

A Thousand Years of Wisdom
Alternative Treatment Options
to Address Trauma and Stress

JUDGE FRANK SZYMANSKI
3rd CIRCUIT COURT
JUVENILE DIVISION

1

1



2

2



3

3



Mr. CLEAN

4

How many thoughts?

5

5

1,440 minutes in a day
60,000 divided by 1,440 = 41.666
41 thoughts per minute

6

6

Research indicates we have 60,000 thoughts a day. According to the National Science Foundation, **80% of our thoughts are negative** and 95% of our thoughts are repetitive.

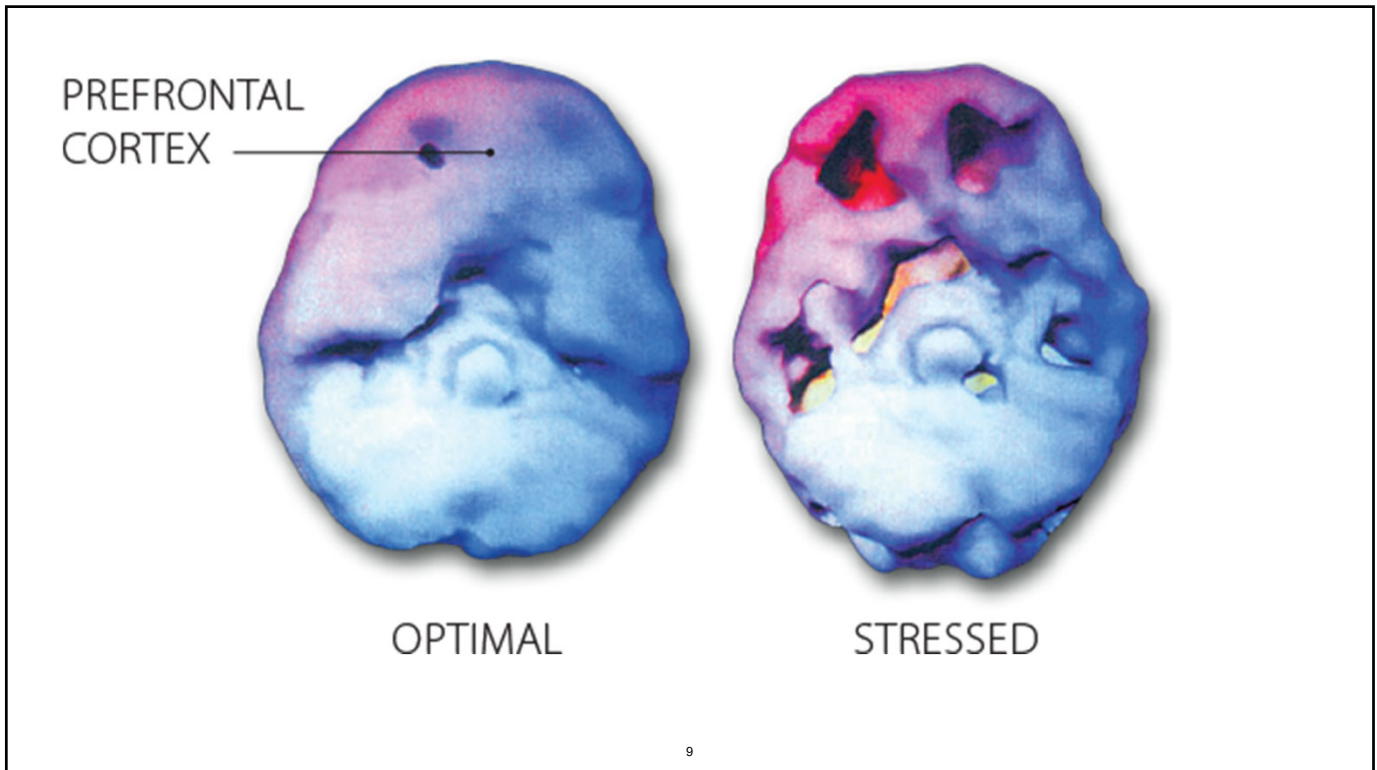
7

7



8

8



9

- increased self-awareness
- reduced stress
- reduced anxiety and depression
- a greater sense of calm

10

10

- increased self-compassion
- a more positive outlook
- increased focus
- Improved physical health
- clean your mind!

11

11

MANTRA

12

12

- **MANTRA**
- **mind tool**

13

13

YOGA

14

14

MINDFULNESS

15

15

The screenshot shows the homepage of the innerExplorer website. At the top left is the innerExplorer logo, a green circle with a white starburst. To its right is the text "innerExplorer". In the top right corner, there is a navigation menu with the following items: "Experience now", "Get started", "Resources", "About us", "Login", and "Donate". The main content area features a large, high-quality photograph of a young Black girl with braided hair, looking slightly to the right with a gentle smile. Overlaid on the left side of the image is the text "Evidence-Based Mindfulness Program" in a large, white, sans-serif font. Below this text is the tagline "Daily Practice Simplified for School Communities" in a smaller white font. A prominent green button with the text "Experience Now" is positioned below the tagline. On the far left, there is a vertical stack of social media icons for Facebook, Twitter, Instagram, LinkedIn, and YouTube. At the bottom center, there is a "Scroll Down" indicator with a small circular arrow and the number "16" below it. In the bottom right corner, there is a green button with a white speech bubble icon and the text "Contact Us".

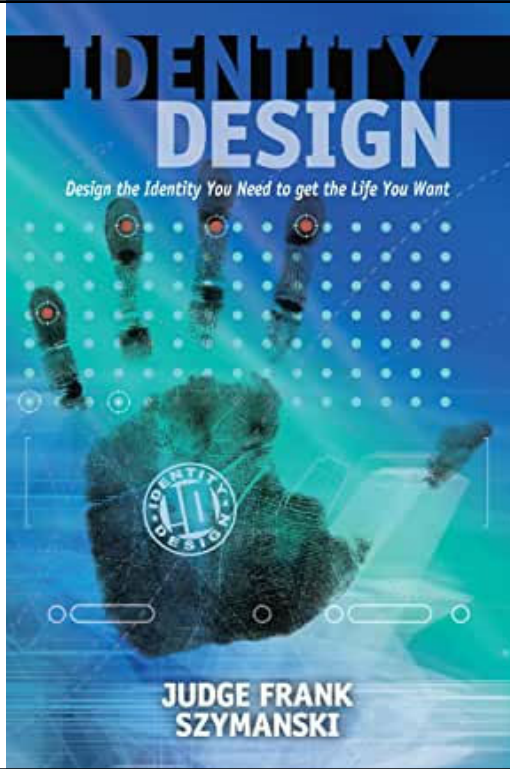
16



17

Mantra Meditation more than 5,000 years
Yoga more than 5,000 years
Mindfulness more than 3,000 years

18



Contact:
franksszymanski@yahoo.com

313-204-0857

19