



## *Webinar Toolkit: February 2023*

### *“A Healthy Lifestyle for a Healthy Mind”*

*This toolkit will cover some of the contents from the webinar, including:*

- *What is Wellbeing?*
- *The 5 Pillars of Physical & Mental Health*
- *Amplifiers for the 5 Pillars*
- *Video References*



### *Your Facilitator*



***Lesa Burger***

*Executive Coach and  
Advanced Breathwork  
Practitioner*



## What is Wellbeing?

- WHO defines health is ‘not merely the absence of disease or infirmity but a state of complete physical, mental and social well-being’
- According to Psychology Today: Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.
- Well-being emerges from your thoughts, actions, and experiences – most of which you have control over.
- <https://www.berkeleywellbeing.com/well-being-survey.html>



## The 5 Pillars of Physical & Mental Health



# kaelo Webinars



## Amplifiers for the 5 Pillars



### Deliberate Cold:

Exposure causes the prolonged release of **dopamine**. Dopamine is a powerful molecule capable of elevating mood, enhancing focus, attention, goal-directed behavior, etc.

Even short bouts of cold exposure can cause a lasting increase in dopamine and sustained elevation of mood, energy, and focus.



### Sauna:

Studies have found that the regular use of sauna can decrease cortisol levels; enhance the activation of DNA repair/longevity pathways; and increase the activation of unique heat-dependent molecular mechanisms, termed Heat Shock Proteins, which help monitor and possibly repair protein structure within our cells. The integrity of protein structures is vital to our health and wellbeing.



### Breathwork:

Various breathing techniques that intentionally change the rhythm and rate of inhale to exhale can change states of consciousness.

Box Breathing  
Coherent Breathing  
Warrior Breath



### Massage

is known to stimulate serotonin and dopamine, improve brain wave activity, reduce tension in muscles, improve quality of sleep and activates the parasympathetic response.

## Video References:

- Morning Sunlight
  - <https://www.youtube.com/watch?v=yBjUR16AiBM>
- Cyclic Physiological Sighing to Reduce Stress
  - <https://www.facebook.com/watch/?v=867274120644136>
- Non-sleep Deep Rest
  - <https://www.youtube.com/watch?app=desktop&v=WS2eQDXT6b0>
- How does Alcohol Affect Your Brain?
  - <https://www.facebook.com/watch/?v=756403842288684>