



YOUR PATH TO WELL-BEING & SELF DISCOVERY





Welcome

Being in the hospital isn't usually something you've wished for. However, being here can be an opportunity, a new possibility for hope and healing. A crucial part of healing is remembering you are not your diagnosis. Instead, the diagnosis you've been given is a discovery – a chance to more deeply connect to yourself and the people and principles that matter most to you.

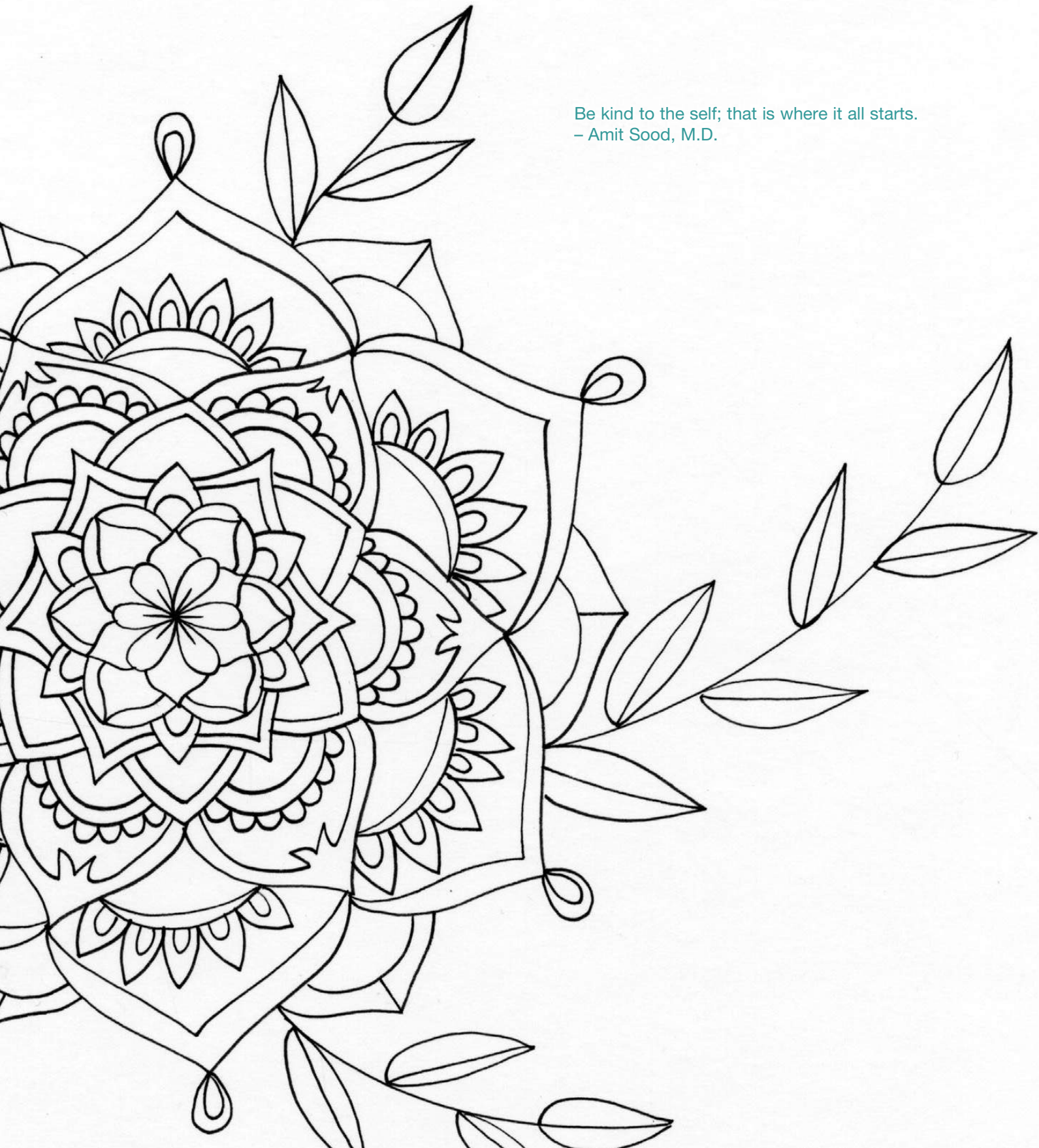
"Your Path to Well-Being and Self-Discovery" was created as a companion to explore practices that enhance well-being. Your health, wellbeing and wholeness are always available to you – it just takes a little reminder to go looking for them.

We hope these tools can lend a helping hand while you are in the hospital and that they can plant the seed to nurture your future health. Many people have come together to bring this resource to your bedside, including: Mayo Clinic Volunteer Services, Mayo Clinic Humanities in Medicine, and St. Catherine's University Holistic Nursing Graduate Students.

On behalf of our entire team, we wish you well on your path forward,

Sincerely,

Mayo Clinic Integrative Medicine and Health team



Be kind to the self; that is where it all starts.
– Amit Sood, M.D.

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Self-Care: Why it is Important

Self-care is a wonderful way to help maintain the health of your body, mind and spirit. When you are in the hospital because of an illness or injury, stress can put additional strain on your body. Fear of the diagnosis, worries about hospital bills and what is going to happen during your stay can build up the longer you stay. This stress can increase your risk of depression, anxiety, sleep problems, headaches, irritability as well as memory loss and your ability to concentrate.

How to Care for Yourself

This workbook provides many examples of therapies that may help you manage anxiety and discomfort and help improve your recovery. Throughout this workbook, there is information about resources, tips, techniques and services available to you during your hospital stay. Included are activities you can do yourself, volunteer service options and therapies that can be obtained with additional cost.



“The Integrative Medicine elements of my stay at Mayo Clinic were extremely beneficial to my peace of mind as I went through my first major surgery and post-op. Such services as the aromatherapy cotton balls, the offering of warm blankets and the therapeutic massage helped to soothe me through a frightening and difficult time.”

Peace of Mind

Taking the time to care for your mind is as essential to your health as taking medication or going for a walk. Using the following exercises for a few minutes each day can help bring calm and clarity to your mind.

“May you remember your infinite blessings; may you decorate your blessings with gratitude.”
– Amit Sood, M.D.



Stress Management And Resiliency Training (SMART) Program

You can decrease your stress and enhance your healing by practicing Mayo Clinic's SMART Program, developed by Amit Sood, M.D. All you need is five to ten minutes a day. The following simple exercises have been found to decrease stress and anxiety and improve quality of life, resiliency and mindfulness. Other benefits include improved health behaviors and happiness.

Stress Management and Resiliency Exercises

- **Morning gratitude:** Before getting out of bed in the morning, visualize five people you deeply care for and send them gratitude as you breathe long and deep.
- **The two-minute rule:** Give at least two minutes of undivided attention to one person who deserves such attention, but isn't getting it. Gift this person your total acceptance for two minutes.
- **Curious moments:** Notice one new thing in the world around you every day.
- **Kind attention:** Send silent good wishes to people you meet or see during the day.



Guided Imagery

Imagery is a healing therapy in mind-body medicine that uses the power of imagination to bring about change in physical, emotional or spiritual dimensions.

Two Simple Guided Imagery Exercises

Exercise One:

1. Relax

Clear your mind of all chatter, worries and distractions by filling your mind with kindness and love. Loosen tight fitting clothing and find a comfortable, quiet place. Begin taking slow, deep breaths through your nose down into your belly. Imagine you are breathing in self-kindness and breathing out some of your tension.

2. Concentrate

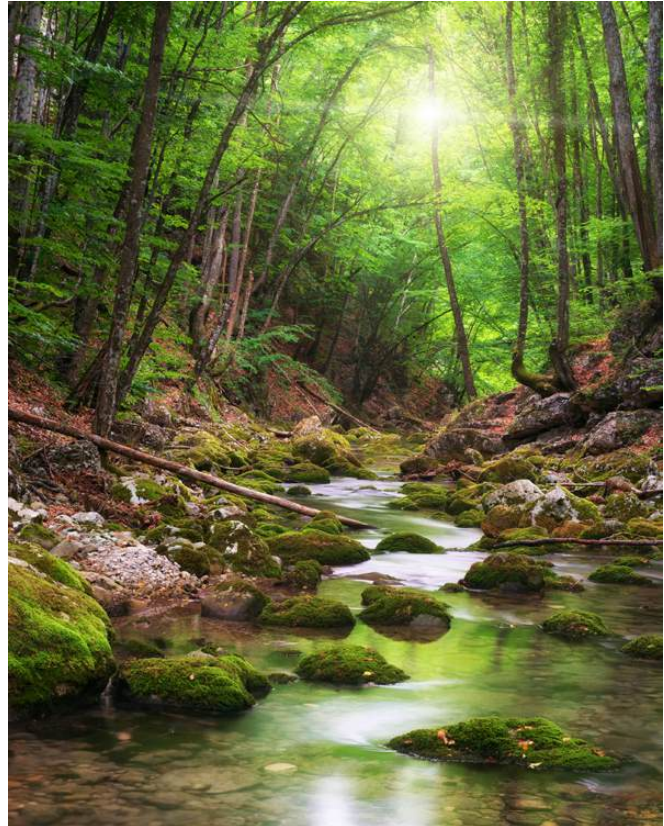
Focus your attention on your long, deep breathing as a way to clear your mind. Try placing one hand on your abdomen and feel the abdomen rise with each deep breath in, and then fall with each breath out. If your mind wanders, acknowledge the thoughts that enter your mind and send yourself kindness and compassion.

3. Visualize

Visualize yourself healthy, happy and whole. For the next several minutes, focus on this healing image.

4. Affirm

Choose an affirmation or words that are sacred for you as you continue to see yourself as healthy, happy and whole. This positive affirmation and image of you will help plant the seeds for your healing. Whenever you feel challenged, remember this image and affirmation to take you back to a state of calm relaxation.



Guided Imagery

Exercise Two:

1. Close your eyes and begin taking slow, deep breaths.
2. Imagine a favorite place, where you feel uplifted and safe.
3. In your mind, “walk” around slowly, noticing the details.

What do you see? What do you feel?

4. Using all your senses, focus on the details of this place.

What does the air feel like? What do you smell?

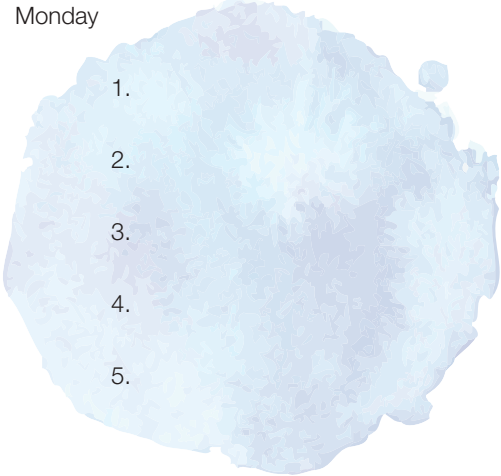
5. If your mind wanders, acknowledge the thoughts that enter your mind and release them as you exhale, filling your mind with kindness and love.
6. When you feel ready, gently open your eyes and come back to the present moment.



Gratitude Practice

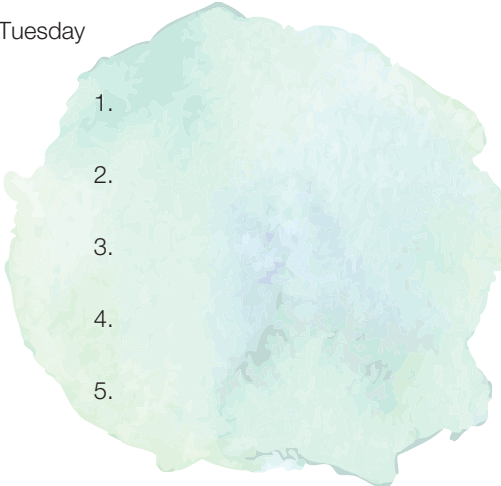
Write down five people or things you are grateful for each day

Monday



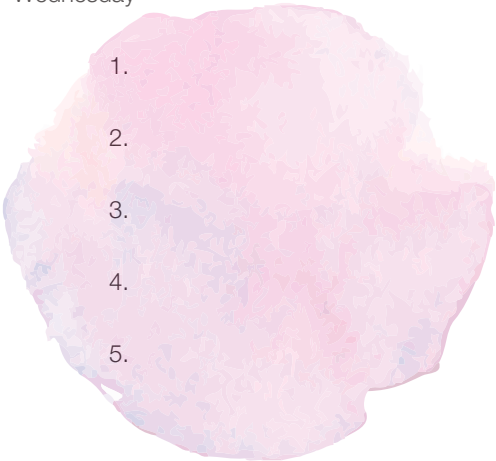
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Tuesday



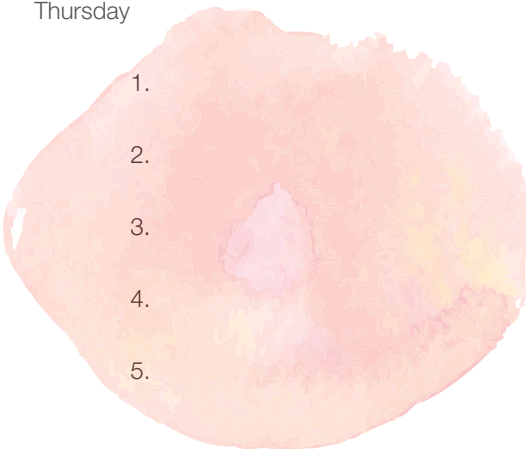
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Wednesday



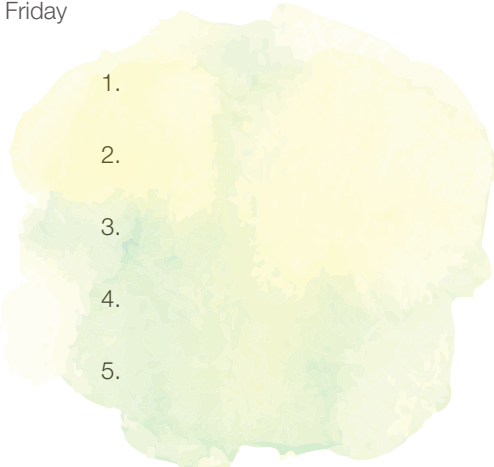
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Thursday



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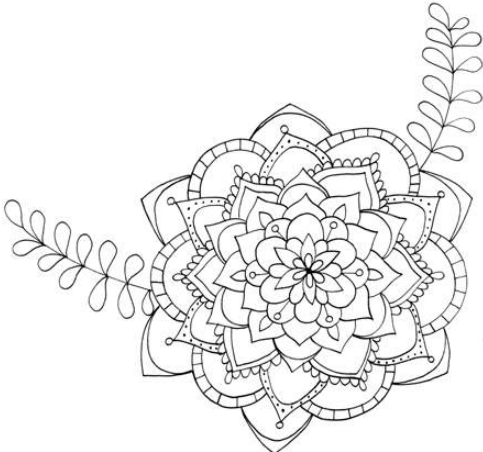
Friday



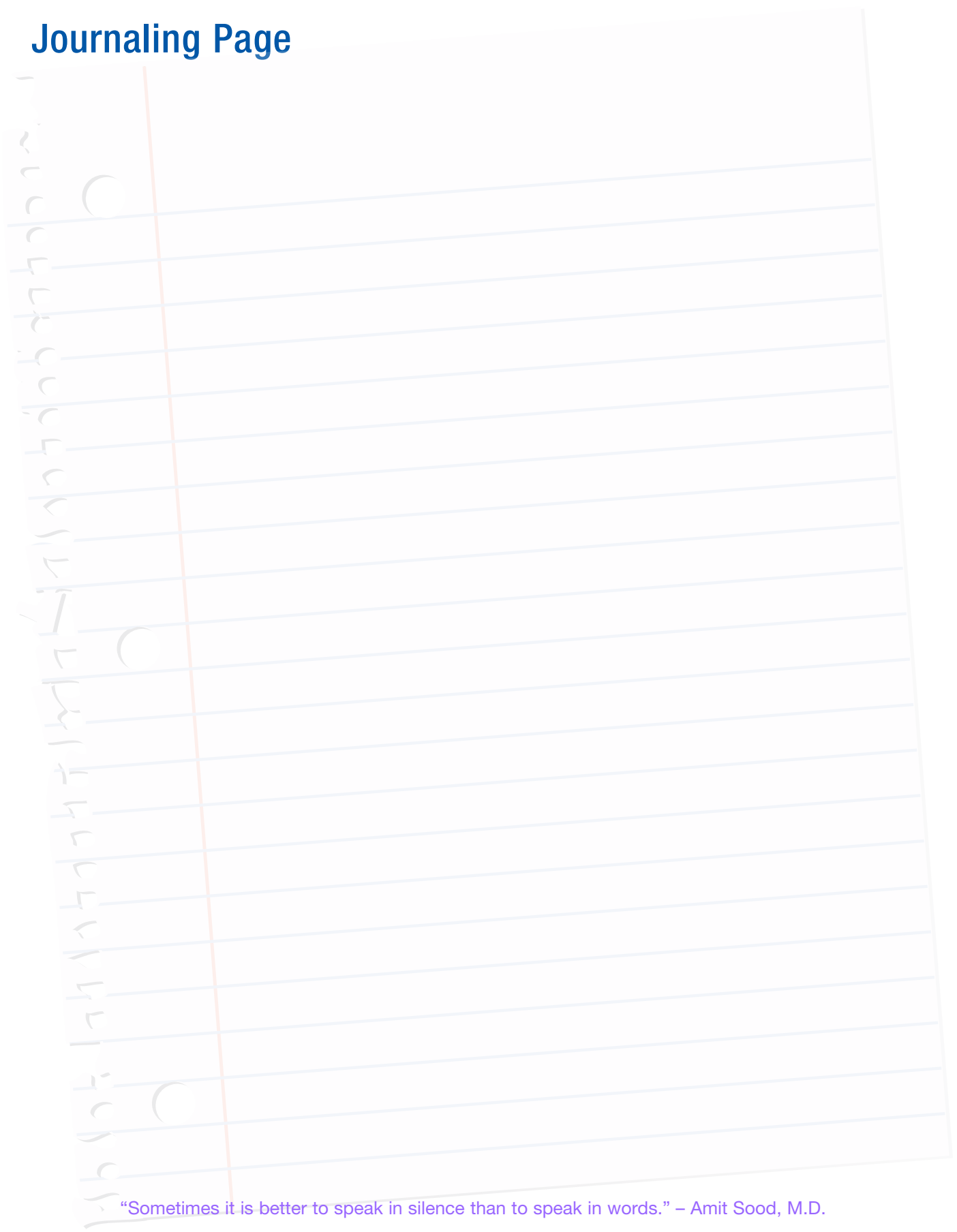
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Journaling Page

Use this space to write about (or illustrate with a drawing) some of your thoughts or feelings as you work through this material.



Journaling Page



"Sometimes it is better to speak in silence than to speak in words." – Amit Sood, M.D.

Meditation

Meditation is an activity that keeps your attention anchored in the present moment. This may involve mental repetition of a word or phrase, body movement or a focus on being aware of your breathing.

- The goal is to focus your attention.
- There is no right or wrong way to meditate.
- Meditation can be done anywhere.

A Simple Meditation Exercise

1. Make yourself comfortable. You want to feel relaxed but alert.
2. You can close your eyes or rest a soft gaze on something a few feet in front of you.
3. Become aware that you are sitting. Feel the sensations of your body being supported. Remind yourself that you do not have to be anywhere else at this time.
4. Now bring attention to your breath. Focus on the rhythm of your breath as it moves in and out of your body. Notice the rise and fall of your chest and belly. Become aware of any tensions you are holding in your body and let them relax with each breath.
5. It is normal that your mind wanders from time to time. Gently draw your attention back to your breath. Each time this happens begin again without judgment.
6. When you first meditate, you can do so for as little as a few minutes a couple times a day. As you end your meditation, briefly thank yourself for taking this time to focus on you.
7. You may also choose to add a mantra that is a prayer or word, to focus on each breath. Examples might be calm, peace, strength or joy.



Singing Meditation

Kirtan Kriya is an ancient yoga practice that involves the combination of focused breath singing or chanting (and whispering), finger movements, and visualization. It has been shown to activate all of your senses, awakening your brain and rejuvenating your energy.

Kirtan Kriya Yoga Singing Exercise Instructions

- Repeat the sounds of Saa, Taa, Naa, Maa while sitting in the chair.
- These finger positions will be utilized with these sounds.
 - On Saa, touch the index fingers of each hand to your thumbs.
 - On Taa, touch your middle fingers to your thumbs.
 - On Naa, touch your ring fingers to your thumbs.
 - On Maa, touch your little fingers to your thumbs.



Reproduced by permission of ARPF

- With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point). If possible, concentrate on the L form while your eyes are closed. This exercise will take 12 minutes.
 - For two minutes, sing in your normal voice.
 - For the next two minutes, sing in a whisper.
 - For the next four minutes, say the sound silently to yourself.
 - Then reverse the order, whispering for two minutes then singing in your normal voice for two minutes.
- To come out of the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.

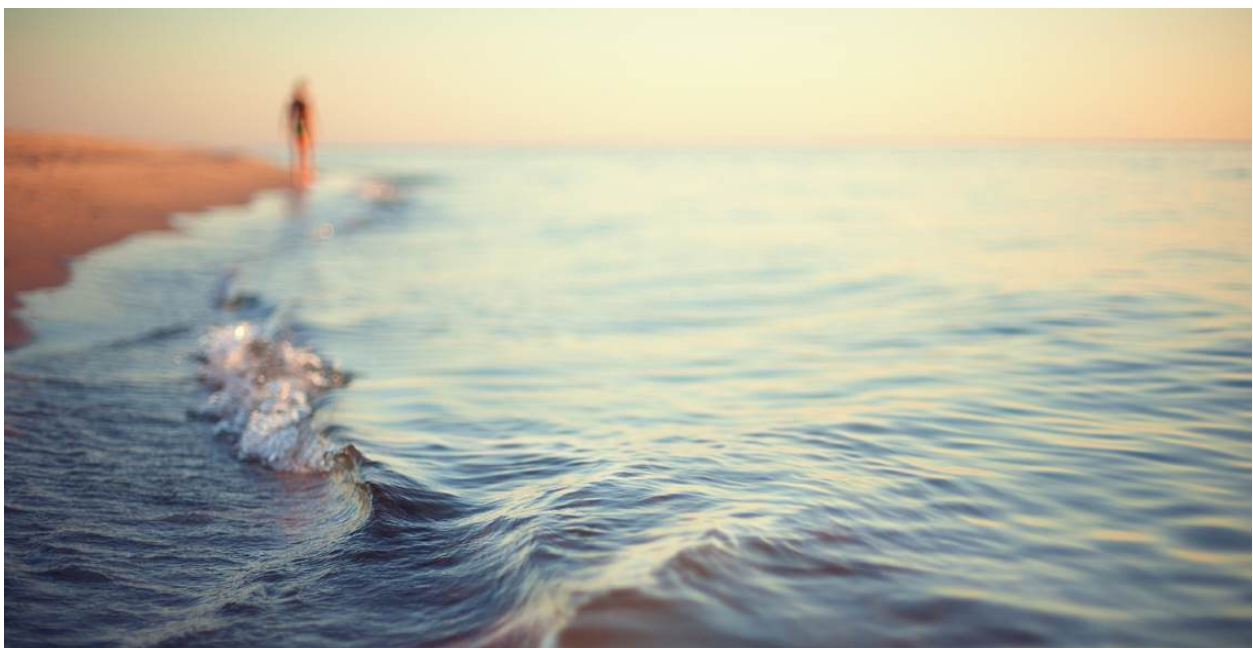
Mindfulness

Mindfulness is about focusing only on what is happening right now. It's about being present in the moment and accepting it as it is.

The purpose is to learn to accept daily life with feelings of calm and well-being. Being mindful can help you face life as it is.

A Simple Mindfulness Exercise

- Focus on the present and what is around you at the moment. Engage all your senses.
- Delay judgment on what you are focusing. For example, your scheduled test was delayed, which is “frustrating.” Instead, think of how the person who needed to go ahead of you must have had an emergency, but you are stable enough to wait.
- Mindful Breath:
 - Start with being aware of just breathing in and breathing out.
 - Be aware of thoughts coming and going. Simply let thoughts rise and fall as they come to you.
 - Purposely focus without judgement on your awareness of breathing in and breathing out.



Mindfully notice all the details in the picture.

Mindfulness

Mindfulness also can be done by focusing on other activities such as:

- **Walking:** notice the process and sensation of each step.
- **Eating:** notice the process and sensation of eating each bite or even just one type of food.
- **Observations of nature:** focus on watching or noticing the details in your immediate environment for a few minutes – flower, bird, clouds, sky and people.
- **Awareness:** as you are doing daily tasks focus on the sensations and processes of doing these activities – washing the dishes, doing the laundry, drawing a picture or writing a note.
- **Listening:** focus without judgement on the words being said or listen to the sounds in nature or music.



Mindfully notice all the details in the picture.



Mindful Coloring Page

Mindful coloring allows you to explore how colors, shapes and images can reflect your thoughts or emotions. What colors make you feel happy or safe? What designs or images cause you to remember a happy time or place?



“Do not dwell in the past; do not dream of the future,
concentrate the mind on the present moment” - Buddha

Deep Breathing

Deep breathing, also known as relaxed or paced breathing, may help slow down your breathing and relax muscle tension. It helps promote the relaxation response that can help improve your physical and mental health.

Deep Breathing Benefits

- Releases endorphins, a chemical in your body that is a natural painkiller.
- Relaxes muscles.
- Helps your body and mind relax and regain energy and strength.
- Reduces stress chemicals in your brain.
- Focuses your mind on the breathing exercise, which helps reduce stressful thoughts.

A Simple Deep Breathing Exercise

1. Sit or lie in a comfortable position with your spine straight; let your shoulders drop.
2. Close your eyes or gaze ahead.
3. Place one hand on your stomach, and start breathing deeply through your nose. Feel your hand rise slightly as you inhale, then fall back as you exhale.
4. Focus on long, deep breaths – notice the sensation of your stomach rising and falling.
5. Don't try to change your breath, just notice the "waves" and fill your mind with kindness and love.
6. You may add in a word or sound with each breath to help you focus.

A Paced Breathing Exercise: 4-2-4 Ocean Breathing

- Inhale to count of 4
- Hold for count of 2
- Exhale to count of 4
- Try to extend the "hold" count and to lengthen the "exhale" count.



"I breathe in calmness and breathe out worry"

Coloring Page



You are not alone; a whole world out there supports you. - Amit Sood, M.D.

Reflection pages

Use this page to reflect on the activities you've practiced so far. What helped you? What did you take away from the activities? What will you continue to use? What feelings came up during and after the practice?



Relaxed Body

Caring for yourself takes effort and can come in many different forms. In the last section you were given activities to care for your mind. In this section, you will find different ways to care for your body. There is a powerful link between the mind and body, and caring for one can help enhance the health of the other.



“My body is healthy, my mind is clear, my spirit is illuminated.”






Aromatherapy

Aromatherapy is the use of plant-derived, inhaled essential oils to promote physical and psychological well-being and help relieve certain symptoms.

Essential oils may be used to provide some relief from pain, headaches, stress, nausea, anxiety and sleeplessness.



Possible benefits and uses are listed in the table below:

Essential Oil	Uses	Description
GINGER (Zingiber officinale) 	<ul style="list-style-type: none"> • Nausea and upset stomach • Constipation and diarrhea • Muscle pain 	<ul style="list-style-type: none"> • Balancing, stimulating, and warming • Warm, spicy and woody essential oil
LAVENDER (Lavendula angustifolia) 	<ul style="list-style-type: none"> • Relaxation • Assistance with difficulty sleeping • Mood boosting • Muscle aches and headaches 	<ul style="list-style-type: none"> • Harmonizing, balancing, soothing and relaxing • Stimulating in large quantity • Floral essential oil
LEMON (Citrus limon) 	<ul style="list-style-type: none"> • Headaches • Mental fatigue • Mind clearing 	<ul style="list-style-type: none"> • Stimulating, calming and mind clearing • Fresh and sweet essential oil
MANDARIN (Citrus reticulata) 	<ul style="list-style-type: none"> • Calms nervousness, restlessness or anxiety • Assistance with difficulty sleeping • Nausea or stomach upset 	<ul style="list-style-type: none"> • Stimulating yet calming and revitalizing • Uplifting • Sweet and sharp essential oil
SPEARMINT (Mentha spicata) 	<ul style="list-style-type: none"> • Nasal congestion • Nausea or stomach upset • Muscle aches and headaches • Hiccups 	<ul style="list-style-type: none"> • Relaxing • Spicy and sweet essential oil

Massage Therapy

Massage therapy is a hands-on treatment that manipulates soft tissues and muscles to enhance your health and well-being.

Massage Therapy Benefits

- Lower blood pressure
- Improve local blood circulation
- Reduce swelling
- Reduce pain, tension and anxiety
- Improve sleep
- Enhance immune functioning

Services Available to You in the Hospital

An appointment can be made for a board-certified massage therapist to come to your room during your hospital stay. Speak to your nurse if interested in a bedside session. There is a fee for this inpatient service that may be covered by your insurance.*

Caring Hands is a volunteer service that is another bedside option. Mayo Clinic Volunteers provide patients and visitors comfort and tranquility with a non-therapeutic relaxing hand massage. There is no fee for this service.

[“I would recommend this to anyone. My massage therapist was very professional and a delight to have met and let massage me. She was wonderful and I benefit more from the massage than the pain meds.”](#)



**See page 43 for additional information on services available in the hospital*

Mindful Movements

A series of movements and poses used to help improve your physical and emotional healing while in the hospital and can be used after hospitalization

Benefits

- Help decrease pain, swelling and tension.
- Increase circulation, which helps speed wound healing.
- Helps calm your mind.
- Reduces anxiety.

A Simple Mindful Movement Exercise



Shoulder Rotation



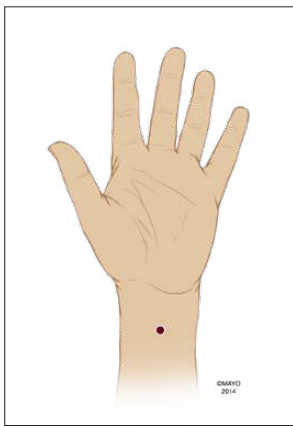
Acupressure

Acupressure involves putting pressure on certain points along energy pathways in the body to restore natural energy. Use your fingers to apply pressure on different points on the body to relieve symptoms.

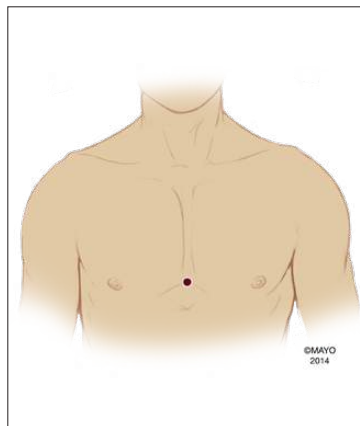
Acupressure for Self-Care

Hold gentle pressure to each acupressure point for 30 seconds to 3 minutes.

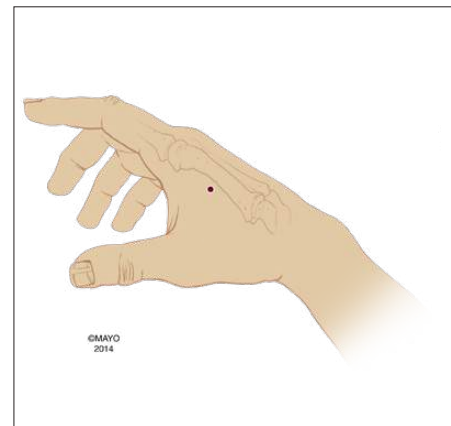
- Anxiety: Pericardium 6 (P6) & Conception Vessel (CV 17).
- Nausea: Pericardium 6 (P6) & Stomach 36.
- Pain: Large Intestine 4 (LI4), Shen Men & Sympathetic.
- Stress Relief: Large Intestine 4 (LI4) & Yin Tang.



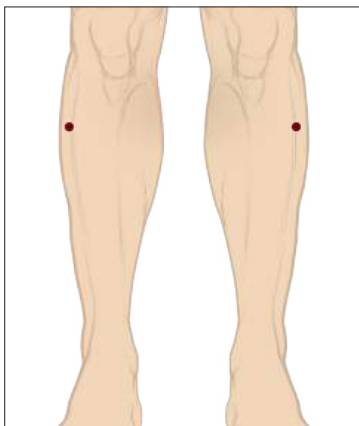
P6



Ren 17



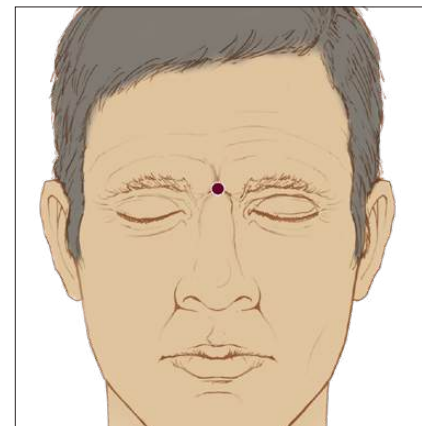
LI4



Stomach 36 - side of leg



Shen Men - ear



Yin Tang - between the eyes

Acupuncture

Acupuncture enhances the body's self-healing abilities. Research demonstrates the effectiveness of acupuncture for treating multiple medical issues including pain and nausea.

Acupuncture involves placing fine needles into points in different combinations to rebalance the body's energy to aid with natural healing mechanisms.

Benefits

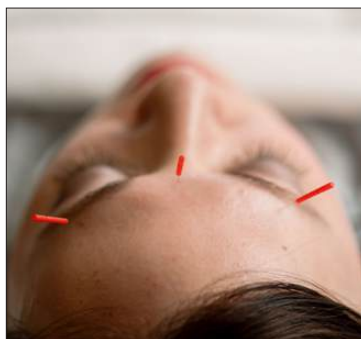
- Pain relief
- Reduces nausea and vomiting
- Anxiety and depression

Services Available to You in the Hospital

Licensed and nationally certified acupuncturists are available to come to the bedside to administer treatments. Speak to your nurse if interested in a bedside session. Cost of treatment varies by length of treatment.*

“The treatments are very beneficial, have significantly reduced the intensity of pain additional stress release is helpful to daily life.”

“Acupuncture has helped me so much with pain and stiffness of the joints and muscles.”



**See page 43 for additional information on services available in the hospital*

Healing Touch/Reiki – Biofield Therapies

Biofield therapies, sometimes referred to as Reiki or Healing Touch, are noninvasive techniques that use the power of touch to influence a person's energy. The goal is to improve physical, mental, emotional and spiritual health by helping the person to heal themselves. Practitioners' hands may be placed directly on you or a small distance from the body.

Benefits

- Reduce nausea and vomiting.
- Pain relief.
- Helps with stress, anxiety, fatigue, and depression.
- Enhances well-being.



Services Available to You in the Hospital

Reiki and Healing Touch volunteers are available by appointment to come to the bedside to administer treatments. Speak to your nurse if interested in a bedside session.*

**See page 43 for additional information on services available in the hospital*

Healing – when old pain becomes renewed strength

Progressive Muscle Relaxation

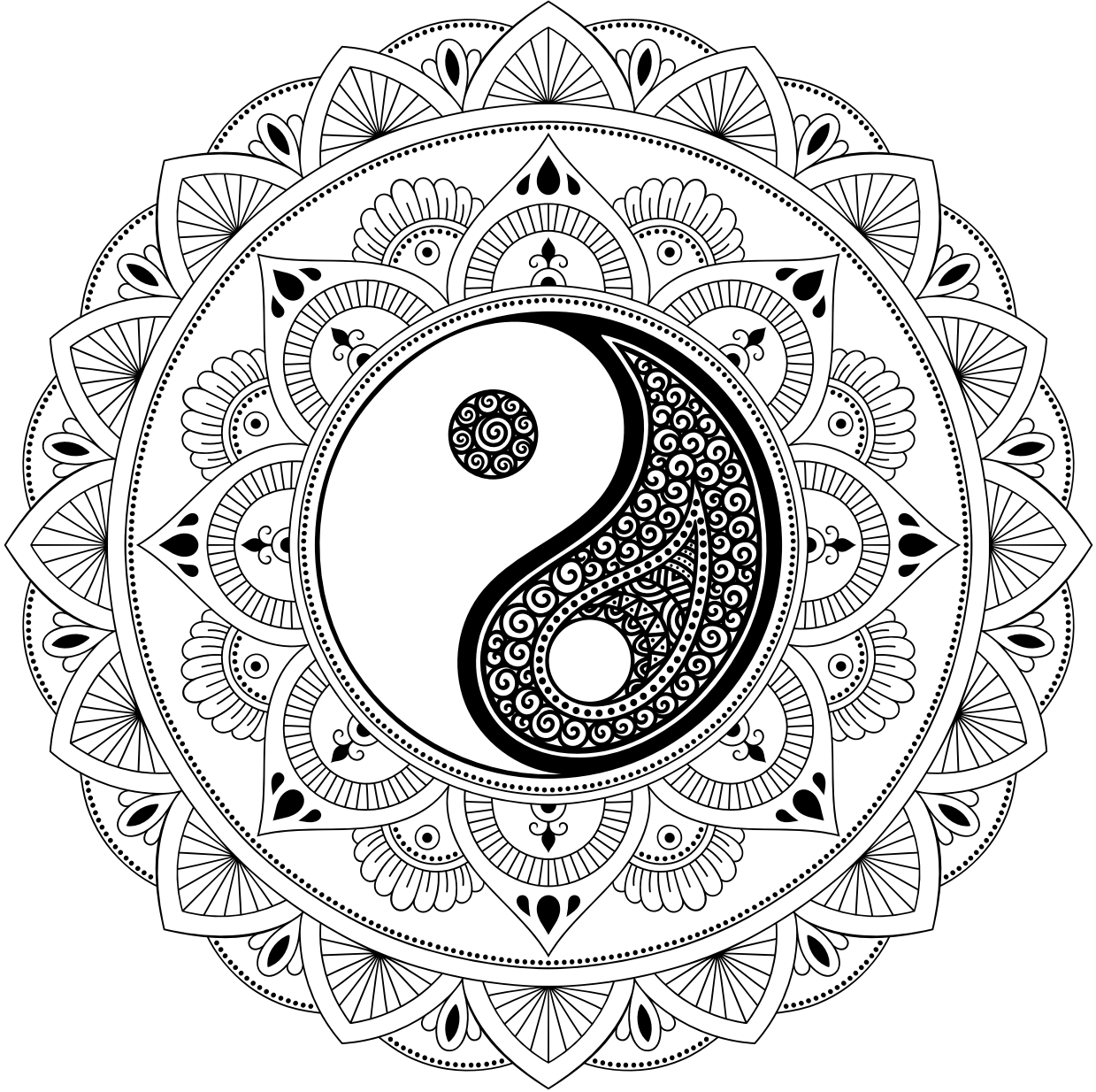
Progressive muscle relaxation is designed to reduce the tension in your muscles. It can be used to reduce anxiety and stress, or simply to improve concentration. Progressive muscle relaxation involves the tensing and releasing of successive muscle groups.

A Progressive Muscle Relaxation Exercise

Start from your head and work your way down from the listed muscle groups. For each area, tense the muscles for 7 seconds, relax, and then move to the next muscle group.

- Forehead
- Face and jaw
- Neck
- Chest, shoulders, and upper back
- Upper arms
- Forearms
- Hands
- Abdomen
- Thighs
- Calves
- Feet





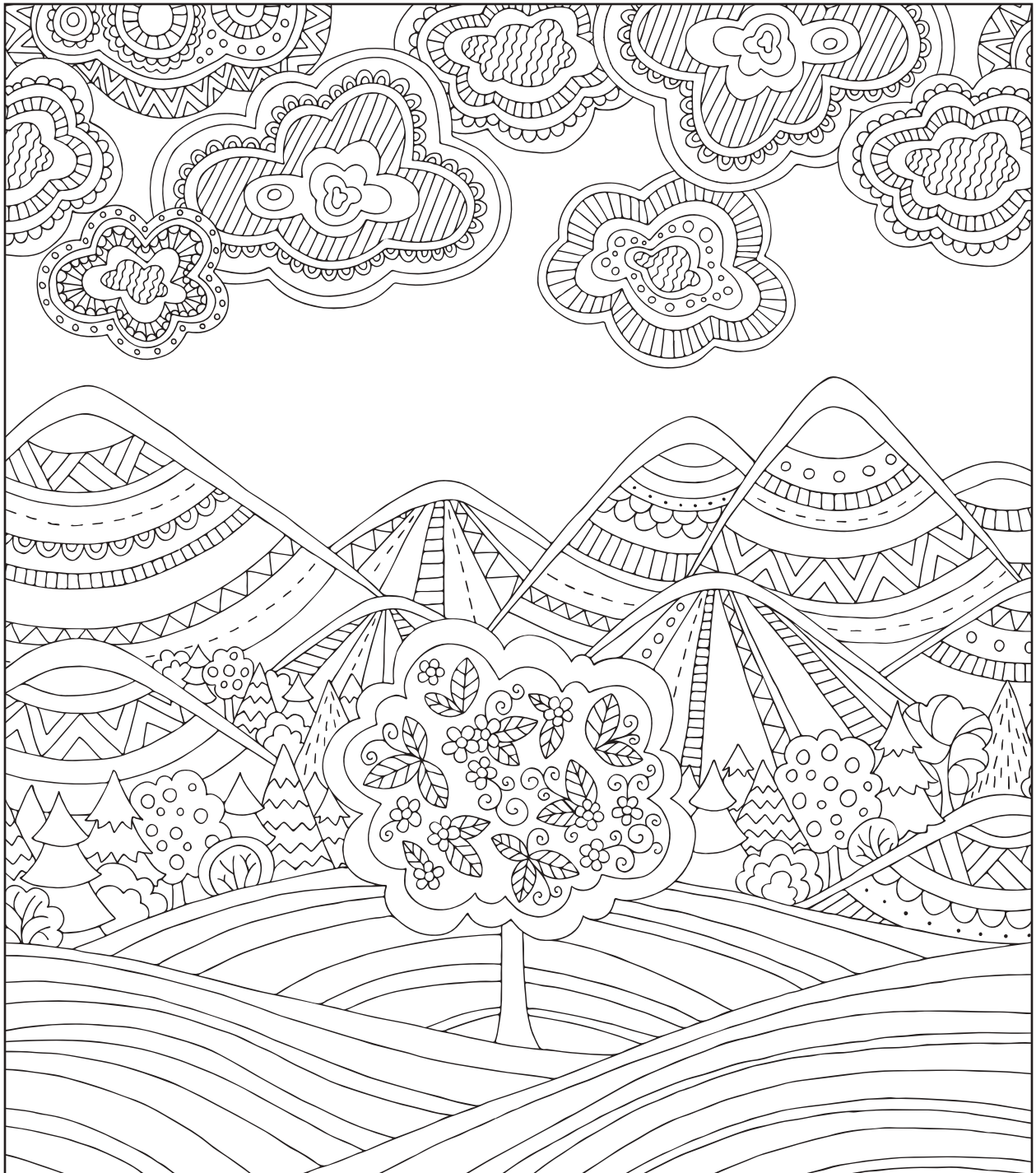
Reflection pages

In this area, take time to reflect on the activities you've practiced so far. What helped you? What did you take away from the activities? What will you continue to use? What feelings came up during and after the practice?



Uplifted Spirit

When taking care of yourself, it is just as important to find ways to care for your spirit as your mind and body. Healing from illness can be a long journey, and the activities found in this section can aid in keeping your spirit whole during the process.



Your journey and its direction are more important than your destination. - Amit Sood, M.D.

Art

Art gives people another “language” for communicating ideas and emotions. Creating art includes drawing, painting, sculpting, photography, coloring...anything that engages your creativity. Even if you do not consider yourself artistic, many people find a way to express themselves using various methods

Benefits

Studies have shown that patients participating in arts and humanities programs experience:

- Improved overall health outcomes
- Improved treatment compliance
- Improved quality of life
- Shorter hospital stays
- Need for less medication
- Fewer post-procedure complications

“During my recent month-long stay here, I was so pleased to see the artist encouraging other patients and myself to explore and express ourselves through simple ceramic design and painting. It was so refreshing to have that break from the routine of cancer therapy. Thanks for supporting artists, patients, and the arts.”

A Simple Exercise

This booklet contains many beautiful mandalas created by our visual artist at the bedside, Jenna Whiting. Please feel free to color them with markers, crayons or colored pencils, using them as a relaxation and/or meditative activity.

You might also consider a simple drawing activity: choose an object or person in your room that you would like to draw. Using a pencil and paper, place the tip of your pencil on the paper. Move your eyes slowly along the outline of the person or object you have chosen. Imagine that your eyes are leading the tip of the pencil and, without ever lifting it away from the paper, trace the outline of the object/person as you see them. When your eyes and pencil have completed the outline of the person or object, lift the pencil and look at your line drawing. You have created art!

Services Available to You in the Hospital

- **Art at the Bedside:** Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine offers the Arts at the Bedside Program to patients and family members in both Mayo Clinic hospitals. Professional and staff artists are available to meet with patients in their rooms to provide interactive arts activities as distraction and enhancement experiences. Programs include Visual Arts, Creative/Reflective Writing, and Music. Funded by generous benefactors, there is never a charge to participate. Family members as well as patients are welcome to participate in all Arts at the Bedside Programs.

**See page 43 for additional information on services available in the hospital*

Narrative Writing Page

I think we should repeat the benefits, patient quotes and sample exercise here, too.

Benefits:

Patients who engage with creative and/or reflective writing in as little as 15 minutes a day for 5 days per week have shown:

- increased blood oxygen levels
- decreased anxiety, stress and negative emotion
- increased overall sense of well-being

Sample exercise:

Choose one of these sentences to finish, then write a brief paragraph or so on the same topic. Don't stop to edit or revise; give yourself permission to keep writing for at least 3 minutes. Then stop and re-read. You may find that you have a lot more to say on the topic. Or, you may be ready to move on.

1. Today, I am grateful for...
2. I would like to give my (15 year old/30 year old/5 year old--choose any younger age) self the following advice:
3. When I wake up tomorrow morning, I will...

“Writing showed me my own strength and ways of coping.”

“When I write, I can put the sad parts away and focus on healing.”

Music

Music can restore, maintain and improve your mental and physical health, as well as inspire you to enhance your quality of life. Creating music can include playing an instrument, singing, listening to recorded music or attending a concert

Available in Your Hospital Room

- Music channels
- Relaxation channel
- Patient library for CD player and CDs

Services Available to you in the Hospital

- **Music at Bedside:** Mayo Clinic Dolores Jean Lavins Center for Humanities in Medicine offers the Arts at the Bedside Program to patients and family members in both Mayo Clinic hospitals. Professional and staff artists are available to meet with patients in their rooms to provide interactive arts activities as distraction and enhancement experiences. Programs include Visual Arts, Creative/Reflective Writing, and Music. Funded by generous benefactors, there is never a charge to participate. Family members as well as patients are welcome to participate in all Arts at the Bedside Programs.

**See page 43 for additional information on services available in the hospital*



Those who wish to sing always find a song. –Swedish Proverb

Animal Assisted Therapy

Animals can improve your physical and emotional well-being. Specially trained and registered therapy dogs, visit patients while hospitalized. Mayo Clinic's Caring Canine therapy dogs are available at the bedside to provide comfort to patients.

Benefits

- Provide social and psychological support
- Encourage communication and give a sense of security and well-being
- Entertain and stimulate, may increase your activity level
- Improve self-esteem, confidence and mobility
- May help distract from pain

Services Available to You in the Hospital

If you would like to arrange a visit, please ask a member of your care team to place an order for animal assisted therapy.

*"I like you for who you are, I like you even more for how you make me feel about myself."
– Amit Sood, M.D.*



**See page 43 for additional information on services available in the hospital*

Spirituality

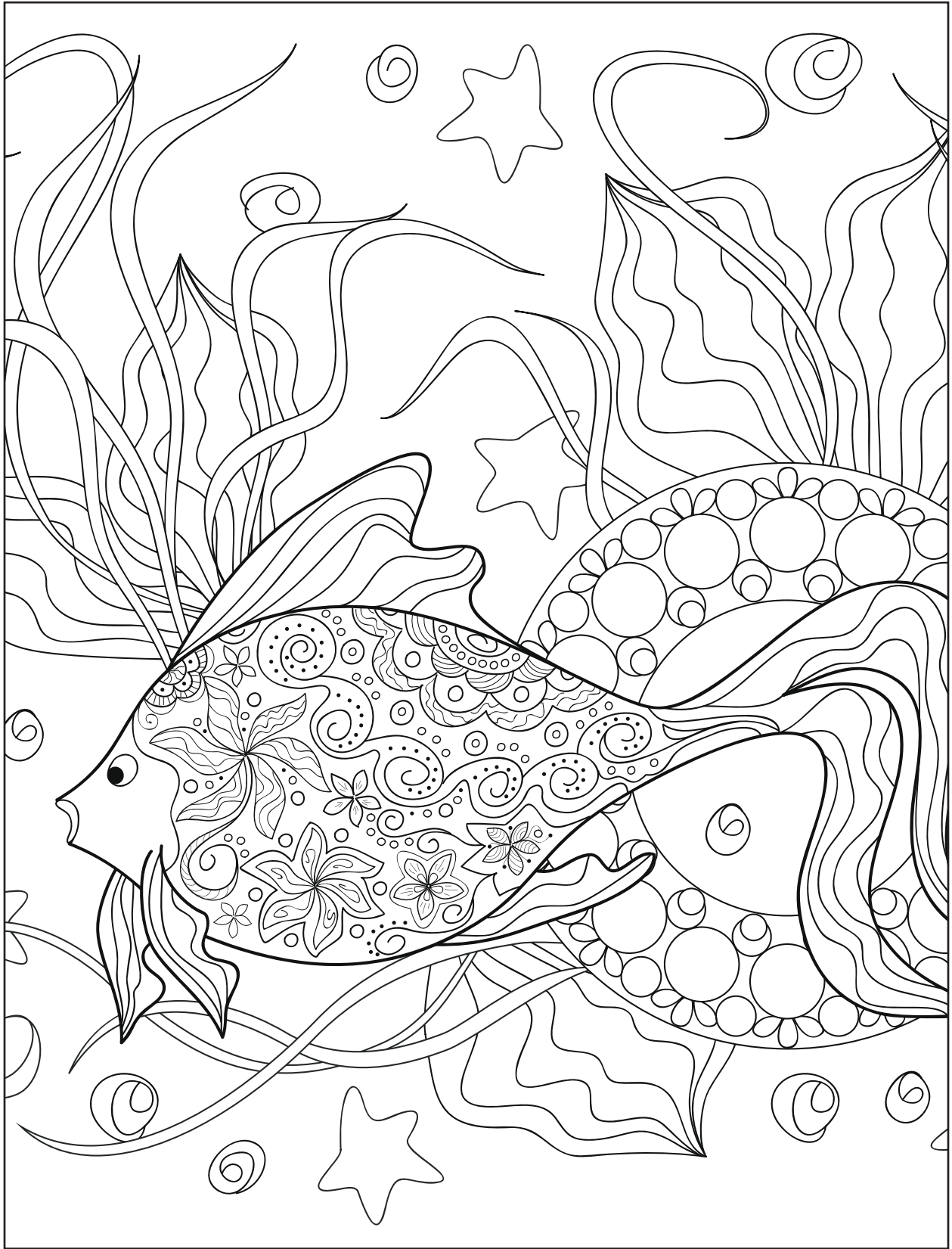
Spirituality has many definitions, and it's not necessarily connected to a specific belief system or even to religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system and your search for meaning in life.

Available to You in the Hospital

- Meditation rooms
- Church services
- Chaplain visits (bedside)
- Harmony for Mayo (concerts, lectures, performances)
- Located on your television under Humanities in Medicine

**See page 43 for additional information on services available in the hospital*

“Be faithful in small things because it is in them your strength lies.” - Mother Teresa



Journaling Page

A recent study suggests that loneliness and isolation increase our risk of mortality along the same lines as many other more well-known risk factors,” says Brent Bauer, M.D., General Internal Medicine, who is the medical director for Rejuvenate and the Well Living Lab. “In fact, evidence indicates the lack of social relationships to be a greater risk than that from obesity.”

Consider your own network of family and friends. Do you have an ample amount of friends and support? Do you have a family member, friend or acquaintance who could use some support? Think of how you can reach out to them and make the world a little better. What if you find yourself to be more isolated? Start meeting people with common interests through a local gym, place of worship or by volunteering, and see if you can develop connections that way.”

A Simple Activity: Making Connections

Who are those people in your life that positively support you currently?

Who has been there for you in the past that you might want to reconnect with?

What other social connection would you consider exploring in the future?

Reflection pages

In this area, take time to reflect on the activities you've practiced so far. What helped you? What did you take away from the activities? What will you continue to use? What feelings came up during and after the practice?



Services Available to You in the Hospital

Offering	Description	No Fee	Fee-Based Service	How To Request
Humanities in Medicine				
Arts at the Bedside	Artists, authors and musicians (many of whom are Mayo Clinic employees) visit patients at their bedside to engage them in an individualized arts experience.	X		Ask your care team to contact Humanities in Medicine
Creative Writing at the Bedside		X		
Music at the Bedside		X		
Integrative Medicine & Health				
Acupuncture	Licensed and nationally certified acupuncturists work with your care team to enhance the body's self-healing abilities		X	Ask your care team to place an order
Animal Assisted Therapy (Caring Canine)	Registered and trained therapy dogs provide compassion and support, nurture human-animal interactions and help to motivate patients	X		
Integrative Health Specialist	Consultation to discuss and develop a treatment plan utilizing integrative therapies.	X		
Massage Therapy	Board-certified massage therapist will work with your medical team to provide massage therapy or other related modalities as part of your care plan.		X	
Reike/Healing Touch	Gentle touch to help balance and support individual's natural ability to heal.	X		
Volunteer Services				
Caring Hands	Non-therapeutic relaxing hand massage	X		Ask your care team to contact Volunteer Services
Hospitality Cart	Volunteers enhance the patient experience by visiting designated hospital units offering conversation and a variety of comfort items.	X		

* Fee-based service. Insurance coverage of Integrative Medicine services vary. You will be responsible for that portion of your bill if your treatments are not covered.

Acupuncture - billed per 15 minutes; fee: \$105/first 15 minutes; average treatment is 30 minutes. \$185/30 minute treatment.

Massage Therapy - average treatment is 20 minutes; approximate fee \$28.

Insurance Coverage and Payment

Some insurance plans may or may not cover fee-based services. If you are not sure about coverage please contact your insurance company. If services are not covered, please be aware you will be responsible for payment.

Mayo Clinic Outpatient Integrative Services

Patients currently receiving care at Mayo Clinic have the option to be seen in the outpatient Integrative Medicine & Health Program. A referral is required from a Mayo Clinic Rochester provider. Available services include: stress management consultation, herb and supplement consultation, massage therapy and acupuncture.

Mayo Clinic Resources

Exploring Complementary and Integrative Therapies (MC2676)

Peace of Mind

Guided Imagery & Visualization (MC5574-102)

- It's Your Life Take Charge Keeping a Journal (MC6323)
- Meditation
- Meditation Audio CD (MC4120-11)
- A Simple Guide to Meditation (MC8405)
- Mindfulness
- Mindfulness: Living in the Moment (MC7545)
- Mindfulness Meditations CD (MC4120-12)
- Simple Mindfulness Practices CD (MC4120-15)
- Simple Mindfulness #2 CD (MC4120-18)

Relaxation

- Relaxation for Your Mind and Body CD (MC7194)
- Relaxed Breathing (Diaphragmatic) (MC0992)
- Relaxation for Your Mind and Body CD (MC7194)

Body

- Energy-Based Therapies (Healing Touch/Reiki) (MC5574-127)
- Medical-Based Massage Therapy (MC6113)
- Progressive Muscle Relaxation DVD (MC5719-01)
- Relaxation Techniques for Mind, Body and Spirit CD (MC6021-39)
- What You Need to Know About Acupuncture (MC6163)

Spirit

- Animal Assisted Therapy
- Caring Canines Therapy Dog Program (MC5574-10)
- Therapy Dogs, Emotional Support Animals & Service Animals (MC5574-83)
- Spiritual Well-Being (MC5046)

Additional Resources

On-Campus Resources

- Guided Art Tours: Available Monday-Friday except legal holidays. No charge or advance registration needed. Meet in Judd Hall, an auditorium located in the subway (below-ground level of the Mayo Building)
- Mayo Clinic Gift Shops
- Mayo Clinic Patient Libraries:
 - Saint Marys Patients' Library: Francis Tower 7
 - Rochester Methodist Patients' Library: Eisenberg SL-59
- Video On Demand (Available on Mayo Clinic Televisions)
- Humanities in Medicine: Harmony for Mayo, Healing Words, Minnesota Public Radio, Presentations
- Wellness Channel: Includes wide-variety of videos including exercise and diet, life skills, pain relief and relaxation

Products Available in the Mayo Clinic Store:

- Mayo Clinic Guide to Stress-Free Living
- Mayo Clinic Guide to Happiness
- Mayo Clinic Guide to Integrative Medicine
- Mayo Clinic Natural Healing Magazine 2017
- Dr. Sood's new book: *Mindfulness Redesigned for the Twenty-First Century: Let's Not Cage the Hummingbird A Mindful Path to Resilience*

External Resources

- Acupuncture: To find a provider near you, look for a licensed acupuncturist who has successfully completed board examinations conducted by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) www.NCCAOM.org
- Essential Oils: National Association for Holistic Aromatherapy: <https://naha.org/>
- Massage Therapy: Look for a massage therapist who has successfully completed board examinations conducted by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). You can search their website at: www.ncbtmb.org to find a provider near you.
- If you have cancer, a cancer survivor, or have additional medical complications, look for a massage therapist who has additional training to provide a safely adapted massage to meet your medical needs. You can search the website: www.s4om.org

It can sometimes be helpful to schedule time for self care. Use the following 3 month calendar to block some time daily for self care activities you have found helpful.

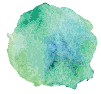
SUN	MON	TUE	WED	THU	FRI	SAT

SUN	MON	TUE	WED	THU	FRI	SAT

SUN	MON	TUE	WED	THU	FRI	SAT



Daily workout for mind, body and spirit



Gratitude antidote

Think of something that frequently stresses you out. It can be something you encounter regularly or something simple like someone bumping into you on the elevator. Every time that happens, think of this as a built-in reminder to focus on something or someone you appreciate or love.



Get moving

Take a short walk and notice 3 new things along the way, try some mindful movements or stretches along the way.



Eat the Rainbow

Eat an extra serving of vegetables today and find the most colorful fruits and vegetables.



Compassion in Action

If you are dealing with a difficult person in your life or relationship, try using a lens of compassion. Before you react, pause, take a few deep breaths and consider what this person might be struggling with and send them a silent wish you well.



Scheduling Kindness

We often think of kindness as something we do spontaneously but scheduling it can be very helpful. Put a “Do something small and kind” on your to-do list or pick a time on your calendar to make it a reminder for yourself.



Accepting the Moment

Spend 1-2 minutes during the day just being still and silent. Notice your thoughts coming and going without judgement or having to fix anything. Take a few deep breaths and notice how your body is feeling. Let go of any muscle tension you might notice.



Daily Check in

Once a day, think of one person you care about and check in on them. This can be done in person or by simply sending a message to ask how they are doing or mention that you are thinking of them.



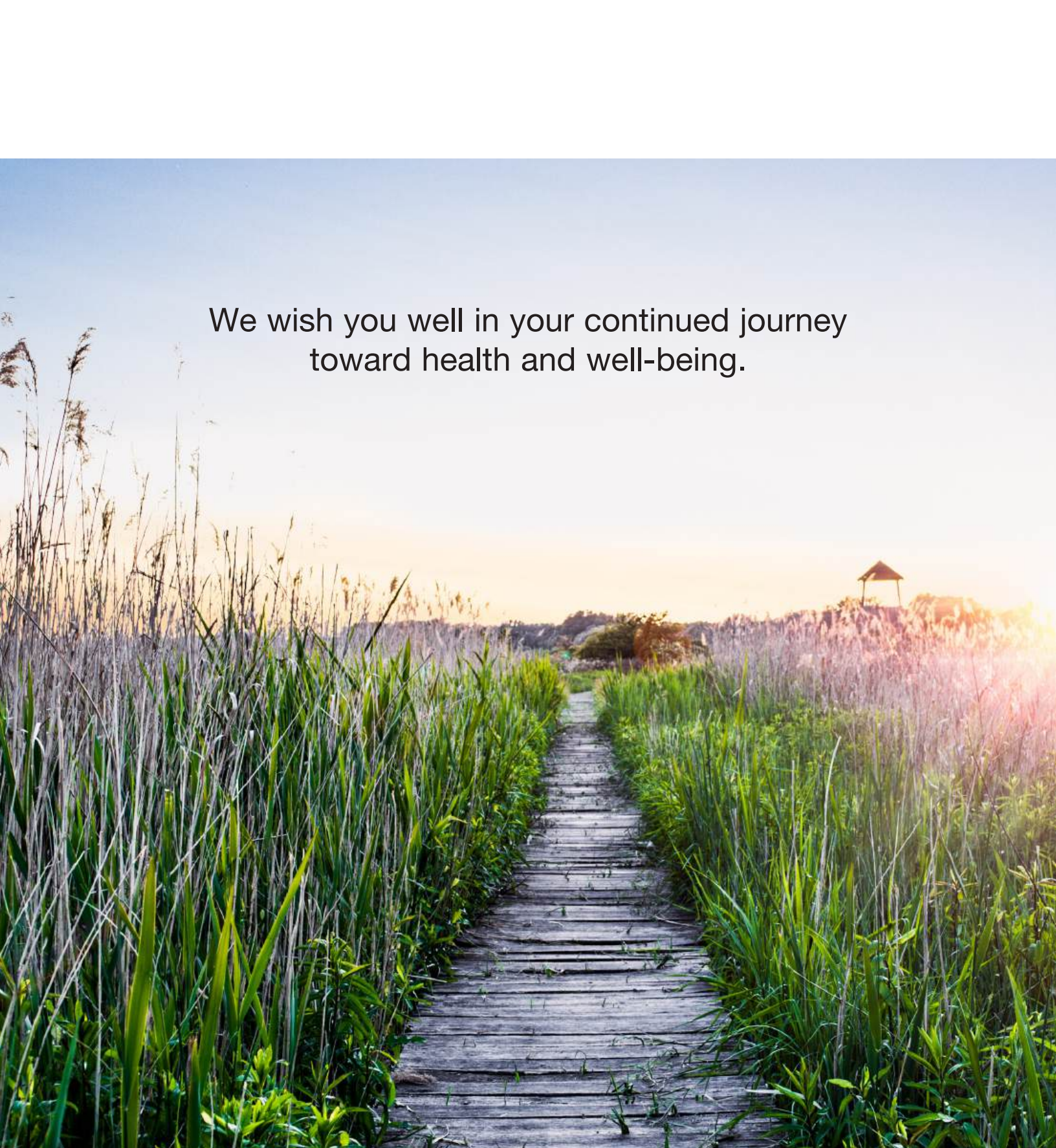
Bedtime ritual

At the end of your day think about 3 good things that happened, how they made you feel and what contributed to them.



Self-care plan

Spend a few seconds in the morning to think about one thing you will do today to nourish your mind, body and spirit.



We wish you well in your continued journey
toward health and well-being.