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
- Collaboration
- Policy Equity
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

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BRINGING JUSTICE BACK TO OUR BODIES

BREATH, BEAT, BRAIN, BODY

YOU AS THE PRIMARY SUBJECT

BRAIN
BEAT
BREATH
BODY
THIS MOMENT,
RIGHT NOW,
IS EVERYTHING
I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE

LET'S PRACTICE/REVIEW

- GROUNDING BREATHE
- VOLCANO BREATHE
- BREATH HUGS
- LEFT /RIGHT TAP
3 TYPES OF STRESSORS
(ALL STRESS IS NOT CREATED EQUAL)

ACUTE

CHRONIC

PSYCHOLOGICAL

E-motions, Stress, and Trauma Get Locked/Blocked In the Body & Impact the Heart
Our e-motions (and thoughts) show up in the breath, our beat and the body ... 

LET'S CLOSE OUR EYES AND SEE

ANXIETY/WORRY
FEAR
CONFUSION
PANIC

ARE JUST EMOTIONS

STRESS IS NOT AN EMOTION
STRESS IS A RELATIONSHIP BETWEEN YOUR LIVING ORGANISM AND THE FORCES OF THE WORLD

YOUR RESPONSES TO THESE FORCES (NOT THE FORCES THEMSELVES) DETERMINE YOUR OUTCOME

Where there is movement there is no pain. Where there is pain there is no movement.

We can move emotions(energy)
THE ENERGY OF THE HEART CENTER IS AN ELECTROMAGNETIC/VIBRATIONAL FIELD OF THE HEART

IT HAS OVER 40,000 NEURONS OF ALL THE CELLS, 67% ARE NEURAL CELLS
HEART IS TRUE VESSEL ENERGETICALLY IF WE FOCUS ON OUR HEART SPACE WE CAN CHANGE OUR BRAIN & BREATH

THE HEARTS ELECTROMAGNETIC FIELD IS 5000 TIMES MORE POWERFUL THAN THE BRAIN

HEART IS TRUE VESSEL ITS HEALING FOR THE MIND AS WELL AS THE BODY
OUR HEARTS ARE THE MOST IMPORTANT ENERGY CENTER FOR HEALING - ITS THE PINNACLE FOR TRANSFORMATION
MOST GREAT TEACHERS, COUNSELORS, & LEADERS TRANSMIT MOST OF THEIR WORK THROUGH THEIR HEART VIBRATIONS (CO-REGULATE)

REFLECTION: TAKE A MOMENT TO RECALL A TEACHER/THERAPIST THAT YOU CONNECTED TO... WHAT WERE THEIR ATTRIBUTES?
HOW IS YOUR HEART RIGHT NOW?

ENERGY AWARENESS EXERCISES

HAND TO HEART TO EARTH

EXPANSION & CONTRACTION

HAND TO HEART HAND TO CHEEK
I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE

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
WE ALL CAME HERE AS LOVE
SOME OF US ARE JUST HAVING A
TEMPORARY DEVIATION FROM
LOVES PERFECTION
STAY IN TOUCH
FOR QUESTIONS AND FEEDBACK

CRE DYE YOGA & HEALING

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