



**A Mindful
Movement:
*Cultivating Whole
Health***

Patricia Richardson

Overview



Real Communities



Mixed Greens



Mindfulness



Whole Health



Qigong



Resources



REAL COMMUNITIES PARTNERSHIPS

Real Communities Partnerships were launched statewide in 2010 by the Georgia Council on Developmental Disabilities (GCDD) to partner with local groups working to build more than just communities. It's a thoughtful, action learning approach that equips community members at the local, grassroots level to work together toward common goals to improve their community using person-centered supports, community-centered connections and persistent and reflective learning. Purposefully involving people with and without developmental disabilities in collaborative projects is pivotal to the framework of Real Communities.




Keys to Inclusion

.....
People know they are being included when they are:

1. Invited
2. Welcomed
3. Valued
4. Respected
5. Supported
6. Active contributors
7. Involved in decision making & change
8. Engaged in power-sharing





The purpose of Mixed Greens is community building, through creating opportunities for connection and contribution for people with and without developmental disabilities. Mixed Greens reach has evolved to engage community members in learning opportunities that support mindfulness trainings, whole health education and community gardens.

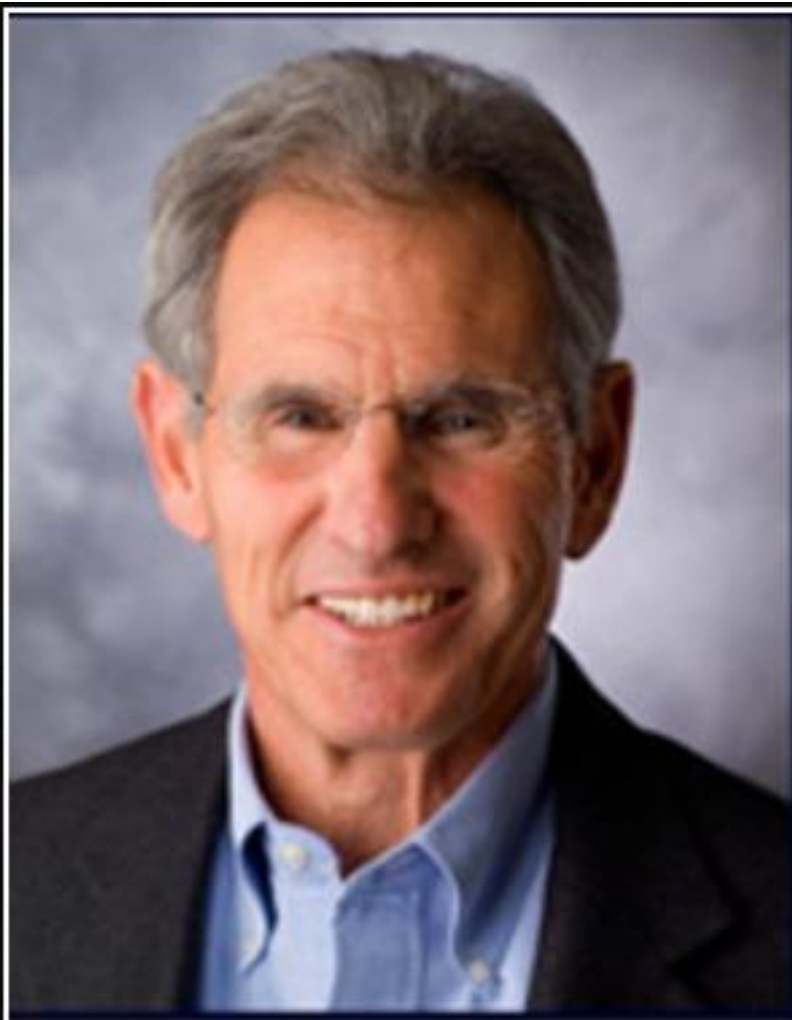








**What is
Mindfulness?**



Mindfulness means moment-to-moment, non-judgmental awareness. It is cultivated by refining our capacity to pay attention, intentionally, in the present moment, and then sustaining that attention over time as best we can. In the process, we become more in touch with our life as it is unfolding.

— *Jon Kabat-Zinn* —

AZ QUOTES



The Seven Attitudinal Foundation of Mindfulness

1. Beginners Mind

2. Patience

3. Non-Judging

4. Trust

5. Non -Striving

6. Acceptance

7. Letting Go



What are Three Primary Attitudes of Mindfulness?

- **Non-Judging**

- Noticing the stream of judging mind .. good / bad / neutral... not trying to stop it but just being aware of it

- **Beginner's Mind**

- Being receptive to new possibilities... not getting stuck in a rut of our own expertise.

- **Letting Go**

- Letting go is a way of letting things be, of accepting things as they are.



A misty mountain landscape with a large tree in the foreground. The text "How Does One Become Mindful?" is overlaid in white. The background shows rolling hills and mountains under a soft, hazy sky, with a large tree trunk and branches on the left side of the frame.

How Does One Become Mindful?

A sunset scene over a body of water. The sky is filled with large, dark clouds, some of which are illuminated from below by the setting sun, creating a bright orange and yellow glow. The sun is partially obscured by a large, dark cloud on the left side. The water in the foreground is calm, reflecting the colors of the sky and the silhouettes of the trees on the horizon. The word "Practice!" is written in a large, white, sans-serif font across the center of the image.

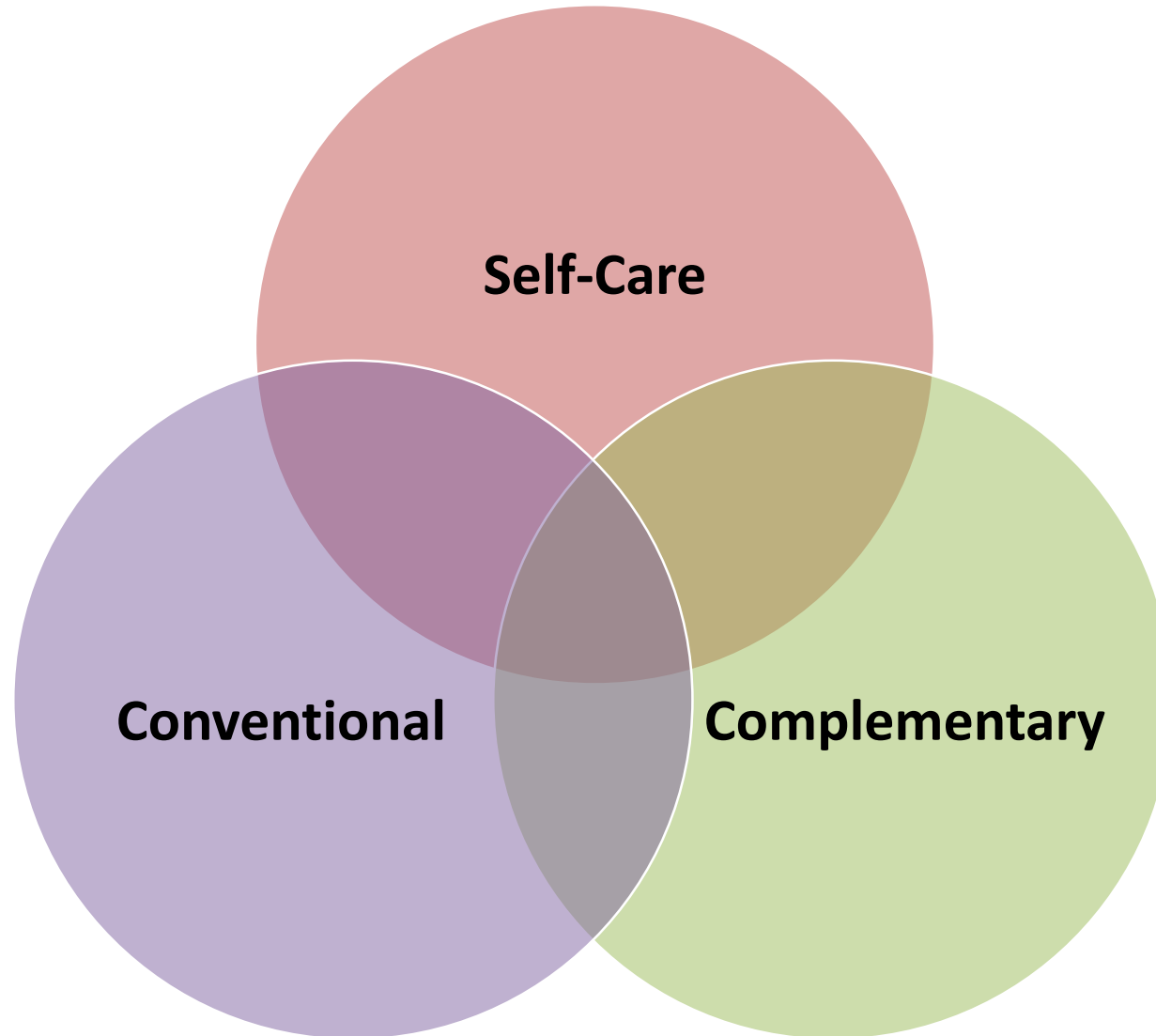
Practice!



ACTIVITY

Model for Integrative Medicine

By: Jeffrey Brantley, MD





Basic Principles of Holistic Health

Attention to the whole....

The source of healing is within

*Inspiration and interdependence
support health and healing*

What Determines the Quality of Health?



Our level of clarity/honesty



The attitudes/belief systems we hold



Our ability to relax, rest and get adequate sleep



Our food choices and how we eat



Whether and how we exercise



The way we express ourselves, give voice to our feelings



The environment in which we live, work and play

Complementary approaches honor the wisdom and capability of the mind, body and spirit

- Meditation/Prayer/Mindfulness – Cultivates awareness and intuition and innate healing abilities
- Nutrition Consultation – Guidance in food choices...both as fuel and as medicine.
- Massage Therapy/Bodywork – Aligns the body and diminishes stress, promotes circulation, relieves emotional tension
- Eastern Practices – Acupuncture, Qigong, Yoga, Tai Chi, Feng Shui, Ayurveda Energy/wellness-based ancient health practices.
- Art and Creativity – Venue to express feelings and authenticity
- Community Building/Celebration - provides the necessary encouragement and support needed to grow and heal.





What is Qigong?





The Chinese characters for Qigong (“Chee Gong”) can be translated as “Life Energy Cultivation.” The term encompasses a range of holistic practices that emphasize coordinated and mindful body alignment, movement, breathing, and meditation.



ACTIVITY



Resources

Center for Mindfulness - UMass Medical School

<https://umassmed.edu/cfm/>

Georgia Council on Developmental Disabilities

<https://gcdd.org/>

Mixed Greens

<https://www.facebook.com/MixedGreensSavannah/>

Model for Integrative Medicine

<https://dukeintegrativemedicine.org/about/meet-the-team/jeffrey-brantley-md/>

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