



# **WELL-BEING** Services for: Patients \* Caregivers \* Loved Ones

2051 Hilltop Dr., Suite A-17C | Redding, CA 96002 | (530) 355-3476 | [www.mpathtowellbeing.com](http://www.mpathtowellbeing.com)

## **LEARN & SHARE FOCUS GATHERINGS – ONLINE**

1<sup>st</sup> & 3<sup>rd</sup> Friday of each month: 6:30 pm to 7:15 pm

The following list of topics are a part of an agenda for Focus Gatherings. All are free and include presentations, multimedia, and interactive elements. All are meant to be entertaining as well as informative. All are 45 minutes. Presentations are designed to be fun and social while at the same time supportive and healing. Topics are intermittent and ongoing, however each time a topic is revisited, it is uniquely shaped by comments and input from a different group of attendees. A licensed professional will facilitate all gatherings. Meetings are not intended to be therapeutic in nature nor are any a substitute for counseling or group therapy.

\*\*\*\*\*

### **Quality of Life**

What is it? Ways to view Quality of Life (QoL) as distinct from common ways of defining it. Reframing QoL in terms of four basic characteristics interpreted through a particular kind of psychological state of mind can enhance our health & well-being. A shift in how we interpret QoL makes a lot of difference in how we assess our level of it as well as how we appreciate and experience it.

### **Psychological Health: Perspective & Perception**

Why and how our attitude, beliefs, coping styles, and life experiences fashion the way we interpret events and experiences. Psychological health is impacted by our perspective and perception. Gaining insight into the connection among these aspects will enhance our well-being.

## **Situational vs. Characterological Behavior**

Our behavior is both enduring and fleeting. The enduring element is associated with our personality fashioned through experience from an early age. The fleeting part, displayed when we are under a lot of stress or in fear, can shift. Situational behavior is fleeting. How we distinguish and interpret the two can help us to have more compassion for others and ourselves.

## **Stigmatization and Mental Health**

Ways in which stigmatization and feeling disenfranchised interfere with our ability to cope and manage our mental health and life challenges, especially those related to abuse, illness, and major loss are discussed.

## **Family Systems, Societal/Cultural Norms, & Self-Identity**

Cultural, social, and family of origin perspectives on mental health and how they influence our perspective and perception are discussed. Our worldview, including how we see ourselves in it, does affect our ability to negotiate experiences. Our opinions and beliefs later in life are part optional and essentially part rigid.

## **Depression & Anxiety: Symbolic Loss**

The psychology behind depression and anxiety related to major loss, especially symbolic loss, is emphasized in discussion. Understanding anxiety and depression can result from major loss producing change will help us be more prepared to manage symptoms associated with each of these separate yet connected mood disturbances.

## **Our Relationships: A Spiritual Practice and Path**

Viewing our everyday relationship interactions as a spiritual practice in terms of nature and patterns of relating, and outlines systems of support, from within and among. This gathering offers insight into the importance of relationship and connecting to others and “something more” as it pertains to spirituality and a basis for an integrated spiritual practice

## **Humor as Means of Healing**

Humor, when done in the spirit of release and not as a diversion or malicious intent, can be a wonderful healing. Highlighting contradictions in our nature are sometimes easier for us to tolerate and less likely to trigger us in a way making us defensive; i.e., to light us up like a Christmas tree. Timing and content are very important and secondary only to intention to not want to hurt others. Mood can shift instantly and make a serious situation lighter.

## **Effective Communication**

Communicating effectively, especially in times of duress, is challenging. A few techniques and pointers are introduced to help guide communication and set intention. Caregiving, patient advocacy, and discussing sensitive matters with loved ones require good communication and listening skills. It requires self-awareness, attunement, and intention too.