KIRK KERKORIAN UNIV

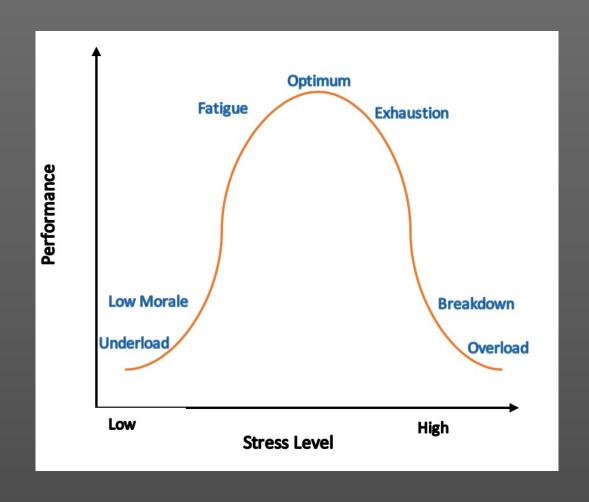
INCREASING RESILIENCE: TAPPING INTO YOUR MIND AND BODY TO PROMOTE SELF-CARE

Dr. Anne "Annie" Weisman
Director of Well-Being & Integrative Medicine
Associate Professor, Medical Education

THE SCIENCE OF STRESS



THE SCIENCE OF STRESS



TRAUMA RESPONSES

FLIGHT

FIGHT

Workaholic

Anger outburst

Over-thinker

Controlling

Anxiety, panic, OCD

"The bully"

Difficulty sitting still

Narcissistic

Perfectionist

Explosive behaviour

FREEZE

FAWN

Difficulty making

People pleaser

decisions

Lack of identity

Stuck

No boundaries

Dissociation

Overwhelmed

Isolating

Codependent

Numb

@RYANTHEHOLISTICHEALTHCOACH

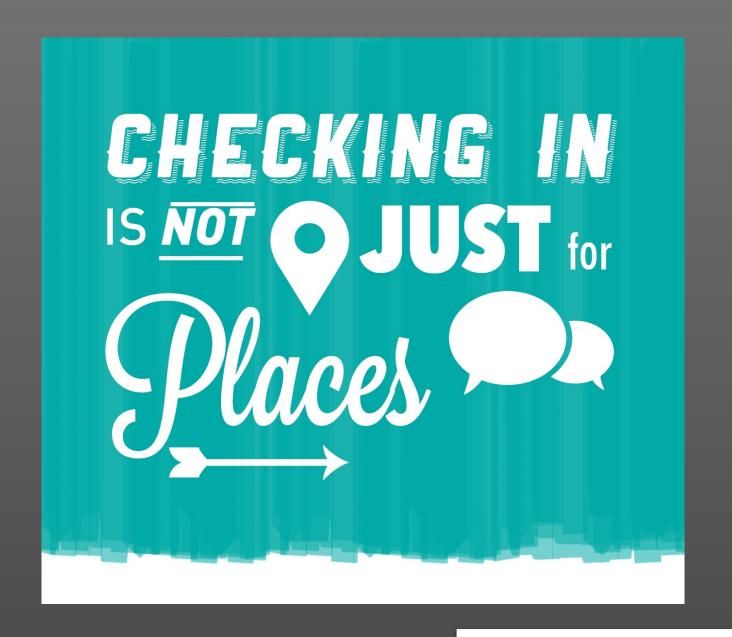
OUR HUMAN STRESS RESPONSE







SOFT BELLY BREATHING





WHOLE PERSON CARE





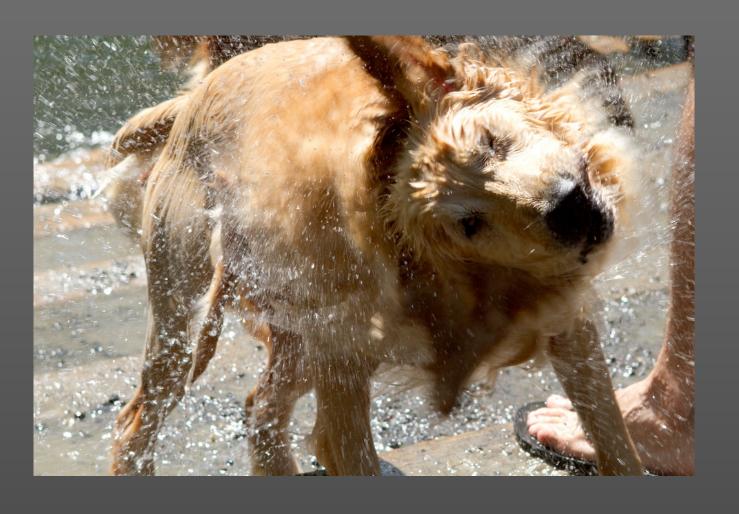
THREE MAJOR TYPES OF MEDITATION: CONCENTRATIVE





THREE MAJOR TYPES OF MEDITATION: MINDFULNESS





THREE MAJOR TYPES OF MEDITATION: EXPRESSIVE E.G. SHAKING & DANCING



DRAWINGS









CREATE THE PLAN



EASE INTO IT



ENGAGE YOUR SENSES



IMAGERY





CONTACT INFORMATION

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