

Mind and Body Wellness



Joel S. Brenner, MD, MPH

Patients who are referred to CHKD's Mind and Body Wellness program for coaching will meet individually with sports medicine physician Dr. Joel Brenner, an experienced mind and body wellness coach, to determine the best course of treatment.

Locations

CHKD Health Center at Oakbrooke
500 Discovery Drive, Chesapeake

Children's Pavilion
401 Gresham Drive, Norfolk

CHKD Health Center at Landstown
1924 Landstown Centre Way, Virginia Beach

Telehealth appointments also available.

**To learn more, scan the code,
call 757-668-PLAY (7529), or visit
[CHKD.org/WellnessCoaching](https://www.chkd.org/WellnessCoaching).**



**Sports
Medicine**

Mind and Body Wellness Coaching



As part of CHKD's wellness initiative, the Mind and Body Wellness program incorporates techniques used to improve physical and mental health. Based on the idea that the mind and body are connected, our wellness offerings rely on mindful techniques to create harmony between mind and body to reduce the negative effects of stress.

Instead of high-impact workouts, mind and body wellness coaching promotes peace of mind through physical movement, breathing, healthy sleep habits, and mindfulness tools to help you live a happier, healthier life.

Our Program

Mind and Body Fitness Coaching for Young Athletes

Make mental wellness a regular part of your warm-up routine. Exercising the mind is as important as exercising the body. CHKD's Mind and Body Fitness Coaching program teaches young athletes mental and physical wellness techniques and more to help boost their overall sports performance and promote lifelong wellness. In addition to exploring mindfulness techniques, this program includes:

- The creation of a personalized toolbox to help utilize mindfulness skills to improve mental wellness and performance.
- Mental performance coaching to help improve performance through techniques such as visualization, routine setting, and goal setting.
- Mental wellness and performance improvement by the evaluation and management of:
 - Sleep hygiene practices.
 - Physical activity needs and quantity (or volume).
 - Nutritional status.

Individual, Group, and Organizational Coaching

Mind and body wellness coaching can help the participants manage the everyday stress of their jobs or school, find more enjoyment and improve their overall life satisfaction.

CHKD's Mind and Body Wellness program has helped athletic teams, classrooms, individual students, adult professionals, schools, and health systems improve their wellness and performance.

What is Mindfulness and How Can It Help?

Mindfulness is used by athletes, in healthcare, and by major companies, schools, and the military. Mindfulness may be defined as purposely paying attention to one's physical, mental, and emotional condition in the present moment, in a nonjudgmental manner. Mindfulness practices are believed to help people better recognize and be with their thoughts, rather than be controlled by them.

Examples of mindfulness tools include breathing exercises, body scan, guided imagery, and gratitude practices. Mindfulness practices should be integrated into daily activities as they develop.

Mindfulness is often used by athletes and performing artists to help improve performance. Regular mindfulness practice is believed to help further psychological insight and contribute to emotional well-being over time. It is just one tool that can be used in conjunction with talk therapy and medication (if prescribed by your provider*). Mindfulness is also often incorporated into physical therapy and other therapeutic techniques as part of an integrated approach to treatment.

What to Expect

You may have been referred for mind and body wellness coaching by your healthcare provider to complement your treatment plan. The number of sessions will be determined at your first appointment and will vary depending on your goals. You will be expected to practice the tools taught in between your sessions. You may self-refer for mind and body wellness coaching for performance improvement if your insurance company does not require a referral.

**Please note: Your mind and body wellness coach will not be providing any talk therapy or prescribing any medication. Those services will continue to be coordinated by your healthcare professional.*