



# Qi-Gong

Most of us at some point in our lives have taken up or continue to practice regular exercise. This may be going to the gym, running, cycling or yoga, but how many of us have actually thought about the benefits a particular form of exercise has on our body? We know how it makes us feel — tired, energised, clear and euphoric, but what about the long term effects this has on the body and mind?

When exercise begins to feel like an obligation or another task to tick off our to-do list, we could actually feel more stressed. Trying forms of exercise or movement that allow us to notice how it makes us feel is important for a healthy mind and body.

If you are someone who pushes at the gym to try and combat stress but feels resentful, then you may benefit from trying Qi-Gong/Tai Chi instead. This may also be helpful to calm your mind and help focus as a compliment to your existing exercise regime.

Qi-Gong and Tai Chi help balance the yang (doing) aspect of yourself with the yin (slow steady calm), creating a true body-mind harmony.



**TORUS**  
WELLBEING CLINIC

# Qi-Gong For Health And Wellbeing

Qi-Gong is an ancient Chinese method that helps you to start taking care of mind and body through the practice of meditative movement and breathing.

Qi-Gong was originally practiced to assist in the healing process following a particular form of martial art or battle where the body would have suffered injury. Fortunately, today we have a choice as to whether we go to battle, possibly causing injury to our bodies, so we can just concentrate on keeping ourselves healthy by participating in Qi-Gong practice.

Although in most societies, physically going to war may not be something we have to do, a lot of us may have a mental battle everyday with stress, anxiety or low mood. Qi-Gong can be extremely helpful to combat these everyday battles.

You might recognise some of your stresses in the following list:

- Constantly worried, anxious or scared
- Feeling overwhelmed, out-of-control with poor concentration
- Irritable and unable to switch off
- Low self-esteem
- Sweating or feeling hot and clammy
- Feeling sick or having butterflies
- Change in appetite

Stress may also change the way you behave, you may find that you may...

- Avoid situations that you feel may increase your stress
- Withdraw from family and friends
- Avoid or make excuses to get out of social situations
- Drink or smoke more than you would do normally
- Take risks or put yourself in situations that may put you in danger

The impact stress has on our mental and physical health, with possible long-term detrimental negative effects, if left untreated, is an excellent reason to practice Qi-Gong.

## How Does Qi-Gong Help?

Let's break down the terms.

Qi = the life energy

Gong = work

So, we learn to work with this Qi energy through breathing and movement.

It helps us to come back into alignment with ourselves, to be in the present moment instead of allowing our mind and our thoughts to be scattered, thinking about what we haven't done or what we have to do later. It also helps our thoughts to dissolve as we focus our attention on the movements and breath alone.

The more we practice, the more we notice our parasympathetic nervous system (fight or flight part of our nervous system) calms down naturally. This also strengthens the nervous system overall including blood circulation, the muscular system and the immune system. Qi-Gong helps to create a calm and flexible mind, refine our physical and mental balance and improve breathing. Overall, we become more aware of our true nature and our inner intuition.

## Do I need To Be Bendy?

Qi-Gong isn't about how far you can stretch or how strong you are. Anyone can practice this gentle form of exercise, whether seated or standing, on a 1-1 basis or within a group. The focus is creating mindful movement with fluidity and softness.

It helps to increase your overall strength from both a mental and physical perspective for long term benefit. The great thing about the movements used in Qi-Gong is that very little effort is needed. Qi builds from the inside out. A strong Qi is the foundation for the rest of your body.

The beauty of the Qi-Gong approach is that you simply start from where you are. Tiny steps can still take you where you want to go; you just need to dedicate some of your time to yourself, which is a form of self-respect and love. ~Dr. Daju Suzanne Friedman, Heal Yourself with Qi-Gong

Why not try one of our Qi-Gong classes on the Torus Wellbeing EAP Portal?

## Further Information

For further information and a thorough assessment, contact the Torus wellbeing book an appointment email: [info@toruswellbeingclinic.co.uk](mailto:info@toruswellbeingclinic.co.uk)



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