

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

Dr. Anne “Annie” Weisman

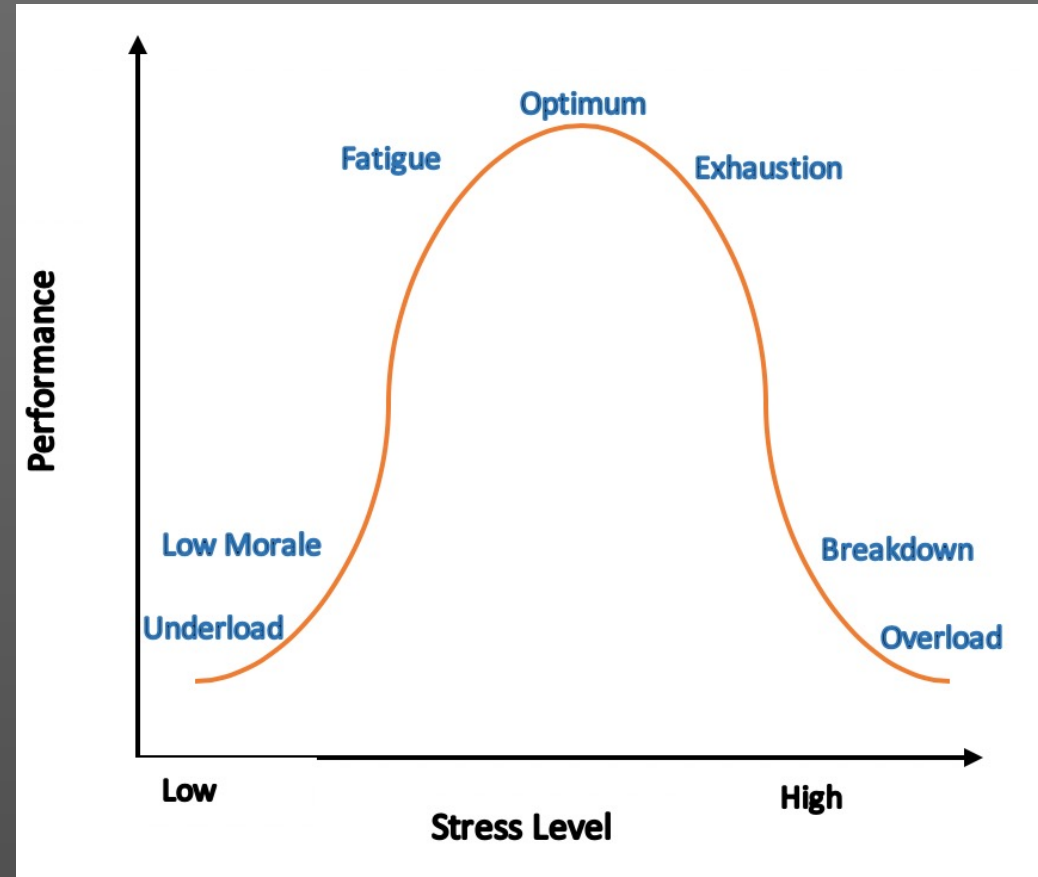
Director of Well-Being & Integrative Medicine

Associate Professor, Medical Education

THE SCIENCE OF STRESS



THE SCIENCE OF STRESS



TRAUMA RESPONSES



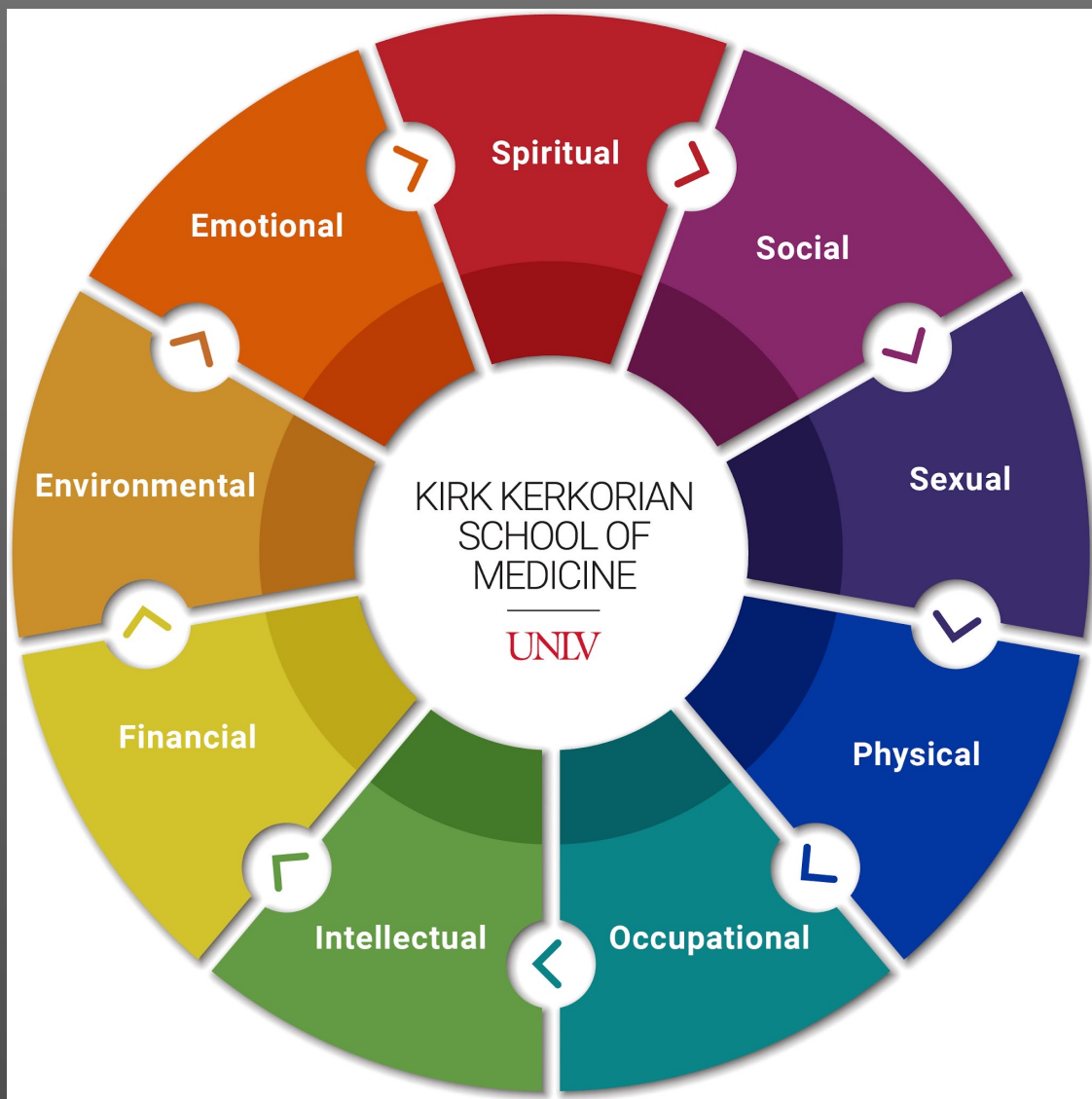
@RYANTHEHOLISTICHEALTHCOACH

OUR HUMAN STRESS RESPONSE



SOFT BELLY BREATHING

CHECKING IN
IS NOT  **JUST** for
Places 

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



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

KIRK KERKORIAN
SCHOOL OF MEDICINE

UNLV



CONTACT INFORMATION

Dr. Anne Weisman

Email Address: anne.weisman@unlv.edu

Phone Number: 702.545.2076