



THE LEAN BERETS AVENGERS OF HEALTH!

“Movement, Mood, & Mental Health”

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Moving the Mind: One of the best ways to improve mood while decreasing stress is with physical movement. Many different types of movement can be beneficial for improving “mood” or even our overall psychological well-being. Some people enjoy more formal “exercise” sessions, and others prefer a few simple movements that won’t even break a sweat. Here are some fun moves great for both brain and body that just need *active participation to learn...* with a smile. 😊

Science & History: It’s healthy for your brain to use “cross-body” (X-Body) patterns. By moving from right to left and from left to right, the “whole brain” integrates instead of just part of the brain. The X-Body movements below also calm the mind as we move from the “*Fight or Flight*” part of our brain (brain stem=“*Reptile*” brain) which we use under stress into more whole-brain integrated “rational and creative” thought modes (R/L Hemispheres, Frontal Cortex) of brain function. Historically, the “Restorative” patterns that are ideal for both brain and body are: *Circular, Spiral, and Figure-8*. All of the movements below involve X-Body and/or circular-type patterns so are brain healthy.

1. **Breath Check** (Chest VS. Abdominal Breathing)

- One hand on chest & other on belly. Breath in. What moves first? Allow belly to move first.

2. **“Cross Tap” X-Body Series** (Body Weight)

- https://youtu.be/R4_B53gQk9g?list=PLjQf2LW1q1XhQjk6RUiNH7pIS9yUiZCKv

3. **“Figure-8” Partner Toss** (SandBell)

- <https://youtu.be/wGI19QbbRNE>

4. **“Hook Up” X-Body & Abdominal Breathing** (Body Weight)

- Cross arms, interlace fingers, thread through forearms then cross legs. 5 breaths. Switch.

5. **“Tea Cup” Tai Chi Spiral Movements** (SandBell)

- https://youtu.be/XSjpCNz9_7o?list=PLjQf2LW1q1XhQjk6RUiNH7pIS9yUiZCKv

6. **“Call Down” Mind/Body/Breath Calming Series** (Body Weight)

- <https://youtu.be/118OH89E-VQ>

Decreasing Threat/Stress Response, Movement, & Whole Brain Integration:

<https://youtu.be/3NixtNqloZY?list=PLjQf2LW1q1XhQjk6RUiNH7pIS9yUiZCKv>

More Info on Movement & Brain Health:

<http://theleanberets.com/approved-resources/brain-body-basics>

Book Reference: Our best recommendation is “*Educate Your Brain*” by BrainGym® Instructor Kathy Brown, M.Ed. @ www.CenterEdge.com