Incorporating Mind-Body Skills in Nutrition & Diabetes Education
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MIND-BODY TERMS
Medical Yoga/Cardiac Yoga
Progressive Muscle Relaxation(PMR)
Breathing practices
Yoga psychology
Yoga Nidra
Meditation
Autogenic Training
Self-compassion
Biofeedback
Writing to heal
Mindful eating
Guided imagery
Yoga Therapy

DESCRIPTION
Poses adapted for safety and ease with cardiac patients.
Tensing and relaxing various body parts systematically.
Yogic term, pranayama. Portable mind/body balancing.
Yogic mindset (non-harming, purity, non-stealing, positivity).
Also called yogic sleep. Offers change from the inside out.
Practice of focusing: mindfulness, mantra.
Form of self-hypnosis useful for pain & sleep.
Compassion toward self. Kristin Neff PhD, researcher.
Use of a meter/measure to assess physiologic processes.
Expressive emotional disclosure/writing, Pennebaker PhD.
Practice of present moment awareness while eating.
Mental rehearsal/neuroplasticity training for brain & body
Application of yoga for therapeutic purposes

Resources
Mind-Body Skills by RDNs
Kay, A.B., Every bite is divine, 2017. Life Arts Press.
Note: details the journey from eating disordered thinking to peace via yoga practices. Intended audience, lay public and professionals.

Note: An excellent guide for patients on how to approach yoga mindset, adapt postures for obesity or chronic health conditions.

Note: Gives the how-to skills on 10 useful mind-body skills.

Mind-Body Skills Resources
5. Naparstek, B. Diabetes (guided imagery tape that can be used for practice in between class sessions). 1993. Available through Image Paths, Inc. 1-800-800-8661.
*** Best resource/reference  * Historical favorite

Links
Self-compassion –Kristin Neff PhD @Stanford  http://self-compassion.org/category/exercises
Mindfulness based stress reduction-MBSR program @University of Virginia
Mindfulness-MBSR program@ Duke Integrative Medicine
https://www.dukeintegrativemedicine.org/programs-training/professionals/mindfulness-training-for-
RDN Learning/Training Opportunities in Mind-Body Skills

2. Integral Yoga Teacher Training or training weekends at Yogaville, Buckingham, VA www.yogaville.org/programs/category/teacher-training
4. Benson-Henry Center for Mind Body Medicine @ Harvard https://www.bensonhenryinstitute.org/professional-training/bhi-certification

References:
Yoga & Cardiovascular Health

Mind-Body Skills and Diabetes

Pre-Diabetes/Diabetes 8 week curriculum/workbook: 8 Weeks Toward Wellness
request electronic copy at clp6g@virginia.edu