











KASER PERMANENTE

Series of horizontal lines for writing notes.



KASER PERMANENTE

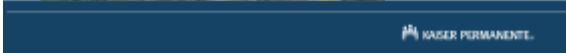
Series of horizontal lines for writing notes.



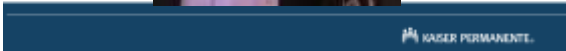
davidji.com

KASER PERMANENTE

Series of horizontal lines for writing notes.



































KASER PERMANENTE.com



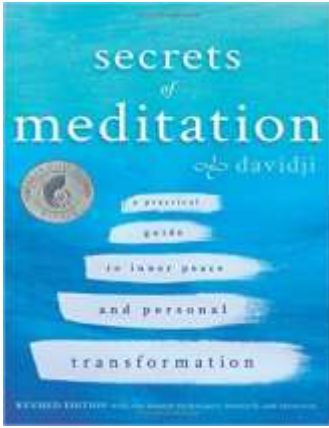


KASER PERMANENTE.com









"Davidji is a midwife of souls."
— Jean Houston, Ph.D.



KAISER PERMANENTE



KAISER PERMANENTE











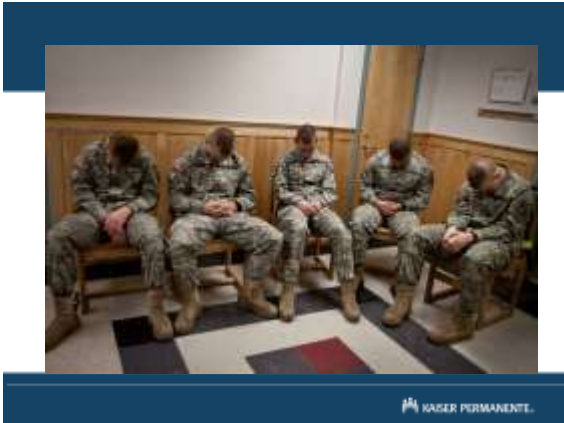




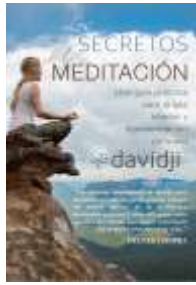












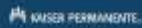








Dutch Special Forces Team







KAISER PERMANENTE.



KAISER PERMANENTE.



KAISER PERMANENTE.



City of Los Angeles



City of Los Angeles



3
KIT
MISER PERMANENTE.







David J. ...
davidji

destressifying

THE REAL WORLD GUIDE TO PERSONAL WELL-BEING:
LAYING FOUNDATION AND PEACE OF MIND







STRESS

How we respond
when our needs are not
met



How we respond to STRESS



Fight Flight Response

KAISER PERMANENTE.com

Seeds of illness

• change in physiology:

- Increase in blood pressure, heart stress
- Increase stress hormones
- Increase blood sugar
- Decrease blood circulation to digestive tract
- Decrease growth, sex hormones
- Decrease immunity
- Increase sticky platelets

• leads to:

- Coronary heart disease
- Anxiety, insomnia, addictions
- Diabetes, obesity
- Digestive disturbances
- Premature aging
- Infections, cancer
- Heart attacks, strokes

KAISER PERMANENTE.com

Reactive – ego response



KAISER PERMANENTE.com

Meeting needs

attention
affection
appreciation
acceptance



Stress & behavioral changes

- ☞ increased heart rate & bp
- ☞ adrenalin, cortisol, & glucagon surge
- ☞ waves of anxiety/depression
- ☞ impatience & reactivity
- ☞ mindless behaviors
- ☞ overwhelm & procrastination
- ☞ sarcasm & shut-down
- ☞ unclear & knee-jerk thinking
- ☞ harsh or defensive
- ☞ sex/growth hormones & immune function – all suppressed...





Restful awareness



- ❖ BP slows
- ❖ Breathing relaxes
- ❖ Stress hormones suppress
- ❖ Nourishing hormones activate
- ❖ Growth hormone surges
- ❖ Immune function increases
- ❖ Brain waves slow
- ❖ Patience increases
- ❖ Increased awareness
- ❖ Gamma waves increase





Destressifying pioneers



- Umass/Mass General
- Dr. Richard J. Davidson
- Dr. Elizabeth Blackburn
- Dr. Elissa Epel
- Dr. Mary Dallman
- Telomeres, addiction, fat

davidi.com 



CSI: STRESS

"Human Factors Effecting Forensic Decision Making: Workplace Stress and Wellbeing" for the *Journal of Forensic Sciences*.

 KAISER PERMANENTE

योगश्चित्तवृत्तिनिरोधः



 KAISER PERMANENTE davidji.com

yoga citta vritti nirodha



davidji.com

 KAISER PERMANENTE

The present moment

- count your breaths



davidji.com

KAISER PERMANENTE

The present moment

- count your breaths
- space between breaths



davidji.com

KAISER PERMANENTE

Breathing

- benefits: more oxygen; release more carbon dioxide – lowers blood pressure, slows heart rate, and relaxes muscles
- deep breathing calms the mind, reduces insomnia, increases energy, reduces fatigue, anxiety & stress; increases clarity; carries toxins away from cells; oxygen to the cells.



davidji.com KAISER PERMANENTE

MINDFUL BREATHING

1. activates the parasympathetic nervous system and reduces blood pressure.
2. enhances respiratory functions: increases respiratory strength and endurance.
3. improves attention and fine-motor coordination/performance.

KAISER PERMANENTE

16 seconds



davidji.com

KAISER PERMANENTE

#16seconds



davidji.com

KAISER PERMANENTE

The power of a pattern interrupt

- count your breaths
- space between breaths
- 16 seconds to wholeness



davidji.com 

Mindful or Mindless?



davidji.com 

Let's meditate



Mindful flow

davidji.com 

The object of your attention

- count your breaths
- space between breaths
- 16 seconds
- mindful flow
- Quiet continuous



davidji.com



Let's meditate!





The object of your attention

- count your breaths
- space between breaths
- 16 seconds
- mindful flow
- quiet continuous
- infinity breath



davidji.com





What's your emotional tell?

In-the-moment tool





S.O.D.A.

Stop





S.O.D.A.

Stop

Observe



S.O.D.A.

Stop
Observe
Detach



davidji.com KAISER PERMANENTE.

S.O.D.A.


Stop
Observe
Detach
Awaken



davidji.com KAISER PERMANENTE.

S.O.D.A.

Stop
Observe
Detach
Awaken



davidji.com KAISER PERMANENTE.

S.O.D.A.

Stop
Observe
Detach
Awaken



Davidji.com KAISER PERMANENTE

benefits of meditation

- ∞ slower pulse & bp
- ∞ easier breathing
- ∞ reduced stress hormones, less reactivity
- ∞ less anxiety, overwhelm, second-guessing
- ∞ reduced sweating, less hot flashes
- ∞ strengthened immunity, fewer migraines
- ∞ greater clarity, intuition, creativity, balance
- ∞ restful sleep, less overwhelm
- ∞ activates PFC
- ∞ more conscious choice-making
- ∞ greater grace, ease & deeper fulfillment

KAISER PERMANENTE



How do we keep it going?

KAISER PERMANENTE



Rise
Pee



Rise
Pee
Meditate



R A W



In-the-moment tools

Nourishment or Distraction

Daily Practices



Present-moment interventions

- count your breaths
- space between breaths
- 16 seconds
- mindful flow
- Quiet continuous
- Infinity breath
- Reach for S.O.D.A.
- Nourishment/Distracton





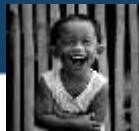
The trend in healthcare - 2015



The trend in healthcare - 2016



Laughter



Laughter relaxes the whole body.

Laughter boosts the immune system.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals.

Laughter protects the heart.

Next steps

- Breathe

Next steps

- Breathe
- Meditate (even if only for 5 minutes)

Next steps

- Breathe
- Meditate (even if only for 5 minutes)
- Ritualize with RPM & RAW

Next steps

- Breathe
- Meditate (even if only for 5 minutes)
- Ritualize - RPM & RAW
- Do one mindful behavior a day (SODA)

Next steps

- Breathe
- Meditate (even if only for 5 minutes)
- Ritualize - RPM & RAW
- Do one mindful behavior a day (SODA)
- Practice 16 seconds to wholeness

Next steps

- Breathe
- Meditate (even if only for 5 minutes)
- Ritualize - RPM & RAW
- Do one mindful behavior a day (SODA)
- Practice 16 seconds to wholeness
- Come from a place of stillness

Next steps

- Breathe
- Meditate (even if only for 5 minutes)
- Ritualize - RPM & RAW
- Do one mindful behavior a day (SODA)
- Practice 16 seconds to wholeness
- Come from a place of stillness
- 7 days - Send me an email on **May 5** info@davidji.com

davidji.com 



Gratitude

Dr. Dawn R. Clark
 &
The Southern California
Permanente Medical Group