

## Thursday May 20 The Art of Happy Living



R. Murali  
Krishna, M.D.

Stress in modern life is destroying our health and happiness - affecting our sleep, immune systems, relationships, resilience and inner peace. Join R. Murali Krishna, M.D., president of INTEGRIS Mental Health and the James L. Hall Jr. Center for Mind, Body and Spirit, as he shares his scientific insights into the wisdom of the ages and offers practical methods of discovering the remarkable healing power that exists in each human being. Learn practical applications that could transform your life into a happier and healthier state. The presentation will be held from 10 to 11:30 a.m. in the James L. Henry Auditorium at INTEGRIS Baptist Medical Center. For more information or reservations, please call the INTEGRIS HealthLine at (405) 951-2277.

## Try This!

"Meditation is the art of suspending verbal and symbolic thinking for a time, somewhat as a courteous audience will stop talking when a concert is about to begin."

— Alan Watts

Meditation has been used for thousands of years to quiet the mind and help attain inner peace. It has been shown to help fight high blood pressure, insomnia and other 20th century heebiejeebies, but who has time to sit still for 20 or 30 minutes every day? Here's a quick version that will help you de-stress and refresh yourself.

Close your eyes, and breathe slowly in through your nose, letting the air fill your lungs, all the way down to the diaphragm. Hold it briefly, then exhale slowly, releasing the muscle tension in your body as you breathe out through your mouth.

Tell the chatterbox in your head to quiet down and focus on a single word or phrase. Do this for five minutes, or even one if time is short. You should feel calmer and more "centered" when you're finished.

You can do open-eyes variations on this quickie meditation, too. Next time you're stuck in traffic, or waiting in line at the post office, don't get tense. Just concentrate on taking some slow deep breaths.

## INTEGRIS James L. Hall Jr. CENTER FOR MIND, BODY AND SPIRIT

The James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center, associated with INTEGRIS Health, is intended as a community resource. For more information, please call (405) 943-3921, or write:

4900 N. Portland, Suite 102  
Oklahoma City, OK 73112

R. Murali Krishna, M.D.  
President and COO

William Hawley, M.D.  
Chairman, Advisory Board

Charlotte Lankard, M.Ed.,  
LMFT  
Director

Kerry Ann Richards  
Administrative Assistant

# HARMONY

James L. Hall Jr. Center for  
MIND, BODY AND SPIRIT

MAY/JUNE 2004

## Relaxation Technique Classes for Young Children

Research indicates that children who learn early in life to calm themselves will have better coping skills as adults. Help your young children, ages 3 through 6, learn relaxation techniques in classes offered this summer in our center's library.

The sessions will be led by Corney the Clown, (INTEGRIS Baptist Medical Center volunteer Sandi Chaney) and by the center's director Charlotte Lankard.

A child can be enrolled in either the June or July sessions and they are FREE.

**June classes are**  
June 8, 10, 15, 17, 22, 24, and 29.

**July classes are**  
July 6, 8, 13, 15, 20, 22, and 27.

Classes will be held in the Crowe & Dunlevy Library at the center, 4900 N. Portland. Each class is limited to eight participants.

- Ages 3 and 4  
Tuesdays and Thursdays  
9 – 9:30 a.m.
  - Ages 5 and 6  
Tuesdays and Thursdays  
10 – 10:30 a.m.
- For more information or to enroll, please call the center at (405) 943-3921.

## Yoga Reduces Aggression in Teens

By Diane Clay, March 9, 2004 issue of The Oklahoman

LAWTON – Psychiatrist Peter Armendariz has enlisted an ancient technique to calm New Age aggression among teenagers at his southwestern Oklahoma youth center. Parents and judges trust Armendariz and the Southwest Behavioral Health Center in Lawton to help wayward children build successful traits for life. Many of the children suffer depression, consider suicide, become violent, and have been diagnosed with psychotic disorders or abuse drugs.

A three-week treatment plan restores some sanity. But, the professional help does not thwart aggression inside the walls of the center, especially from 7 to 9 p.m.

Armendariz says youths were hitting each other, threatening suicide and creating a violent atmosphere. He had to do something.

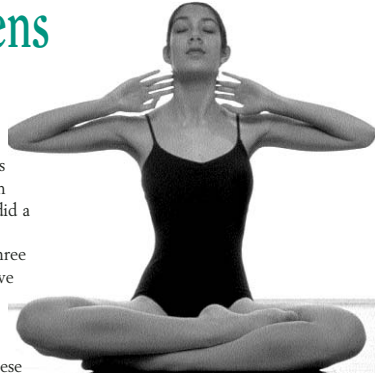
The youth specialist found yoga. Initially, Armendariz says he just hoped yoga would keep the teenagers busy, but he and yoga instructor Arun Tilak quickly realized the discipline did a lot more.

"We soon noted within two or three months that the incidents of aggressive episodes decreased quite a bit," Armendariz says.

"We have found it calmed not only the kids, but also the staff. ... These kids were beginning to learn how to breathe, how to concentrate and how to focus."

The yoga classes are offered at the center three times a week. Armendariz would like to offer them every day, but budget constraints and the instructor's busy schedule limit his options.

Twenty-three teens – nearly three-



fourths of the students in the adolescent program – participate in the yoga classes. The classes are voluntary.

During class, teens stretch, exercise and practice breathing and relaxing.

They have developed a relationship with their instructor, Tilak, and know he expects respect from students and an aura of discipline.

continued on page 3

# HARMONY

## SUMMER TUESDAYS

Looking for ways to stay cool this summer? Join the James L. Hall Jr. Center for Mind, Body and Spirit for Summer Tuesdays in June and July for a selection of fun and educational presentations designed to encourage you to be creative in stress management and self care.

Presentations will be from 6:30 to 8 p.m. in the Crowe & Dunlevy Library at the center, located at 4900 N. Portland. Call Kerry Ann at (405) 943-3921 for reservations; seating is limited.

### June 8

*Living Deliberately – Summer Simonton, Life Coach*

"Imagination is everything," said Einstein. "It is the preview of what is to come." We have all been born with an active imagination; however, the key is in learning



how to use it deliberately to design the life you want. In this seminar you will discover three easy and fun tools to guide you in the direction of your dreams. These tools are useful in multiple areas – everything from quitting smoking and weight loss to managing stress.

Summer Simonton recently moved to Oklahoma from San Francisco where she was, and still is, a Life Coach, as well as keynote speaker and trainer in small businesses and fortune 500 companies such as Charles Schwab, Levi Strauss, and Hewlett Packard. Join us for this fascinating and powerful presentation.

### July 6

*Break the Barriers: Achieve Your Goals – Marty Kavanaugh*

Ever paid attention to your self-talk – that voice that is constantly assessing everything you think, say and do? How much power does it have on your life's achievements? What are the barriers

that are preventing you from reaching your greatest good? Can they be eliminated? If so, how? Come join the fun as Marty leads you toward

a real breakthrough in fulfilling your own destiny. It may be simpler than you think!

Marty is passionate about her mission, to help people achieve their personal best. Her positive energy and contagious enthusiasm are enjoyed by clients who range from the University of Oklahoma women's basketball team, Greater Oklahoma City Chamber of Commerce, and the YWCA battered women's program to numerous corporate management teams. And now she brings these gifts to the James L. Hall Jr. Center for Mind, Body and Spirit.



## RX for Overall Health

RX for Overall Health: Friendship  
Friendship = less stress. Less stress = better health. These words come from Bruce Rabin, M.D., medical director of the University of Pittsburgh Medical Center Health Enhancement Program.

Dr. Rabin says, "Being optimistic, having a sense of humor, being physically fit, and being religious or spiritual are all part of the package – and none is more important than another. It's a lifestyle that combines all these factors that will help you in the long run."

"An added bonus is friendship. The more types of friends you have, the better. Seek out friends from a variety of settings, including your family, workplace and place of worship. It doesn't matter

much where, so long as you get out there and mingle," Robin says.

Gerald Ellison, Ph.D., director of Psychoneuroimmunology Services at Cancer Treatment Centers of America in Tulsa, is another proponent of friendship for managing stress. He observes, "Friends keep us from becoming lonely, they offer encouragement and support, and they help keep our thinking in line with the real world."

"When we're missing friendship, we experience isolation and loneliness. These feelings are associated with illness, discomfort, and general ineffectiveness as



a person. Having friends can also be especially helpful if you're already seriously ill. Friends – if supportive and encouraging – can increase our hope when dealing with illness and trauma. And increased hope is associated with higher levels of immune system functioning," says Ellison.

# HARMONY

## FROM THE DIRECTOR

By Charlotte Lankard, LMFT, Director, James L. Hall Jr. Center for Mind, Body and Spirit

## Rest and Renew Yourself



they are all different, they also have something in common. They meet a human need to stop, rest and renew. Some people do it on a regular basis. Others have never considered it. Many of us ignore the "red flags" that tell us we need a retreat, with some attention paid to our spiritual life. Here are some clues.

- You can hardly remember the last time you had a moment to yourself.
- You feel an unquenchable inner yearning.
- You don't laugh as much as you did in the past.
- All you do is take care of others' needs,

- neglecting your own.
  - Your heart feels closed.
  - You rush everywhere.
  - You don't remember your dreams.
  - You feel disconnected, without an inner center.
  - You know there's more to life, but you don't know what it is or what to do about it.
  - You comment to friends that you feel like you're running on empty.
  - With no energy to do anything else, you spend evenings and weekends zoned out in front of the TV.
  - You want to experience more love in your life.
- If more than half of these are true for you, you might want to consider giving this area of your life some attention. Twenty

continued from page 1

## Community Forgiveness Classes

**Mercy Health Center**  
1:30 to 3:30 p.m.  
Wednesday afternoons, May 12 thru June 30  
Conference Room I  
Classes will be led by Patty Porter, M.Ed., senior health coordinator, and Glenda Bronson, RN. For more information, call Patty Porter at (405) 752-3935.

**Jamestown Office Park**  
12 noon to 1:30 p.m.  
Wednesdays afternoons, June 2 thru July 14  
Classes will be led by Debra Luther, LPC. For more information, call (405) 990-1974.

**Redbud Counseling Center**  
6:30 to 8 p.m.  
3525 N. W. 56, A-150  
Thursday evenings, Aug. 12 thru Sept. 30  
Classes will be led by Mark Shreffler, LPC. For more information, call (405) 942-4308.

## Yoga Reduces Aggression in Teens

"We found out kids were looking forward to yoga class. I have a kid who has been pushing me to give him a yoga tape," Armendariz says.

"Some come to me, and they say, 'Thank you for your treatment, but the best part was your yoga.' That's kind of strange. Quite a few have said that."

Armendariz says the only group that yoga doesn't seem to help is children diagnosed with Attention Deficit and Hyperactivity Disorder. He says such students work better with more active programs such as basketball.

He says since instituting yoga, the number of aggressive incidents at the center in the 7 to 9 p.m. peak period have decreased 75 percent. He says the idea is being used at a few hospitals across the country in treatment plans. While officials at the Lawton center have considered a scientific study to determine just how well yoga works for troubled teens, they are reluctant to keep yoga from any of the students for

research purposes.

A research trial would require the center to keep some of the students in yoga, start others on medicine and do nothing for the third group. Armendariz says he is curious about why teens seem to respond to the ancient practice. But as long as it's reducing aggression, "I really don't care how it works," he says.

The center's administration agrees with Armendariz' yoga idea and fully supports the project. They hope other behavioral centers and hospitals will incorporate yoga into their programs to help students learn to make calm choices instead of violent ones.

"We don't find good things that work that often. This is something that has proven effective. We are one of a few behavioral centers nationwide doing yoga," Armendariz says.

"I'm not going to say yoga is magic and is going to cure everything, but it certainly does help. I'm a believer."  
*(Rewritten with permission.)*