



**Health Pro**  
M I N D S E T

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# Developing A Health Pro Mindset

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Participants completing this workshop will be able to:

1. Describe the Model of Simplicity for developing a Health Pro Mindset.
2. Outline the differences between Bound Nature & Free Nature states.
3. Describe their own Bound Nature states & how they impact their life.
4. Identify Flow Switches to intervene during Bound Nature states.
5. Cite various effects of stress on the body & it's professional impact.
6. Describe strategies for integrating mindfulness-based methods into clinical practice.

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## **The Model of Simplicity (AKA - The 4 A's)**

### 1. Acceptance

Influences	
Perceptions	
Belief Systems	
Expectations	

### 2. Awareness

### 3. Accountability

### 4. Adaptation

## **Diagnosing Your Bound Nature Roles**

<b>What is Free Nature?</b>	<b>What is Bound Nature?</b>

**List all bound nature that is... most intense, frequent, long duration, life impacting...**

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**Pick your top 3 usual suspects and give them a name**

- 1.
- 2.
- 3.

**Describe everything about them**

**Usual Suspect 1:**

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<b>Looks Like</b>	<b>Sounds Like</b>	<b>Feels Like</b>

**Usual Suspect 2:**

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<b>Looks Like</b>	<b>Sounds Like</b>	<b>Feels Like</b>

**Usual Suspect 3:**

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<b>Looks Like</b>	<b>Sounds Like</b>	<b>Feels Like</b>

**Bound Nature Journaling**

- Continue journaling about your bound nature states over the next 2 weeks
- Bound nature journaling increases self-awareness
- The more aware you are of your bound nature states, the easier you are able to control them
- Journal about other states as they present in your life – there will always be something!

## Identifying Intervention Methods

### **Tripod Activity**

What is a story you have been telling yourself that is holding you back?

Can you think of ONE reason why that story is simply not true? How it is just a perspective you are holding?



**Break one of the legs on the tripod & your story comes crashing down!**

## Creating Your Care Plan

How does stress affect your body?

How has stress impacted you professionally/academically?

### Gratitude Game

Name a <b>person</b> you are thankful for and why...	
Name a <b>place</b> you are thankful for and why...	
Name a <b>food</b> you are thankful for and why...	
Name a <b>thing</b> you are thankful for and why...	
Name <b>anything</b> of your choice...	

## **Breathing Exercises**

**Breathing exercises are a very practical method of self-regulation in reducing stress and anxiety.** They can be learned in minutes and practiced anywhere and at any time. Benefits can be experienced immediately and practice enhances their value over time.

### **Breath Training Exercise #1: Diaphragmatic Breathing**

Diaphragmatic, or belly-breathing, fills the lungs more fully, slows respiration rate, and helps to elicit the parasympathetic relaxation response.

1. Place one hand on your belly just below the ribs and the other hand on your chest. You can do this while standing or sitting, but it may be more comfortable while lying on your back on the floor with your knees bent.
2. Take a deep, slow breath through your nose. Let your belly push your hand out, keeping your chest as still as possible.
3. Exhale slowly through pursed lips, as though you were whistling, and feel your belly-hand go down.

**NOTE:** Breathing through pursed lips helps to keep the exhalations slow and even. You should exhale slightly longer than you inhale. Take your time with each breath.

### **Breath Training Exercise #2: Straw/Pursed Lip Breathing**

Proper inhalation is a natural result of full exhalation. People suffering from various lung-related ailments, such as asthma or emphysema, often have difficulty exhaling. Shallow exhalation may also be exhibited in anxiety disorders and their sympathetic stress response. When you breathe outward through a straw, emphasis is placed on slow and complete exhalation, thus, eliciting the relaxation response.

1. Place a drinking straw in the center of your lips, holding it in place with one hand.
2. Breathe in slowly and deeply through the nose.
3. Exhale through the mouth (the straw or pursed lips) slowly and evenly.

**NOTE:** As you breathe in through the nose, touch your tongue to the roof of the mouth, or to the end of the straw, to prevent inhaling through the mouth. Try to breathe out twice as long as you breathe in – this elicits the parasympathetic response.

Repeat these steps for up to three minutes. Take your time with each breath. Relax fully on the outbreath.



**Exterminate The ANT's (Automatic Negative Thoughts)**

*Instructions: Write your limiting beliefs for each category in blue or black ink. Write your new, positive declaration/affirmation in RED. For 7 days, read your old, limiting belief, and then with strong conviction, energy, passion and enthusiasm, read your NEW declaration that will take it's place. On the 7<sup>th</sup> day, erase or cross out your old belief and continue to only read your new declaration. This is part of the pairing process, so whenever those ANT's come along, you can exterminate them with your new belief system.*

**Career**

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

**Relationships**

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

**Financial/Material**

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

### Social

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

### Spiritual

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

### Health & Fitness

<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	
<b>Limiting Belief</b>	
<b>NEW positive declaration</b>	

## **Badging In To Your Free Nature State of Living**

Write down what you want for each sphere of your life

<b>Career</b>	
<b>Relationships</b>	
<b>Financial</b>	
<b>Social</b>	
<b>Material</b>	
<b>Spiritual</b>	
<b>Health/ Fitness</b>	

- Make it fun! Create a vision board
- Review this list and/or your vision board often
- Align your thoughts with your goals and the possibilities are endless!