Tai Chi for Medical Interpreter
- a gentle way to fight the emotional roller coaster
Tai Chi
What is Tai Chi

- Tai chi is a form of exercise, both physical and mental, that has existed for over 2,000 years. It is a noncompetitive, nonaggressive, self-paced routine of gentle physical exercise and stretching.
- Health benefits of tai chi are said to include the reduction of stress, anxiety, and depression, and the enhancement of mood.
- Meditation in motion
Taichi is...

- a way of learning how to regain balance again - to come back to yourself from all the conflicts and confusions that we feel every day in our lives
- a movement meditation, yet retain the quietness, centeredness and stillness deep within
- a practice discipline that lets you be aware of your surroundings, be resilient and responsive to your surroundings, and allow your body, mind and spirit to flow
- also a practice discipline that helps you get acquainted with your OWN sense of potential growth, your OWN creative growth and experience the constant joy of changing happening in YOURSELF, as well as how you interact with others in your life
- not Oriental wisdom or something exotic; but wisdom of your own senses, your own body and mind together as one process
What is Tai Chi

Essentials of Tai Chi practice:

- Tai Chi is an art; not to be taught, but to be experienced
- one has to work through the feeling of your body gradually and slowly thus allowing your taiji form to emerge and become you
- if you limit yourself to the structure of any one form, you will lose the essence
What is Tai Chi

Basic principles governing all of Tai Chi practice:

- relaxing open joints
- having proper structural alignment
- being centered and rooted
- being aware of internal and external energies flowing
- avoiding unnecessary tensions from the face to the feet, and constantly making adjustments to all of the above as needed
What is Tai Chi

Mindful mediation practice:

studying the classics e.g. Tao Te Ching, partner training (push hands) for sensitivity and connectivity of energy flow, sword forms to enhance grace, balance and strength movement make learning taiji a constant learning process to improve the mind, body and spirit connection
“Chi”
“Chi” Energy

- "Chi" is a Chinese word meaning aliveness, life force energy, or life breath - also known as Ki, Qi or Prana.

- "Chi" is the most important to Chinese medicine; the idea that the body is pervaded by subtle material and mobile influences that cause most physiological functions and maintain the health and vitality of the individual.
Tai Chi
– the most basic...

• How many forms / styles?
  – ...

• The whole Tai Chi movement starts with the simple understanding that your body is the center of your energy sphere. Your body, with awareness of its different parts, all comes together as a center in a moving circular motion
Tai Chi & the others...

...tai chi ["chi" energy]...

more mind-focused form

more physical-focused form
Tai Chi vs.

- Yoga = stretch to relax, taichi you relax to stretch
- Martial Arts (Karate, Judo, Jiu-jits, Taekwondo)
- Kickboxing = more action, more intense, not about postures or movements
- Meditation
- Gi Gong
- Pilates
"Yin & Yang" describes how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. Many tangible dualities (such as light and dark, fire and water, expanding and contracting) are thought of as physical manifestations of the duality symbolized by yin and yang.
Ying and Yong

• Ying refers to qualities of water, such as coolness or stillness,

• Yang is more aggressive and powerful, like fire.
Impact of stress on your mind

• Ringing in the ear
• Running to bathroom
• Your brain short circuits - struggle for the right words
• Skin breakout – acne, flushing, eczema
• Immune system
• Hair falls out (stress induced inflammation)
• Brain shrinkage – gray matter (depression)
• Funky nails
Impact of stress on your mind
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Impact of stress on your mind
Anatom
Understand the anatomy

• Dopamine
• Exercise – lowers the risk of anxiety and depression by reducing levels of stress hormones, like cortisol and adrenaline.
Steps to control

- Veggie/balance diet
- Exercise /health
- Smoke, drink, junk food/irritate
- Politics, reality show
- Name brand/cash flow
- prep for tomorrow – set a positive tone for the day
- Healthy snacks
- Reciting a word that represents how you wish you felt – calm – zen like state
- Hand washing
- Soothing music
- Quick exercise
- Hit the pool
- Give your thumbs a rest
- Recall a past success
- Worry about one thing at a time
- Focus on your senses a few minutes a day
- Talk about or write out what’s worrying you
- Be faithful to your workout routines
- Take time to be touched
- Speak a stress free language
- Don’t be so serious
- Once a day get away be alone
- Id one good thing that happened today
- Take the stress in and release it

- Shape 20 simple stress relief techniques shape.com
Steps to control
Know yourself
are you an introvert or extrovert

• Wine
• Hair
Scenario

- Family meeting – delivery bad news
- Appointment cancelled/rescheduled
- Insurance – limited coverage
Scenario
Demonstration

• Embracing the tiger – where you take your arms, spread them wide, put your hands together and then draw them – and everything around you – toward your navel, the center of your being. Doing this allows you to take the good with the bad. Then reverse your hands and push them out, releasing your tension. When you can control stress, it can no longer control you.
Conclusion

- In any kind of negotiation, your ability to walk away is your strongest tool. (If you know that there’s almost nothing you can’t walk away from, you can save yourself tons of money. Years of time. Mountains of headaches and heartaches. Boatloads of suffering. You don’t need to walk away from everything, but you should know that you can. And when the cost of the deal is too great, too dear ... walk away → “If everything else fails, retreat...” (Sun Tzu, The Art of War)

- Choose to do things your way
- Being in a ‘helping’ professions has its price. We help others and we love it – but we should also remember to help ourselves by recognizing the warning signs that we are stressed, exhausted or are suffering from vicarious trauma, and by practicing self-care / TaiChi philosophy to both prevent and mitigate long-term consequences for our physical and mental health. We recommend experimenting with it & making sure you are as committed to taking care of yourself as you are to helping others!
Conclusion
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