

Serenity

• MIND MAGAZINE •

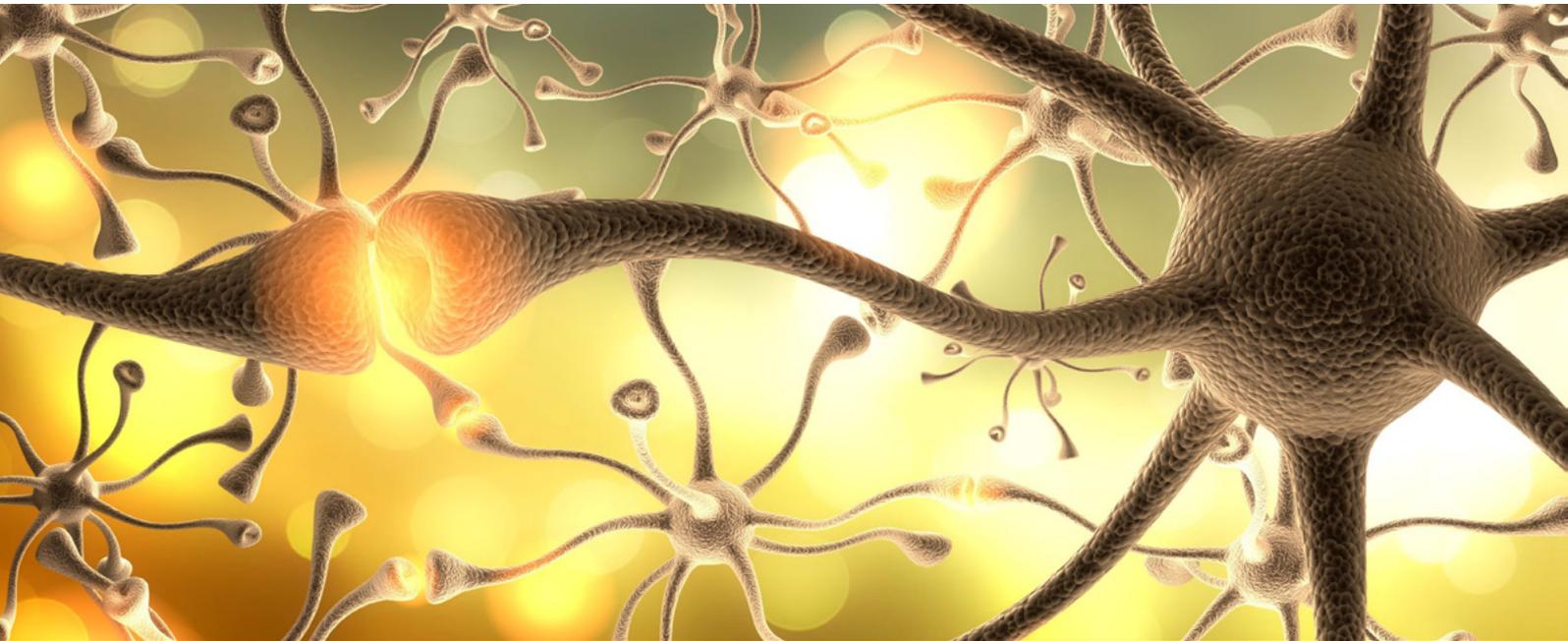
4 INFALLIBLE WAYS
**TO BOOST YOUR
IMMUNE SYSTEM**

DIVING INTO THE
PRESENT MOMENT
**WITH OUR
SIX SENSES**

ANXIETY REPORT
BY THE NEO CHI
INSTITUTE



4 INFALLIBLE WAYS TO BOOST YOUR IMMUNE SYSTEM



Modern medicine focuses on cures, not on lifestyle interventions that can prevent many diseases depending on a healthy immune system. Let's actively boost our immune system to overcome deadly pathogens, carcinogens and self-inflicted wounds driven by anxiety and stress. Let's realize that our immune system is at the core of our wellbeing, regulating our organism's response to infections, cancer and autoimmunity.

Basics of the Immune System

The immune system is a sophisticated set of proteins, cells, tissues and organs working together to protect any organism. Even trees have rudimentary immune systems! Although its main goal is to repel infections, it also plays a role patrolling and controlling cancer while potentially able to trigger autoimmune diseases.

T Cells: These are the major orchestrators of all the components in the immune system. Some types of T cells are able to recognize infected and cancerous cells and directly kill or destroy them.

B Cells: These cells play a major role in producing billions of antibodies, tiny molecules that are always on the look out for pathogens and unwanted cells.

Macrophages: These cells recognize pathogens or unwanted cells that need to be removed while interacting with T cells, informing them which cells are allies or enemies.

Natural Killer Cells: These are rapid-response cells able to kill infected and cancerous cells, like the T cells, but just relying on certain markers not requiring the intervention of other immune cells.

Eat a Healthy Diet



There are many definitions of what a “healthy diet” is, but the general consensus is that it is one that is rich in fruits and vegetables and poor in processed foods. Research has shown that fruits and vegetables contain nutrients such as beta-carotene, and vitamins C and E, which can boost your immune function. In addition, fruits and vegetables are excellent sources of antioxidants which fight inflammation.

Beta-carotene

is a potent antioxidant that not only reduces disease-causing inflammation, but also boosts the immune system by increasing the number of immune cells in the body. Foods that are rich in beta-carotene include carrots, sweet potatoes, and green leafy vegetables.



Vitamin C

is a potent antioxidant that aids in the destruction of free radicals. It also boosts the immune system in a number of ways. For instance, it promotes the production and coordinated function of T cells and B cells, and protects them from free radical damage. Lastly, vitamin C strengthens the skin barrier, preventing pathogens from entering the body.



Vitamin E

is another powerful antioxidant. Studies have shown that it increases the T cells ability to form an effective immune synapse. An effective immune synapse means having a close contact between immune system cells, essential for the proper functioning of the immune system. You can get Vitamin E from nuts, seeds, broccoli and spinach.



Having a balanced diet leads to a healthy gut, essential for a healthy immune system. That’s because the majority of your immune system resides in the gut, in fact, up to 80%.

In order to maintain a healthy gut, you need to maintain a good balance between the good bacteria, and the bad bacteria in your gut. One way you can do this is by consuming probiotics, either in supplement form or in food. Good food sources of probiotics include yogurt, kefir, and fermented vegetables.

Another way in which you can improve your gut health is to avoid or limit your consumption of highly processed foods. This is because highly processed foods can cause inflammation of the gut.

Age and the Immune System



The elderly are more susceptible to infectious diseases, and unfortunately, more likely to die from them. This is because as we age, our immune system is less effective at combating infections, and less responsive to vaccines.

Why is this? As we age, the total number of T cells remain the same; however, the number of naïve T cells decrease. Naïve T cells are T cells that learn to recognize specific pathogens. They then develop into cells that are specialists in future encounters with those specific pathogens.

Additionally, senescent T cells, which are T cells that have deteriorated with age, are easily exhausted after becoming active and start producing inflammation-causing substances potentially leading to chronic systemic inflammation, such as rheumatoid arthritis, thyroiditis or lupus.



THE ELDERLY CAN DISPLAY MICRONUTRIENT MALNUTRITION, A FORM OF MALNUTRITION WHICH OCCURS WHEN ONE IS DEFICIENT IN VARIOUS ESSENTIAL VITAMINS AND MINERALS. THIS IS BECAUSE THEY TEND TO EAT LESS AND HAVE A LESS DIVERSE DIET.

Get Enough Sleep

Not getting enough sleep has been linked to a reduction in immune function. For example, research has shown that people who sleep less than 5 hours a night are more likely to have suffered a recent cold. Why is this so?



Well, in order for your T cells to destroy pathogens, they need to come in close contact with them. Sticky substances called integrins facilitate this contact; think of them as the glue that your T cells need to stick to pathogens.

Stress hormones make these integrins less sticky. When you get enough sleep, your stress hormones drop, causing the integrins to stick better. And when they're stickier, your T cells are better able to adhere to pathogens, boosting your immunity.

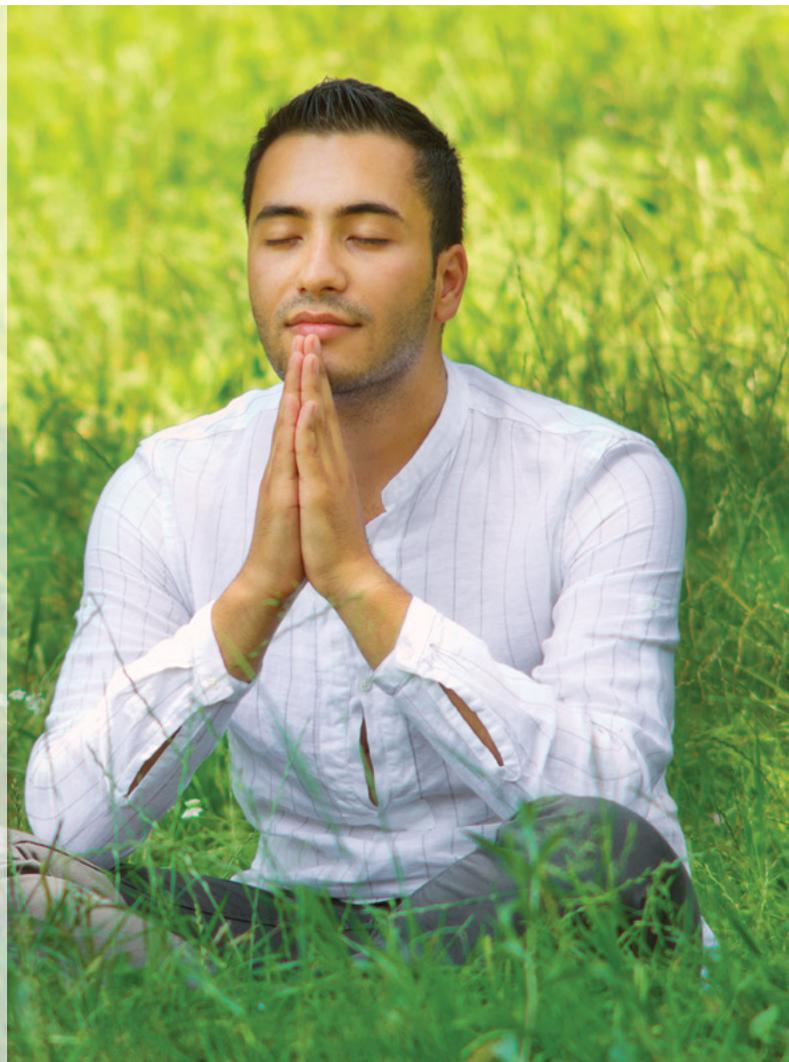
In order to get enough sleep, it is critical to optimize your sleep environment. For instance, you'll want to reduce your exposure to blue light from blue-light emitting devices such as TVs, laptops, tablets, and cell phones. This is because blue light reduces the production of melatonin, a hormone that is responsible for good sleep.

You'll also want to make sure your sleep environment is quiet, so you can fall asleep and stay asleep.

Practice Anxiety Management

Anxiety and chronic stress affect not only your mind, but your immune system too. Chronic stress decreases the number of T cells and B cells. This in turn increases your risk for viral infections, such as colds and cold sores. Chronic stress also activates latent viruses, viruses which have been dormant in your body. The activation of latent viruses due to chronic stress causes wear and tear on your immune system, making it exhausted and “burnt out”, unable to deal with everyday assaults to your body. Lastly, chronic stress results in chronic inflammation, causing autoimmune diseases.

Due to the effect of chronic stress on the immune system, it is important to practice anxiety management. You can do this in a number of ways. One way is to practice mindfulness-based meditation. This lowers your cortisol levels, which in turn reduces inflammation. Mindful framing (mindfb.com) also achieves this effect by transforming your anxiety into vital energy while developing a mental framework focusing on connecting to nature, emotional intelligence and invigorating your organism. Practicing yoga also lowers your cortisol levels and relaxes your nervous system, thus reducing inflammation.



Engage in Regular Exercise

YOU KNOW THE SAYING, “AN APPLE A DAY KEEPS THE DOCTOR AWAY”? WELL, THAT SAYING CAN ALSO APPLIES TO EXERCISE.



In a study examining the effects of exercise on the immune system, participants who walked at least 20 minutes a day, a minimum of 5 days a week, had almost 50% less sick days than those who walked once a week or less. What’s more, when they did get sick, they were sick for a shorter period, and their symptoms were milder.

Engaging in regular exercise becomes even more important as you get older. That’s because research shows that exercise can increase the number of T cells, and even improve the response to vaccines in the elderly.

You want to aim for moderate intensity exercise, not high intensity exercise. This is because engaging in prolonged high intensity exercise, without enough recovery time, may increase the risk of illness.



4 Awesome Benefits from Connecting with Nature

Have you ever felt a magnetic pull to be out in the woods or simply stroll in a park nearby? Why is enjoying nature so important when you need vacation or just look for relaxation? This the law of attraction to nature!. Let's explore the major benefits of embedding yourself in nature, observing, being mindful of your surroundings... not just sitting while scrolling through inert bits and pieces! Research shows that connecting with nature can significantly boost your mental and physical health, even reduce your blood pressure up to 10%. It's like a natural pill to boost your wellbeing!

Increased Energy

Are your energy levels low? Well, it's probably time for a nature break! According to a study, spending time in nature makes people feel invigorated, independently of the physical activity or social interactions.

How much time should you spend in nature to improve your energy levels? The magic number is 20 minutes, enough to significantly boost your energy levels. Improving your energy levels not only allows to you do the things you want to do, it also makes you less likely to get sick.

Improved Mood

A recent study found that walking in urban parks can elevate your spirit to the same levels you might feel on Christmas eve. Research also shows that your risk for mood disorders, such as depression is lowered when you regularly spend time connecting with nature.

Why is that? If you are aware and present in a natural environment, you have less tendency to ruminate over the past or worry about the future, a common feature of depression and anxiety. Nature has a way of filling you with a sense of awe, feeling that you "are in the presence of something bigger than yourself." This in turn makes your worries and cares pale in comparison.

Improved Sleep Quality

After a poor night's sleep, you may notice that you have trouble concentrating. You may also feel irritable. These may be temporary inconveniences at best. If you experience poor sleep on a regular basis; however, you are at increased risk of developing a number of medical conditions including obesity, diabetes, heart disease, high blood pressure and mood disorders. You are also more prone to die earlier. In fact, if you sleep 5 hours or less a night, your risk of dying from all causes increases by 15%.

RESEARCH SHOWS THAT SPENDING MORE TIME IN NATURE CAN IMPROVE YOUR SLEEP QUALITY, PARTICULARLY IF YOU ARE OVER THE AGE OF 65.

This effect is driven by resetting your circadian rhythm, your body's natural clock, to a more natural sleep cycle. In today's world, our circadian rhythm can be behind on average 2 hours, and this can wreak havoc on the quality of your sleep.

Improved Cognitive Performance

Do you find your attention waning after a couple of hours focused on a task? Well, that's completely normal. In order to perform cognitive tasks including analyzing, planning and organizing information, we need to pay attention. When we are tired, or after significant and prolonged mental activity, our attention starts to wander and our cognitive performance decreases.

Being in nature allows our minds to rest and reset, thus restoring our attention. Just a couple seconds or minutes is enough. We don't even have to be outdoors to have a more focused mind. Just looking outside a window, mindfully looking at tree branches, the color of its leaves, or listening and gazing at the birds will do the trick.



Bringing All Together

Try to find at least 2 hours per week to reap the mental and physical health benefits of nature. Ideally you should target an average of 20 minutes outdoors per day, truly being mindful or learning how to visualize nature while indoors.

- ✓ If you live in a city, it will be tougher to carve out time to connect with nature. Do not give up, here some tips:
- ✓ Spend part of your lunch break taking a walk or just sitting by a tree
- ✓ Spend part of your weekend strolling in your neighbourhood park
- ✓ In summer, take a sandwich and go for a picnic
- ✓ When it's time to go to bed, replace screen time with calming nature sounds or images
- ✓ Have some plants and pictures of nature at your home and office
- ✓ Be mindful of nature, connect using your 5 senses; sight, smell, sound, taste and touch
- ✓ Learn about forest bathing

EXPLORE AND CONNECT WITH NATURE AS A PATH TO DISCOVER YOUR TRUE NATURE!



How to increase CONFIDENCE, FOCUS AND CREATIVITY through visualization

Did you know that to gain full control of your life it's essential to manage the way you think? Countless experiences in our lives let us believe that we are subject to destiny; that we have no control over our own lives. However, by harnessing the visualization potential of our mind we can reframe our minds and create a new source of mental energy towards wellbeing and success.

Visualization and Manifestation

Visualization is simply creating images in your mind of what you want in your life. Manifestation consists of attaching an emotion to your visual representations, projecting your desired future into the present state of your mind.

Many of us are often stuck in negative, circular and repetitive thoughts and emotions. By mastering the mental practice of visualization, you can prepare your mind to attain your desired goals and ensure that your thoughts and actions are focused on the present and future objectives, regulating the undesirable effect of many past experiences, such as traumas, omissions and regrets.

How does this work? Your brain actually can't tell the difference between a memory and a future vision. In fact, brain imaging shows that there is an overlap in brain activity between remembering past events and imagining or simulating future events. As a result, when you visualize what you want for the future, you actually lock in an image that you can use for inspiration until you're able to make your vision a reality.



VISUALIZATION HAS LONG BEEN USED BY SUCCESSFUL PEOPLE INCLUDING ELITE ATHLETES AND SUCCESSFUL ENTREPRENEURS, BECAUSE IT BOOSTS:

Confidence

When you visualize your future, it helps you feel empowered. This in turn enables you to relax and focus on what you need to do now to attain your goals. Instead of wasting your energy on bad memories or potential problems, you focus on the present moment, your sensations, experiences and thoughts. Visualizing your future alters your mind for the better. For instance, in a study on job seekers, almost 70% of those who received visualization training in addition to traditional career counselling could find new jobs within 2 months, compared to only 21% of those who only received career counselling.

Focus

With the constant busyness of everyday life, it's easy to become distracted from our goals. By practicing visualization regularly, you keep your focus on your goals and you're more likely to spot opportunities or gain insights as to what can help you to be more successful.

Creativity

To unleash our creativity, our minds need something more than external distractions from daily work and chores. Just a few minutes of visualization can create in our mind the right framework to capture new ideas and for ideas and discoveries to pop up. This is the way we can activate our subconscious creativity.



Creating Goal Pictures

Another great way to visualize is to make a mental picture of yourself as if you have already reached your goal. For instance, if one of your goals is to buy your dream house, imagine your dream house, and see yourself inside your dream house. Think about it regularly, intensely.

Mindful Framing

Once you find time and commit regularly to a visualization practice, incorporate into your daily routine. This is the key premise for any visualization practice. Mindful framing is a mindfulness practice that helps you design and adopt your ideal lifestyle. When practicing visualization through mindful framing, you learn and see with your mind's eye five mental scenes. First you visualize your anxiety triggers, next you engage your five senses, connect with nature, regulate your emotions and finally invigorate your organism.

Any of these visual scenes or combination of them will help you frame your mind. Let's say you want to prepare for an important meeting. First you want to make sure your mind is clear of anxious thoughts, next you want to ensure you are going to be fully present, with your senses: What do you feel? What do you hear? What do you see? And then learn how to send energy throughout your entire body and emotional state. When you visualize, you win!

Practicing Affirmations

An affirmation is a statement of your ideal future that you repeat to yourself. For instance, let's say, that your goal is to work more efficiently in less time, your affirmation could be this:

"I will increase my productivity getting my daily work done in 6 hours per day."

By repeating this affirmation often during the day, it helps you stay focused on your goal and boosts your intentions. It also helps your subconscious brain do what it needs to do to make your goal materialize.

When practicing an affirmation, there are a few guidelines to follow. You want them to affirm the positive, keep your affirmations short, and not force yourself to believe your affirmation. Simply repeat it, regularly.



YOU CAN USE VISUALIZATION TO REACH THE UNTAPPED POTENTIAL OF YOUR MIND AND CREATE YOUR DREAM DESTINY. IN AS LITTLE AS A FEW MINUTES PER DAY, YOU CAN REGAIN CONTROL OF YOUR LIFE, FOREVER.



3 WAYS TO INTEGRATE

WORK AND LIFE

You hear it all the time - to be happier and more productive, you should balance your work and life. However, we can't compartmentalize our lives; interconnectivity and the way our brains are wired make this separation an uphill battle. A parent cannot simply forget about the kids during work., or ignore work responsibilities once he/she leaves the office. There is a middle ground. Rather than striving to separate work and life, an effort that can lead to anxiety and stress, why not weave them together? Follow these 3 rules for a seamless work-life integration.



RECONSIDER YOUR OCCUPATION

It's a given that no matter what your profession, there will always be pros and cons for your chosen career.

Wouldn't it be amazing if you enjoyed your chosen profession? You would feel a natural inclination to complete the tasks at hand.

Start by taking a look at your profession and career path to see if it feeds and nourishes your passion for excelling and expanding. When you are satisfied with what you do, it's a joyful process to incorporate work into your life with ease.



REALIZE IT'S OKAY TO LOVE YOUR WORK

At times, we feel an urge to work on an exciting project in our personal time, even sacrificing a well-deserved weekend. We need breaks, but we also need to feed our desires to excel and achieve.

Sometimes you will feel a strong momentum and sense a powerful life force that requires your full attention and effort. Go for it!

Integration means not feeling guilty when answering emails after spending time with your family unwinding. These few minutes will make your next day more streamlined and efficient.



MODULATE YOUR ENERGY

Everyone has energy spikes, dips, and times when we coast. Being aware of our energetic mood helps us emotionally, physically, and mentally.

For example, it's okay to realize that during work, you might need a fun YouTube video so your brain relaxes..

Being aware of what we need in each moment to achieve emotional and energetic satisfaction helps us to meld both work and life together.

You can leverage your energy levels by allowing yourself to slow down and relax, and boosting your energy by taking nature breaks.

DIVING INTO THE PRESENT MOMENT WITH OUR SIX SENSES



MINDFULNESS IS EQUIVALENT TO FRAMING OUR FULL ATTENTION TO THE PRESENT MOMENT. THIS MEANS FOCUSING OUR ATTENTION EXCLUSIVELY ON THE INPUT FROM ALL OUR SENSES. LEARNING THE NEUROBIOLOGY AND CHARACTERISTICS OF OUR SIX SENSES IS ESSENTIAL TO MASTER THE PRACTICE OF MINDFUL FRAMING.



Do we Have Six Senses?

Yes. We do have six senses and this is how they work:



Sight

Through our eyes, the visual cortex in the brain collects and processes colors, shapes, letters, symbols and complex images from our environment. Sight is our most essential sense because we can also see with our mind by visualizing, memorizing and dreaming. This interplay of reality and imagination is a powerful driver of creativity.



Hearing

Through our ears, our brain collects information from any sound waves hitting your ear drums. From an evolutionary perspective, hearing is the main driver of human behavior through verbal and musical communication.



Taste

Through the taste buds on our tongue we can sense texture and flavors (sweet, sour, salty, bitter, and umami), converting eating, snacking or drinking in a symphony of pleasurable sensations. The sense of taste is important for human evolution because a bitter taste alerted us that a food was potentially toxic; while a sweet taste indicated sugary and nutritious food.



Smell

Through the olfactory glands in the nose, the brain scans for friendly and unfriendly environments. Bodily scents draw us to our loved ones and even keep us from danger. Smell is believed to be one of the most primal of the senses, especially in mammals.



Touch

Through our skin, we experience heat and cold, regulating and protecting our metabolism. Other key sensations include pain, pressure, and vibration. Besides helping us interact with the environment, touch also appears to be important for our sense of well-being. For example, touching and hugging others helps connecting to others at an emotional level.



Proprioception

This lesser known sense allows us to feel and locate spatially where is our body and certain organs. For instance, if we close our eyes, and someone moves our right foot, we are still be able to tell where it is. Proprioception is essential for breathing practices, we are able to notice the expansion of the lungs and indirectly the position of the diaphragm. In this way we can also activate our parasympathetic nervous system, especially the vagus nerve, eliciting a relaxation response.



Optimize Your Six Senses



OUR SENSES ARE ESSENTIAL CONNECTORS WITH THE ENVIRONMENT WHILE ALLOWING YOU TO DISCONNECT FROM UNWANTED THOUGHTS AND EMBRACE THE PRESENT MOMENT. THEREFORE, IT IS IMPERATIVE TO KEEP YOUR SENSES SHARP.

Here are few tips that can help you do just that:

Sight:

Protect your eyes from sun damage by wearing sunglasses. Eating foods rich in Vitamin A, as well as the antioxidants lutein and zeaxanthin is beneficial for your eyes.

Hearing:

Long-term exposure to loud sounds can damage your hearing. Make sure you wear ear plugs in noisy environments. Adjust the volume when listening to loud music.

Taste:

Stimulate your taste buds by varying your diet. Try new recipes, exotic fruits and spices. Minimize your consumption of processed foods, which contain so much sugar and salt that you actually stop tasting subtle sugar and salt in whole, natural foods.

Smell:

Research has shown that training and repeatedly exposing your nose to substances with strong smells optimizes the olfactory receptors in the nose and the key areas of the brain processing these sensations.

Touch:

Apply sunscreen to your skin to protect it from the damaging rays of the sun. Make sure you consume enough water to prevent dehydration.

Proprioception:

In order to improve your sense of proprioception, it is important to add variety to your daily activities. For instance, if you're a runner, try running barefoot, or try gymnastics, yoga or calisthenics.



Practice the 'Sensational Scan'



THE HECTIC PACE OF MODERN LIFE REQUIRES MORE THAN EVER TO FRAME OUR ATTENTION TOWARDS THE NATURAL ENVIRONMENT, OUR EMOTIONS AND ORGANISM, THE NEO CHI LIFESTYLE, SETTING ASIDE ANXIOUS AND STRESSFUL THOUGHTS.

Practice these steps anytime you need to relax:

Step 1:

Take a few, deep breaths framing your full attention towards inhaling and exhaling.

Step 2:

Focus on your sense of sight. Observe your surroundings. What colours, textures, lighting, and movements can you see? Even with your eyes closed, focus on the back of your eye lids, you will 'see' a yellow, orange or blue background with flashing, starry or random shapes.

Step 3:

Close your eyes and focus on your sense of hearing. Listen to the sounds of nature, the computer whirring in the background, your breathing, cars passing by. If already in bed, listen to the subtle rubbing of the pillow into your ears.

Step 4:

Focus on your sense of smell. Smell the perfume you're wearing, flowers, your hair, your body fragrance. Try essential oils.

Step 5:

Focus on your sense of taste. Look for a piece of fruit, and really savor it. Notice if it tastes sweet or sour, and how intense the tastes are. Or just lick your lips with your tongue, is it a salty or sweet sensation?

Step 6:

Focus on your sense of touch. Notice the feeling in your hands; how warm or cold they are. Feel the air moving across your skin. Sense the bed sheets in your bed. Does it feel smooth or coarse?

Step 7:

While breathing in and out, focus on the sensations coming from your ribs expanding and contracting while your belly is being pushed up and down.



THIS 'SENSATIONAL SCAN' CAN BE EXTRAORDINARILY HELPFUL AS A DAILY PRACTICE WHEN GOING TO BED AND WAKING UP. YOU WON'T BELIEVE HOW REMARKABLE AND POWERFUL IS YOUR BODY AND HOW YOU CAN ACTIVELY CONTROL YOUR SENSATIONS.

BY BRINGING AWARENESS TO YOUR SENSES IN THE PRESENT MOMENT, YOU WILL MASTER THE ART OF EXPERIENCING CALM IN THE MIDDLE OF ANY STORM.

NAMASTE.



Anxiety Report

by the NEO Chi Institute

The non-profit NEO Chi Institute provides educational and support services to address anxiety and stress in our communities. Our report summarizes and discusses the demographics and results of a survey provided by 238 people (16% 18-24; 44% 25-34; 32% 35-44; 7% 45-54 and 1% 55-64). We would appreciate if you could provide us your feedback and additional perspectives that can make these results more helpful and relevant for those struggling with anxiety and stress.



ANXIETY AND FEAR

53% of you feel anxious once a week and 17% a few times a week.

Anxiety disorders are the most common mood dysfunctions, affecting over 40 million adults in the United States age 18 and older, or 18.1% of the population every year. While no one seems to have an exact answer as to why anxiety is so common, many attributes this presumed increase in anxiety disorders to factors such as social media, poor sleep habits, low self-awareness and empathy and currently enhanced by the COVID-19 pandemic. Reported medically-diagnosed anxiety has increased from about 5% in 2008 to 7% in 2018 ($p < 0.0001$) among adult Americans.



FREQUENCY OF INTERACTION WITH NATURE

39% of you interact with nature only once a month, while 25% once a week and 25% less than once a month.

Whether it means sitting in a bench in the park or going for a thrilling white water rafting adventure, finding time to spend outdoors has lots of benefits including:

- ✓ Increased energy
- ✓ Reduced stress
- ✓ Improved mood
- ✓ Improved cognitive performance

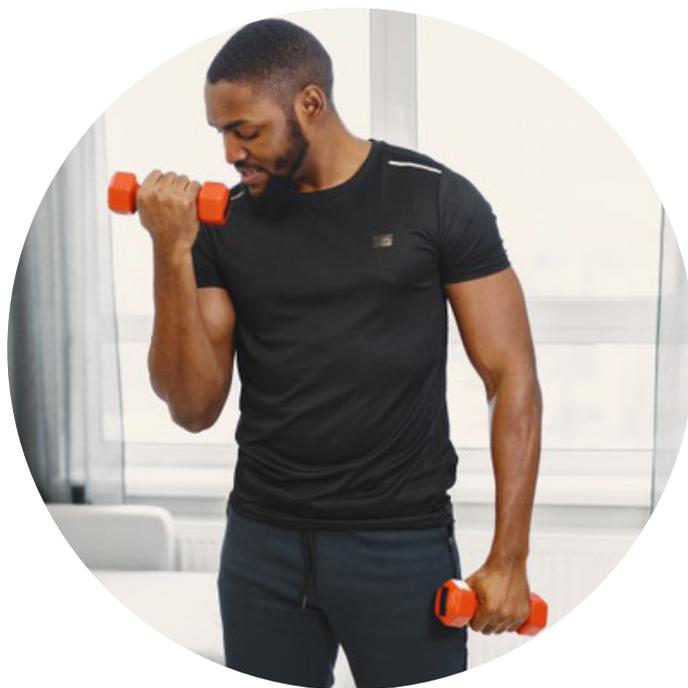
NUTRITION

54% of you are a little conscious about their nutrition, while 30% don't pay any attention to it and only 9% are very conscious about what they eat.

If you haven't read the book "You are what you eat". I recommend you do so. The book is a national bestseller that has changed the way people think about food and nutrition and change their lives.

We recommend you read our BLOG called 4 Natural Boosters of Serotonin, our Emotional Fluid and why adding more fruits, vegetables and legumes can contribute to a healthy gut and a stronger immune system.

- ✓ Other benefits of having a healthy diet include:
- ✓ Reduction of cancer risk
- ✓ Better mood
- ✓ Improved memory
- ✓ Weight loss
- ✓ Diabetes management
- ✓ Strong bones and teeth
- ✓ Better sleep
- ✓ Better health of your children and next generations



EXERCISE

21% of you exercise once a week, while 43% about once a week and 21% a few times a week. Only 4% of you exercise daily.

According to new data from the Centers for Disease Control, only about 23 percent of all U.S. adults get the recommended amount of exercise per week. That's 150 minutes of moderate intensity aerobic exercise, plus two bouts of muscle-strengthening exercise.

This means that less than a quarter of Americans are meeting all national physical activity guidelines. It is an alarming rate, particularly when we know that regular exercise has many benefits including:

- ✓ Strengthens your heart, increasing blood flow and raising oxygen levels in your body, which helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack
- ✓ Lowers your blood pressure and triglyceride levels
- ✓ Improves your memory and brain function (all age groups)
- ✓ Aids in weight management; Improves joint pain and stiffness; improves your quality of sleep
- ✓ Reduces feelings of anxiety and depression

EMPATHY TOWARDS OTHERS

58% of you feel normal empathy for others while 28% of you feel high empathy for others.

Empathy is a critical life skill, it helps us understand how others feel so we can connect with them appropriately. Being empathetic towards others has many benefits: It reduces stress and fosters resilience, trust, healing, personal growth, creativity, learning and nourishing connection. Empathy transforms conflict and supports sustainable collaborative action and positive social change.

Empathy also helps us to communicate our ideas in a way that makes sense to others, and it helps us understand others when they communicate with us. It is one of the foundational building blocks of great social interaction and, quite obviously, powerful stuff.

HOW YOU FEEL ABOUT YOUR LIFE

50% of you are neutral about how you feel about your life while 26% are positive and only 6% very positive. 14% of you are however negative about your life and 14% very negative.

If it were in our power, we would give you all a boost of positive energy and motivation. We would spend time with each of you guiding you towards improving the way you feel, building self-confidence and self-esteem and find the strength to go after your dreams.

I understand that sometimes we feel overwhelmed, tired, depressed and disappointed, and that we may think about giving up. Nothing is worth giving up when we understand the value of life itself. Remember that whatever you may be going through is only temporary. Everything eventually goes away. It just takes patience to be able to go through the dark times with strengths and the determination that we will do all we can to be ok, no matter what.

Also remember that **YOU ARE ENOUGH**. Stop comparing yourself to others. They often only show their good side. You do not know what's happening behind curtains. Cherish yourself and go after your dreams and never stop believing that all is possible.



SELF-CONFIDENCE

39% of you are very confident, while 41% are somewhat confident. Only 4% are extremely confident and 2% not confident at all.

Self-confidence is the most important quality for building new relationships. A lack of self-confidence will prevent you from feeling strong enough about yourself to take action on things that matter most to you. It is therefore a critical skill to sharpen if you suffer for a lack of it.

Low self-esteem has been shown to lead to mental and physical health issues like depression, anxiety, and anorexia. It can also lead to unhealthy habits like smoking tobacco, alcohol abuse, or drug use. A low self-esteem can also reduce the quality of a person's life in many different ways. The constant self-criticism can lead to persistent feelings of sadness, depression, anxiety, anger, shame or guilt.

Here are a few tips to help you build self-esteem:

- ✓ Use hopeful and positive statements every day.
- ✓ Treat yourself with kindness and encouragement.
- ✓ Forgive yourself. Nobody's perfect.
- ✓ Avoid 'should' and 'must' statements. Let go of the past, you can't change it.
- ✓ Focus on the positive.
- ✓ Consider what you've learned and move on

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE NEO CHI LIFESTYLE, OR TO GET ASSISTANCE AND GUIDANCE IN SPECIFIC AREAS OF YOUR LIFE, HERE ARE A FEW THINGS YOU CAN DO:

1

DOWNLOAD OUR FREE KINDLE BOOK "MINDFUL FRAMING" ON AMAZON

2

ATTEND OUR FREE MONTHLY WEBINARS

3

READ OUR BLOGS ON MY WEBSITE

4

SCHEDULE A FREE CONSULTATION WITH DOC. SEGURADO



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