

Natural Methods for Managing the Anxiety of Withdrawal

David Nelson, PhD

What do you want today,
so when you leave here,
it was worth your time?

Don't want you leaving thinking this is 90 minutes of my
life I ain't getting back.

What are you seeing in
your practice or setting?

You do not manage
anxiety.

You manage your
response to it.

Please, Don't Feed The Bears!

Don't fight
Don't run
Train in a new way to
respond!



“Sandwiches!”

SEEDS

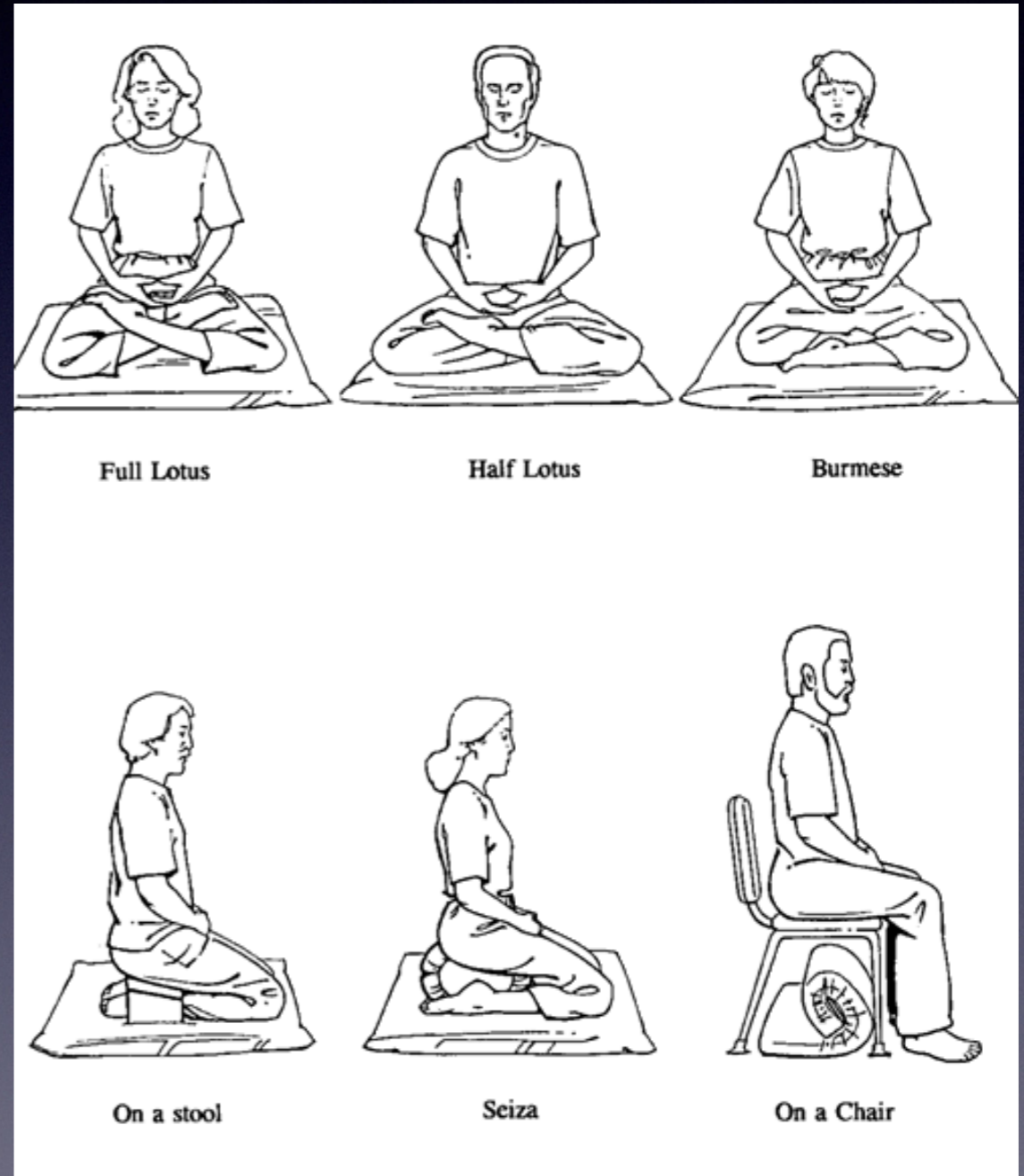
- Social connectivity
- Exercise
- Education
- Diet
- Sleep

Benefits of Mindfulness

- Better health - Strong immune system
- Happy Brain - Helps with preventing burnout
- Pain Management
- Anxiety Management
- Better sleep
- Blood pressure stabilization
- You become a kinder person

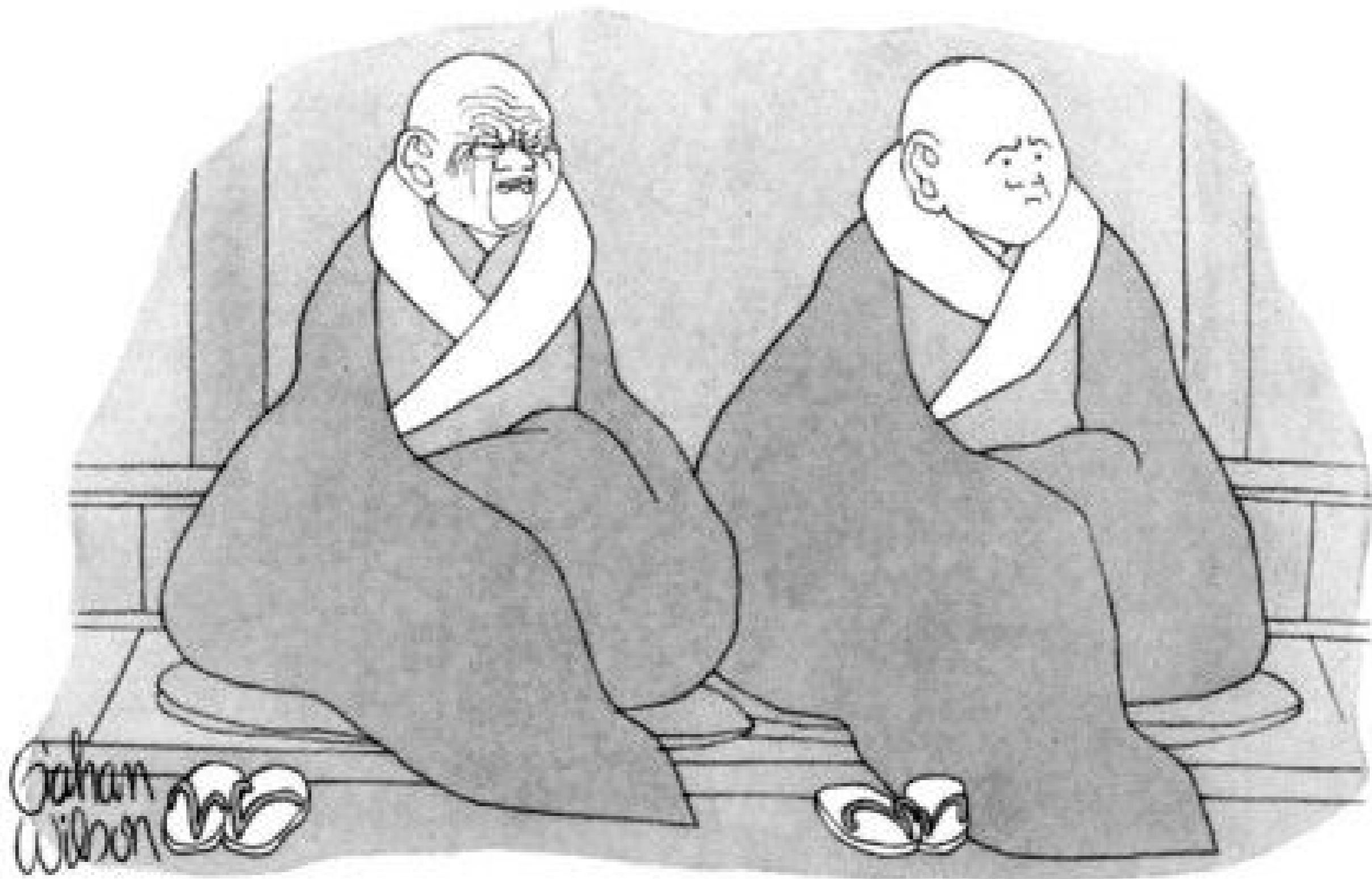
How to sit

- Essential Points:
- Straight back
- Chin tucked in
- Eyes half open
- Nose breath
- Follow breathe in nose to belly, out the nose.
- Breath without interfering



Quick Tip

- Do not try to GET anything from mindfulness.
- Just be here, open, and watching.
- Back straight, chin tucked, hips over knees, eyes half open.

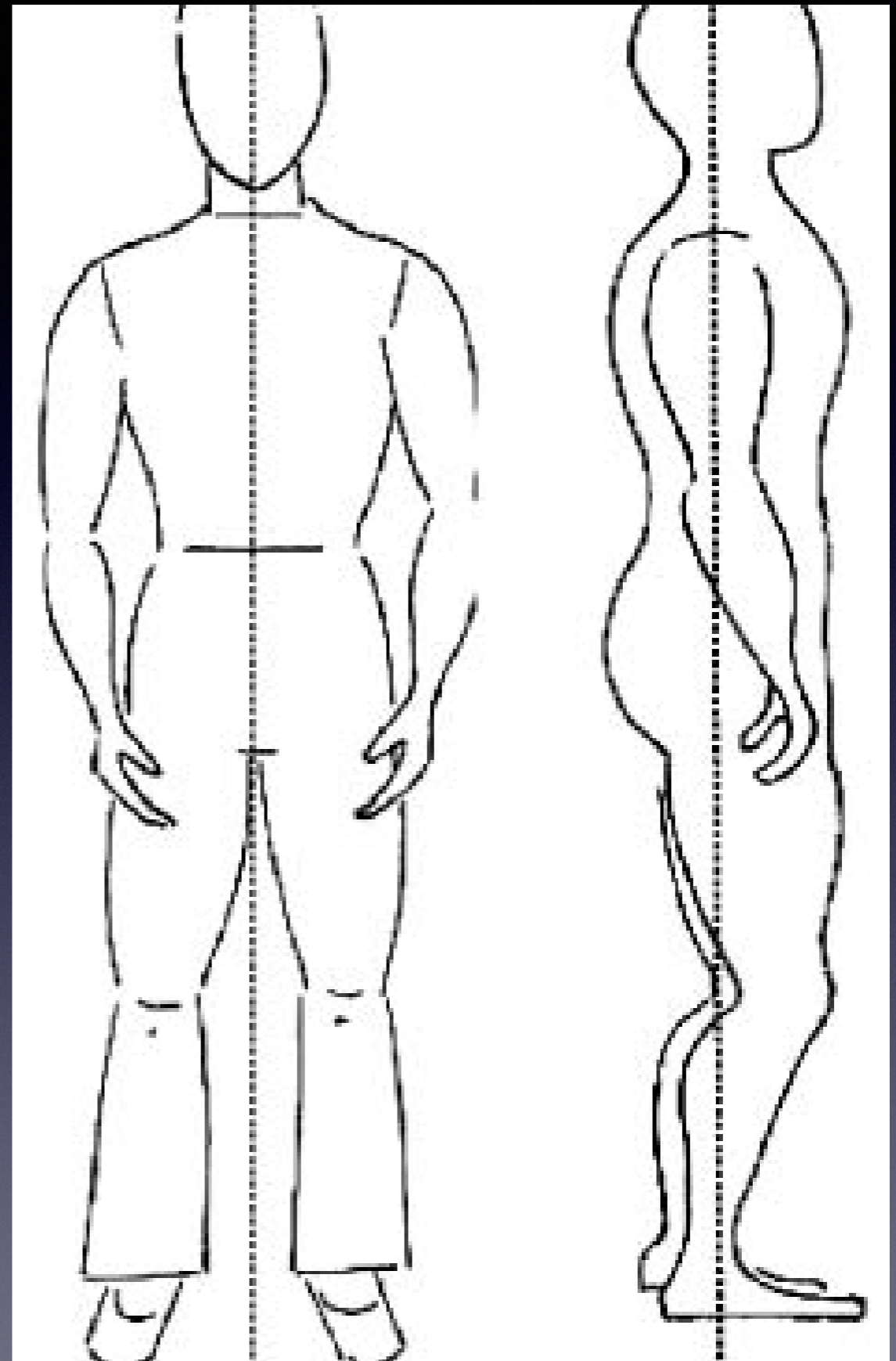


"Nothing happens next. This is it."

Root, root, root for the team!

Wuji Qigong

Some call it
Zen Standing



Circulating Energy —
let's have some fun
with that energy!

Moving Everyday Zen

- Hello, (issue), come watch me (here now activity)
- Labeling activity with gratitude
- Red rubber ball

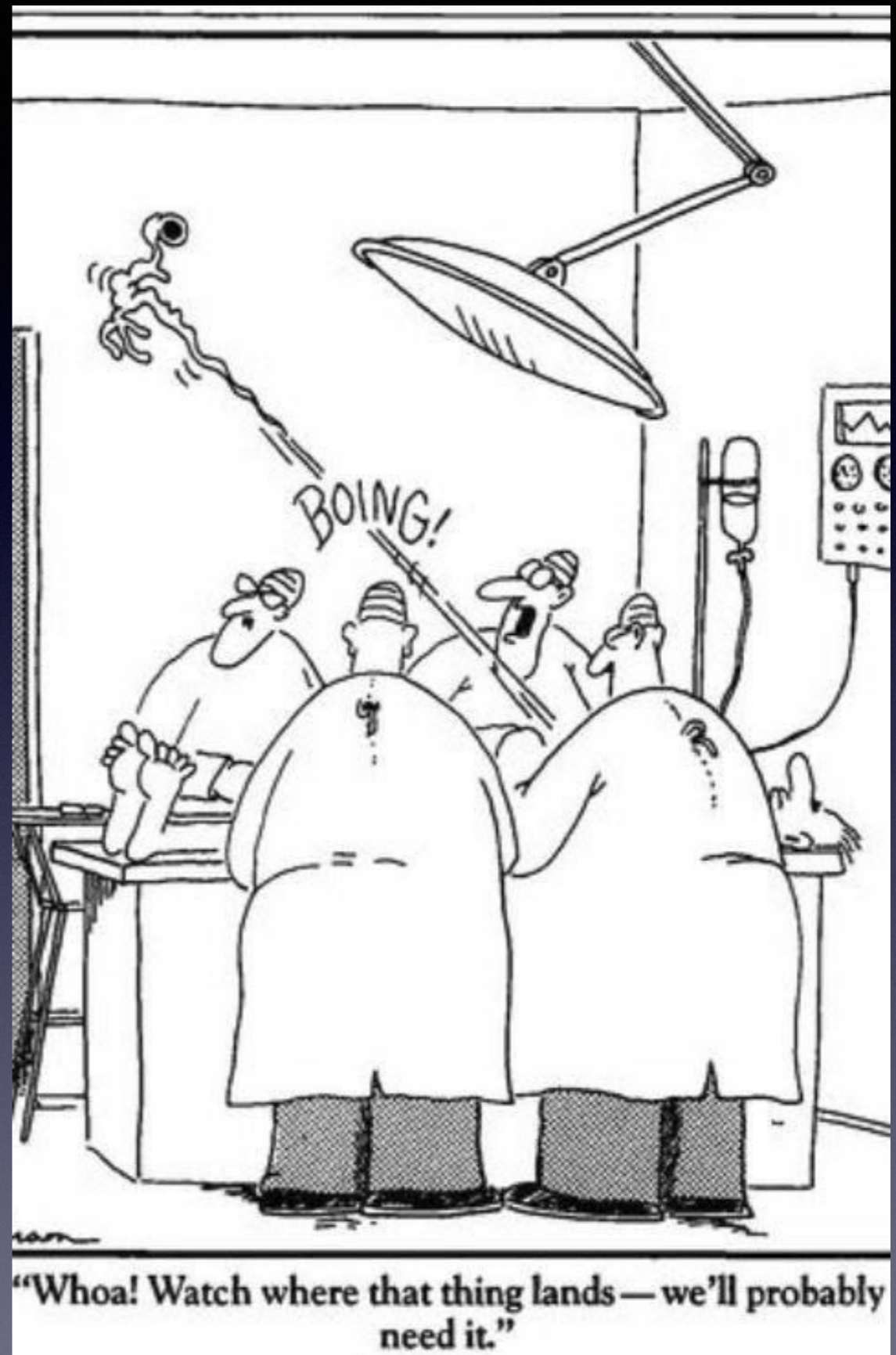
The Dim Mak of Emotions

- Dim Mak is the Death Touch of martial art's lore.
- For Mindfulness, Gratitude is the Dim Mak for negativity, feeling crispy, even anger.

Hypnosis

It's not what you think!

When you get engrossed in a book, daydream, lost in a movie you are in a trance state. (The cartoon has nothing to do with hypnosis...I just like it)



Mind-swords

- Swords can take life, or give it. Same as Mind. Depends on how you train it.
- Two sword method.
- Imagery and Emotion.

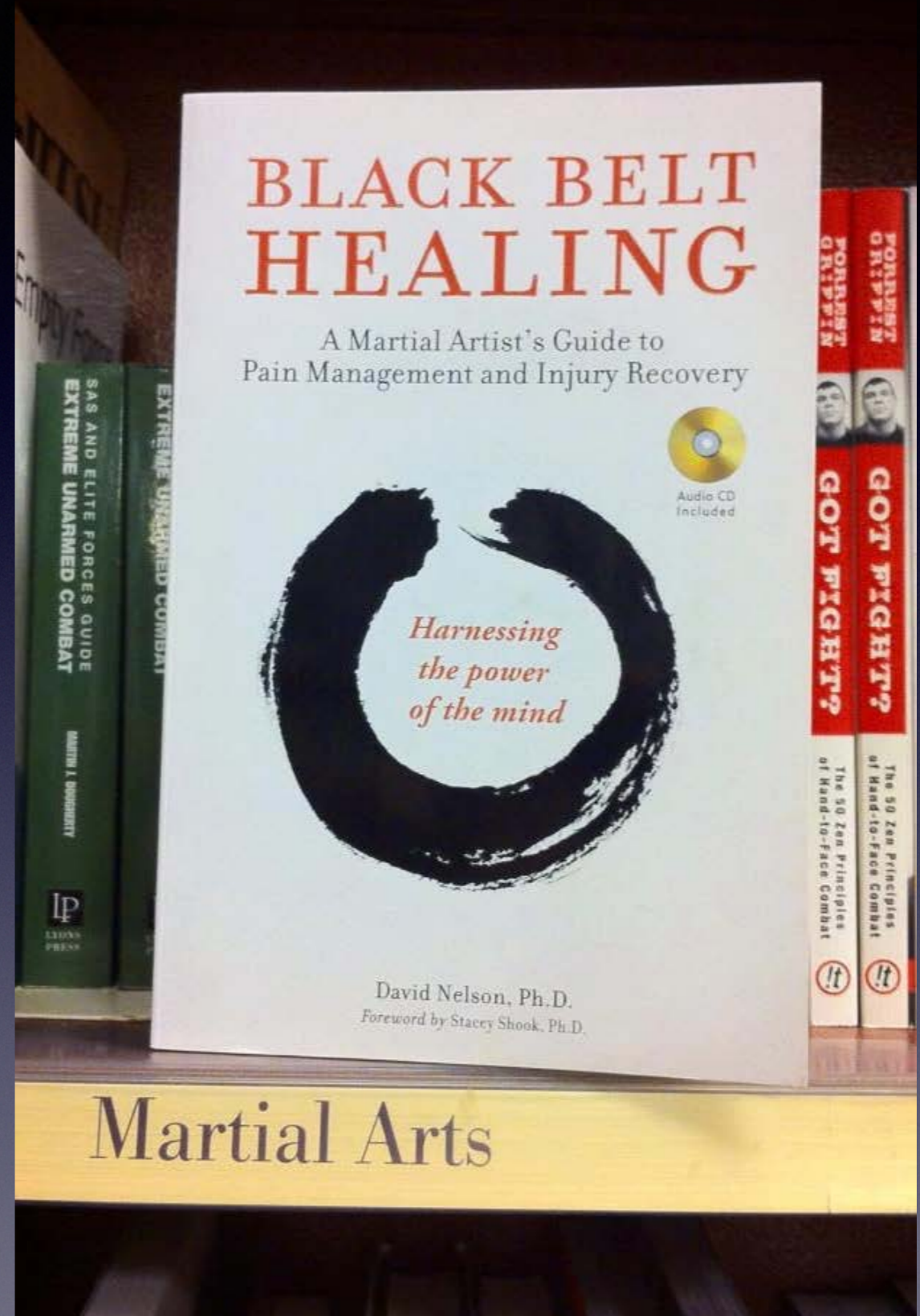


Anatomy of Hypnosis

- Induction - relaxation (mindfulness)
- Deepening - imagery to deepen relaxation
- Script - the main body of change
- Returning - coming back to normal

For more details on hypnosis and scripts

Can be found at Tuttle Publishing, Barnes and Noble, Century Martial Arts, And Amazon.



All hypnosis is self-
hypnosis!

Let's practice!
Happy Place time!

SWISH

Pink Floyd

Emotional Freedom Technique EFT

www.emofree.com

Also know as “tapping”
It is a form of external qigong

Human Battery



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