



Date: 11/27/2024

Time: 10 AM until 12 PM

Location: 1750 West 103rd Street Chicago IL, 60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

Trainer/Speaker: Mr. Warren Avery CAD, Author, retired Police Commander for the Chicago Police Department.

Community Topic: Spirituality and You

What is spirituality:

- The quality of being concerned with the human spirit or soul instead of material or physical things.
- Trusting, believing, and surrendering to a higher power outside of oneself.
- One's relationship with their higher power and self.
- An individual journey that may look different for everyone.

How to practice Spirituality

- Affirmations: Positive statements that individuals say to themselves to improve their well-being and self-esteem.
- Mindfulness: The understanding of one's being in the present moment.
- Meditation: A mental exercise that trains attention and awareness to reduce stress and increase focus.

What are some benefits of practicing Spirituality:

- Balanced mental health: If you struggle with racing thoughts, stress, Depression, or anxiety spirituality has been proven to produce positive results.
- Gain healthy coping skills: Having healthy coping skills promotes healthy living.
- Promote healthy relationships: Meeting all individuals where they are in life and accepting that we only have control over ourselves. Setting healthy boundaries and having realistic expectations.
- Promote a healthy quality of life by making better decisions: Spirituality allows everyone to live life on life terms for them. Learning what is good for the individual and what is bad. Being able to distinguish between the two to prevent repeated lessons.

How to Practice Mindfulness meditation: Requires you to **STOP**

S = Stop any busyness and focus on the present: When other thoughts pop up in your mind, redirect your attention back. It is ok don't be hard on yourself.

T = Take 3 slow deep mindful breaths: Focus on your breathing.

O = Observe and label 3 sounds around you: Notice what is calming to you such as nature sounds, fans blowing, water running, etc

P = Proceed with whatever you need to do mindfully and with a smile: Whatever you must do **JUST** do it and **DO IT** and with a smile.

Health benefits associated with Deep Breathing include:

- Lower blood pressure
- Reduce stress
- Improve the quality of life for those who may suffer from Asthma and COPD.
- Increase focus
- Reduce tension and frustration

Spirituality and Recovery:

- AA 12 STEP promotes surrendering to a higher power outside of oneself for strength and guides on the recovery journey of addiction.
- Multiple Pathways to Recovery: Acknowledge spirituality as a pathway. It has been proven to help individuals on their recovery journey. Multiple Pathways like spirituality believe in meeting the individual where they are in that present moment.
- Spirituality is not the only way to achieve recovery, but it is a proven tool that works when practiced. Spirituality promotes accountability and responsibility while fostering hope.

Who can benefit from practicing Spirituality?

Everyone: Anyone of any age, color, religion, culture, gender, or origin can incorporate Spirituality into their way of life.

Closing Remarks: Dr. Karen White, CADAC, NCRS, RC, RCT, CEO

Please leave business cards and information in the chat for future meetings.

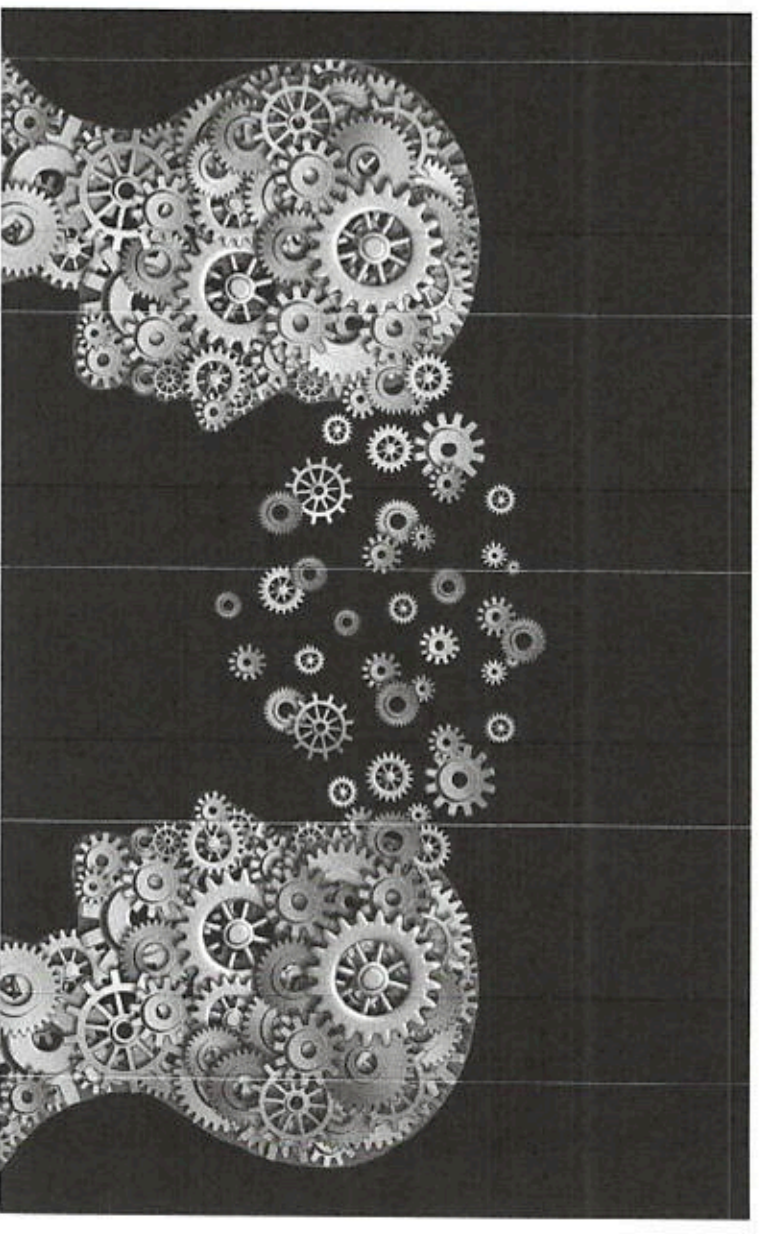


Spirituality And You

Mr. Warren Avery

SPIRITUALITY SUBJECTS TO SHARE

- Affirmations
- Breathing
- Mindfulness
- Meditation
- Anxiety
- Depression
- Suicide



Affirmations

Starting your day with positive morning affirmations has a significant impact on how you interact with the rest of your day. Positive affirmations shimmer the light of positivity and healthy thoughts on your mind to look at the world with an empowered perspective.

www.everydayaffirmations.org

A black and white photograph of a hand holding a bundle of wheat stalks. The hand is positioned at the top left, with fingers gently grasping the stalks. The wheat stalks are long and thin, with some heads of grain visible. The background is a light, textured surface, possibly wood or stone, with some faint, wavy lines suggesting a reflection or a soft surface.

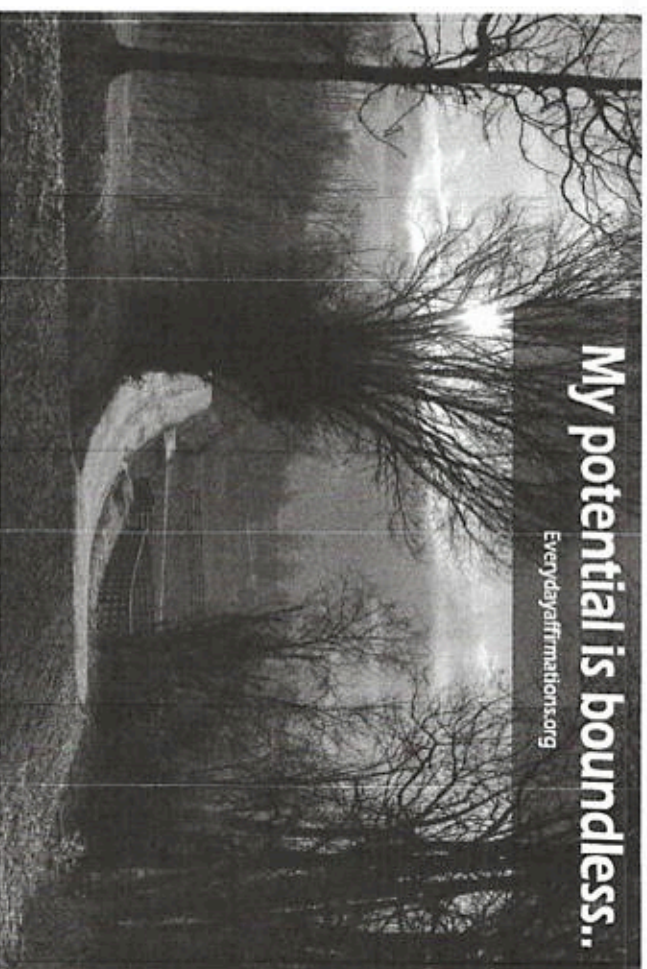
“MY LIFE JUST KEEPS
GETTING BETTER AND

BETTER.”

10 Morning Affirmations to Start Your Day

1. I am feeling healthy and strong today.
2. My body is a vessel of wellness.
3. Today I will focus on what makes me feel good.
4. I am a healthy and happy person.
5. I know each day is a blessing and a gift.
6. Today is going to be a really, really good day.
7. I love myself.
8. I am the creator of my best reality.
9. I am self-sufficient, creative, and resilient.
10. I am filled with gratitude and kindness for another wonderful day on this earth.

<https://blog.gratefulness.me/20-morning-affirmations-for-a-bright-start-to-your-day/>



MINDFULNESS MEDITATION

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body.

It combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment. [https://www.verywellmind.com/mindfulness-](https://www.verywellmind.com/mindfulness-meditation-88369?print)

[meditation-88369?print](https://www.verywellmind.com/mindfulness-meditation-88369?print)





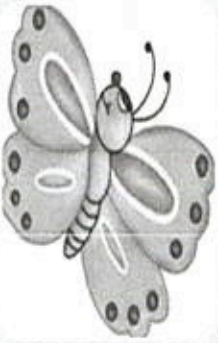
Practicing Mindfulness Meditation

1. Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck, and back straight but not stiff. It's also helpful to wear comfortable, loose clothing so you're not distracted.
2. But being that this practice can be done anywhere for any amount of time, a dress code is not required.
3. While it's not necessary, a timer (preferably with a soft, gentle alarm) can help you focus on meditation and forget about time—and eliminate any excuses you have for stopping and doing something else.
4. Become aware of your breath, attuning to the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall as the air enters your nostrils and leaves your nostrils. Pay attention to the temperature change when the breath is inhaled versus when it's exhaled.
5. If you find yourself getting carried away in your thoughts—whether with worry, fear, anxiety, or hope—observe where your mind went, without judgment, and just return to your breathing. Don't be hard on yourself if this happens; the practice of returning to your breath and refocusing on the present is the practice of mindfulness.

<https://www.vervewellmind.com/mindfulness-meditation-88369?print>

Mindful-S.T.O.P.

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S

STOP any busyness temporarily and invite our attention to rest on the **PRESENT MOMENT**



T

TAKE 3 slow, deep and mindful breaths



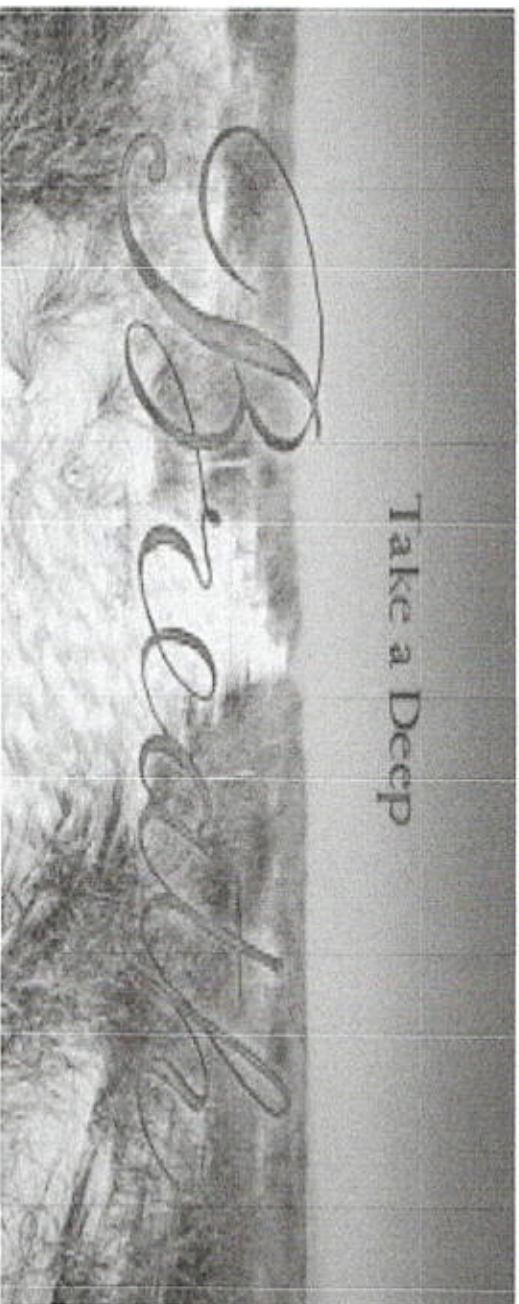
O

OBSERVE & label 3 sounds around us (e.g. fan, bird, car) or pay curious attention to what we Hear, Touch or See (H.T.C.)



P

PROCEED with whatever we need to do mindfully and with a smile 😊



When it comes to improving our health, many of us focus on areas we can easily quantify and track, such as how many carbs or calories we consume or how many times we exercise each week. Although it may be harder to measure, reducing and managing stress is a key component of staying healthy. Chronic stress has been linked to heart disease, high blood pressure, diabetes, depression, and anxiety, according to the National Institute of Mental Health. <https://www.everydayhealth.com/wellness/possible-health-benefits-of-deep-breathing/>

HEALTH BENEFITS OF DEEP BREATHING

Lower Blood Pressure

Improve Quality of Life In People With Asthma and COPD

Help Manage Symptoms of Depression and Anxiety

Reduce Tension to Help With Headaches

Relieve Some Symptoms of Irritable Bowel Syndrome (IBS)

Reduce The Number and Severity of Hot Flashes



**THANK YOU
MR. WARREN AVERY**

