Simple Steps to Elevate Your Well-Being | Dr. Donese Worden's 7 Pillars of Health Transcript

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Self-Assessment and Mental Check-In

Meditation Practices and Mind Quieting

Therapy, Testing, and Brain Health Factors

Mood Shifts and the Benefits of Nature

here are some things to think about um here are some things to think about um are you focused can you focus I don't are you focused can you focus I don't want to hear I'm to ADD ADHD you might want to hear I'm to ADD ADHD you might be but you should be able to rain it in be but you should be able to rain it in when you need to and do you have when you need to and do you have cognition you're wiring and firing the cognition you're wiring and firing the brain is is saying I can respond to what brain is is saying I can respond to what you're asking me to do your memory is you're asking me to do your memory is good and you feel good you're happy good and you feel good you're happy you're not depressed or anxious all of you're not depressed or anxious all of these things are important so rate these things are important so rate yourself on a scale of 1 to 10 10 you're yourself on a scale of 1 to 10 10 you're happy you're focused you can focus when happy you're focused you can focus when you need to and your brain is wiring and you need to and your brain is wiring and firing and saying okay I'm here for you firing and saying okay I'm here for you this is good I think I'm okay maybe I'm this is good I think I'm okay maybe I'm not going to have Alzheimer's like a not going to have Alzheimer's like a parent did or this or that right and parent did or this or that right and sometimes you start worrying about those sometimes you start worrying about those things when you don't need to really things when you don't need to really check in that's what this Seven Pillars check in that's what this Seven Pillars is about checking in making sure you're is about checking in making sure you're at least one a once a month going at least one a once a month going through this and saying where am I through this and saying where am I really really really where am I so a one is going to be you where am I so a one is going to be you don't you're not keeping up with me don't you're not keeping up with me right now well I won't say that I'm right now well I won't say that I'm going to say a four because I talk fast going to say a four because I talk fast right uh so a one is you have trouble right uh so a one is you have trouble understanding you can't remember and the understanding you can't remember and the memory is getting worse that's the main memory is getting worse that's the main thing and a 10 is that brain's there for thing and a 10 is that brain's there for you things to think about that will help you things to think about that will help you with this daily meditation so there you with this daily meditation so there are different types there's active are different types there's active breathing how many of you have tried whm breathing how many of you have tried whm Hoff breathing or some kind of right Hoff breathing or some kind of right several of uh walking meditations like several of uh walking meditations like Dr Joe dispenses which he uses Berry's Dr Joe dispenses which he uses Berry's music for you're walking you're actively music for you're walking you're actively walking and meditating and then you stop walking and meditating and then you stop then you lay down it's a pretty profound then you lay down it's a pretty profound way of meditating um guided meditation way of meditating um guided meditation which we've got a surprise for you which we've got a surprise for you tonight if you've never experienced that tonight if you've never experienced that we're going to put you through a little we're going to put you through a little bit and Transcendental Meditation that's bit and Transcendental Meditation that's the hardest one Dr yadu probably is the the hardest one Dr yadu probably is the only one in the room that can actually only one in the room that can actually do it he studies Sanskrit and everything do it he studies Sanskrit and everything else you you can quiet the brain and else you you can quiet the brain and turn it off can't you yeah and do his turn it off can't you yeah and do his mudas yeah he's probably the only one in mudas yeah he's probably the only one in the room but maybe you guys might be the room but maybe you guys might be able to but most people that's a set able to but most people that's a set yourself up for failure because it's yourself up for failure because it's very difficult to turn off the Mind very difficult to turn off the Mind counseling or live coaching now you know counseling or live coaching now you know sitting on a couch to understand sitting on a couch to understand cognitive behavioral therapy can be very cognitive behavioral therapy can be very helpful you understand why but you got helpful you understand why but you got to move beyond that I've seen people to move beyond that I've

seen people that have been going for a counseling that have been going for a counseling for many many years and they're just not for many many years and they're just not budging forward you have to dig in and budging forward you have to dig in and find other ways why and what are other find other ways why and what are other practices that you can try so I really practices that you can try so I really uh eye movement therapy is really good uh eye movement therapy is really good there's trauma therapies that are there's trauma therapies that are amazing right now you can talk to me amazing right now you can talk to me about it later uh with a lot of really about it later uh with a lot of really good doctors and treatments emotional good doctors and treatments emotional Freedom technique that's that's an Freedom technique that's that's an interesting one and then just exploring interesting one and then just exploring different ones that are AB that are different ones that are AB that are beyond the traditional counseling CH beyond the traditional counseling CH couch I'm not saying you don't do that couch I'm not saying you don't do that but I'm just saying there's some other but I'm just saying there's some other ways specialty testing is if that brain ways specialty testing is if that brain you're like I don't know I don't know if you're like I don't know I don't know if it's just me I'm not sleeping yes it it's just me I'm not sleeping yes it plays into it or do I have some kind of plays into it or do I have some kind of biochemical problem so if you're biochemical problem so if you're wondering about that neurotransmitter wondering about that neurotransmitter level testing nutrient deficiencies level testing nutrient deficiencies certain nutrients you don't have that be certain nutrients you don't have that be vitamins or others brain does not work vitamins or others brain does not work well essential fatty acids fish oil well essential fatty acids fish oil doesn't work well hormonal imbalances doesn't work well hormonal imbalances hormones are powerful they make you feel hormones are powerful they make you feel great or they make you feel horrible great or they make you feel horrible and if they're not balanced it's not and if they're not balanced it's not about how high can you get them or how about how high can you get them or how low did they go it's how are they in low did they go it's how are they in balance with one another and then again balance with one another and then again back to the gut health because that is back to the gut health because that is the brain gut connection was very the brain gut connection was very important music program development uh important music program development uh Barry's going to be talking to you about Barry's going to be talking to you about that in a minute and that is very quick that in a minute and that is very quick of Shifting your mood during the day you of Shifting your mood during the day you got the teenager thing going on or got the teenager thing going on or somebody at work or just something somebody at work or just something happened somebody honked at you in the happened somebody honked at you in the parking lot how do you shift that right parking lot how do you shift that right there right then to not keep going down there right then to not keep going down that pathway music best way turn on that pathway music best way turn on your playlist your happy playlist and okay playlist your happy playlist and okay I'm not worried about it now and then I'm not worried about it now and then nature cure two times a week how nature cure two times a week how many of you this in the last seven days have you this in the last seven days have taken a walk out in nature raise your taken a walk out in nature raise your hand if you're taking a walk out in hand if you're taking a walk out in nature good about half of you um so nature good about half of you um so that's been proven the studies are that's been proven the studies are showing us there's something about showing us there's something about communion with nature it's not just the communion with nature it's not just the fresh air and all the things and getting fresh air and all the things and getting the exercise the exercise nature communes with us and we entrain nature communes with us and we entrain with it so getting out in nature very with it so getting out in nature very important