



goals for the ninth evening



- ✧ review first eight weeks of the course
– key personal gains and learnings
 - ✧ remembering & exploring challenges with exercise, diet, alcohol, smoking
 - ✧ autogenics: formal exercise choices, reminders & personalizing the 'shorts'
 - ✧ relationships: building and exploring both close & less close relationships
 - ✧ compassion & caring: self & others
 - ✧ self-determination theory & goals
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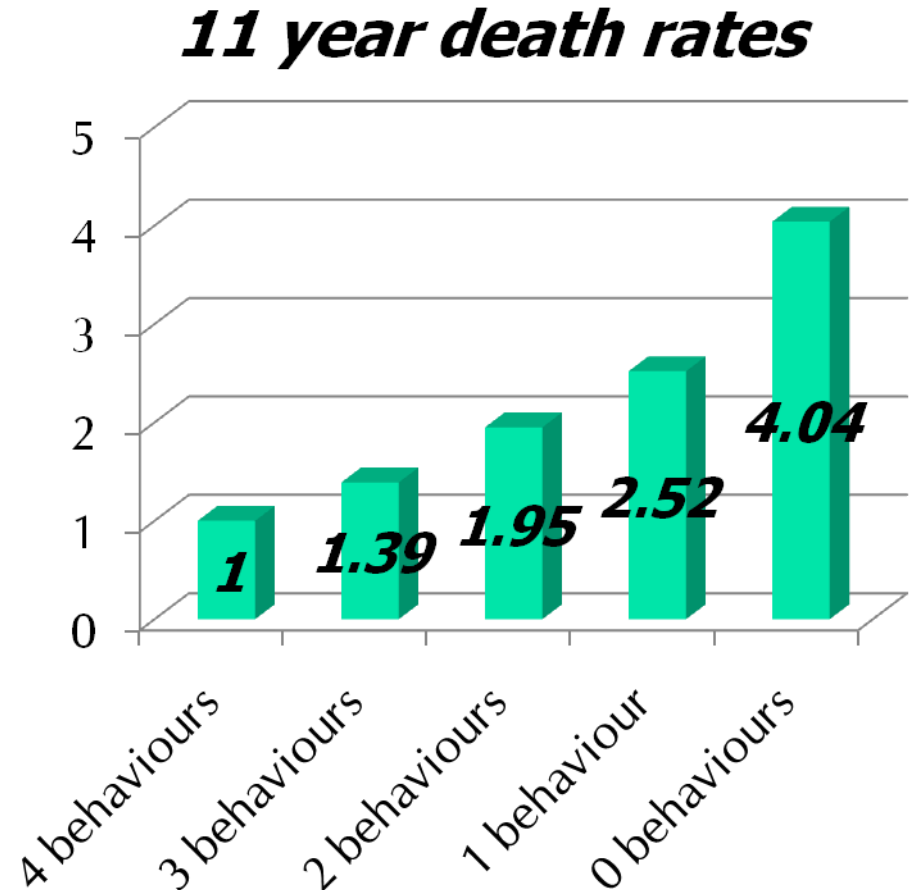
main components of the journey

- ✧ 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





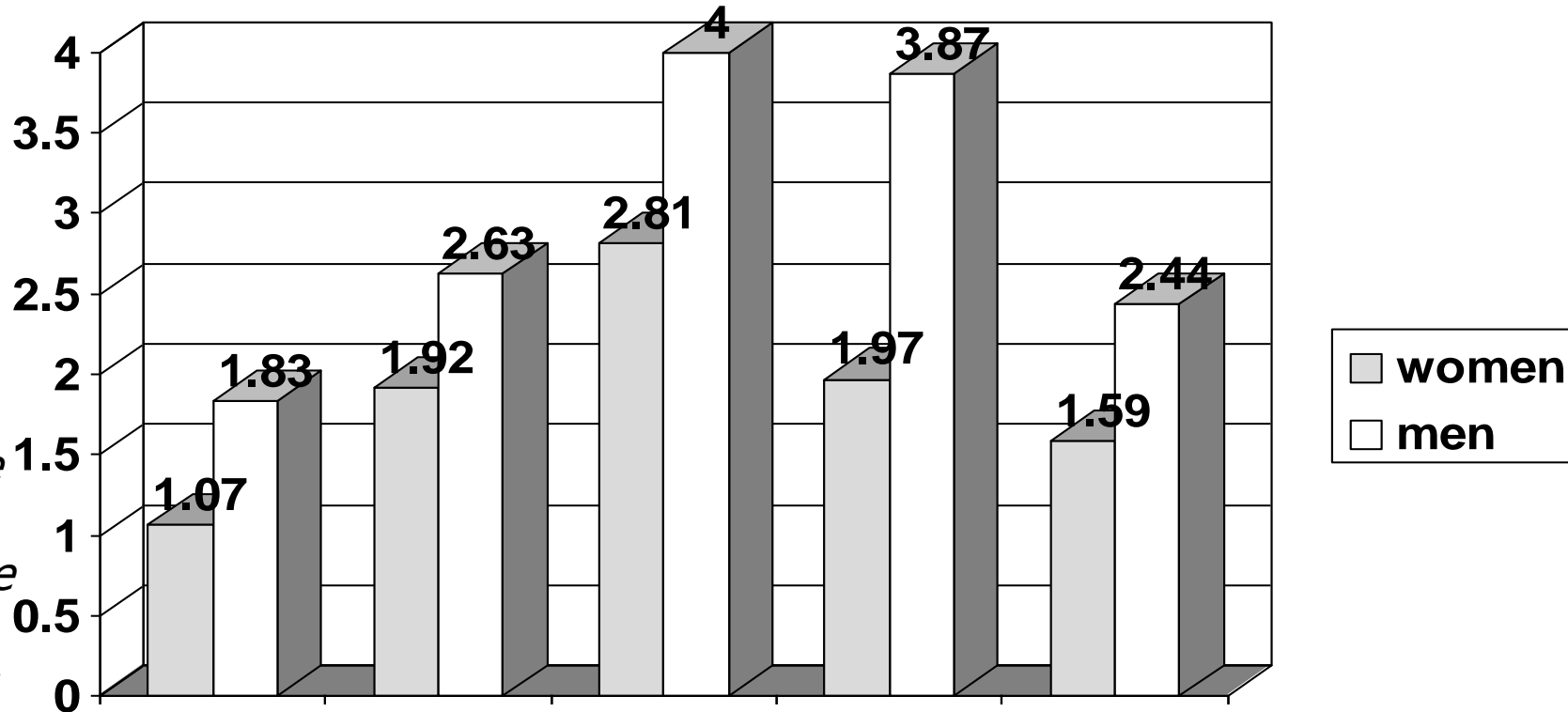
implementation intentions

- ✧ helpful for initiating and/or maintaining an overall goal intention (X) that you are committed to, but find difficult to carry out
 - ✧ implementation intentions involve clarifying likely road blocks (if situation Y occurs) and having a pre-planned response (then I will initiate behaviour Z) – see the handouts
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relationships & mortality: figures

relative risk for all cause mortality

these figures are age-adjusted & typically compare the lowest and highest quartiles



this shows the differences found in 5 studies between the those with the lowest & those with the highest levels of social integration



four aspects of helpful inner focus

*reducing
negative states*

*nourishing
positive states*

*exploring &
processing*

*encouraging
mindfulness*