HEALTH FOR A CHANGE

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

December 30, 2020

Foundation for a Healthy Kentucky’s MISSION

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
✓ Respect
✓ Effectiveness
✓ Leadership
✓ Policy Equity
✓ Collaboration
www.healthy-ky.org/events/health-for-a-change

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

Stopping Vaping and Substance Use
Monday, January 11, 2021
2:00 to 3:00 p.m. ET

Effective Advocacy Every Voice Counts!

Presented by Sheila A. Schuster, Ph.D.

Sponsored by the Advocacy Action Network, the Kentucky Psychological Foundation, and the Kentucky Psychological Association

Monday, January 11, 2021
11:00 AM - 1:00 PM

www.kpa.org

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Bringing Justice Back To Our Bodies

BREATH, BEAT, BRAIN, BODY

I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
THE GUEST HOUSE
THIS BEING HUMAN IS A GUEST HOUSE
EVERY MORNING A NEW ARRIVAL
A JOY, A DEPRESSION, A MEANNESS
SOME MOMENTARY AWARENESS COMES
AS AN UNEXPECTED VISITOR.
WELCOME AND ATTEND THEM ALL!
EVEN IF THEY ARE A CROWD OF SORROWS,
WHO VIOLENTLY SWEEP YOUR HOUSE
EMPTY OF ITS FURNITURE,

STILL, TREAT EACH GUEST HONORABLY.
…….. MAYBE {PREPARING} YOU
FOR SOME NEW DELIGHT.
THE DARK THOUGHT, THE SHAME, THE MALICE.
MEET THEM AT THE DOOR, {ACKNOWLEDGE}
AND INVITE THEM IN.
BE GRATEFUL FOR WHATEVER COMES.
BECAUSE EACH HAS BEEN SENT
AS A GUIDE FROM BEYOND.
ONE OF OUR FIRST TECHNOLOGIES IS OUR FAMILY

Even the way we view, welcome or reject our emotions began with our families.

OUR SYSTEMS, EVEN OUR EMOTIONAL SYSTEM IS MOLDED, SHAPED & CONDITIONED BY THIS TECHNOLOGY (FAMILY)
EMOTIONAL FAMILIES

Anger Family
Apathy
Guilt
Guilt
Hatred

Fear Family
Fear
Anxiety
Confusion
Panic
Jealousy
Envy

Sadness Family
Sadness
Grief
Situational
Depression

Happiness Family
Happiness
Contentment
Joy

THE WEATHER OF OUR EMOTIONS

JUST LIKE THE BLUE SKIES
OUR EMOTIONS ARE ALWAYS THERE

WE MUST LEARN TO IDENTIFY OUR EMOTIONS
QUESTIONS TO FAMILIARIZE YOURSELF WITH EMOTIONS

Which emotions are easiest for you to work with right now?
Which emotions are most challenging for you to work with?

ANGER FAMILY

Comes to tell you what's important to you and when a boundary has been crossed. Anger arises when self image, behaviors, boundaries are challenged.

Gifts: Honor, protection on self & others

What do I value?
What must be protected or restored?
FEAR FAMILY
CONTAINS YOUR INTUITION & INSTINCTS
HELPS YOU FOCUS ON THE PRESENT MOMENT AND TUNE INTO CHANGES IN YOUR IMMEDIATE ENVIRONMENT
GIFTS: INTUITION, INSTINCT, FOCUS, CLARITY, ATTENTIVENESS
WHAT ACTION SHOULD BE TAKEN?

SADNESS FAMILY
RELEASE THINGS THAT AREN'T WORKING AND MOURN THINGS THAT ARE GONE OR HAVE CHANGED
GIFTS: INGENIOUS STOP SIGN OF THE SOUL, RELAX, RELEASE, REJUVENATE
WHAT MUST BE RELEASED? WHAT MUST BE REJUVENATED?
HAPPINESS FAMILY
ARISES TO HELP YOU LOOK AROUND YOU
AND TO THE FUTURE WITH HOPE AND ENJOYMENT
GIFTS: AMUSEMENT, HOPE, DELIGHT, PLAYFULNESS
GIVE THANKS FOR THIS MOMENT AND LIVELY
CELEBRATION

WE MUST TAKE RESPONSIBILITY
FOR OUR BRAIN, BREATH & BODY
WHICH IN TURN WILL SETTLE
OTHERS
HOW CAN I CONQUER THE CONFLICT IN MY MIND TO RISE ABOVE AND SEE THE LUMINOSITY (DIVINE TRUTH) IN ME? (HANDS AT BELLY)
INTENTION VS GOALS

HAND AT BELLY
HAND AT HEART

WAKE UP !!!

HOW DO YOU WANT TO SHOW UP IN THIS LIFE?
HOW CAN YOU CONVERT YOUR WILL POWER TO THE YEARNING YOU?
SHOW UP FOR YOU AS AUTHENTICALLY & POWERFULLY AS YOU CAN SO PEOPLE CAN SEE THE YOU

ABHAYA MUDRA
I HAVE NO FEAR I TRUST I HAVE NO FEAR I TRUST THAT I WILL BE GUIDED IN THE RIGHT WAY
I just found this awesome picture of you!

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