



WINSOME HEALTH BENEFITS PROGRAM

By

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WINSOME REHAB CENTRE

Date	June Plan
7/6/2021	<p>Introduction to what is health.</p> <p>Aim: To work on physical, mental, emotional, and spiritual health for complete wellness</p> <p>For doing any exercises, Connect to your body Correct your posture Count for repetition Learning breathing pattern Deep breathing exercises Relaxation Gratification</p>
8/6/2021	<p>Warm up Stretching Spine mobility exercise Posture correction Deep breathing Relaxation Gratification Thought diary: watch for your negative emotions</p>
9/6/2021	<p>Warm up Leg exercises Spine mobility exercises Back and hip muscles stretching Standing posture correction Relaxation Gratification Thought diary: Watch for your negative emotions</p>
11/6/2021	<p>Brain gym warm up exercises Deep breathing with breath hold to maintain 1:4:2 ratio Om chanting Discussion</p>
14/6/2021	<p>Warm up exercises Neck and shoulder stretching Breathing exercises Relaxation</p>

	<p>Gratification</p> <p>Thought diary: observe for your triggers of negative emotions and anxiety i.e. HALT Hunger, Anger, lonely and tired.</p> <p>Each one triggers a mental or physical reaction that resembles anxiety - and each one is within your control.</p> <p>Observe your body and mind to control your reactions to situation, response is under your control but not the reaction</p>
15/6/2021	Follow up
16/6/21	<p>Warm up</p> <p>Stretching exercises of shoulder, upper back, and mid back</p> <p>Breathing</p> <p>Om chanting meditation</p> <p>Thought diary</p>
17/6/21	<p>Warm up</p> <p>Mid back, lower back stretching</p> <p>Gluteus stretching</p> <p>Breathing exercise</p> <p>Om chanting meditation</p> <p>Thought diary</p> <p>Discussion</p>
18/6/21	<p>Brain gym exercises</p> <p>Spine mobility exercises</p> <p>Breathing exercises</p> <p>Relaxation</p> <p>Discussion</p>
21/6/21	<p>Introduction of yoga</p> <p>Difference between Yoga and Exercise</p> <p>Yoga asana in sitting, spine and prone positions</p> <p>Pranayama</p>
22/6/21	<p>Warm up</p> <p>Leg Stretching exercises and back stretching exercise with support of wall</p> <p>Breathing exercises</p> <p>Relaxation</p> <p>Discussion</p> <p>Thought Diary</p>

23/6/21	<p>Warm up Surya Namaskar Yoga Asana Pranayama Om chanting Gratification Thought Diary discussion</p>
25/6/21	Discussion on HALT
28/6/21	<p>Warm up Aerobic exercises Pranayama Om chanting Meditation Discussion on stamina building</p>
29/6/21	<p>Warm up Aerobics exercises Pranayama Relaxation Discussion on: Stamina building Activity and exertion scoring Exercise scheduling Thought diary: 1. HALT observe your negative emotions for HALT basic needs (hunger, anger, lonely, tiredness) 2. STOP have to do 3-4 times or when you are feelings stressful use it and reduce your overwhelm</p> <p>The stop will help you to defuse stress in the moment. Creating space in the day to pause, slow down a racing mind , and get back into the present moment has been shown to be incredibly helpful in reducing the negative effects of stress . Taking a brief pause-even for less than one minute can help you gain perspective and determine the best possible acting you can take next. Overtime and with practice , this way of responding becomes a habit.</p> <p>STOP</p> <p>S: Interrupt your thoughts with the command 'stop and pause whatever you are doing .</p> <p>T: Take a Breath Notice your breathing for a second . Breathe in slowly through the nose , expanding the belly , exhale slowly and deeply through pursed lips.</p> <p>O : Observe Become the observer of your thoughts, emotions and physical reactions. What thoughts do you notice? What emotions are present? How does your body feel? Tune in and sit with whatever</p>

	<p>arises for a few moments.</p> <p>P: Proceed</p> <p>Mindfully consider how you'd like to respond. What's one thing, you can focus on right now? What's your most important and urgent priority? Narrow down your focus and take it one small step at a time.</p>
30/6/21	<p>Warm up</p> <p>Stretching exercises</p> <p>Breathing exercises</p> <p>Om chanting</p> <p>Discussion</p>

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