

 **NewYork-Presbyterian**

Integrative Health and Wellbeing

**Mind-Body Techniques
for Stress Reduction**



A GUIDE FOR PATIENTS



Weill Cornell Medicine

Mind-Body Techniques for Stress Reduction

Mind-Body techniques are a group of modalities that enhance the brain's interrelationship with the mind and body. Mind-body instruction, mindfulness meditation, touch therapy, Qigong and relaxation techniques such as deep breathing exercises, sound therapy, yoga, and aromatherapy are all techniques intended to trigger a person's relaxation response to help manage stress or other conditions. These techniques, as well as other integrative therapies, provide tools to help you cope and make mindful choices to contribute to a healthier lifestyle.

Benefits of Mind-Body Techniques

A person's relaxation response can be defined by slower, deeper breathing; lower blood pressure; a slower heart rate, and a feeling of calm. Many studies have demonstrated that these techniques can have significant positive benefits, including:

- Decreased stress, anxiety, and pain
- Improved sleep
- Better brain function
- Relief of symptoms in people with heart disease, IBS (irritable bowel syndrome), depression, and other conditions
- Better coping skills





These techniques can be used on their own or integrated to provide a synergistic effect.

Mindfulness Meditation: Meditation involves focusing attention on the present moment. This technique includes breathing techniques and attention to body, mind, and surroundings. With regular practice, one can achieve a sense of calm and relaxation.

Guided Meditation: Guided meditation may involve music, verbal instructions, or both. This technique may be done with the guidance of a practitioner. Studies have shown that guided meditation reduces stress, depression, and anxiety and improves overall wellbeing.

Breathing Techniques: Breathing techniques may include mindful breathing, such as taking slow, even breaths to promote relaxation.

Aromatherapy for Stress Reduction: Aromatherapy is frequently used to produce a positive emotional response. Lavender, ylang ylang, bergamot, and mandarin are commonly used scents.

Tibetan Singing Bowl Sound Therapy: Sounds and vibrations produced by Tibetan singing bowls can encourage balance and relaxation.





Acupressure: Acupressure on specific body points may decrease anxiety, stress, nausea, and pain.

Yoga for Rehabilitation and Therapeutic Use:

Yoga integrates breath, sequenced movements, and postures. By entering and maintaining certain yoga poses, we can:

- Induce deep relaxation
- Release muscle tension
- Enhance flexibility
- Encourage mindfulness
- Improve posture

Qigong: Qigong is a Holistic health practice that integrates breathing techniques, physical postures, mindful movements, and meditation used for maintenance of health. It originates from philosophies and principles of Chinese medicine. Qigong may help with symptom management such as pain and fatigue, and alleviate symptoms of cancer and the side effects of interventions.

Reiki: Reiki is a complementary practice that is used for stress reduction, anxiety, and pain. This technique is performed with light touch or hands off the body, by a trained professional. The goal of Reiki is to promote balance in the mind, body, and spirit.

“Some life events can be stressful. Mind-body techniques and integrative therapies provide tools to help you cope and make mindful choices for a healthier lifestyle.”

— Manna Lu-Wong, RN LAc
Integrative Nurse



Personal Statement

My foundation in the healing arts is based on service. My experience in pain management and palliative care evolved through years of working with cancer patients and their caregivers, through different stages of disease and treatment.

My evolution as an Integrative Health Practitioner stems from years of bearing witness to how these modalities play a vital role in one's health. I believe that the body, mind, and spirit are not separate. They define who we are, and if one element is imbalanced, it affects the others. I address the whole person, providing you with a holistic approach to care. By using meditation, yoga, acupressure, stress reduction techniques, aromatherapy, sound therapy, and other approaches alongside conventional medical care, we can address each person as a whole, and not by the sum of his or her parts. By educating and demonstrating the function and the benefits of these modalities, we empower people with tools to improve their overall wellbeing.

Biography

Manna Lu-Wong, RN, LAc received her Bachelor of Science in Nursing degree from New York University in 1993 and continued to work as a nurse in a variety of settings. She received her Master of Science in Acupuncture degree from Pacific College of Oriental Medicine in New York City in 2009.

Manna is a 200-hour Registered Yoga Teacher and a certified Yoga4Cancer instructor. She studied sound therapy with Tibetan teachers, using Tibetan singing bowls for healing and meditation. Manna has additional training in aromatherapy and contemplative care and is equipped to address many difficult-to-treat symptoms, such as stress, anxiety, fear, sleep disturbance, pain, gastric symptoms and fatigue. She is trained in both Western and traditional Japanese Reiki and is a Usui Reiki Master and Komyo ReikiDo Shihan.

Manna helped to implement the Complementary Care Program at NewYork-Presbyterian Lower Manhattan Hospital Cancer Center. She provides a comprehensive, integrative approach to all cancer patients in treatment.

**Call to make a private appointment
for Mind-Body Instruction
Tel: 646.962.8690**

**Integrative Health and Wellbeing
at NewYork-Presbyterian**

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