



Mismatched: Your Brain Under Stress

Educational Unit

Lesson Plan Module 2: *Mind/Body Connection*

Overview

Numerous studies have shown that meditation is an effective stress-management tool, ultimately reprogramming the brain to the extent that meditators end up with more capacity to manage stress (when meditation is a consistent, daily practice).

Meditation is also a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Scholars have found meditation elusive to define, as practices vary both between traditions and within them. Meditation is practiced in numerous religious traditions. The earliest records of meditation are found in the ancient Hindu texts known as the Vedas, and meditation plays a role in the contemplative repertoire of Hinduism and Buddhism. Since the 19th century, Asian meditative techniques have spread to other cultures where they have also found application in non-spiritual contexts, such as business and health.

Meditation may significantly reduce stress, anxiety, depression, and pain, and enhance peace, perception, self-concept, and well-being. Research is ongoing to better understand the effects of meditation on health (psychological, neurological, and cardiovascular) and other areas.

Lesson Objectives

After viewing Episode 2: *Mind/Body Connection*, participants will be able to:

1. Demonstrate and explain an understanding of the mind/body connection.
2. Analyze a meditation technique.

Vocabulary

Meditation

Stress Response

Relaxation Response



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Lesson Discussion Points

- What are different types of relaxation?
- Why is muscular relaxation helpful?
- When should someone control over-breathing? Why?
- What effects do stress create in our bodies?
- What is the relaxation response? Why is this useful?
- What is meditation and why is it important?
- After completing the meditation technique, how did it make you feel when you were done?
- Does a focus on breathing and repetition relieve stress? Why or why not?

Activities

Activity #1: Employ a Meditation technique.

To use the 4-7-8 technique, focus on the following breathing pattern:

1. Empty the lungs of air.
2. Breathe in quietly through the nose for four seconds.
3. Hold the breath for a count of seven seconds.
4. Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for eight seconds.
5. Repeat the cycle up to four times.

Activity #2: Watch Video

View Episode #2: *Mind/Body Connection* and discuss content using discussion questions.



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Name _____ Grade or Employee Dept _____

Module #2 Quiz: *Mind/Body Connection*

Directions: Please circle the correct answer.

- 1. How old is meditation said to be?**
 - a. 50 years
 - b. 500 years
 - c. 1000 years
 - d. 7000 years

- 2. What does NOT decrease during Meditation?**
 - a. blood pressure
 - b. Heart rate
 - c. Oxygen use
 - d. Blood sugar levels

- 3. When first introduced, doctors embraced mediation as a method to help patients relieve stress.**
 - a. True
 - b. False

- 4. Why did Dr. Benson study the Buddhist monks?**
 - a. They were easy to find
 - b. They were in his hometown
 - c. They paid him
 - d. They were considered experts in meditation

- 5. Buddhist monks used meditational practices to generate an internal heat to dry wet, cold sheets placed on their bodies.**
 - a. True
 - b. False

- 6. How does the human body respond to cold?**
 - a. The body sends more blood to our hands and feet
 - b. The body send more blood to our inner core
 - c. The body increases blood flow to our skin
 - d. The body's level of energy increases



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- 7. According to the movie, when you sleep, your oxygen levels decrease by:**
 - a. 10-15%
 - b. 20-30%
 - c. 40-50%
 - d. 80-90%

- 8. Advanced Meditation causes your oxygen levels to decrease by 64%.**
 - a. True
 - b. False

- 9. With little time and practice, many people can become skilled in advanced meditation.**
 - a. True
 - b. False

- 10. Many forms of meditation have a common feature at their core - their design to break the train of everyday thought facilitated using repetition.**
 - a. True
 - b. False