



# UNESCO Body & Mind Wellness

## Mental & Emotional Well-being

### OVERVIEW & PURPOSE

We understand that in today's fast-paced world, finding moments of tranquility and inner peace is essential. Our Stress relief and mental/emotional wellness Sessions are designed to provide you with a range of practices to help you relax, reduce stress, and enhance your overall well-being.

At the UNESCO BMW Club, we believe that taking care of your mental/emotional well-being is just as important as caring for your physical appearance. Our Mental/Emotional Wellness Sessions provide you with tools to manage stress and find harmony in your busy life.

The topics that will be covered during the 24-week online session are as below. At the end of each online session, there will be Guided workshop.

### Week 1: Introduction

1. Purpose of MEW
2. Program Structure
3. Awareness

### Week 2: Balancing Techniques

4. Balancing technique
5. The pendulum effects
6. Workshop

### **Week 3: Left Sympathetic of Sub-Conscious Mind**

7. Subconscious mind & Left Sympathetic
8. Past thoughts & overly emotional traits
9. Conditionings & Super Ego
10. Depression/Suicidal thoughts/sadness
11. Practice your Protective Shield

### **Week 4: Right Sympathetic of Supra-Conscious Mind**

12. What is Supra Conscious Mind
13. Right Sympathetic & Ego
14. Over thinking & futuristic thoughts
15. Effects of violence & Media
16. Sleeplessness/Anxiety/hyperactivity

### **Week 5: Parasympathetic Nervous System**

17. Central Parasympathetic Nervous system
18. Autonomous system
19. To be in the Present
20. Thoughtless Awareness

### **Week 6: Balancing Technique through foot soaking**

21. What is foot soaking
22. How does it help
23. Neutralize your negative thinking
24. Silencing your mind
25. Neutralizing extreme behaviors

### **Week 7: Balancing through candle**

26. Use of light
27. Clearing left sympathetic
28. Thoughtlessness Techniques
29. Coping with negative thinking
30. Coping with Self mutilating thoughts

## **Week 8: Balancing through Ice pack**

31. Use of ice
32. Cooling right Sympathetic
33. Thoughtlessness Techniques
34. Coping with Stress/Anger/Temper/Rage
35. Coping with Violence towards others

## **Week 9: Power of Morality/Spontaneity/Innocence**

36. What is morality
37. How it affects
38. Connection to our psych
39. Earth element
40. Pelvic plexus

## **Week 10: Power of Creativity/Self Expression/Attention/Knowledge**

41. How creativity helps us
42. Esthetics
43. Nature
44. Attention
45. Effects of Alcohol & Drugs
46. Aortic plexus

## **Week 11: Power of Peace/Satisfaction/Self esteem**

47. How to be peaceful
48. Satisfaction
49. Self-esteem Building
50. Effects of materialism
51. Solar plexus

## **Week 12: Power of Sustenance/Self Expression/Self Mastery**

52. What is sustenance
53. How to achieve self-mastery
54. Practice

- 55. Guiding others
- 56. Decision making
- 57. The Void

### **Week 13: Power of Confidence /Fearlessness/Courage**

- 58. What is self confidence
- 59. How to become fearless
- 60. To be Courageous
- 61. Immunity
- 62. Effects of Suicidal thoughts
- 63. Cardiac plexus

### **Week 14: Power of Love/Compassion/Motherhood**

- 64. What is love & compassion
- 65. How it affects us
- 66. The mother principles
- 67. Joy
- 68. Left Cardiac plexus

### **Week 15: Power of Righteousness/Boundaries /Fatherhood**

- 69. How to be righteous
- 70. What are our boundaries
- 71. Responsibilities
- 72. The father principle
- 73. Resolving Conflicts
- 74. Right Cardiac

### **Week 16: Power of Collectivity/Witnessing/Diplomacy**

- 75. How collectivity helps
- 76. Developing Witness state
- 77. To live Guilt free
- 78. Diplomacy & Social skills
- 79. Effects of Smoking/Vaping/Marijuana

- 80. Developing discretion
- 81. Cervical Plexus

### **Week 17: Power of Forgiveness/Avoiding extremism**

- 82. How forgiving helps us
- 83. Staying in center
- 84. Avoid Self inflicting ideas
- 85. Coping with self-doubt/self-image
- 86. Influence of Media & advertising
- 87. Dealing with social media
- 88. Optic Chiasma

### **Week 18: Power of Integration/Doubtless Awareness**

- 89. How to become integrated
- 90. Wholesomeness
- 91. Doubtlessness
- 92. To Surrender
- 93. The Limbic Area

### **Week 19: Elements: Power of Mother Earth**

- 94. The Mother Earth
- 95. Gravity & Magnetism
- 96. Sense of direction
- 97. Acting against the elements

### **Week 20: Elements: Power of Fire**

- 98. The Fire
- 99. Properties
- 100. Effects on our minds

### **Week 21: Power of Water**

- 101. The Water

- 102. Properties
- 103. Effects on our minds

## Week 22: Power of Air

- 104. The Air Element
- 105. Properties
- 106. Effects on our minds
- 107. Week 23: Power of Ether
- 108. The Ether
- 109. Properties
- 110. Effects on our minds

## Week 24: Power of Light

- 111. The Light
- 112. Properties
- 113. Effects on our minds

**At the end of the 24-Week program, UNESCO BMW releases a certificate of attendance!**

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