

WELLBEING

A GLOBAL MPN SCIENTIFIC
FOUNDATION INITIATIVE



The Wellbeing Project is an initiative by the Global MPN Scientific Foundation aimed at empowering individuals with Myeloproliferative Neoplasms (MPN) to create a space for self-awareness, reconnection, and holistic support. The project takes a collaborative approach, *complementing medical diagnoses and aiding in the improvement of daily symptoms and side effects*

Empowerment and autonomy in the process. Empowering patients to become the protagonists of their own wellbeing, supported by guided materials and close follow-up, wellbeing is a practice.

"Self-awareness is the first step towards transformation."

Eckhart Tolle



OBJECTIVES



Comprehensive support for emotional and physical management,

Providing tools to manage emotions, alleviate the side effects of myeloproliferative neoplasms, and reconnect with the body.



Fostering self- awareness

Helping patients understand their story, strengthen their connection with their purpose, and rediscover their inner strength through self-awareness practices.



Comprehensive care of body, mind, and energy.

Offering techniques that work holistically on the physical, emotional, energetic, and mental aspects of each patient.

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Emotional & Mental Benefits

- Helps manage intense emotions such as fear, anxiety, and uncertainty related to diagnosis.
- Improves mood by stimulating neurotransmitters like serotonin and dopamine.
- Strengthens conscious breathing, enhancing concentration and inner calm.

Physical Benefits

- Reduces stress and anxiety, which can worsen symptoms or immune status.
- Promotes blood circulation and oxygenation through slow, gentle movements.
- Increases energy and reduces fatigue, one of the most common symptoms in MPN.
- Improves sleep quality by inducing calm and deep relaxation.
- Relieves body pain by modulating pain perception and relaxing the nervous system.
- Reduces chronic fatigue by releasing emotional tension linked to exhaustion.

Energetic & Spiritual Benefits

- Encourages self-care and strengthens the mind-body connection.
- Fosters internal connection, purpose, and acceptance.
- Serves as an integrative tool that complements medical treatment, improving overall quality of life.

QIGONG

What is QiGong and what is it for?

QiGong is an ancient therapeutic practice of Chinese origin that combines gentle movements, conscious breathing, and mental focus. Its goal is to balance and strengthen the body's vital energy, known as "Qi."

QiGong can be a very valuable complementary tool for physical and emotional wellbeing.

Why is it safe and beneficial?

QiGong is low-impact, adaptable to any age or physical condition, and does not require special equipment. It can be practiced standing, sitting, or even by visualizing the movements, if physical condition requires it.



TAPPING / EFT

What is Tapping or Emotional Freedom Technique (EFT)

Is a practice that combines Chinese acupressure and modern psychology to release energetic blockages. It involves gently tapping specific points on the body with the fingers while focusing on a physical or emotional issue, accompanied by affirmations. EFT is based on this idea:

“Every negative emotion is a pre-existing imbalance in our energy system”

It is a relaxation technique that modifies the anxiety response, promotes body awareness and allows for cognitive changes.

It integrates ancient knowledge such as meridians, nadis, and chakras, with a modern approach to emotional healing.



CONSCIOUS BREATH

What is conscious breathing?

Conscious breathing is the practice of intentionally paying attention to the breath in a slow and deep manner. It involves observing how the air enters and exits the body, allowing the breath to become calmer and more present. It is a simple and natural technique for restoring physical and emotional balance.

Breathing consciously is an accessible and powerful tool to support the process of living with MPN. It can be practiced at any time of day and does not require prior experience.



ONCOLOGY DIETITIAN AND NUTRITIONIST

What is dietitian and nutritionist?

A health professional specialized in supporting people with cancer and blood disorders through personalized nutrition.

Focuses on reducing treatment side effects, strengthening the immune system, managing inflammation, and improving overall quality of life.

Guides patients toward balanced eating habits that nurture both body and mind during every stage of their journey.



GUIDED MEDITATION

What is guided meditation?

Guided meditation is a mindfulness practice where a voice leads the participant through an inner experience. It may include visualizations, conscious breathing, or the observation of the body and thoughts. It is not about "emptying the mind," but rather learning to be present with kindness and without judgment.

During meditation, the person is invited to focus on an image, sensation, or intention, which helps calm the mind and connect with an inner space of tranquility.

Guided meditation is a gentle and effective tool that can be practiced sitting or lying down, without physical effort, and with cumulative benefits when practiced regularly. It is a way to care for oneself internally and stay in touch with a personal space of calm, always available.



CREATIVE WRITING

What is creative writing?

Creative writing is a free and personal way of expressing oneself through words, whether by writing stories, journals, poetry, or thoughts. It's not about doing it "well" or "beautifully," but about exploring emotions, ideas, and experiences from imagination or personal experience.

General Benefits of Writing

- Improves mental health: Helps process emotions, reduce stress, and alleviate anxiety.
- Stimulates creativity and imagination: Encourages free thinking and exploration of new ideas.
- Strengthens memory and concentration: Writing frequently exercises the mind and improves cognitive functions.
- Promotes self-expression and authenticity: Allows for saying things that are hard to verbalize, without judgment or filters.
- Boosts self-esteem: Seeing one's own ideas and emotions expressed reinforces personal confidence.



YOGA NIDRA

What is Yoga Nidra?

Yoga Nidra, also known as “conscious sleep,” is a guided meditation technique practiced lying down and in complete stillness. Through verbal instructions, the body is brought into a deep state of relaxation while the mind remains awake. It does not require physical effort or prior yoga experience.

Yoga Nidra offers a refuge of physical, mental, and emotional rest. It is a gentle, safe, and accessible practice, ideal for those who need to regain energy, tranquility, and internal connection without taxing the body.



EVOLUTIONARY TRANSPERSONAL THERAPY

What is Evolutionary transpersonal Therapy?

Evolutionary Transpersonal Therapy **Health is the harmony between body, mind, emotions, and spirit.**

When this balance breaks, suffering appears — not as an enemy, but as a message calling for awareness and healing.

Therapy means to care, to accompany, to serve the person who suffers.
True therapy leads to self-knowledge — and from it, the freedom to be.

Evolutionary, because we are born with an inner potential that unfolds through life experiences and conscious growth.

Transpersonal, because it takes us beyond the ego, toward compassion, authenticity, and connection with our true essence.

18 - 1 - 1998
 $(1+8)+1+1+9+9+8)$
 $= 37 \ 37/10$
Destiny = 1

EMOTIONAL KINESIOLOGY

What is Kinesiology?

Is a method of diagnosis and holistic support that connects body, mind, and emotions, promoting health and the body's natural self-regulation.

Its main tool is the muscle test, through which the response of muscle tone to physical, emotional, or energetic stimuli is evaluated. This technique makes it possible to detect blockages and guide the therapist toward the best way to restore overall harmony and the key Points are:



CARDIAC COHERENCE

What is heart coherence?

Heart coherence is a conscious breathing technique aimed at synchronizing the heart rate with breathing and the brain. It is practiced by inhaling and exhaling slowly, rhythmically, and consistently (for example, inhaling for 5 seconds and exhaling for 5 seconds).

This practice regulates the autonomic nervous system, particularly the stress-relaxation axis.

It is a simple and effective tool for regaining emotional control in moments of uncertainty, fatigue, or overload. It can be practiced at any time of the day and does not require prior experience.



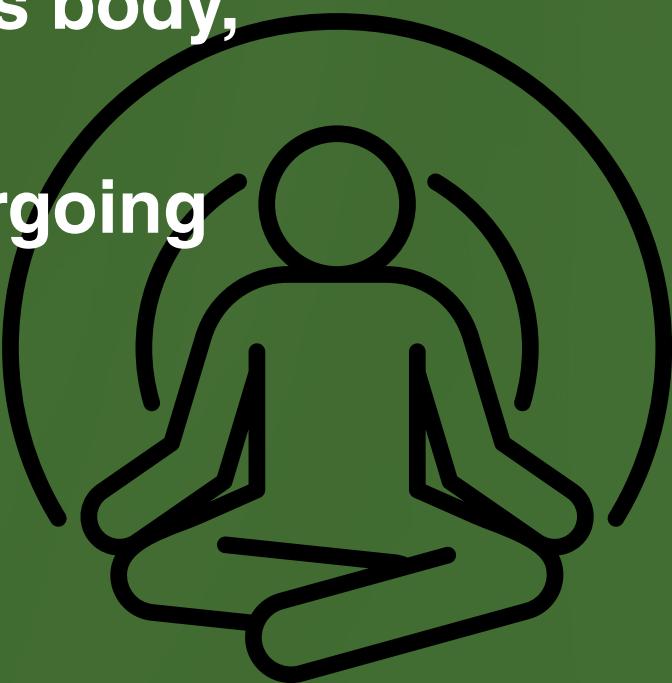
THERAPEUTIC TOUCH

What is Therapeutic Touch?

Therapeutic Touch is an energy healing technique developed within the field of nursing, based on the idea that humans have an energy field that influences their physical, emotional, and spiritual health. This practice aims to restore the natural balance of this field to facilitate the healing process, alleviate symptoms, and promote overall wellbeing.

Unlike a massage or physical therapy, Therapeutic Touch does not involve direct contact with the body. It is performed through gentle hand movements near the patient's body, working on their energy field.

It is a safe, non-invasive, and complementary technique, ideal for people undergoing chronic illnesses such as myeloproliferative neoplasms (MPN).



Professionals



Jorgina Pequera

Veterinarian. Horse Therapy. Degree in Traditional Chinese Medicine. Acupuncture. Craniosacral Therapy. Tuina Massage. Phytotherapy.

Chi Kung Instructor.

Conscious Breathing Instructor.



Marga Linares

International School of Yoga
Restorative Yoga
Meditation and Mindfulness
Yoga Nidra and Restorative



Puy Barral

Playwright
I write, narrate, and perform.
I challenge Essential Thrombocythemia on a bike.
Creative Writing Workshops.

Professionals



Ester Torrella

Licensed Doctor. Integrative and Holistic Medicine. Conscious Health through **Transpersonal Evolutionary Numerology** as a path to self-awareness.



Susanna Bech

Degree in Medicine and Surgery.
Pediatric Oncology at Hospital San Joan de Déu.
Acupuncture, Homeopathy, Arqromeratherapy, **Kinesiology**, Transpersonal Coaching.

Professionals



Carla Not

**Oncology Dietitian and
Nutritionist**



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i You are welcome!

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ZHINEN QIGONG

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What is Zhenen Qigong and what is it for?

- It is a modern form of Qigong, developed by Master Gao Yunshen in China. Its approach is highly integrative and based on a more systematic teaching structure, with a strong connection between the mind and energy. Zheneng Qigong focuses on mental and energetic training to improve physical and emotional health, with an emphasis on self-therapy and self-help.

Why is it safe and beneficial?

- Zheneng Qigong is specifically designed to work on healing and holistic wellbeing, with a focus on self-awareness and improving health at all levels: physical, mental, and emotional.
- It uses a combination of gentle movements, meditation, and breathing exercises. It focuses on group practices that help cultivate collective energy and elevate the wellbeing of all participants.

Benefits for people with Myeloproliferative Neoplasms (MPN)

- Reduces stress and anxiety, factors that can worsen symptoms or immune status.
- Promotes blood circulation and oxygenation of the body through slow and gentle movements.
- Increases energy and reduces fatigue, one of the most common symptoms in patients with MPN.
- Improves sleep quality by inducing states of calm and deep relaxation.
- Strengthens conscious breathing, helping to improve breathing rhythm and concentration.
- Encourages a self-care attitude and mind-body connection, important for coping with a chronic illness.

