

(Lesson Duration 90 Minutes)

Slide 1: (Blank/Opening Slide)

“Welcome everyone and thank you for being here today. We’re going to focus on stress management through complementary and integrative practices that support your overall well-being.”

Slide 2: Title Slide

“My name is Fallyn Reynolds, and today I will be presenting Unit 6: Complementary and Integrative Medicine, Lesson 2. This session will focus on practical strategies to manage stress using breathwork, mindfulness, and holistic techniques.”

Slide 3: Agenda

“Today’s session will cover an introduction to breathwork, the benefits it provides, journaling as a reflection tool, identifying stressors, and engaging in breathing and meditation practices. We will also explore local wellness resources and conclude with next steps.”

Slide 4: Introduction / Benefits of Breathwork

“Breathwork is a technique rooted in Eastern practices that focuses on using intentional breathing to calm the body. Stress can show up physically through headaches, digestive issues, and insomnia. By understanding the sympathetic and parasympathetic nervous systems, we can use breathwork to shift from a stress response to a state of calm (Cleveland Clinic, 2023).”

Slide 5: Journal Activity

“This activity encourages you to reflect on five stressors from your day. Identify the trigger and how you responded. This helps build awareness of patterns and allows you to develop healthier coping strategies. Journaling becomes a tool for emotional regulation and self-awareness.”

Slide 6: Stressors

“Stressors are the triggers that activate our body’s stress response. These can be physical, emotional, or mental, or spiritual. Recognizing them is the first step in learning how to manage them effectively.”

Slide 7: Stress Assessment

This is an assessment to find how best I can help you on your journey to continued wellness. once you complete this short assessment we can figure out where to start together. Sometimes knowing where to start will help you find an end to stress.

Slide 8: Breathing Practice

“Now we will practice intentional breathing. Focus on your breath, find a quiet space, and become aware of your body. Deep breathing helps regulate your nervous system and promotes relaxation. This is a simple but powerful tool you can use daily.”

Slide 8: Guided Meditation

“This guided meditation allows you to reconnect with the present moment. Focus on your breathing and how your body feels. This practice supports mindfulness, reduces stress, and improves emotional balance.”

Slide 9: Great Escapes / Resources

“Here are some complementary techniques you can explore, including yoga, meditation, and breathwork. I’ve also included local resources where you can practice these techniques in a supportive environment.”

Slide 10: Summary

“To summarize, CIM focuses on a holistic approach by addressing the mind, body, and spirit. Practices like yoga, meditation, and breathwork support stress management and overall wellness while encouraging individuals to take an active role in their health.”

Slide 11: What’s Next

“Moving forward, we will focus on confidence building, self-efficacy, and incorporating wellness into daily life. These next steps will help you build sustainable habits and continue your wellness journey.”

Slide 12: Resources

“These are the resources used throughout this presentation, including research on breathwork, yoga, mindfulness, and stress coping strategies. These sources support the evidence-based approach used in this lesson.”