5,000 years
• Combines physical postures (asanas), breathing exercises (pranayama), and meditation
• It is a way of life toward spiritual enlightenment
• Increases relaxation and balances body, mind and spirit

Hatha Yoga: breathing, postures, meditation

Back stretches in 6 directions
Meditation: Qi Gong, T’ai Chi

Gentle martial arts combining meditation and movement

*Stimulate flow of Chi (vital energy)*

*through the body’s energy meridians*

*to restore and balance yin and yang energy*

The movements are practiced
in a slow, flowing sequence
to encourage harmony between the mind, body, and spirit

**T’ai Chi Chih**

Joy through movement
A moving meditation

“*Moving through heavy air*”

Justin Stone
Meditation: Affirmations

~ Desires expressed as facts
~ Always in the present tense, for “tomorrow never comes”
~ In the language of energy, thoughts are energy...
   thoughts can manifest themselves into reality

Live in the now

The now is a gift

The now is a “present”
~ Desires expressed as facts
~ Always in the present tense, for “tomorrow never comes”
~ In the language of energy, thoughts are energy...therefore thoughts can manifest themselves into reality

I am a worthwhile person
I am capable of changing
I have time to help other people
I have time to help other people
My life is filled with abundance

I can openly express my feelings
I can say no and not feel guilty
I have enough money
I have time to care for me
I can be spontaneous and whimsical
Mantra Meditation

A mantra is a name, a word, or a phrase, sacred to you

When you repeat a mantra over and over quietly or silently in your mind, your mind becomes filled with a feeling of peace and your body releases tension

In his book, The Mantram Handbook, Eknath Easwaran offers guides in choosing your own mantra:

- Well-known . . . . . . . roots are already deep
- Simple . . . . . . . . . . . . it is hard to dive with an inner tube
- Do not change it . . . . shallow holes find no water

Your mantra is personal to you
Try several until one settles comfortably with your spirit

Your mantra can be a full prayer, or a phrase, or a single word
Come, Holy Spirit ... Enlighten me

~ Lift this Burden at my time of need
~ Give me a Knowing when I am in darkness
~ Fill me with Love and Light always
Inspired words that change us from the inside out

❤ Memorize a spiritual text, or passage, that embodies your highest ideals

❤ Builds the precious capacity to place our attention wherever we choose

❤ We begin to resemble and actually become whatever we give our attention to
Passage Meditation

Repeat it in your mind, or listen to a voice recording

Eknath Easwaran

THE PRAYER OF SAINT FRANCES

Lord, make me an instrument of thy peace
Where there is hatred ~ let me sow love
Where there is injury ~ pardon
Where there is doubt ~ faith
Where there is despair ~ hope
Where there is darkness ~ light
Where there is sadness ~ joy

Oh Divine Master,
Grant that I may not so much seek
To be consoled as to console
To be understood as to understand
To be loved as to love

For it is in giving that we receive
It is in pardoning that we are pardoned
It is in dying to self that we are born to eternal life
Meditation: Mindful listening~Music

So many programs available on computer, smartphone, tablet
*For your client* ☘️ *For YOU*

**Relaxing Music**

**One example:**
**Marconi Union Weightless**

*Free to listen, with ads; can be purchased*
*10-hour version available*

[https://www.youtube.com/watch?v=UfcAVejsIrU](https://www.youtube.com/watch?v=UfcAVejsIrU)
Meditation: Mindful listening ~ Sounds

So many programs available on computer, smartphone, tablet
For your client  For YOU

Relaxing Sounds

One example: Rain Sounds
choose
Sound
Timer
Additional sounds
Adjust volume

Calm beach with chirping birds
Meditation: Mindful listening~Sounds

So many programs available on computer, smartphone, tablet

For your client  For YOU

Meditation programs

One example: Meditation Timer
choose

 Duration
 Delay
 Background sound
 Chimes~ begin, middle, end

3 minutes: Buddha bell / babbling brook / ceremonial bells
Entrainment occurs when two vibrating bodies synchronize

*Entrainment occurs when two vibrating bodies synchronize*

*happens with pendulum clocks*

Our brains produce brainwaves; one is dominant at any given moment

- **Gamma** (rapid, low amplitude) → feeling of extreme wellbeing
- **Beta** → awake, alert, focused
- **Alpha** → awake, calm, relaxed
- **Theta** → light sleep or deep meditation; dreams
- **Delta** → (very slow, high amplitude) dreamless, regenerative sleep

Our brain waves ENTRAIN to rhythmic cycles, such as drum beats

Entrainment changes your brainwaves

which causes your mental state to change
Meditation: Mindful listening~Entrainment

So many programs available on computer, smartphone, tablet

For your client    For YOU

Entrainment without earphones = isochronic
with earphones = binaural

One example: SINE

“Pure Theta” = 5.5 Hz → Light sleep / deep meditation
“Relaxed” = 8 Hz → awake, calm, relaxed

Isochronic entrainment (no earphones)
No music
Meditation: Mindful listening~Entrainment

So many programs available on computer, smartphone, tablet
For your client    For YOU

Entrainment without earphones = isochronic
with earphones = binaural

One example: Sleepwave

“Calm Down” = mid theta

Isochronic entrainment (no earphones)
Includes music
So many programs available on computer, smartphone, tablet

*For your client*    *For YOU*

*Entrainment without earphones = isochronic*
*with earphones = binaural*

**Many choices…**

- *Isochronic or binaural*
- *With or without relaxing sounds / music / stories*
- *Timers*
Meditation: Mindful listening

Listen to a voice recording of a guided imagery meditation

Creates vivid mental images for focused attention to achieve a specific positive result

for example,

“Letting Go of Trouble”

*inspired by a former Pine Tree Hospice logo*
To the natural healer in each of you...

May you come to know there is a natural order, a divine presence, an absolute truth.

We gain glimpses, always clear but oft times brief of this natural, divine, and absolute light.

The confines of our human selves, though noble, cause us to relate to truth and wisdom in a relative way.

We cannot yet hold, or even define, the greater power.

Be at ease in selecting your tools of healing.

Any thought or word or deed is the right one when it is grounded by emerging acceptance of competent healing practice,

and when it is given with unconditional love for the greater good of another soul.