

JAY'S MINDSET FACEBOOK GROUP RECORDINGS

- Links to recordings
- Timestamps for each recording

2023

Recording from the Mindset Motivation Q&A call Monday/Tuesday 18th of December 2023

<https://www.facebook.com/100068446375258/videos/368475035736420?idorvanity=602768400184082>

- 06.37 - Tips for managing stress during the holidays.
- 16.01 - What to do in regards to dietary needs during the holidays.
- 18.48 - Is it good to listen to a podcast at the same time as exercising?
- 23.52 - Gut-directed hypnotherapy session for reintroduction/food fear relaxation.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 20th of November 2023

<https://www.facebook.com/100068446375258/videos/1281135135927232?idorvanity=602768400184082>

- 2.05 - How many hours of deep sleep should I get?
- 3.50 - The definition of chronic pain.
- 4.28 - Different causes of chronic pain.
- 5.28 - Chronic pain cycle.
- 7.58 - What causes chronic pain?
- 9.14 - Causes of upper and lower stomach symptoms.
- 11.12 - So what happens to the brain when we are in pain?
- 13.28 - Can working on your mindset make a difference with chronic pain?
- 15.43 - How to manage chronic pain.
- 18.30 - Sharing session : I don't get enough deep sleep, and this really affects me.
- 22.13 - Sharing session : I thought I knew all this. I'm realizing now how misinformed I have been.
- 24.47 - Meditation session tailored to chronic pain.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 6th of November 2023

<https://www.facebook.com/100068446375258/videos/816438443566214?idorvanity=602768400184082>

- 2.53 - Do I have to pack my own food when eating out?
- 6.13 - Would Yoga Nidra disturb my sleep?
- 7.15 - Circadian Rhythm : The basics of sleep.
- 10.16 - Insomnia : Definition and criteria of insomnia.

11.40 - Why is sleep important?
13.00 - What are the factors that influence insomnia?
14.52 - How many hours of sleep am I aiming for?
16.05 - Where to start?
18.20 - Chronic insomnia? Try Sleep Scheduling.
19.30 - Dr Arden's tips for achieving a healthy sleep pattern.
23.30 - Sharing session : What's keeping me up until 4 am.
27.26 - Sharing session : I struggle with chronic fatigue. It's hard trying to get a good sleep pattern.
31.30 - Sharing session : Be accepting of your sleeping patterns and not beating yourself up over it.
33.38 - Sharing session : I'm a worrier. I would wake up early in the morning and start thinking. But I found that your hypnosis video in Module 3 helped me sleep.
39.15 - Pre-meditation prep.
41.30 - Meditation session - Yoga Nidra meditation

Recording from the Mindset Call Monday/Tuesday 16th of October 2023

<https://www.facebook.com/100068446375258/videos/829576038896719?idorvanity=602768400184082>

0:00 - Welcome and introduction of new Mindset Coach [Anastasia](#). Answering submitted questions.
16:10 - Fear presentation (Fear: Coping Strategies and Heredity, Navigating Dietary Restriction Anxieties, Managing Anxiety With Positive Imagery)
Discussion: Anastasia added that the environment in which food is consumed is important, recalling that emotional and psychological factors from childhood can affect an individual's relationship with food.
39:00 - Meditation for high stress

Recording from the Mindset Call - Building the motivation to change Monday/Tuesday 3rd of October 2023

<https://www.facebook.com/100068446375258/videos/1267385263923331?idorvanity=602768400184082>

00:00 - Welcome and introduction
04:50 - Presentation topic - building the motivation to change
21:00 - Hypnotherapy session - rediscover your motivation

Recording from the Mindset Motivation Q&A call Monday/Tuesday 25th of September 2023

<https://www.facebook.com/100068446375258/videos/1037210250741970?idorvanity=602768400184082>

5:01 - Anxiety management tool : Anxiety and positive imagery.
5:37 - Why our brain does anxiety in the first place?
7:55 - Why is our brain negatively biased?
11:12 - Positive imagery can also enhance exposure.

13:49 - Overcoming limiting beliefs.

15:30 – Balancing the brain.

17:40 - Negative mornings to positive days.

19.13 – Example of Morning Positive Imagery.

30:42 - The ripple effect.

35:36 – Sharing session : Being in a situation where it's hard to figure out whether it's the anxiety telling you something, or whether there's something else actually going on.

46:00 – Meditation session : Relaxation.

Recording from the Mindset and Motivation Q&A Monday/Tuesday mindset call 12th September 2023

<https://www.facebook.com/100068446375258/videos/738700028267871?idorvanity=602768400184082>

0:00 - Jay discussed the theme of the presentation, which was mindset hacks to stay on track.

3:16 - Jay discussed various mindset hacks to help implement change, including being mindful of negative self-talk, focusing on what one is already doing, and shifting from deficit thinking to a positive mindset. They emphasized the importance of changing language and beliefs to support personal growth and motivation.

8:48 - Jay emphasized the importance of writing out one's motivations and goals, and using them as a source of motivation during setbacks. They also discussed the significance of organizing one's environment and setting aside dedicated time for self-improvement activities

14:00 - Jay discussed the importance of decluttering physical spaces to declutter the mind, establishing morning and wind down routines, seeking support from cheerleaders, setting boundaries with social media, and creating a supportive community. She also emphasized the need for structure and routine in learning throughout the program.

19:10 - Jay emphasized the importance of being active in one's recovery, including dedicating at least 10 minutes each day to mindfulness and self-care activities. She encouraged individuals to identify and overcome barriers, make small sustainable changes, and not let perfectionism hinder progress.

24:24 - Jay discussed various strategies for changing daily habits and behaviors to align with goals, emphasizing the importance of self-compassion and progress over perfection. They also suggested incorporating mindful activities, such as meditation, coloring, puzzles, and gardening, to promote overall well-being.

33:00 Jay guided the participants through a relaxation exercise, helping them release tension and find inner strength. They visualized climbing a mountain representing their goals and aspirations, and were encouraged to seek support and guidance along their journey.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 28th of August 2023

<https://www.facebook.com/100068446375258/videos/1033384964327162?idorvanity=602768400184082>

3:18 - The importance of social connection.

4:01 - The strength of our social connection impacts our physical and mental.
5:19 - Symptoms that are correlated with loneliness.
7:03 - The benefits from social connections.
8:14 - The three kinds of connections.
11:13 - How to start socializing again post Covid.
14:25 - Sharing session: Any thoughts on the benefits of social connection, or how difficult it was post Covid?
20:02 - How would you advise that person to deal with the fear along with the accompanying grief and loss that is inevitable?
27:22 - The biggest thing that I've been learning about relationships is that it's okay if someone else gets angry.
28:42 - How to be able to socialize and still make people around you understand and accept that you have boundaries.
33:48 - Meditation session.
49:18 - What might you be doing or plan to do for your well-being this week?

Recording from the Mindset and Motivation Q&A Monday/Tuesday 15th of August 2023
<https://www.facebook.com/100068446375258/videos/1770828040018637?idorvanity=602768400184082>

0:00 - Jay and Julie, two mindset coaches with Diet vs Disease, introduced themselves and discussed their backgrounds and experience. They also mentioned that they would be focusing on somatic activities to support the nervous system and answered questions that were submitted separately.

7:55 - Jay discussed the previous sessions on the autonomic nervous system and the window of tolerance. They also introduced different techniques for down-regulating the nervous system, including box breathing and 478 breathing.

13:47 - In the conversation, Jay and Julie discussed various techniques for managing stress and anxiety. They mentioned breath exercises, such as mountain breathing, as well as other methods like hypnotherapy, meditation apps, and self-compassion practices.

18:38 - Jay, and Julie discussed various techniques for down-regulating the nervous system, including gentle movements, body work, breath work, self-touch, and other activities such as baths, cold water exposure, and singing. They also mentioned using tools like a roller or a weighted blanket for relaxation.

28:28 - Julie and Jay discussed various techniques for up-regulating the nervous system, including progressive muscle relaxation, breath work, recalling a sense of safety, body movements, and listening to upbeat music. They also mentioned the use of different scents for up-regulation or down-regulation.

37:27 - Jay and Julie discussed the individual nature of up-regulating scents and the use of aromatherapy for anxiety. Julie mentioned her daughter's necklace with interchangeable scents, while Jay expressed gratitude for the conversation.

38:30 - Jay discussed the importance of individualized breathing techniques during meditation and hypnotherapy. Jay then guided the participants through a nervous system meditation.

Recording from the Mindset and Motivation Q&A Monday/Tuesday 1st of August 2023. Part 2 of the gut/brain axis theme. Mapping the autonomic nervous system.

<https://www.facebook.com/100068446375258/videos/808951520668868?idorvanity=602768400184082>

0:00 - Jay and others discussed a session on mapping the states of the nervous system. They also mentioned previous educational calls and upcoming sessions on breath and bodywork.

4:52 - Jay discussed the autonomic nervous system and the different branches within it, including the sympathetic and parasympathetic branches. They also talked about the concept of the window of tolerance and how mapping out individual states and practicing interoception skills can help regulate the nervous system and expand the window of tolerance.

14:11 - Jay discussed the importance of posture and body awareness in relation to the functioning of the vagus nerve and the different states of the nervous system. They encouraged taking time to understand the new concepts and emphasized the significance of practicing good posture for optimal results.

16:32 - Jay discussed the process of mapping the nervous system and focused on addressing hyper arousal. Participants were guided to visualize a moderately stressful situation, identify physical reactions, and engage in somatic activities to return to a calmer state.

17:44 - Jay guided the call through an exercise to map their hyperarousal state and identify the physical sensations, emotions, body movements, urges, postures, and thoughts experienced during a moderately stressful situation. Client discovered new stories and responses, and Jay realized a recurring story that contributed to her fight or flight response.

25:46 - Jay introduced three somatic activities, including shaking, diaphragmatic breathing, and soft belly breathing, to help regulate the nervous system. Debra found the exercises helpful but had not yet experienced the signs of down regulation, such as yawning or big swallows, and Jay encouraged her to continue practicing and be patient with the process.

37:25 - Jay guided the participants to reflect on challenging experiences and the sensations, emotions, and thoughts associated with their hypoarousal state. They were then encouraged to engage in somatic activities to up-regulate their nervous system and explore their ventral vagal state of calm and happiness.

50:34 - Jay and others discussed the process of building trust in their bodies and developing self-compassion. They explored how understanding their nervous system and using somatic activities helped them to listen to their bodies, recognize their needs, and approach themselves with patience and kindness.

1:01:47 - Jay and others discussed various tools and activities to regulate the nervous system. They emphasized the importance of finding individualized techniques and being compassionate towards oneself, while also acknowledging the need for rest and relaxation.

Recording from the Mindset and Motivation Q&A Monday/Tuesday 18th of July 2023

<https://www.facebook.com/100068446375258/videos/1942336556127271?idorvanity=602768400184082>

0:00 - Jay shared a link on Facebook and welcomed participants to the mindset call. They discussed their background, the format of the calls, and upcoming topics. Jay also mentioned a motivation for the topic and addressed any questions before starting the presentation.

5:47 - Jay discussed the basics of the autonomic nervous system and its different states, including the sympathetic, parasympathetic, and dorsal vagal branches. She also mentioned the importance of understanding how our body communicates through the nervous system and how various factors can influence its functioning.

16:00 - Jay discussed the various factors that can influence the nervous system, including genetics, physiology, hormones, immune system, thoughts, beliefs, language, predictions, relationships, work pressures, and life events. They also emphasized the importance of improving interoception skills to enhance awareness of bodily sensations and promote overall well-being.

26:35 - Jay discussed various techniques and interventions to improve interoception, such as mindfulness, breathing exercises, yoga, self-compassion exercises, and vagal toning activities. These practices aimed to raise awareness of internal signals, enhance understanding and response to the body's cues, and ultimately improve overall well-being and quality of life.

37:07 - Jay discussed the importance of maintaining a balance in various aspects of life, such as self-care, hobbies, work, and relationships, to reduce stress. They also mentioned upcoming sessions that would focus on understanding the autonomic nervous system and learning somatic activities to regulate the nervous system.

39:07 - Jay invited questions and comments. They then guided the group through a meditation,

focusing on interoception and proprioception, emphasizing the importance of accepting oneself and practicing mindfulness in both stillness and movement.

52:22 - Jay discussed the importance of holding space for emotions and using movement meditation as a way to process them. Participants were guided through slow and gentle movements to promote physical presence and release emotional tension.

Recording from the Mindset and Motivation Q&A Monday/Tuesday 4th of July 2023

<https://www.facebook.com/100068446375258/videos/296442956079506?idorvanity=602768400184082>

00:00 - Introduction

2:40 - How to stay on top of feelings of overwhelm and fear that my physical problems are as a result of my problems that I cannot seem to get control of

24:30 - Meditation

Recording from the Mindset and Motivation call - Self-acceptance Monday/Tuesday 20th of June 2023

<https://www.facebook.com/100068446375258/videos/3671847356370737?idorvanity=602768400184082>

0:03 - Jay, and others held a call on self-acceptance where they introduced themselves and talked about the purpose of the call. They also discussed the format of the call and did a relaxation exercise.

4:11 - Jay discussed the importance of self-acceptance and how it is influenced by childhood experiences and treatment from caregivers, siblings, family, school, and peers. She provided steps to become more self-accepting, including acknowledging and forgiving oneself, practicing self-compassion, and challenging negative thinking.

11:32 - Jay discussed ways to improve self-acceptance and self-love, including practicing good posture, keeping a journal of personal achievements, befriending or ignoring the inner critic, surrounding oneself with supportive people, and building resilience. Robert Holden's quote emphasized the importance of self-acceptance in achieving happiness.

14:56 - Jay discussed meditation and hypnotherapy for relaxation and accepting oneself. Participants were encouraged to get comfortable and focus on letting go of tension and stress.

36:39 - Jay led a hypnotherapy session and provided a link to more recordings for those interested. Participants shared their experiences and discussed their well-being practices. Judy requested the link via email.

45:58 - Judi's, Jay, and others discussed their health issues and self-care practices, including walking and following a histamine diet. They also shared tips for slowly getting back into physical activity and expressed gratitude for catching up with old friends.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 5th of June 2023

<https://www.facebook.com/100068446375258/videos/248799281085012?idorvanity=602768400184082>

3.25 - It's okay not to feel like you're on top of it the whole time.

7.32 - Topic on Forgiveness.

8.30 - Forgiveness is and is not.

10.32 - Activity : Write down issues you are facing and who are you blaming.

14.43 - Sharing session : I've been working on forgiveness for years with my family.

22.26 - Meditation session : Forgiveness.

42.45 - Sharing session : The weather is nice here, so I've been doing walks and it's helped keep my mind off of things.

45.01 - Sharing session : I've been focusing on asking for help when needed.

47.08 - Where can I find all the things you were going to put up for us? *In the comments section of this recording.*

Recording from the Mindset Motivation Q&A call Monday/Tuesday 22nd of May 2023

<https://www.facebook.com/100068446375258/videos/1048431272876930?idorvanity=602768400184082>

3.06 - I've been in FODMAP elimination and will remain until the end of May. I have restrictions beyond FODMAP, so I'm very limited. I find myself hungry a lot. How do I distract myself from this and find a sense of satisfaction with the poverty of food choices?

8.36 - The hunger level scale.

14.20 - Hypnotherapy session.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 24th of April 2023

<https://www.facebook.com/100068446375258/videos/1251884815421268?idorvanity=602768400184082>

2.15 - Introduction to fear based thinking.

6.25 - What is fear based thinking and why does it occur?

11.42 - How stress affects the stomach.

12.48 - Strategies to help with fear based thinking.

16.16 - NLP (Neuro Linguistic Programming) tips to manage fear based thinking.

22.23 - Sharing session: Things that helped me deal with fear-based thinking when working from home.

27.48 - Sharing session: My fear-based thinking is rooted on me comparing myself to other people.

35.25 - Introduction to Progressive Relaxation session.

36.25 - Meditation session: Progressive Relaxation.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 28th of March 2023

<https://www.facebook.com/100068446375258/videos/674362907823167?idorvanity=602768400184>

082

4.59 - Topic "Building the motivation to change"

5:14 - Two types of motivation

6.22 - Four types of Extrinsic motivation

7.25 - What motivates you in Diet vs. Disease?

9.08 - Activity: "Aim to sort of zoom out and find out what methods workable for you"

14.19 - Do these methods get rid of your unwanted thoughts and feelings, so they don't come back? Do they give you some relief from pain or discomfort?

17.22 - Write down what stories you tell yourself.

19.42 - Write a letter for your future self, and write about the benefits that you see right now.

22.54 - Sharing session:

23.22 - A lot of what you've talked about, has been in my life. It's been a lot of aha moments. A lot of lies happened in my childhood. Sometimes you're right we have these down times. But you know I try to believe in waking up with a smile every day and I'm always a very up person. I can't help but I'm happy.

29.15 - I'm a newbie. I had a lifetime challenge. It happened mostly during menopause with food intolerance that just played havoc with my body. 50 years ago I just made a decision that there was no way that I wanted to live a life that won't allow me to be able to keep up with my future grandchildren. My motivation is very similar to all of you.

36.31 - This is a mindset for me because I've hit a real point of frustration and I just need a sanity check from you. I think Cronometer is super cool but it does not like me and I have really invested a lot of time in attempting to find recipes and put the recipes in it because I want to position myself for long-term success. I really wanna do it well. I really struggle with the app and inputting recipes in

45.58 - Meditation session: Vagal Toning Exercise "Focusing on contact points and posture to regulate the nervous system". Meditation: motivation anchor.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 13th of March 2023

<https://www.facebook.com/100068446375258/videos/529779969307934?idorvanity=602768400184>
082

2.06 - Where should I start if my main complaint is that I don't have time for myself.

7.26 - Topic on self-confidence.

7.46 - How does self-confidence impact a person?

8.58 - What is the impact of self esteem, self confidence, or self efficacy.

9.35 - How do we build self-confidence?

13.14 - Confidence building activities for adults.

19.53 - Meditation session.

36.00 - Sharing session : How was your experience?

41.18 - Any thoughts on why people want to hold onto negative viewpoints of themselves?

46.32 - I hate writing, but I got a form where I need to write it out. But I don't want to. Is there a different way someone can approach without having it to be the fear of writing?

52.15 - Sharing session : What did you like about being in the program, and what worked for you?

57.12 - I had a rough start, so I'll pat myself on the back, because I spoke up when I was not having a

good experience.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 27th of February 2023

<https://www.facebook.com/100068446375258/videos/1366105507520691?idorvanity=602768400184082>

5.07 - Who would benefit from this Finding Me resource discussion.

9.40 - About the Finding Me resource.

12.40 - Preparing for the Guided Imagery session.

14.20 - First Guided Imagery session : How the hell did I get here?

39.40 - Mindfulness Exercise : Journaling after the first guided journey.

42.24 - Sharing session : How do you feel after the first guided journey?

45.25 - Second Guided Imagery session : Who I want to be?

56.50 - Mindfulness Exercise : Journaling after the second guided journey.

1.00.45 - Sharing session : How do you feel after the second guided journey?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 13th of February 2023

<https://www.facebook.com/100068446375258/videos/1250235325864389?idorvanity=602768400184082>

4.46 - What is Rumination?

5.18 - What does Rumination mean?

7.13 - Sign and Symptoms of rumination

8:42 - How to manage Rumination?

11.12 - Plan to take action:

17.39 - Sharing session: "Rumination"

18.01 - I've done that. I'm scared to death because my stepson was going to join the army, or navy and I was so scared. I mean I missed work because I had panicked about him doing this. I couldn't sleep. And my boss came up to me and he said you're responsible for your own thoughts. That's when I learnt to not do that to myself. That's a huge lesson for me.

22.47 - I'm struggling. Like no tomorrow. I made myself extremely sick. I don't know what is real and what isn't anymore.

28.51 - This is the perfect presentation for me because I can't get things done. I am ruminating so much in my head.

42.18 - Meditation session.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 30th of January 2023

<https://www.facebook.com/100068446375258/videos/701181804979407?idorvanity=602768400184082>

3.08 - What is a mindset coach?

5.52 - What is fear?

11.38 - What does fear look like?

13.30 - Common anxieties that we see in Diet vs. Disease.
16.42 - What can you do when reintroducing food?
25.25 - Top 4 strangest phobias
27.40 - Sharing session.
30.39 - I'm just starting the program and I already feel overwhelmed with the amount of your information. I can hardly read it all, and I'm worried that I'm not going to be able to absorb it all.
32.52 - I started my reintroductions and I did fine. But when I did GOS I had a reaction on the fourth dose. So the whole week I've been trying to recover from that. So I feel like I'm wasting time when I should be doing reintroductions.
40.23 - Hypnotherapy session: "Fear of food reintroduction"
1:03.40 - Sharing session.
1:05.24 - I really need this topic. As usual I love the hypnotherapy sessions.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 16th of January 2023

<https://www.facebook.com/100068446375258/videos/521688443398609?idorvanity=602768400184082>

6.03 - Social Connection and Wellbeing
7.49 - Loneliness vs. connection
10.17 - Three kinds of connection
14.04 - How to start socializing again post covid by: Clinical Psychologist Michelle Pearce
18.40 - Sharing session : Experience on starting to socialize again after covid.
29.54 - Meditation session : Hypnotherapy for confidence in social situations.
50.04 - What have you been doing for your wellbeing this past week?
1.01.20 - My stomach was acting up, and I haven't had a bowel movement today, so I'm not sure what's going on.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 2nd of January 2023

<https://www.facebook.com/100068446375258/videos/644878154101752?idorvanity=602768400184082>

1.06 - Topic: "Recap for Cognitive Distortions"
1.51 - Sharing session "Holiday season"
3.07 - Cognitive Distortions
3.56 - Window of Tolerance
9.07 - How we deal Cognitive Distortions
11.28 - Overstating and Understating: Four Anxiety Distortions
13.43 - Sharing session "Cognitive distortion experience during holiday season"
14.12 - I just need to remember to do these things when stuff comes up. I tend to just go back to old habits real fast so I would like the worksheets.
17.46 - Meditation session: "Gladdening the mind"
32.32 - Sharing session: "What did you do for your wellbeing over the festive period"

2022

Recording from the Mindset Motivation Q&A call Monday/Tuesday 12th of December 2022

<https://www.facebook.com/100068446375258/videos/2045452472310647?idorvanity=602768400184082>

1.39 - Topic: "How to manage stress in the holiday period"

4.21 - Tips for managing stress during the Holiday season.

12.29 - What to do about your dietary needs?

16.32 - Sharing session: "Managing stress"

17.25 - I'm not decorating for Christmas this year because nobody's coming and we're not doing much around here. So, I got out like like five things and that's all I need this year and we don't do a whole lot of presents within the Family either. So, there's no shopping pressure.

20.56 - Meditation session: "Celebratory love"

34.57 - Sharing session "for well being"

36.25 - I've got a lot of help from the Nerva app. Although now I'm on the second time through it. I'm finding it's not as good as it was I think before. I'm still doing it almost every night. There was a post in Facebook about gut directed hypnotherapy, insight timer.

40.17 - I'm new to the program and I'm really enjoying using the Nerva app. So I've used it for 4 days but I think it's making a difference even in the first four days.

40.55 - I only did it today for the first time (Nerva). And of course it was what? Five minutes or something like that. It wouldn't let me go on to the second. But I was curious. I've caught myself, I'll be doing something, maybe reading a book, might be watching TV. All of a sudden I realized it's like my stomach is clenched. And when I think of that then I'll take deep breaths. Just try and slow things down.

45.38 - To Nerva after I asked another question. I just finished Nerva. So, now I don't know what to do. It has been locked down. I guess it locks you out when you finish it. Where do you go with it from there if you want to continue?

48.53 - I just want to say that I tell the group what I told you which is I am in love with your voice. So the thing that I'm doing for myself is I am trying to listen to one of your recordings everyday. It really makes a difference when I do it. I did Nerva. I paid for the whole year of Nerva.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 28th of November 2022

<https://www.facebook.com/100068446375258/videos/524504262907832?idorvanity=602768400184082>

0.33 - Topic: "Seasonal Affective Disorder (Seasonal Depression) and Vagal Toning Exercise"

3.03 - Seasonal Affective Disorder

5.04 - Seasonal Affective Disorder Symptoms

6.25 - Who develops SAD and what causes of SAD?

7.49 - How is SAD treated?

8.56 - Can SAD be prevented?

- 10.51 - Somatic breath exercise "the breath of joy"
- 12.19 - Breath of Joy exercise session:
- 16.45 - Meditation session: "feeling your body and mind as a lake"

Recording from the Mindset Motivation Q&A call Monday/Tuesday 10th of October 2022

<https://www.facebook.com/100068446375258/videos/692771015033160?idorvanity=602768400184082>

- 3:41 - Breathing techniques.
- 5:21 - About the Attend and Befriend Vagal toning exercise.
- 6:04 - Topic on Somatic breath work: The Autonomic Nervous system.
- 8:40 - Attend and Befriend exercise session: "Sensations and emotions".
- 16:28 - Self-reflection: Write down or note any changes in doing attend and befriend exercise.
- 17:52 - One-to-one breathing session.
- 25:47 - Self-reflection: Write down or note any changes in doing the one-to-one breathing exercise.
- 26:31 - Signs the body is settling.
- 27:52 - About the one-to-two breathing technique.
- 28:49 - One to two breathing exercise session.
- 33:53 - Self Reflection: Write down or note any changes in doing the one-to-two breathing technique.
- 36:20 - Diaphragmatic Breathing technique: To manage some IBS symptoms or pain.
- 38:50 - Diaphragmatic breathing exercise session: "To relax the belly. More oxygen to the system and can slowdown the heartbeat".
- 43:38 - Self-reflection: Write down or note any changes in doing the diaphragmatic breathing technique.
- 43:57 - About the Voo Breathing Technique - Good if you're prone to bloating and constipation.
- 46:35 - Voo breathing exercise session.
- 52:36 - Self-reflection: Writing down or note any changes in doing Voo breathing technique.
- 53:16 - Sharing session: Thoughts about the Breathing Techniques.
- 53:23 - The Voo exercise. I am an alto in the choir. It was the most relaxing and easiest for me.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 3rd of October 2022

<https://www.facebook.com/100068446375258/videos/1449688745519657?idorvanity=602768400184082>

- 3:17 - Thoughts and questions to provoke change and motivation
- 3:31 - Reflection of visions and goals
- 7.00 - How are you going to go about achieving your goals/intentions?
- 8.33 - "How you do anything is how you do everything".
- 11.15 - Where focus goes, energy flows, and results show.
- 13.28 - An exercise for if you struggle to get to goal commitment.
- 14.02 - Awareness precedes change.
- 16.17 - The wheel of life.
- 17.10 - Resources from Positive Psychology.
- 18.38 - Sharing session: Realizing the importance of self-compassion.

23.28 - Meditation session:

41.00 - Sharing session: How did the meditation make you feel.

48.43 - The different ways of meditating.

50.36 - Can you talk about hypervigilance?

57.03 - I had a physical injury that related into a condition called RSD (Now called CRPS), where the nerve around the injury were damaged. I feel after having IBS for 30 years plus, it got progressively worse these last 12 years. Have you ever heard of this condition?

Webinar Jay Hayes and Taylor Hanna Dietician 20th of September 2022

[https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.dietvsdisease.com%2Fhow-to-solve-your-ibs-by-treating-the-vagus-nerve%3Ffbclid%3DIwAR1nmbQhOnd6X_GIHSYuZfgT6kwOh1KyeNjtqHxJLVsB1sl1DrQ7nnnapU&h=AT2a-RMBjsnzANp1xQlsij858bp7Z8W4935Yf16iuNDFPZRPONkE58YjQbyikYsvy_0r6rYTppMpuQ91IZs0tl-5xqfDxD3nPxdqHgenRSKTWktO7FqvvBHvbGeY321xzutD8ZPFhfkaAvAiTIS7&tn=-UK-R&c\[0\]=AT13ndYboxu2KyVj4Ud91aZ025h5_eeoQ5T8rrw6ZSpe-fz64Bn-6C90MGphQwwEr94rmhucW8D_BQ6aNfe_pM5xKVZSNR4NH_eSVhbjf9Ed0nmV5TjOmDeMeuZi6J64VuuH-GGsaXKqyX0auilK3yqrpXgrcNVOPpzz8ts](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.dietvsdisease.com%2Fhow-to-solve-your-ibs-by-treating-the-vagus-nerve%3Ffbclid%3DIwAR1nmbQhOnd6X_GIHSYuZfgT6kwOh1KyeNjtqHxJLVsB1sl1DrQ7nnnapU&h=AT2a-RMBjsnzANp1xQlsij858bp7Z8W4935Yf16iuNDFPZRPONkE58YjQbyikYsvy_0r6rYTppMpuQ91IZs0tl-5xqfDxD3nPxdqHgenRSKTWktO7FqvvBHvbGeY321xzutD8ZPFhfkaAvAiTIS7&tn=-UK-R&c[0]=AT13ndYboxu2KyVj4Ud91aZ025h5_eeoQ5T8rrw6ZSpe-fz64Bn-6C90MGphQwwEr94rmhucW8D_BQ6aNfe_pM5xKVZSNR4NH_eSVhbjf9Ed0nmV5TjOmDeMeuZi6J64VuuH-GGsaXKqyX0auilK3yqrpXgrcNVOPpzz8ts)

Recording from the Mindset Motivation Q&A call Monday/Tuesday 19th September 2022

<https://www.facebook.com/100068446375258/videos/484135400242516?idorvanity=602768400184082>

5.25 - Topic on Visceral Hypersensitivity.

7.44 - The Vagus Nerve and Visceral Hypersensitivity.

8.45 - Complementary and alternative therapies for managing Visceral Hypersensitivity.

9.26 - The Worry Chain.

12.25 - Ways to manage worry.

16.40 - About Cognitive Distortions.

18.20 - Solution: Cognitive Defusion.

20.44 - The experience of Hypervigilance.

26.18 - Where can I find the breathing exercises?

27.55 - The GI Anxiety First Aid kit.

28.52 - Is the First Aid kit a combination of not just the peppermint tea and the heating pad, but also words of affirmations?

29.50 - There will be links to breathing exercises added on the replay of this call.

31.15 - I'm having the first UTI I've had in 7 months, so any idea to get me out of this spiral?

40.25 - Meditation session: Progressive muscle relaxation.

Mindset call Monday/Tuesday 12th September 2022

<https://www.facebook.com/100068446375258/videos/612444783878500?idorvanity=602768400184082>

Visceral hypersensitivity and RAIN exercise

Recording from the Mindset Motivation Q&A call Monday/Tuesday 6th September 2022

<https://www.facebook.com/100068446375258/videos/3312441662378109?idorvanity=602768400184082>

0:56 - Intro to Call
3:40 - Imposter Phenomenon
7:00 - Who experiences Imposter Phenomenon?
8:34 - What causes it?
10:23 - What does Imposter Phenomenon sound like?
11:55 - Imposter Cycle
13:01 - 5 Types of Imposters
14:54 - How to work through Imposter Phenomenon
22:56 - Start of Meditation Session
49:48 - End of Meditation Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 23rd August 2022

<https://www.facebook.com/100068446375258/videos/741268226977121?idorvanity=602768400184082>

0:32 - Intro to call
3:23 - What is Grief?
4:13 - Grief Symptoms
6:21 - The Seven Stages of Grief
7:37 - How to Deal with Grief?
17:53 - Start of Mindfulness Meditation Session
29:12 - Start Sharing Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 15th August 2022

<https://www.facebook.com/100068446375258/videos/643671753550152?idorvanity=602768400184082>

0:05 - Intro to call
2:05 - It's been 11 months since I started the program, and I'm still in the elimination phase I'm eating more high FODMAP foods because I was thinking I'm overly restricted, I just don't know how to motivate myself again?
6:45 - Do you have some reference video or a resource that talks about Diaphragmatic Breathing?
12:30 - What are Intrinsic and Extrinsic motivations?
13:02 - Four types of Extrinsic motivation?
14:01 - What motivates you in Diet vs Disease?
15:18 - Important activity for Motivation
25:43 - Start of Meditation session, beginning with Vagal toning exercises.
55:40 - End of Meditation, Start of Sharing Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 9th August 2022

<https://www.facebook.com/100068446375258/videos/757354845555966?idorvanity=602768400184082>

0:42 - Intro to call

3:20 - Some tips for transitioning from DietvsDisease

8:03 - The GI/MH First Aid Kit

12:16 - Some helpful affirmations to help you transition every day.

14:55 - How do we see our ending date in the group?

16:40 - Start of Meditation Session

Recording from Jay's Mindset Motivation Q&A call Monday/Tuesday 1st August 2022

<https://www.facebook.com/100068446375258/videos/461844212146751?idorvanity=602768400184082>

3.35 - Topic on Goals and Intentions.

4.35 - Ways of combining both goals and intention.

8.16 - An exercise on facing the effect of fear-based beliefs on goal achievements.

12.13 - Intentions - Use intrinsic values to prompt goal commitment.

18.20 - Hypnotherapy session - release and goal visualisation.

47.10 - How can I recognise signs of anxiety.

Mindset call Monday/Tuesday July 18, 2022

<https://www.facebook.com/100068446375258/videos/2278450755641558?idorvanity=602768400184082>

Intro only as the hypnotherapy session wasn't recorded. If anyone would like to listen to a **recorded hypnotherapy session, feel free to message me and I can email it to you.**

Recording from the Mindset Motivation Q&A call Monday/Tuesday 11th of July 2022

<https://www.facebook.com/100068446375258/videos/410190784402773?idorvanity=602768400184082>

4:10 - Intro to call

5:42 - I have SIBO and Gastroparesis, I now treated for Diverticulitis and need advice on how to process all of this?

8:31 - What is Chronic pain?

13:40 - Causes of Upper and Lower Abdominal Stomach Symptoms

14:48 - What happens in the brain when we are in pain?

19:14 - Other ways on managing chronic pain

24:29 - Start of Meditation Session

39:48 - Start of Sharing Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 20th of June 2022.

<https://www.facebook.com/100068446375258/videos/1091592548104570?idorvanity=602768400184082>

- 1:00 - Intro to Call
- 3:45 - What is Cognitive defusion?
- 5:05 - Cognitive defusion Techniques
- 14:45 - Start of Meditation
- 28:28 - Experience your Circle of Confidence
- 32:10 - Sharing Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 13th of June 2022

<https://www.facebook.com/100068446375258/videos/416599277020392?idorvanity=602768400184082>

- 1:01 - Intro to Call: Building and Maintaining Enthusiasm
- 2:22 - I have a colonoscopy scheduled and I'm very nervous about the preparation and waiting for the results, any recommendation to keep me calm during the next few weeks?
- 7:05 - How we can harness the power of enthusiasm?
- 8:30 - How do we maintain enthusiasm?
- 16:21 - Ways to move away from self-sabotage
- 18:40 - Meditation Session
- 26:48 - Group Sharing Session.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 6th of June 2022

<https://www.facebook.com/100068446375258/videos/586761849392237?idorvanity=602768400184082>

- 00:36 - Intro to Call: Forgiveness and Healing
- 03:16 - Defining Forgiveness
- 05:00 - How Can Forgiveness Impact Your wellbeing?
- 12:00 - Sharing session: Why Forgiveness is a HUGE thing
- 15:00 - Meditation Session
- 30:00 - Continuation of the Sharing Session

Recording from the Mindset Motivation Q&A call Monday/Tuesday 30th of May 2022

<https://www.facebook.com/100068446375258/videos/395420409302060?idorvanity=602768400184082>

- 1:20 - Intro to call
- 2:48 - Mindset Hacks to Keep You on Track
- 19:00 - The Cycle of Change
- 20:39 - Everyday Mindful Moments
- 23:19 - Sharing Session: Mindset Hacks

25:52 - Meditation Session - Healing IBS

42:24 - Sharing session: What have you done for yourself this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 23rd of May 2022

<https://www.facebook.com/100068446375258/videos/1593382071058420?idorvanity=602768400184082>

Please [#replay](#) if you watched some.

03.00 - Self acceptance : Embracing all aspects of yourself.

04.13 - What determines our self acceptance?

06.30 - How do we become more self-accepting?

13.20 - Meditation session : Self acceptance.

36.05 - Sharing session : Am I worthy of this?

55.10 - Sharing session : What have you done for yourself this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 2nd of May 2022

<https://www.facebook.com/100068446375258/videos/1905732272948214?idorvanity=602768400184082>

03. 40 - Topic on our relationship with social media, how it makes us feel, and its positive and negative effects, plus why it can be addictive.

09.55 - How to find a happy medium with social media?

14.43 - Sharing session : Challenges in dealing with social media.

19.56 - Meditation session.

36.55 : Sharing session : What have you done for your wellbeing this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 25th of April 2022

<https://www.facebook.com/100068446375258/videos/1905732272948214?idorvanity=602768400184082>

03.05 - What does rumination mean?

05.32 - Signs and symptoms of rumination.

07.05 - How to manage rumination.

13.54 - Meditation session : Bring yourself into the present moment.

32.30 - Sharing session : What have you been doing for your wellbeing this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 18th of April 2022

<https://www.facebook.com/100068446375258/videos/1220496432020873?idorvanity=602768400184082>

04.34 - What is emotional hygiene?

06.28 - Emotional hygiene strategies.

13.14 - Meditation session : Emotion as the object of focus.

22.37 - Sharing session : What have you been doing for your mindset and wellbeing this week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 28th of March 2022

<https://www.facebook.com/100068446375258/videos/750362592595656?idorvanity=602768400184082>

04.23 - Pre-exercise briefing on the Mindful Eating Exercise.

09.40 - Meditation session : Mindful Eating Exercise.

19.50 - Sharing session : Your thoughts on the exercise activity

Recording from the Mindset Motivation Q&A call Monday/Tuesday 21st of March 2022

<https://www.facebook.com/100068446375258/videos/1173637056722618?idorvanity=602768400184082>

02.35 - What to do when you feel guilty for not being healthy.

06.50 - Self-confidence : How does self-confidence impact a person?

08.30 - What is the impact of self-esteem, self-confidence and self-efficacy?

09.12 - How do we build self-confidence?

18.15 - Tips to push yourself to take that next step to achieve your goals.

22.56 - Meditation session : Guided diaphragmatic breathing exercise.

31.12 - Meditation session : Visualizing the strong self.

36.50 - I like the meditation, but I get a little lost with the breathing. Is that a problem?

38.20 - Sharing session: What have you been doing for your well-being this past week?

Mindset call - Social connection Monday/Tuesday March 14/15 March 2022

<https://www.facebook.com/100068446375258/videos/755588908761427?idorvanity=602768400184082>

03.41 - I'm struggling at times to eat something sweet when I know I shouldn't. What can I do?

06.37 - Social Connection and Well-Being: The link between health and social connections / How to start socializing again post-COVID

17.16 - A member shares struggling with social anxiety post-COVID and taking small steps

20.00 - Continuation of Social Connection and Well-Being

23.00 - Meditation session: caring for ourselves and others

35.40 - A new member shares her experience with the program so far

37.02 - A member shares staying cognizant of her progress and goals

41.30 - A member shares her experience in the program, reaching goals and staying consistent

43.28 - A member shares her struggles with COVID and post-COVID

Recording from the Mindset Motivation Q&A call Monday/Tuesday 7th of March 2022

<https://www.facebook.com/100068446375258/videos/633233164412853?idorvanity=602768400184082>

03.26 - How do you help someone close to you become less anxious?
12.03 - Stress does impact our symptoms.
13.25 - About Insomnia.
15.55 - Why is sleep important?
17.12 - What are the factors that influence Insomnia?
19.55 - What am I aiming for? What is the ideal amount of sleep?
21.13 - Where to start if you are struggling with Insomnia?
23.31 - Chronic Insomnia? Try sleep scheduling.
25.23 - Dr Arden's tips for achieving a healthy sleep pattern.
27.55 - As we get older, do we sleep less and less?
28.32 - Is there something about women and menopause as we get older that we end up having less sleep also?
30.58 - Evia app for menopause symptoms.
34.10 - How can you plan ahead without being anxious or stressed?
39.44 - I am interested in the Nerva app, but what unnerves me is, can I convince my body to do what Nerva is asking of it?
51.50 - Meditation session: Sleep/Insomnia.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 28th of February 2022
<https://www.facebook.com/100068446375258/videos/924454008247999?idorvanity=602768400184082>

03.40 - Meditation session - Grounding body scan.
13.55 - Meditation session - How we see other people.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 14th of February 2022
<https://www.facebook.com/100068446375258/videos/365644642056198?idorvanity=602768400184082>

03.45 - About resilience, and coping strategies to build resilience.
05.40 - Coping mechanisms: Internal.
11.07 - Coping mechanisms: External.
16.23 - Can you speak to coping mechanisms while we're going through this particular program or lifestyle?
22.48 - Meditation session: Mental toughness.

Recording from the Mindset and Motivation Q&A call Monday/Tuesday 7th of February 2022
<https://www.facebook.com/100068446375258/videos/338785228148515?idorvanity=602768400184082>

02.33 - Suggestions on how to change our mindset on eating sweets or overeating.
05.13 - I feel like I'm self-sabotaging with mindless snacking and my motivation to go to the gym has

dropped off a little bit. I'm wondering if I need a fitness goal?

06.25 - I will have dinner and end up eating snacks, I'm not necessarily hungry because I've had dinner. It seems like a cycle related to my period, which is due soon, but could be related to emotional ups and downs due to relationship breakdowns. I do journal, but I don't know if it helps. Any tips and help around the cycle and any mindset shifts?

11.50 - About Cognitive Distortions.

13.12 - Types of Cognitive Distortions.

16.47 - How to deal with Cognitive Distortions.

23.30 - Meditation session: Naming the feelings.

37.33 - How do we get over Cognitive Distortions?

38.50 - Sharing session: What have you been doing for your wellbeing this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 31st of January 2022

<https://www.facebook.com/100068446375258/videos/273484634855788?idorvanity=602768400184082>

03.28 - I cannot get motivated to leave the house with the current COVID restrictions and with the FODMAPs. Any suggestions?

08.12 - Do you think having a virtual connection with friends/family, in terms of mental health, is that a good idea?

14.26 - Life stages.

16.25 - Stages of Psychosocial Development.

17.30 - What's happening with the nervous system and cognition through the adult stages?

18.16 - What's happening with our psychological and emotional development?

23.30 - What is happening physically?

31.44 - Meditation session : The power of acceptance.

44.08 - Sharing session : What have you been doing for your wellbeing this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 24th of January 2022

<https://www.facebook.com/100068446375258/videos/944212143135363?idorvanity=602768400184082>

03.30 - How do I keep grief from derailing my progress and keep me going?

05.25 - About grief and common symptoms of grief.

08.41 - The seven stages of grief.

10.08 - Suggestions on how to deal with grief.

26.10 - Meditation session: Releasing grief and bringing up the positive.

38.10 - Sharing session: Any thoughts on today's meditation session?

44.38 - Sharing session: What have you done for your wellbeing this past week?

Recording from the Mindset Motivation Q&A call Monday/Tuesday 17th of January 2022

<https://www.facebook.com/100068446375258/videos/465991548424255?idorvanity=602768400184082>

03.50 - Thoughts and questions to provoke change and motivation.

08.16 - How are you going to go about achieving your goals/intentions?

14.50 - Try this exercise.

16.12 - Awareness precedes change.

29.28 - Meditation session.

40.28 - Sharing session : What have you done this week for your wellbeing?

2021

Recording from the Mindset Motivation Q&A call Monday/Tuesday 20th of December 2021

<https://www.facebook.com/100068446375258/videos/3132788233717097?idorvanity=602768400184082>

03.23 - Meditation session: Progressive muscle relaxation.

15.15 - Meditation session: Self-acceptance meditation.

28.50 - Sharing session: What came up for you during the meditation session?

30.10 - Do you have any suggestions on how to decide if a problem you're having is mental or really physical?

34.08 - Sharing session: What have you been doing for your wellbeing this week?

35.31 - I've been having problems with insomnia.

Recording from the Mindset Motivation Q&A call Monday/Tuesday 13th of December 2021

<https://www.facebook.com/100068446375258/videos/3079129272406616?idorvanity=602768400184082>

04.10 - About the Autonomic Nervous System.

06.45 - What is the Vagus Nerve?

11.38 - Meditation session: Eye of the hurricane.

25.30 - Sharing session: What did you think of the meditation session?

29.43 - Sharing session: What have you been doing for your wellbeing this past week?

32.30 - Where to get the Vagus Nerve handout.

Recording from the Mindset and Motivation Q&A call 6th of December 2021

<https://www.facebook.com/100068446375258/videos/870106950328842?idorvanity=602768400184082>

03.53 - About Seasonal Affective Disorder (SAD).

10.58 - Sharing session: What did you think about SAD?

13.02 - Meditation session: Experience your mind like an ocean.

25.23 - Sharing session: What have you been doing for your wellbeing this past week?

43.33 - What time does this session happen weekly?

Jay's Weekly Mindset and Motivation Call Nov 25 November 2021

<https://www.facebook.com/100068446375258/videos/1708043849567506?idorvanity=602768400184082>

02.59 - Stress management tips that I can implement daily

08.32 - 1. When presented with free food I can't resist, even if they cause me issues. 2. I've been through stressful events, which led to binge eating and having terrible symptoms. What can I do to work on this?

13.40 - I am new to the program and I feel like I will struggle tracking due to the holidays. Is this normal? What can I do?

20.32 - I have a tendency to work on too many things at a time.

25.45 - Meditation session

47.41 - I fall asleep when using the NERVA app. What can I do? Do you have meditations for sleep?

56.08 - A member shares her experience with the NERVA app

Recording from the Mindset and Motivation Q&A call Monday 15th of November 2021

<https://www.facebook.com/100068446375258/videos/273545171450877?idorvanity=602768400184082>

02.48 - Building the motivation to change: Intrinsic and Extrinsic motivation.

05.52 - What motivates you in Diet vs Disease?

07.41 - An activity to help get to know yourself better.

14.08 - Sharing session: Struggles with achieving your goals.

23.10 - Sharing session: Discussing the activity at the beginning of the call.

29.00 - Meditation session: Becoming motivated.

42.35 - Sharing session: I'd like to share what my psychologist shared with me.

44.55 - Sharing session: Things you have done this past week for your wellbeing.

50.30 - Ideas for a self-compassion kit

Recording from the Mindset Monday/Tuesday Q&A call 25th of October 2021

<https://www.facebook.com/100068446375258/videos/2278450755641558?idorvanity=602768400184082>

08.19 - What is your relationship with social media? How do you feel after you use it?

09.51 - Positive and negative effects of social media.

11.50 - Why do we find social media addictive?

17.20 - How can you find a happy medium?

20.50 - How to allow social media to boost your mindset and motivation.

24.00 - Sharing session.

35.40 - Meditation session - Progressive muscle relaxation.

Recording from the Mindset Monday/Tuesday Q&A call 11th of October 2021

<https://www.facebook.com/groups/602768400184082/posts/1540629063064673/>

03.56 - What is self-care?

05.01 - Unhealthy coping strategies.

09.22 - Self-care approaches.

15.01 - Sharing session: Self-care tips.

- 18.59 - Mindful meditation session: Compassion for your whole body.
- 39.48 - Sharing session: Things you have done for your wellbeing or mindset.

Recording from the Mindset Monday/Tuesday Q&A call 27th of September 2021

<https://www.facebook.com/100068446375258/videos/1091190058082184?idorvanity=602768400184082>

- 03.54 - What is hypnotherapy?
- 05.06 - How does hypnosis start? What happens during a hypnotic state?
- 08.20 - A visual diagram of the mind and what gets processed per level
- 09.30 - How does hypnotherapy benefit gut health?
- 12.26 - What is gut-directed hypnotherapy?
- 14.27 - A member shares her experience with hypnotherapy
- 22.26 - Group meditation / hypnosis

Recording from the Mindset Monday/Tuesday Q&A call 13th September 2021

<https://www.facebook.com/100068446375258/videos/596171641759053?idorvanity=602768400184082>

- 06.15 - About Cognitive Distortions and some examples
- 11.50 - How to deal with Cognitive Distortions
- 16.05 - Psychological occurrence of affective realism
- 20.08 - It's interesting how I'm harder on myself but uplifting to others
- 21.02 - Really simple tasks become major tasks because of my medical conditions. And so I quickly put it back on myself, and it's a habit that is hard to break
- 22.43 - Meditation session
- 34.10 - I didn't notice I had pain in my back until I did the meditation session
- 34.55 - Do you have a list of emotions?
- 39.38 - What do you do to activate the vagus nerve?
- 40.12 - Sharing session - What have you done this week for your wellness?

Recording from the Monday/Tuesday Mindset Q&A call 6th September 2021

<https://www.facebook.com/100068446375258/videos/4267490073346729?idorvanity=602768400184082>

- 03.43 - Common sleep disorders.
- 06.25 - Ways to promote better sleep.
- 11.25 - Circadian rhythm: The physical, mental and behavioral changes.
- 16.53 - I don't know whether I'm waking up because I need to go to the bathroom, or when I'm waking up, the thought goes into the brain that I need to go to the bathroom.
- 23.30 - Tips on discipline or prioritising.
- 32.44 - How to control my overactive mind and multiple thoughts while I'm trying to go to sleep?
- 39.33 - Any positive feedback on people using the Nerva app?

43.56 - Meditation session.

Recording from the Mindset Monday/Tuesday Q&A call 30th of August 2021

<https://www.facebook.com/100068446375258/videos/526148831804393?idorvanity=602768400184082>

02.30 - Adulthood life stages of human development.

06.05 - What is happening with the nervous system in our cognition?

06.57 - What is happening with our psychological and emotional development.

09.58 - As we enter late adulthood, we face unique emotional and psychological hurdles.

11.04 - What is happening to us physically in late adulthood?

14.45 - The importance of acceptance of changes over our adult years.

16.05 - Sharing session.

17.28 - Meditation session: Full body relaxation and gratitude

32.26 - Sharing session : Efforts in the past week for improving wellbeing.

Recording from the Mindset Q&A call 23rd of August 2021

<https://www.facebook.com/100068446375258/videos/4585353534809031?idorvanity=602768400184082>

03.10 - What is stress?

04.30 - How do we deal with stress?

08.00 - Is stress always a bad thing?

19.27 - Meditation session.

31.35 - Letting go of your worries in a situation that is out of your control.

37.52 - Any top tips on distracting myself during a future stressful time?

43.35 - Sharing session.

Recording from the Mindset Monday/Tuesday Q&A call 9th August 2021

<https://www.facebook.com/100068446375258/videos/355182462815304?idorvanity=602768400184082>

03.01 - What is grief?

06.35 - The seven stages of grief.

08.06 - How do we deal with grief?

24.30 - Going through the elimination diet really brought up some sort of grief I couldn't put my finger on. I wonder if anyone has had this experience?

28.50 - I'm an over-thinker. When something happens, it goes into over analyzing and making symptoms worse.

37.00 - Mindful meditation session : Self compassion.

44.08 - Sharing session : What have you been doing for your well-being in the past week?

Recording from the Mindset Q&A call Monday/Tuesday 2nd of August 2021

<https://www.facebook.com/100068446375258/videos/612444783878500?idorvanity=602768400184082>

03.00 - A question on stress management. I'm trying a lot of techniques around the Nerva app. I'm finding it's not helpful at the moment. Are there more ways to calm down the nervous system?

13.40 - Ways to stimulate the vagus nerve.

17.57 - So when we're feeling unmotivated, that's when we want to stimulate the vagus nerve?

22.00 - Mindful meditation session.

31.25 - Available meditation resources.

Recording from the Mindset Monday/Tuesday Q&A call 26th July 2021

<https://www.facebook.com/100068446375258/videos/498576034570120?idorvanity=602768400184082>

02.50 - Meditation session: Focus on becoming motivated.

15.20 - I struggle between restricting my foods vs. eating yummy foods, so I'm being kind of harsh on myself. Any suggestions on how to approach these kinds of moods?

24.00 - About motivation, and the two different types of motivation.

38.00 - I've been restricted for so long, it takes a lot of nerve to start introducing new food.

40.01 - Ways to pull your mind from getting too obsessed with the process

Recording from the Monday/Tuesday Mindset Q&A call 12th of July 2021

<https://www.facebook.com/100068446375258/videos/1003826247088518?idorvanity=602768400184082>

03.47 - 15-minute Mindful Meditation session - Progressive muscle and goal imagery.

20.33 - What is self-care and its benefits?

24.50 - What else does self-care do?

26.25 - Ways that can assist with self-care.

32.26 - Sharing session - Reflect on the past week and name one thing you are proud of that you've been doing in regards to looking after your well-being, and one thing you want to work on this week.

Recording from the Monday Mindset call 5th of July 2021

<https://www.facebook.com/100068446375258/videos/3142203869399325?idorvanity=602768400184082>

05.30 - 20-minute Mindfulness Meditation session.

23.15 - How do I get unstuck from all this fear I'm feeling?

35.30 - What is Emotional Hygiene?

38.15 - Examples of Emotional Hygiene strategies.

43.45 - Is there someone I can talk to on how to deal with someone extremely hard to work with?

49.32 - How to be able to let go after having such a great experience in the group when we leave the program