



6 Sessions, two teams: Seminar A: Wednesday 1225 – 1400 for TBI
Seminar B: Fridays 0900 – 1100 for Neuro



Must attend 1st seminar. **Check-in 0850 or 1220** with Neuro Clinic front desk 619-532-6223

“Mind Body Medicine Seminar”

Mentally refreshed for focus, flexibility, freedom.

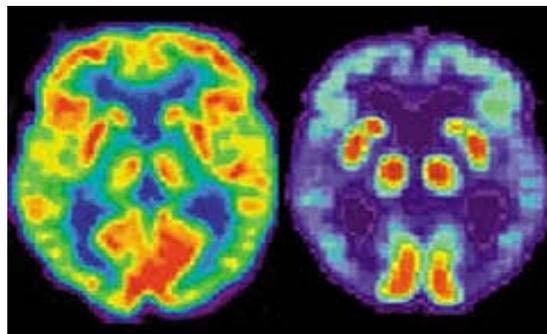
Problems:

- Pain
- Insomnia, fatigue
- Fear, anxiety, worry
- Depression, irritability
- Memory, racing mind
- Rigidity, being stuck
- Isolation, unhappiness



Outcomes: Increased

- Pain tolerance
- Sleep, feeling refreshed
- Confidence, trust
- Acceptance, compassion
- Attentive, focused mind
- Flexibility, freedom
- Connections, happiness



Based on “Resilient Warrior,” Benson-Henry Institute for Mind-Body Medicine, Massachusetts General Hospital

Mind Body Medicine Seminar Teams **A^{tbi}** / **B^{neuro}** :

6 sessions start: April 13^{tbi}, May 13/15, July 13^{tbi}, Aug 24/26, Oct 12^{tbi}

Neurology Clinic, Bldg 3, 2nd deck.

Ran Wittry, Neurology LCSW, randall.j.wittry.civ@mail.mil.

**1-2: The Body's Stress
Science of Meditation**

Guided meditations to **Relax.**

2-5+ minute meditation

**3-4: The Heart's (feelings)
Emotional Distress**

Guided meditations to **Calm.**

2-10+ minute meditation

**5th: The Mind's stinkin' thinking
Balancing Negative Thoughts**

Guided meditations to **Let go.**

2-15+ minute meditation

**6th: The Spirit of life and
light and love**

Meditations to **Connect.**

2-15+ minute meditation

tinny.cc/mindbodymedicine

STOP BREATHE REFLECT CHOOSE

