

Dr Ushy Abstract

## **The Mind Body Connection Redefining Healthcare and Wellness**

Mind-body therapies and practices can help prevent stress. This is extremely important because research clearly shows that prolonged stress contributes to serious diseases.

Stress also suppresses your immune system, which makes you more likely to get new diseases and experience re-occurrences of previous diseases.

Mind-body therapies and practices can impact the way you experience symptoms. For example, the experience of pain can be radically transformed with mind-body therapies and practices.

[12:38, 18/09/2022] Dr Ushy: Mind-body practices can foster a sense of control, enhance optimism, or provide social support that improve the quality of life or just allow you to cope better with symptoms.

Research shows that mind-body therapies and practices can impact the immune system, lower blood pressure, reduce damaging stress hormones, and reduce the need for some medications.

In addition to the clear benefits listed above, mind-body therapies and practices are central to health in a fundamental way—they emphasize our capacity to use self-awareness and a variety of approaches to help ourselves physically and psychologically.

Simple as it may sound, mindfulness transforms how we relate to events and experiences. It creates a more spacious way of being in the world that is less reactive and generally happier.

While mindfulness is not the cure-all often touted in the media these days, scientists have found that practicing mindfulness is associated with changes in the structure and function of the brain as well as changes in our body's response to stress, suggesting that this practice has important impacts on our physical and emotional health.

While mindfulness is not a separate aspect of our wellbeing model, it is an essential part of it all. It lets us pay attention to our health, relationships, and environment. It helps us discover our purpose and path to security. It builds community.

Evidence indicates that mindfulness:

- Alleviates depression and anxiety
- Improves overall health and wellbeing
- Eases pain
- Enhances performance