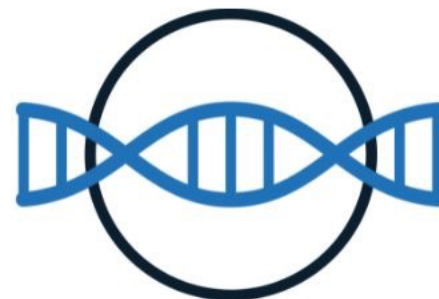




Dr. Sepideh Tabibian
Patient Advocate



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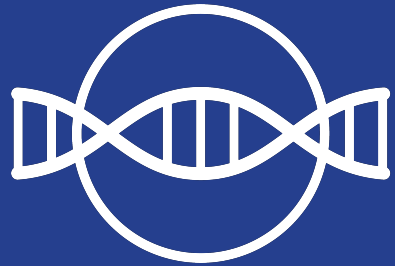
presented by The Neuromuscular Disease Foundation

Mindful Living: An Alternative Approach To Living A Fulfilling Life With GNEM

Sunday, July 17th 2022 • 9am PT

- Most people in modern society are dealing with a chronic level of stress
- Fight or flight response
 - The response is triggered by a release of hormones either prompting us to stay and fight or flee
- During fight or flight, you mobilize a lot of energy to prepare you for danger that is presented in your outside world.
 - As a result, the stress hormones are released in your blood.
 - This results in changes in your heart and respiratory rates and blood flow goes to your extremities.
 - There is no time to relax or digest your food.
- The danger used to be a tiger chasing you in the jungle but now is the stress related to the traffic, your boss or your spouse.
- If left untreated, it usually causes various health issues





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FINAL HIGHLIGHTS:

**“Mindful Living: An Alternative Approach To Living
A Fulfilling Life With GNEM”**

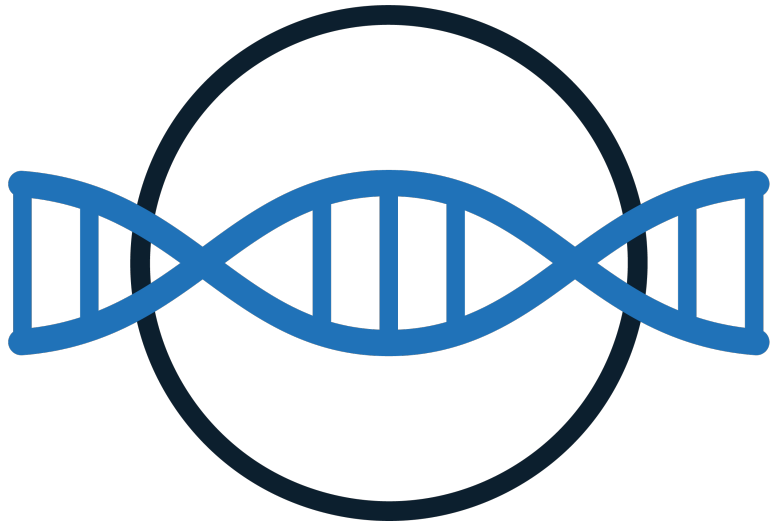
Key Takeaways

1. A majority of people dealing with chronic stress are battling a constant fight or flight response.
2. While western medicine has provided us with medication to treat anxiety and depression, there are alternatives ways that can help us with chronic stress.
3. Breathing techniques and meditation are two of these alternative modalities.

Breathing Techniques:

- https://youtu.be/_xQJ2O4b5TM
- <https://www.youtube.com/watch?v=8VwufJrUhic>
- <https://www.youtube.com/watch?v=1Dv-ldGLnIY>
- <https://www.youtube.com/watch?v=xdUyHPa66A4>
- <https://www.youtube.com/watch?v=tEmt1Znux58>





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