

Lifelong Balance

» Mindful Resilience



Welcome to class! We will begin shortly!

Mindfulness Coaching

Find balance amidst the chaos of life and meet with a mindfulness coach.

Virtual one-on-one sessions can help you:

- Manage stress with guided mindfulness and relaxation
- Learn self-care techniques tailored to you
- Create a self-care plan that fits your lifestyle
- Feel supported in a non-judgmental space
- Stay accountable to your wellness goals

Call 858-616-5514 today!

positivechoice.org/mindfulness-coaching



Scan QR code
to learn more

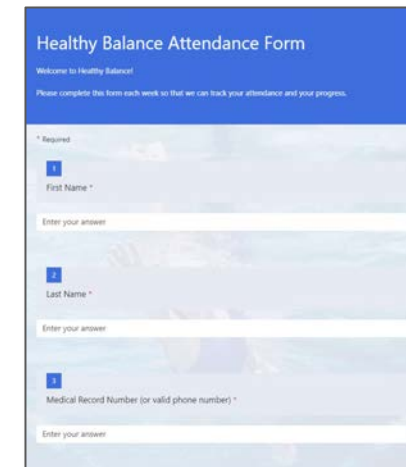
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SAN DIEGO, CA

Lifelong Balance

Mindful Resilience

Discussion/Reflection Question:
How does being mindful help you?



The image shows a digital form titled "Healthy Balance Attendance Form". At the top, it says "Welcome to Healthy Balance!" and "Please complete this form each week so that we can track your attendance and your progress." Below this, there are three required fields, each with a blue square icon containing a number: 1. "First Name *", 2. "Last Name *", and 3. "Medical Record Number (or valid phone number) *". Each field has a white input box with the placeholder text "Enter your answer".

Have you filled out the attendance form?

Lifelong Balance Member Resources

- All your guides, logs, and tools are available on the **Lifelong Balance Resources** page



Scan QR code or visit:
positivechoice.org/Lifelong-Balance

A screenshot of the website page for Lifelong Balance Resources. The page features a navigation bar with links for CONTACT, CALENDAR, and SEARCH. Below the navigation bar, there are links for Our Services, Español, About Us, KP Members, and News. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". There are two main sections: "How to Enroll" and "Program Materials". The "How to Enroll" section provides contact information and cost details. The "Program Materials" section lists links for the Lifelong Balance Syllabus and Healthy Balance Workshop Guide. A descriptive paragraph explains the program's benefits and session structure.

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CONTACT CALENDAR SEARCH

Our Services Español About Us KP Members News

← BACK TO KP MEMBERS

Lifelong Balance Resources

How to Enroll

Phone:
(858) 616-5600

Cost:
No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)

Ready to take the next step in your wellness journey? Lifelong Balance helps you reinforce healthy habits, break free from what's holding you back, and stay current on the latest nutrition and movement practices. Weekly 60-minute virtual sessions include guided movement, engaging discussions, and connection with fellow graduates.

Program Materials

[Lifelong Balance Syllabus](#)

[Healthy Balance Workshop Guide](#)

Syllabus

- Use our syllabus to track your classes and weeks attended



Scan the QR for the syllabus
or visit:
positivechoice.org/LLBsyllabus

Lifelong Balance Syllabus



Class Information

Day: _____

Time: _____

Department Phone: 858-616-5600

Instructor Information

Name: _____

Desk Phone: _____

Or message via KP.org

Date

Topics

1. Active Versus Sedentary Lifestyle
2. Time to Eat
3. Muscle Training
4. Routines
5. Nurturing Your Gut
6. Metabolism
7. Habits and Personal Why
8. Weight Plateaus
9. Food Quality and Cravings
10. Positive Thinking and Action
11. Sugar and Your Health
12. Taking Care of Your Heart
13. SELF Through the Ages
14. Movement Options
15. Food Prep for Lifelong Health
16. Mindful Resilience

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Mindful Minute

Mindful Movement

HIP CAR (Controlled Articular Rotation)



Let's practice!



VARIATION:
Do hip CARs
on all fours

Check-In/Reflection

**What has worked well for
you since last week?**

Weekly Goal



Breakout Rooms



Breakout Room

- Chat to let your instructor know you are here. Otherwise, relax for a moments and we will be back soon!

**What brought you to
class today?**

Today's Discussion

Mindful Resilience

Today's Discussion

1

Understanding
mindfulness
and resilience

2

Exploring
mindsets for
wellness

3

Using
strategies
for mindful
resilience

What do you want to spend the
most time talking about today?



What is mindfulness?

What is Mindfulness?

- Paying attention to the present moment intentionally and without judgment
- Being aware of thoughts, feelings, and sensations as they arise



What is Resilience?

- The ability to bounce back after setbacks or challenges
- Resilience means bending, not breaking, like a palm tree in the storm



Understanding Mindful Resilience



Mindful Resilience

Allows you to:

- Stay calm and focused when life changes suddenly
- Adapt with awareness, not reaction
- Find solutions instead of getting stuck in stress



Strengthening Resilience with Mindfulness

Even if you already feel resilient,
mindfulness can help you:

- Notice early signs of stress
before they build up
- Understand and manage
emotions more effectively
- Stay grounded and focused
when things feel uncertain



**How does your brain
figure out new ways to
handle challenges?**

How Your Brain Builds New Habits



- Your brain contains a network of roads called neurons
- When you practice a new habit, your brain builds new “roads” (pathways)
- The more you practice, the stronger the new pathways get
- Your brain creates clear new paths
- When the paths are well worn your new behaviors stick over time

Understanding Your Mindset

Fixed Mindset

"I'm just not good at this"


- Allows you avoid challenges
- Causes you to give up easily

Growth Mindset

"I'm not there yet, but I'm making progress"

- Tries new things and learns from mistakes
- Keeps up even when it's hard

Refining Your Mindset

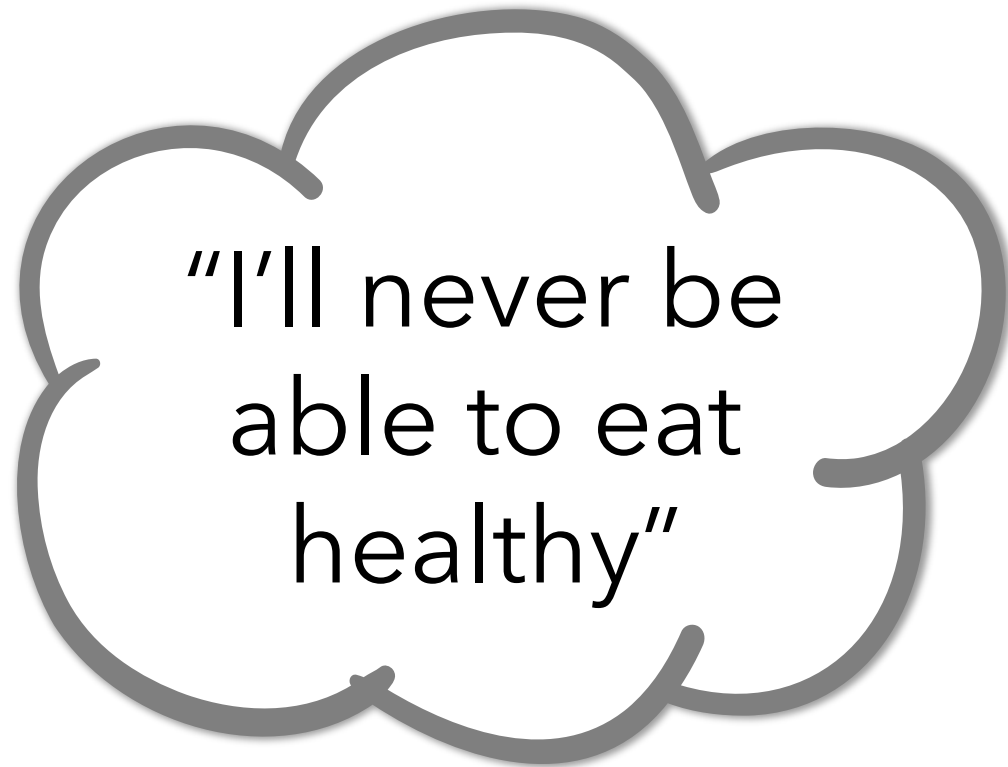


"I can't
do this"

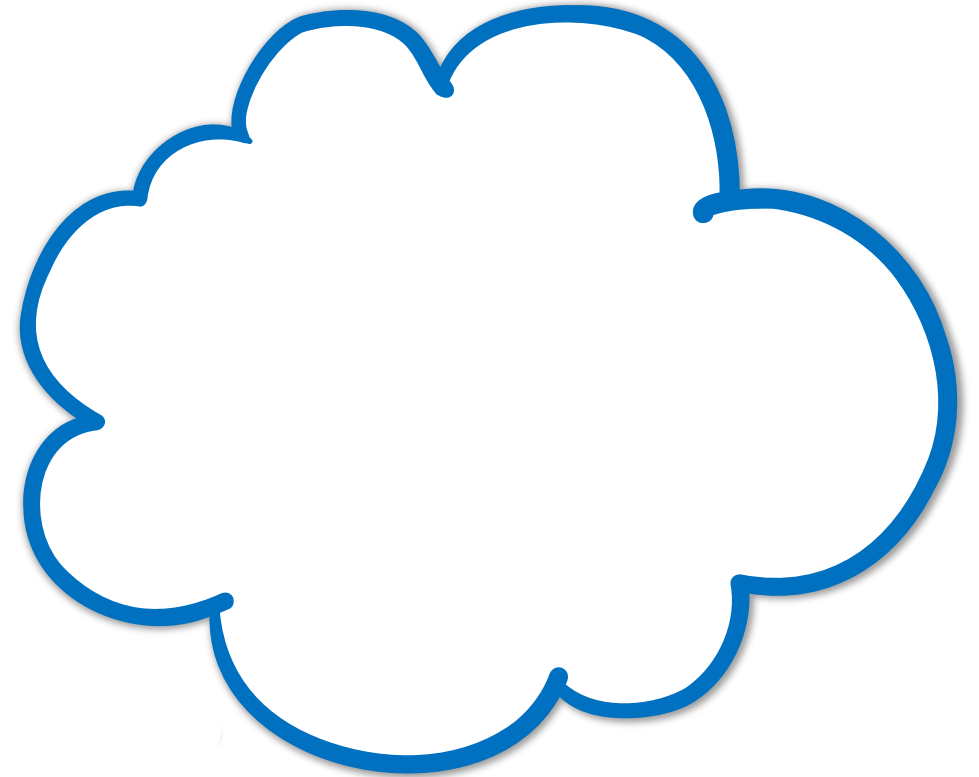
"I'm still
learning"

Refining Your Mindset

Instead of thinking...



I can reframe it by thinking...



Rethinking Positive Thinking

- Positive thinking doesn't mean everything is perfect
- It means choosing thoughts that help you move forward
- **Ask yourself:**
 - "What thought usually gets me stuck, and what could I say instead?"



“Don’t GO through life, GROW through life.”

- Eric Butterworth

- Growth happens when we practice new skills, not when we stay on autopilot
- Small, consistent changes lead to long-term success
- You don’t have to be perfect; you have to be willing to learn as you go



THRIVE Break

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Let's Move

Specific Muscle Function Exercises for Daily Activities

Squat

- Getting out of bed
- Getting out of a chair or off a couch
- Getting in and out of a car

Lunge

- Going up and down stairs
- Walking your dog
- Walking

Push/Pull

- Opening heavy doors
- Lifting a bag of groceries
- Gardening
- Putting a travel bag in an overhead compartment

All

- Playing with your kids or grandkids
- Other...

Learn Proper Form

Push-Up

To do wall push-ups:

1. Stand with your feet a few feet away from a wall
2. Slowly bend your elbows and lower your chest
3. Focus on keeping your body aligned
4. Push through your hands and straighten your arms, returning to the starting position
5. Repeat

Let's Try



Learn Proper Form and Progress

Push-Up



See a personal trainer for exercises specific to your needs

Positive Choice: 858-616-5600

Beginner <i>Wall Push-Up</i> Stand arms-length away from the wall	Intermediate <i>Incline Push-Up</i> Plank position using a lower base (desk or bench)	Advanced <i>Full Push-Up</i> Plank position on the ground
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest

Redefining Progress

- Progress is more than a number on the scale
- It also shows up in your energy, habits, confidence, and daily choices

What non-scale victories have you noticed lately?



Celebrate Successes

Which success(es) are you celebrating?

- More energy
- Lower blood pressure
- Improved blood sugar
- Reduced medications
- Started new exercise program
- Better food relationship
- Improved sleep
- Clothes fit better
- More active
- Reduced aches and pains
- Less belly fat
- More comfortable
- Better daily habits
- Learned more about nutrition
- Other

Daily Practice for Mindful Resilience

The Power of Pause

Pausing helps you respond with intention instead of habit

Try pausing to:

- Notice your reaction before you respond
- Check in before eating or drinking
- Speak kindly to yourself instead of self-judging
- Take a breath and reset during the day

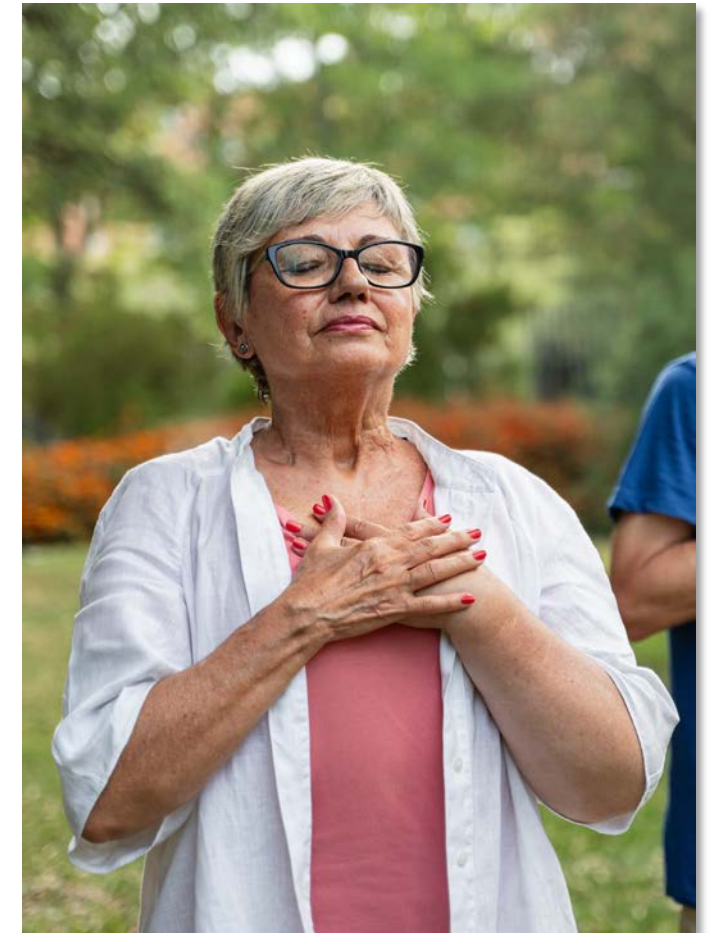
Daily Practice for Mindful Resilience

Take A Self-Compassion Break

Three Steps:

- **Mindfulness**
"This is hard right now."
- **Common Humanity**
"Others feel this way too. I'm not alone."
- **Self-Kindness**
"What would I say to a friend? I can offer myself that same care."

A self-compassion break calms your nervous system and helps you respond with more clarity and care



Bringing Mindfulness Into Your Day

How might you weave these practices into daily life?

Mindfulness

- Noticing the present moment without judgment

Growth mindset

- Viewing challenges as opportunities to learn

Self-compassion

- Treating yourself with the same kindness you'd offer a friend



When do you find these practices most helpful or needed?

Putting It Into Practice

Mindfulness

- Take one mindful breath before each new task
- Notice how your body feels, without judgment

Growth Mindset

- When something's hard, add the word "yet."
"I can't do this...yet."

Self-Compassion

- When you're struggling, pause and say:
"This is tough. I'm not alone. May I be kind to myself."



Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace Care (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started

Monitor Your Progress

Ways to track:

- Online log
- Smartphone app
- Wearable device
- Photos of your food
- Paper journal

Download the Daily Lifestyle Log at
positivechoice.org/Lifelong-Balance

Daily Lifestyle Log Today's Date:

NUTRITION

Breakfast	Lunch	Dinner	Snack	Other
Meal Plan » Write down what you plan to eat and drink today.				
Food and Drink Log » Write down what you actually ate and drank today.				
Water » How much water did you drink? (Each box = 8 ounces.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

ACTIVITY/MOVEMENT

Type	Amount/Time	Intensity
What type of physical activity/movement did you do today?		

SLEEP

How much sleep did you get last night?	Hours

MOOD AND EMOTIONS

How did you **feel throughout the day?** (Note any thoughts, feelings, triggers, or obstacles.)

TODAY'S REFLECTION

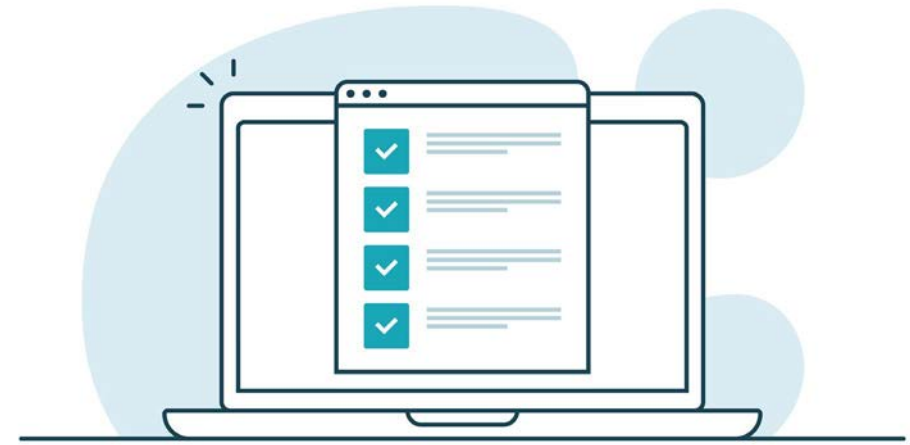
Did you **stay on track with your action plan or goals** for the day/week? (Note any thoughts, feelings, triggers, or obstacles.)

Lifelong Balance Post-Program Survey

**Your feedback helps shape
the future of our program.**

We'd love to hear about your
experience in Lifelong Balance!

Your responses are completely
anonymous and help us make
the program even better for
future participants.



SCAN ME



**Complete the survey by clicking the link
in the chat or scanning the QR code.**

This Week

Choose a weekly goal, or make up your own:



Practice mindfulness strategies



Increase activity



Take a self-compassion break



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

What first step would you like to take this week?

Weekly Goal

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

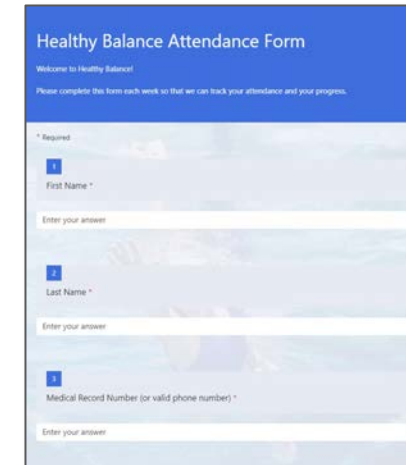
I will focus on practicing mindfulness by taking a self-compassion break this week.

Lifelong Balance

» **Active VS Sedentary Lifestyle**

Discussion/Reflection Question:

What does an active lifestyle look like to you?



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Have you filled out the attendance form?

Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

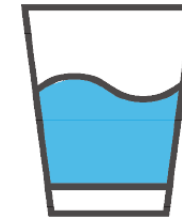
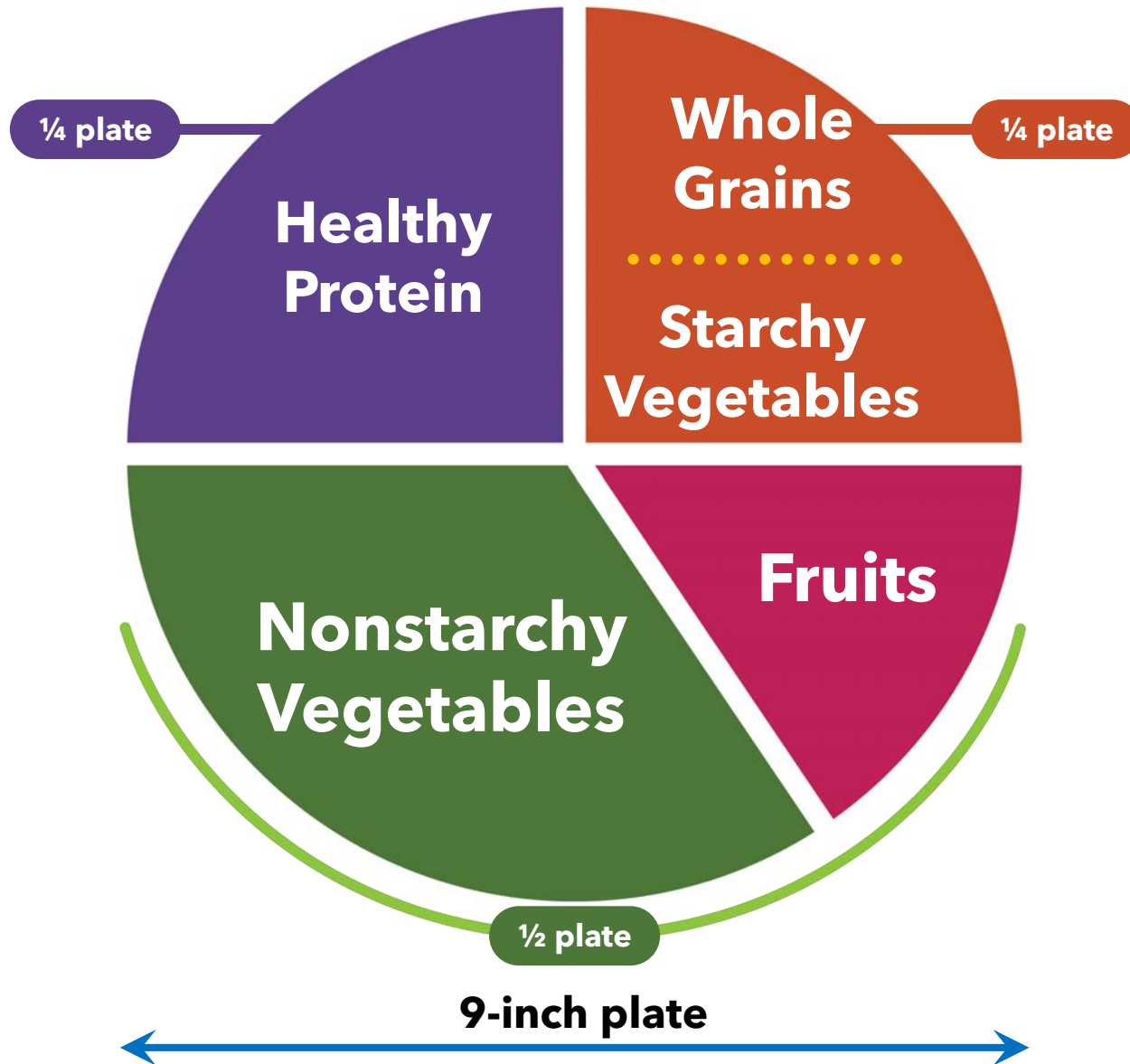
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

The Healthy Plate

Refer to the *Healthy Balance* book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings

Nutrition Recommendation

Sample Daily Eating Plan



Milk (soy or cow), 1 cup
Quinoa, ½ cup
Eggs, 2
Fruits or
Vegetables, 1 cup



Fish, 4 oz.
Beans, ½ cup
Mango ½ cup
Vegetables, 1 cup
Avocado, ¼



Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp