



# goals for the eleventh evening

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- ✧ autogenics & goodwill practice
  - ✧ reviewing the last 5 weeks' intentions – successes, lessons, implications?
  - ✧ touching base on the wide selection of skills/intentions we have covered
  - ✧ possible discussion of recent topics like dietary supplements, relationships & mortality and life highlights exercise
  - ✧ personal intentions for the next 11 weeks until the twelfth session
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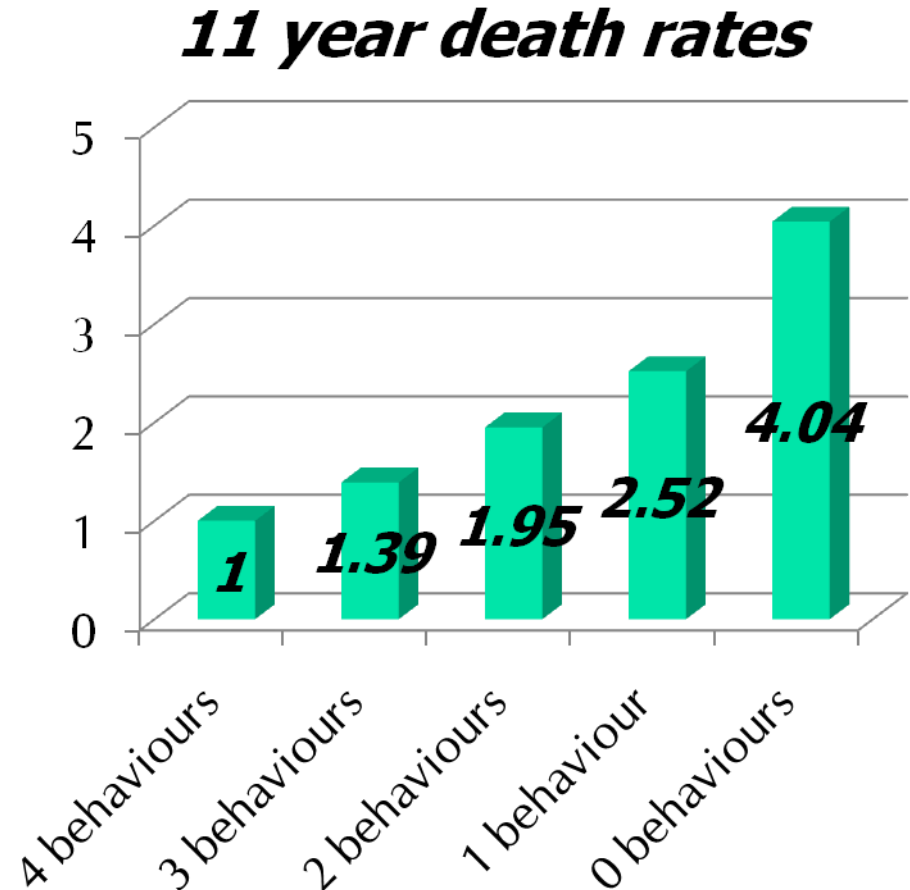
# main components of the journey

- ✧ basic skills: exercise, diet, weight, alcohol, smoking, sleep
- ✧ meditation: autogenic training, applied relaxation, visualisation, mindfulness, compassion
- ✧ relationships, emotional intelligence, social networks
- ✧ wellbeing: positive emotions, self-determination, happiness

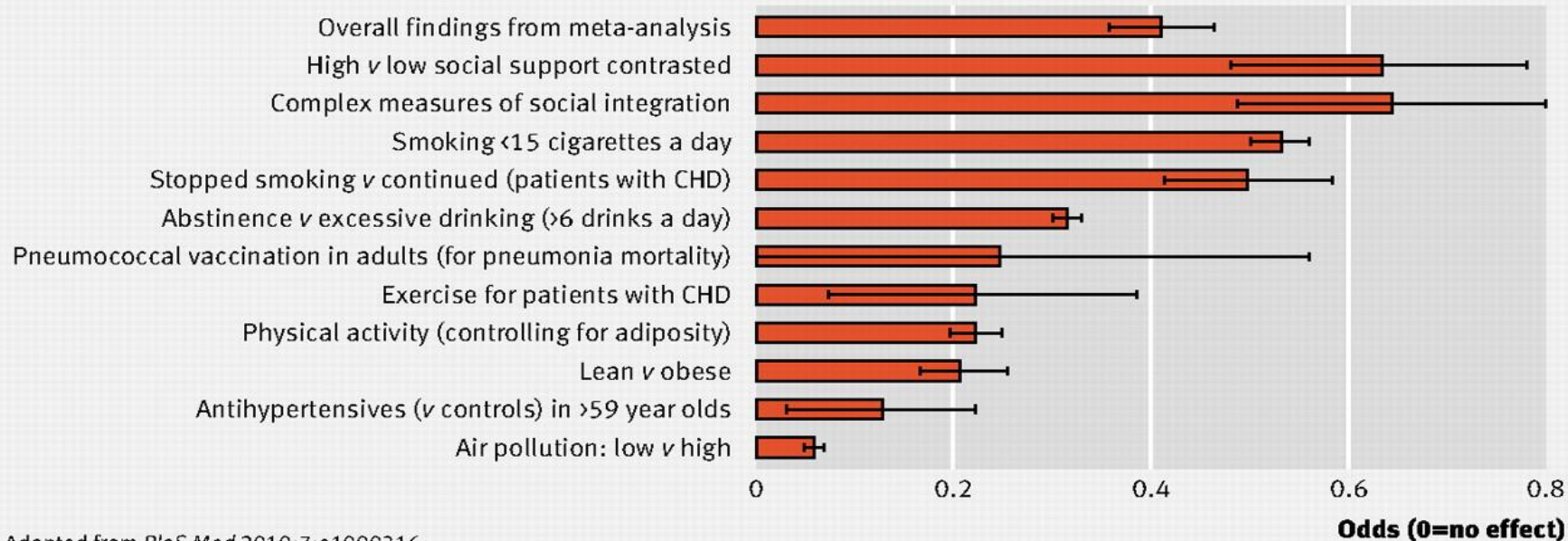


# do you want to be 14 yrs younger?

- ✧ 20,224 UK adults
- ✧ aged 45 to 79
- ✧ no initial cancer/CHD
- ✧ health behaviours rated
  - not smoking
  - physically active
  - at least 5 fruit & veg daily
  - 1-14 alcohol units weekly



## ODDS OF DECREASED MORTALITY



Adapted from *PloS Med* 2010;7:e1000316

BMJ 2010;341:bmj.c4339

BMJ



# four aspects of helpful inner focus

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*reducing  
negative states*

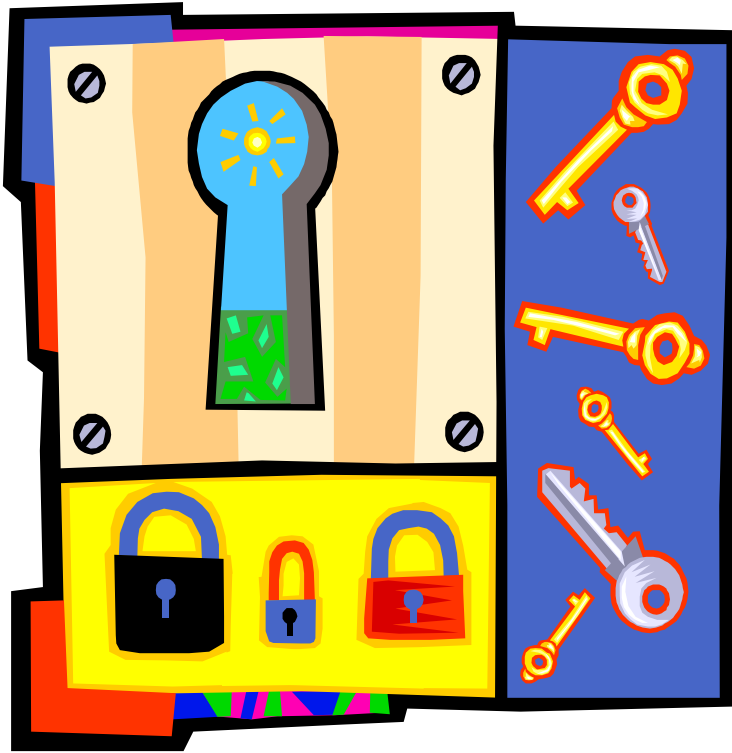
*nourishing  
positive states*

*exploring &  
processing*

*encouraging  
mindfulness*

# compassion & criticism key points

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- to understand more clearly how important these areas are for our health & wellbeing
  - appreciate the mechanisms that lead to compassion or criticism
  - explore ways to assess personal relevance of these issues
  - look at how we can work to improve relationships both with ourselves & with others
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