



Smart Wellness Launch Pad!: 90-Day Wellness Enhancement Workbook (Paperback)

By M a Du Pont

Smart Wellness, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

Smartwellness Launch pad on YouTube The Smartwellness Launch Pad, launches you into a creative and positive mind-set using scientifically proven techniques that include Self-Affirmations, Visualizations and fabricated Laughter. Self-affirmations. Increases activity in the ventromedial prefrontal cortex. // deploying self-affirmation inductions alongside persuasive health information has positive effects, promoting message acceptance, intentions to change, and subsequent behavior. // Visualizations. Love kindness meditation [visualization focused] enhanced a wide range of positive emotions in a wide range of situations, especially when interacting with others. We find these data especially promising. LKM appears to be one positive emotion induction that keeps on giving, long after the identifiable event of meditation practice. // The use of mental techniques to strengthen mental toughness is well accepted for professional athletes at times of championships. In professional sports competitions, different mental techniques such as progressive muscle relaxation techniques, breathing techniques, autogenic training, hypnosis, biofeedback, and visualization have been shown to be able to improve the mental skills of professional athletes // Fabricated laughter. Lowers the stress hormone cortisol. It improves the signs of physical and sleep disorders, lowered anxiety and depression,...

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