HEALTH FOR A CHANGE

Kentucky Inspired: Bringing Justice Back to Our Bodies (6 of 8)

December 11, 2020

To address the unmet health needs of Kentuckians

by . . .

• Developing and influencing policy
• Improving access to care
• Reducing health risks and disparities
• Promoting health equity

And VALUES . . .

✓ Integrity ✓ Leadership
✓ Respect ✓ Collaboration
✓ Effectiveness ✓ Policy Equity
www.healthy-ky.org/about-us/meet-the-foundation/learn-more-about-the-council

LEARN MORE ABOUT THE COUNCIL

Community Advisory Council Ends and Inception Process

The role of the Council to provide the Executive Board of Directors with advice and recommendations regarding overall policy and strategic direction and adherence to the mission and its actions as directed by the Commonwealth of Kentucky. Read more about the Council’s responsibilities, composition, and terms in the Commonwealth of Kentucky.

Members of the Council are appointed by the Governor to ensure that the needs of all residents of the Commonwealth are represented and that the Council’s recommendations are in the best interests of all Kentuckians. The Council’s recommendations include initiatives to develop comprehensive health care systems, address health disparities, and improve the health of all residents of the Commonwealth.

The Council’s recommendations are based on the best available scientific, medical, and public health data, and are informed by input from stakeholders, including community members, policymakers, and other experts. The Council’s recommendations are intended to improve health outcomes and reduce health disparities in all residents of the Commonwealth.

Explore Further

ABOUT US
CENTER INITIATIVES
COIPE
COORDINATION CHAIR
EXPLORATION FORUM
JOBS
HISTORY
SUPPORTS/RESOURCES
SUCCESS STORIES
CONTACT US

www.healthy-ky.org/events/bost-health-policy-forum

HOWARD L. BOST MEMORIAL HEALTH POLICY FORUM WEBINAR SERIES

Moving Kids Towards Natural Highs: Kentucky Opportunities to Prevent Youth Substance Use, Suicide and Risky Behavior

Understanding Youth and Building Good Mental Health
Monday, December 14, 2020 2:00 to 3:00 p.m. ET

www.healthy-ky.org/events/health-for-a-change

www.healthy-ky.org

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Bringing Justice Back To Our Bodies

BREATH, BEAT, BRAIN, BODY

FRI DEC 11 @ 12:30 PM CST
CRE DYE
SESSION 6

COLLECTIVE BREATH BREATHING LOVE INTO MY THOUGHTS & EMOTIONS
LETS DO A QUICK CHECK IN & RE-MEMBERING

ACTIVITIES TO COOL THE EYES

- WALKING ON GREEN GRASS BAREFOOT WILL PULL HEAT OUT OF YOUR EYES
- FOOT MASSAGE SCALP MASSAGE COOLS THE EYES
- MOON GAZING COOLS THE EYES
- CALL IN & READ ON PAPER
I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE

HAPPINESS
CONTENTMENT
JOY

IS AN EMOTION
ANXIETY/WORRY
FEAR
CONFUSION
PANIC

IS JUST AN EMOTION

STRESS IS NOT AN EMOTION

STRESS IS A RELATIONSHIP
BETWEEN YOUR LIVING ORGANISM
AND THE FORCES OF THE WORLD

YOUR RESPONSES
(ESPECIALLY HOW & HOW OFTEN
YOU CHOOSE TO SEE THESE
FORCES (NOT THE FORCES
THEMSELVES) DETERMINE YOUR
OUTCOME
Limbic System
hippocampus
hypothalamus
thalamus
amygdala

• memory and emotion

THE WEATHER
OF OUR
EMOTIONS

JUST LIKE THE BLUE SKIES
OUR EMOTIONS ARE ALWAYS THERE
THEY CAN COME IN LIKE A GENTLE BREEZE OR TORNADO

WEATHER OF OUR EMOTIONS

- ALL EMOTIONS ARE MESSENGERS
- ARISE AT DIFFERENT LEVELS OF INTENSITY
- EMOTIONS COMMONLY WORK IN PAIRS
- USUALLY WE REPRESS OR EXPRESS
WE MUST RESOURCE OURSELVES!

SLOW EMOTION FLOW
WE MUST TAKE RESPONSIBILITY FOR OUR BRAIN, BREATH & BODY BY TAKING A SIGH

NEXT TIME YOU ARE FEELING OVERWHELMED OR ANXIOUS TRY SIGHING THE BREATH OUT .......

IT DOES WHAT IT NEEDS TO DO TO TAKE CARE OF US

STARTS OUT AS A NORMAL BREATH BUT BEFORE YOU EXHALE, YOU TAKE A SECOND BREATH ON TOP OF IT

ITS A RELEASING AND WHEN DONE EFFECTIVELY, WE ACCESS OUR COPING RESERVES & DOWN REGULATE OUR BODIES
WHAT WILL YOU DO WITH THIS INFORMATION?

YOU ALREADY ARE THE POWER OF THE COSMOS ARRIVING AS PURE INTELLIGENCE YOU, IN PERFECT HARMONY AND IN PERFECT TIMING THATS WHO YOU ARE!
CHPT 1: MIND, BODY & SPIRIT
CHPT 2: BRAIN BASICS
CHPT 3: RELAX & RELEASE
CHPT 4: A MEDITATION A DAY
CHPT 5: MINDFUL MOVEMENT
CHPT 6: FOCUS & CHOICES
CHPT 7: SELF-CARE