

What is self-care?

- Practical aspects that support our daily functioning
- Deeper aspects of living a balanced life
- “How we take care of our body, mind, emotions, and spirit as well as how we exist as a supportive member of the world at large, are all integral and interwoven parts of taking care of ourselves” (UZ Integrative therapy program, 2012)

Mind and Body Practices & CHAIHs

- **Integrative health** refers to the incorporation of complementary health approaches into conventional health care (NCCIH, 2016)
- Mind & body practices: Used to avert or manage clinical conditions, enhance QOL, and enrich personal sense of well-being
- OT philosophical background and client-centered approach to practice support the use of CHAIH as preparatory, occupations, & activities (AJOT, 2017)
- Can be incorporated into overall POC that supports active engagement & participation in meaningful occupations

What is Tai Chi?

- Eastern martial art; Internal fighting style meaning movements are not bound
- Fluid Movement – unlock knees, keeping muscles & joints relaxed to increase flow of Qi
- Awareness of posture yet avoids unnecessary tension
- Tai Chi forms have direct functional application to movements of everyday tasks
- Typically begins in a relaxed state and later movement is added to enhance power & strength
- Addresses standing balance and coordination, weight-bearing, posture, tones the muscles, keeps joints flexible, increases breathing capacity, lowers stress levels, and improves organ function.

What is yoga?

- An ancient science designed to unite mind, body, & spirit
- A philosophy and way of life
- Yoga techniques combine mind (meditation) and body (exercises) to balance our systems
- Improves relaxation and provides clients an opportunity to coordinate breath with slow, focused movement
- Helps with stress management, balance, enhances mental & physical well-being, enhances flexibility, can relieve low-back pain, and improve sleep

What is Qi-Gong?

- Qi (Life energy) + Gong (as practice of breathing).
- A form of gentle exercise, aimed at increasing movement of Qi and flow of the breath, quieting the mind, enhancing balance, and improving awareness of body movement through space

- Main principles: intentional movement, rhythmic breathing, awareness, and visualization of Qi flow throughout the body.
- Helps with stress management, increases relaxation response, and builds a stronger immune system

Apps for meditation

- Breathe2relax - stress management tool with focus on diaphragmatic breathing
- Calm - meditation techniques for stress relief and sleep
- Headspace- specializing in meditation

Resources

Barbara Brewer Easy Tai Chi video <http://youtu.com/watch?v=HpPRdWRCRUE>

Tai Chi Health Institute information and videos <http://taichiforhealthinstitute.org>

Gentle chair yoga routine <http://youtu.be/KEjiXtb2hRg>

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