



**GLOBAL WORKPLACE**  
Wellness Summit

WORK WELL • LIVE WELL • PLAY WELL

# Mind Body Spirit Connection

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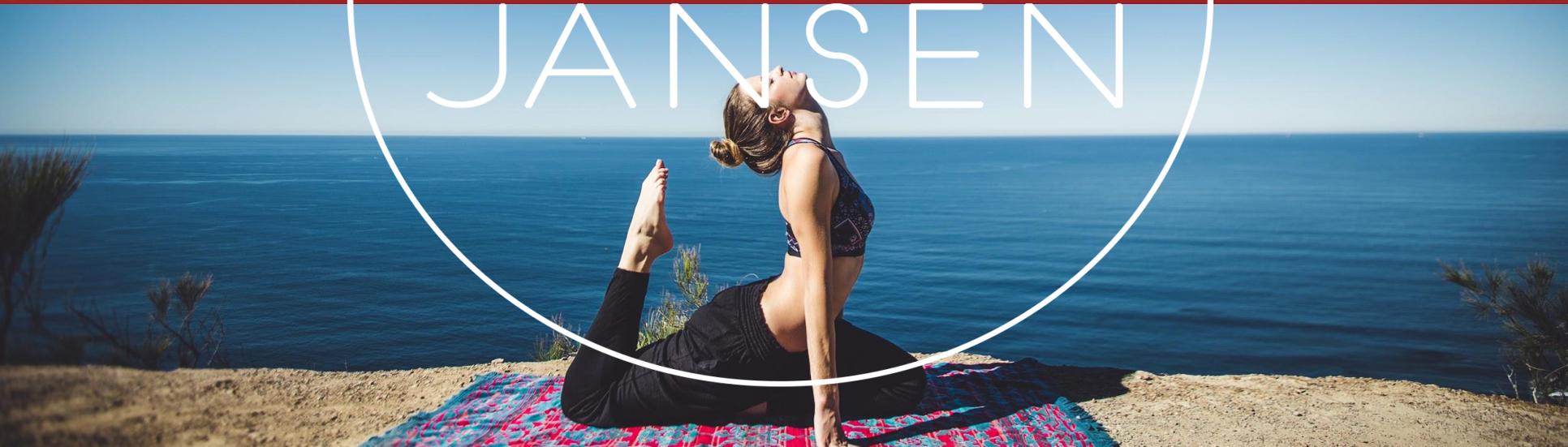
Jaimi Jansen CPT, CMT



# Integrative Wellness

From Your Toes to Your Nose

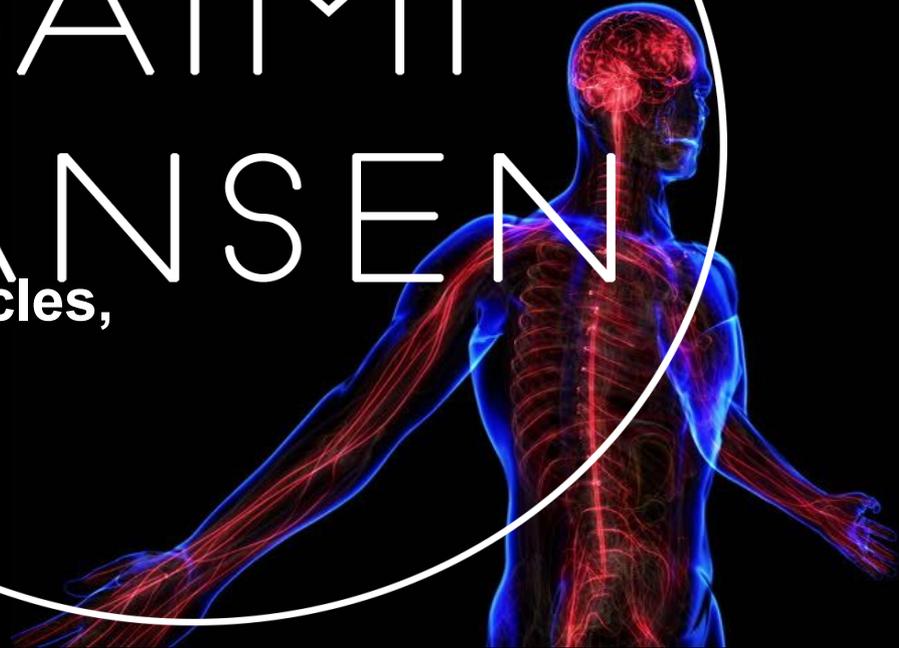
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# Defining the BODY

- Physical aspect
- 50 trillion cells
- Matter, atoms, particles, and molecules

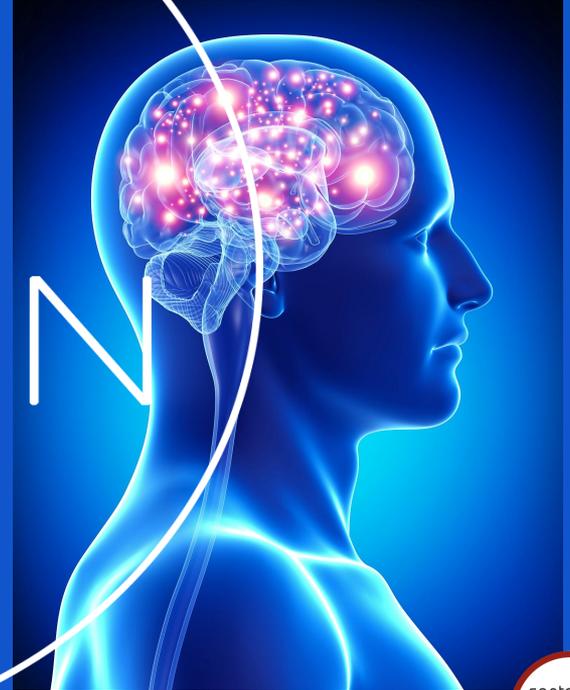
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# Defining the MIND

- Mental/emotional aspect
- Processes thoughts and ideas, feelings and emotions
- Consciousness, memory, and imagination

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# Defining the SPIRIT

- Vital force within all things
- Spirit may be called God, Creator, Quantum field, the field, or the unmanifest
- Organizing principle of the universe and its language is pure energy

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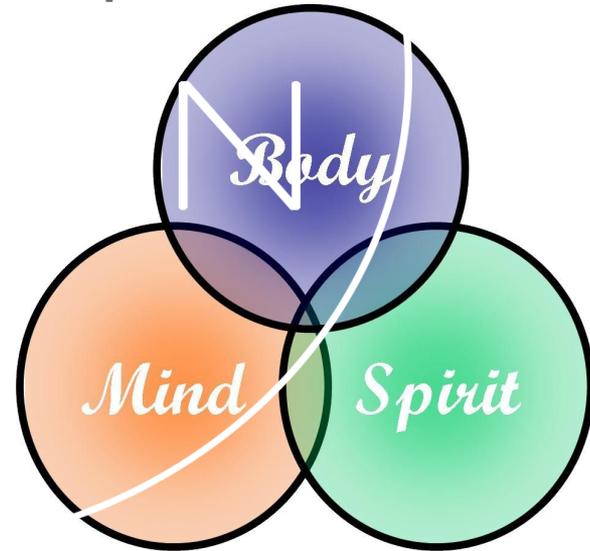


# Look around!

It's everywhere! After all, it's not just “hippy types” or “new age types” who abide by the rules of the mind-body-spirit concepts.

It's also:

- entrepreneurs & successful CEOs
- professional athletes
- doctors & other medical professionals
- school districts



# Show Me...

Look for it in your surroundings...

- prayer rooms in airports
- gym membership discounts at work
- meditation in schools
- aromatherapy in doctors' waiting rooms
- Feng Shui in public spaces or offices



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**Show Me...**

**Your mind is affected by your body,  
and vice versa. Your mind is affected  
by your spirit, and vice versa. Your  
body is affected by your mind and your  
spirit and vice versa.**



# Greeks Knew About it

- They knew a sound mind worked better in a sound body.
- *Greek Medicine* = The body is more than the sum of its parts...there's an energy or "life force" that goes beyond the mere physical nature of the body.



# Other Cultures Knew About it

- Traditional Chinese culture also believes in the “life force”, only they call it *Qi*.
- Ancient peoples from India knew about it as far back as 5000 BC, known today as *Yoga*.
- In yoga and *Ayurveda*, the life force is called *prana*.
- Native American wisdom incorporates a strong sense of mind, body spirit.



**Energy**



# Effects on an Individual

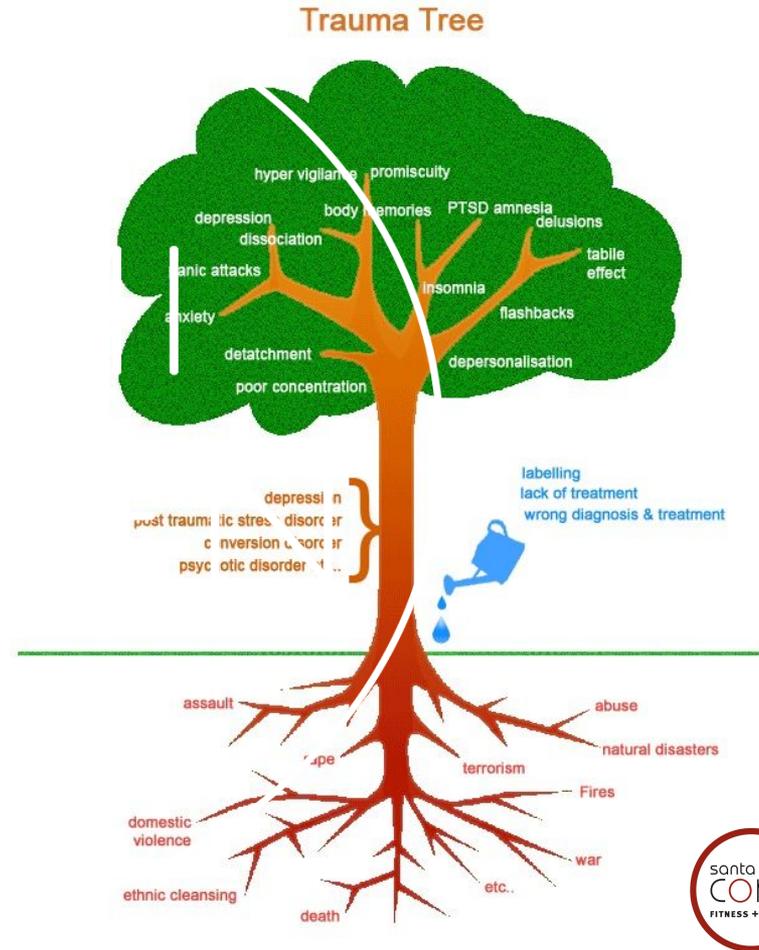
What we now know is that trauma affects the whole person; mind, body and spirit therefore recovery also has to take into consideration the person as a whole. Through the nurturing of healthy relationships, attending to basic physical needs (i.e. – sleep and nutrition), having adequate housing and food security people have a greater opportunity to engage in trauma recovery. The mind, body and spirit will respond to these positive factors maximizing the potential for healing.

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# My Story

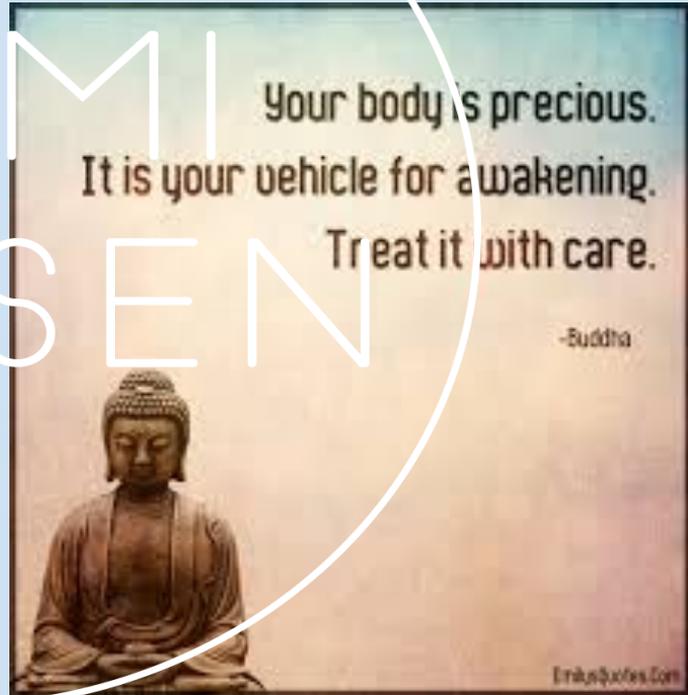
- Age 18 Bike Accident
  - Healing journey
- Opened Up Santa Cruz CORE
- Age 26 Cervical Car crash
  - Looking deeper
- Age 32 Back Injury
  - Self awareness and discovery



# Journey Into Discovery

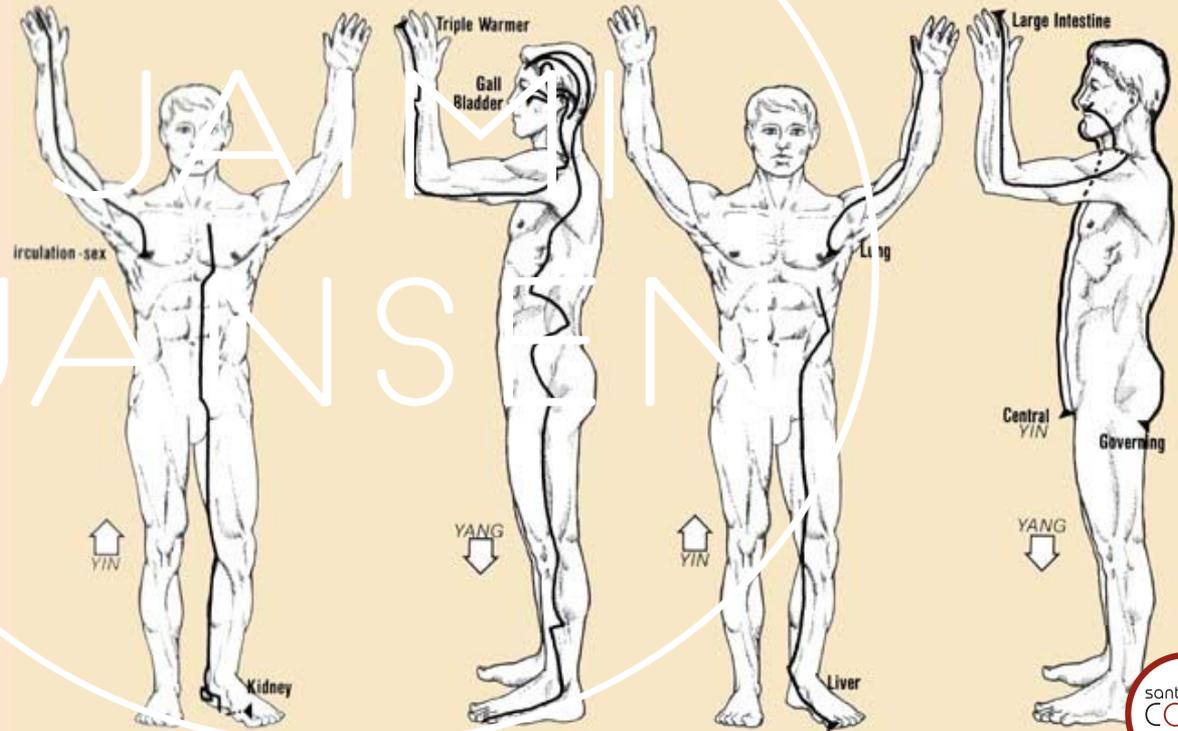
The body tells a story and is a physical representation of the mental and emotional past and present of one's experiences.

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# Meridian Lines

Meridians are named by the life Function with which they seem to associate. In most cases, this name is similar to the name of a gross organ we're familiar with, yet muscle indication of energy blockage doesn't mean there's damage to the organ named.



# Meridian Associated with Seasons



**Spring: Gall Bladder + Liver:**

fertilize/plant, intention/decision, and clear commitment



**Summer: Heart, Pericardium, Triple Warmer**

water/weed, discernment, authentic action, engagement with passion.



**Fall: Large Intestine, Lung**

harvest, acceptance, learning, closure, achieving and receiving.



**Winter: Kidney, Urinary Bladder**

store/preserve, appreciation, maintenance, keeping and remembering

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# How Do We Connect?

How do we cultivate balance?

- Take time each day to quiet your mind and meditate.
- Each day eat a healthy diet.
- Move your body: Engage in daily exercise.
- Take time for restful sleep.
- Release emotional toxins.
- Cultivate loving relationships.
- Enjoy a good belly-laugh at least once a day.



# Meditation



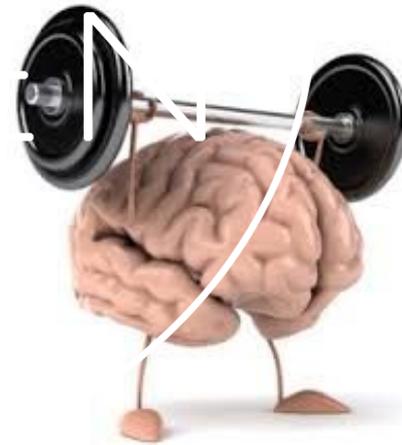
**Meditation is one of the most powerful tools for restoring balance to our mind and body.**

- **Nasal breathing**
- **Diaphragmatic**
- **Quieting thoughts**

# Eat a healthy diet

Next to breathing, eating is our most vital bodily function.

- **Macronutrients**
- **Micronutrients**
- **Water**
- **Timing**



# Move Your Body!

Engage in Daily Exercise!  
Exercise = living longer

- Increase bone density
- Increase muscle mass
- Elevate metabolism
- Improve circulation
- Better coordination
- Better focus
- Improves emotional well being

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# Get Restful Sleep!

Restful sleep is an essential key to having health and vital energy.

- Enhanced mood
- Better cognitive reasoning
- Improved focus
- Stronger immune system
- Feel and look younger



# Release Emotional Toxins

Process: anger, hurt and disappointment

“What am I holding onto from the past that is no longer serving me in the present?”

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# Cultivate loving relationships



# Belly Laugh at Least Once a Day

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Learn More...



1. Be inspired with a team building event

2. Learn effective manager tools to improve the work environment

3. Workplace wellness programs





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