HEALTH FOR A CHANGE

Kentucky Inspired: Bringing Justice Back to our Bodies

November 6, 2020

Foundation for a Healthy Kentucky’s MISSION

To address the unmet health needs of Kentuckians
Foundation for a Healthy Kentucky’s MISSION

By...

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

www.healthy-ky.org
Join us!
www.smokefreetomorrow.org

Coalition for a
Smoke-Free Tomorrow

Join us!
www.kentuckyhealthychildren.org

Kentucky Coalition for Healthy Children

LEARN MORE ABOUT THE COUNCIL

Community Advisory Council Role and Nominations Process

The role of the Council is to provide the Foundation’s Board of Directors with advice and recommendations regarding overall policy and strategic direction and adherence to the mission and to serve as a bridge with communities in Kentucky. Read more about the Council’s functions, roles, and responsibilities and memership in the Council Charter.

Members of the Council are residents of the Commonwealth who are committed to addressing the unmet health needs of the people of Kentucky and who have expressed an interest and willingness to engage individually and as a group to assist the Foundation in achieving its charitable mission. Read more about the expectations for individual Council members.

Foundation Officers call for the Council to maintain a diverse membership, with broad community and consumer representation and ensuring careful consideration to its offices, gender, geographic, and racial balance. The Commonwealth encompasses thousands of communities, each unique in culture, social, economic, and educational opportunities and challenges. The Foundation is intentional in its efforts to intentionally expand the inclusivity and diversity of its Council as we engage with communities across the state.

Nominations are accepted on an ongoing basis and will be reviewed by the Nominations and Governance Committee at their quarterly meetings. The Nominations and Governance Committee will review nominations in the context of the overall Council membership profile, with a priority on appointing new Council members who bring diversity to the Council. Underrepresented areas on the Council currently include:

- EXPLORE FURTHER
  - ABOUT US
  - MISSION
  - JOB OPPORTUNITIES
  - CONFERENCE FACILITY
  - MEET THE FOUNDATION
  - JOBS
  - HEALTHY KENTUCKY POLICY CHAMPION AWARDS PROGRAM

https://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

Promoting Healthy Lifestyles
Through Nutrition & Physical Activity
Monday, November 9, 2020
2:00 to 3:00 p.m. ET

Register here: https://bit.ly/3m3UU7
TODAY: Survey Via Email

✓ Give your feedback
✓ Suggest future topics
✓ Only 3 minutes

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

CONTACT

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BRINGING JUSTICE BACK TO OUR BODIES
BREATH, BEAT, BRAIN, BODY

YOU AS THE PRIMARY SUBJECT
8 WEEKS AS YOUR FOUNDATION
BREATH, BEAT, BRAIN, BODY
MEDITATIVE REMEMBERING
MEDITATIVE HEALING
THIS MOMENT, RIGHT NOW, IS EVERYTHING.
I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE

CONNECTION

THE ENERGY THAT EXISTS BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD AND VALUED; WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGMENT; AND WHEN THEY DERIVE SUSTENANCE AND STRENGTH FROM THE RELATIONSHIP.
CONNECTION... WE MISS YOU
LETS Breath...
WE ARE ALL STORYKEEPERS

Consider that for every physical symptom you have there is an emotional, mental, spiritual and collective counterpart.......We are storykeepers here to mend the circle of life for ourselves, our family and the earth.

Lets all consider the impact of our decisions on seven generations to come.... In our bodies we hold the stories of seven generations before us... and how we live, think and behave affects seven generations ahead.... What you heal today you are also healing backward, forward & horizontally affecting your ancestors, your children, your great - grandchildren, immediate family circle and your tribe or community.
AS I BREATHE, I HEAL, I TRANSFORM MY LINEAGE & LEGACY

What are unique stressors of this moment in time?
UNIQUE STRESSORS

LONELINESS/ LOSS OF RELATIONSHIP
LACK OF CONNECTION
ECONOMIC LOSS
LIMITED ENTERTAINMENT
NO RAINBOW MOMENTS/
NOTHING TO LOOK FORWARD TO
MINIMIZED FAMILY/SOCIAL INTERACTIONS
OVERALL LOSS OF RESOURCES

HEALING..........

Active & internal process that includes investigating ones attitudes, memories and beliefs with the desire to release all negative patterns/rhythms that prevent a full emotional and spiritual self
3 TYPES OF STRESSORS
(ALL STRESS IS NOT CREATED EQUAL)

ACUTE

CHRONIC

PSYCHOLOGICAL

E-motions, Stress, and Trauma Get Locked/Blocked In
Joy/Love/Ecstasy warmth, expansion in upper chest
Panic/Anxiety sinking feeling in stomach
Imbalance/Fear/Sadness tightness or pain in the hips
Ego/Inability to bend knee pain

Shame
hot sensation in face
Grief
heaviness in chest
Anger/Rage/Stress tight sense in chest or abdomen
Guilt/Loneliness lower back pain
Ungrounded pain in the feet
On behalf of our highest selves....

On behalf of our ancestors and our descendants.....

we must take responsibility for our breath and health
HOW YOU BREATHING IS HOW YOU LIVING

- Breath interacts and affects the cardiovascular, neurological, gastrointestinal and muscular systems.

- Quality of breath expresses our inner feelings
- only physiological function that is controlled by both the voluntary and involuntary system

BREATHE

GROUNDING BREATH
COMFORTABLE POSITION, INHALE IN NOSE & GENTLY BRING TEETH TOGETHER, EXHALE THROUGH MOUTH

VOLCANO BREATH
PALMS TOGETHER AT HEART, INHALE HANDS STRAIGHT UP, EXHALE WIDE

BREATH HUG
INHALE ARMS WIDE OPEN, EXHALE HUG SELF TIGHT, REPEAT 3 TIMES

BREATHE EXERCISES 'PRANAYAMA'
BREATH FACTS
THE BREATH TRAVELS WITH US EVERYWHERE WE GO
CARBON DIOXIDE HAS WEIGHT, WE EXHALE MORE WEIGHT THAN WE INHALE
FOR EVERY 10 LBS OF FAT LOST IN OUR BODIES, 8.5 OF IT COMES THROUGH OUR LUNGS
TAKING LONGER MORE MEANINGFUL BREATHS IS BETTER (SLOW ROW)
BREATHING TOO MUCH COULD OVER WORK YOUR SYSTEM
EACH INHALE PROVIDES US WITH NEW ENERGY
EACH EXHALE RELEASES OLD STALE ENERGY
BREATHING ALLOWS US TO HACK INTO OUR NERVOUS SYSTEMS

I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
STAY IN TOUCH
FOR QUESTIONS AND FEEDBACK

CRE DYE YOGA & HEALING

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