

Promoting Well-Being and Resilience with Qigong



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Presentation Overview

Why focus on well-being and resilience faculty, students, and staff?

My Qigong Story

Qigong in a nutshell

Let's practice Together

Wrapping Up - Discussion

What did you notice about yourself and your body?

What, if anything, changed?

Do you think you can use Qigong to foster well-being and resilience in your lives?

Questions and Thank You!

What is resilience?

“ the dynamic process and interaction between an academic and their ever-changing environment that uses available internal and external resources to produce positive outcomes in response to different contextual, environmental, and developmental challenges”

Reyes et al., 2022

What are some contextual, environmental, and developmental challenges that you face as students, faculty, and staff at a public university in South Texas in the 21st century?

What internal and external resources do you draw upon to meet these challenges?

How does responding to and meeting challenges affect your well being?

What is wellbeing?

5 Essential Elements are interdependent

(Rath & Hart, 2010)

Career*

Social *

Financial

Physical*

Community*

Qigong in brief



- ancient Chinese system of postures, exercises, breathing techniques, and meditations
- “energy cultivation” or “working with the life energy.”
- Its is designed to improve and enhance the body's *qi*.
- *qi* is the fundamental life energy responsible for health and vitality

(Dupler, 2018; Phuphanich, 2020)

My Qigong Story Started with Mental Health Issues

Started my practice in the summer of 2023 while suffering from the following:

- panic disorder and anxiety
- depression

Here are some of the symptoms I experienced:

- intrusive thoughts
- cognitive distortions
- Insomnia
- Loss of appetite
- digestive issues
- high blood pressure
- inflammation
- random aches, pains, and tinglings
- brain fog and cognitive impairment
- Inability to relax or feel safe

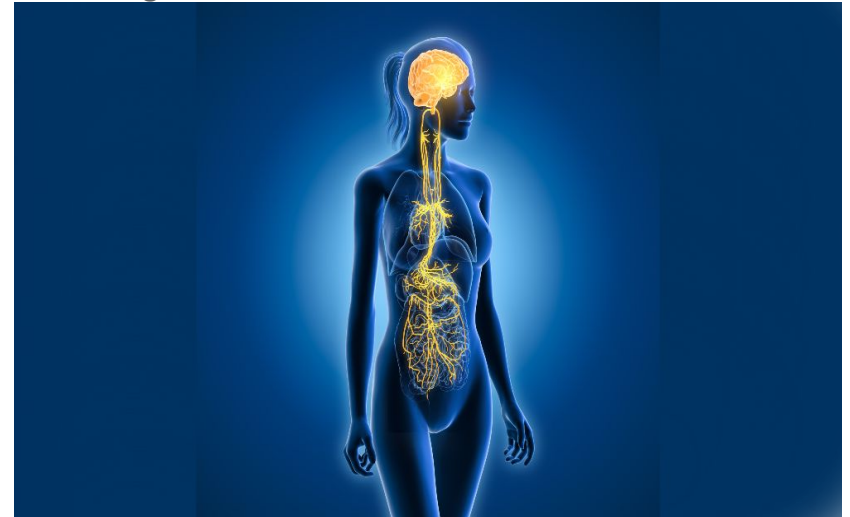


Many of these are indicators of a dysregulated nervous system

Modalities of Healing -- My Mental Health Toolkit

- Walking and Observing in Natural Settings
- Shinrin Yoku (forest bathing)
- Writing & Journaling
- Yoga & Yoga Nidra
- Feldenkrais Method
- Franklin Method
- Vagus Nerve Stimulation
 - Humming
 - Singing
 - Gargling
 - Ear massage
- Meditation
- Deep breathing / Belly breathing
- Crawling on all fours
- Eye movement and desensitization and reprocessing (EMDR) therapy
- Emotional Freedom Technique (EFT)

The Vagus Nerve



Why Qigong?

- It emphasized relaxation as an integral feature of this practice
 - 70% effort vs. 100%
 - Effort and then a release from effort
- It was practical
- It was easy to do and pleasurable
- It complimented and enhanced the usefulness of the other tools in my mental health toolbox
- I felt better after every session
- I wanted to share this practice

Disclaimer!

I am new to Qigong.

I am not an expert.

Consider me a fellow practitioner!



Preparing to Practice: A Few Tips

Your goal when practicing qigong is to achieve a total absorption in the present moment.

- Mindset - receptive and open / concentration should feel light
- Breathing - soft, rhythmic abdominal breathing
- Relaxation - no unnecessary tension held anywhere in the body or mind
- Posture - good posture puts your body in harmony with gravity
- Connection - every part of your body should feel connected in a network of energy

(Allen, 2017)

Let's Practice Together



QiGong Practitioners on YouTube

- [Qigong with Kseny](#) with Kseny Gray 89.7 K subscribers
- [Qigong for Vitality](#) with Jeffrey Chand 113 K subscribers
- [Qigong Meditation](#) with Brother Insight 748 K subscribers
- [Nick Loffree: Bioenergetic Health](#) 22.5 K subscribers

Practicing with Kseny Gray

15 minute Qi Gong Routine!

<https://www.youtube.com/watch?v=QzVN4ftBy9c>

“When beginners ask, ‘What is the most important aspect of practicing Qigong?’”

“ The answer is always ... **‘just do it.’**”

(National Association of Qigong, 2023)

Final Thoughts and Questions

Did you notice any differences in your body or in your mental outlook after practicing?

Do you think you can use Qigong to enhance your well being and resilience?

Wait, there is more! Okay, we just barely got started! There is more to learn!

Observations, Comments, and/or Questions?

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