

**Self-Care for Sustainability and Advocacy:
An experiential workshop based on the
7 sources of health model**

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Mindful Moment



Welcome and Introductions



Today's Agenda: Evidence-based & Experiential

- Reasons for Self-care
- 7 Sources of Health: A practical framework
 - Evidence
 - Practice
- Self-Assessments
- Teaching Self-care Skills
- Group Breakouts
- Sharing
- Forward Looking Resources

Why Self-Care Now

- Practitioner need is high
 - Stress and Burnout
 - Professional dropout
 - Mental and physical illness
 - Suicide
- Particular considerations for health equity: Social determinants of health
 - Access to all healthcare
 - Access to integrative healthcare
 - Food insecurity
 - Urban food deserts
 - Community and household violence
 - Environmental racism, forms of discrimination
 - Transportation: Rural and urban

Underserved and Beyond

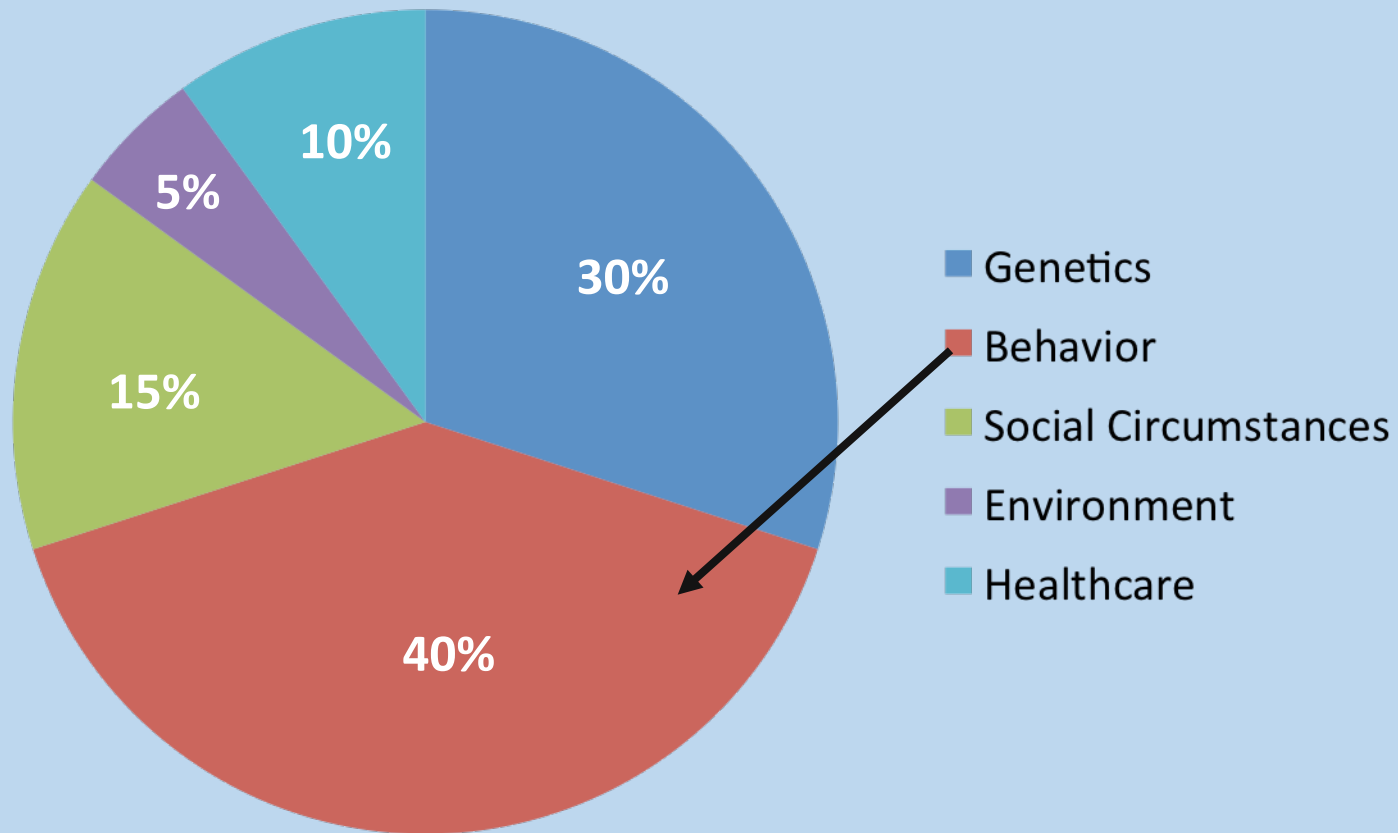
- IM directs a shift to patient-centered considerations and priorities
- IM considers context of lives and communities
- Demands a shift in empowerment and self-responsibility
- Self-responsibility is demonstrated in self-care
- Self-care is shared by patients and practitioners alike.
- Neglecting self-care contributes to
 - direct medical costs
 - indirect costs of lost productivity
 - diminished vocational contributions
 - personal costs of unactualized human potential
- Practitioners can model self-care to their patients and colleagues
- Seven Sources of Health (SoH) applies to both self and patients

Self-care Starts with Self- Awareness



A Sustainable Self-Care Initiative...

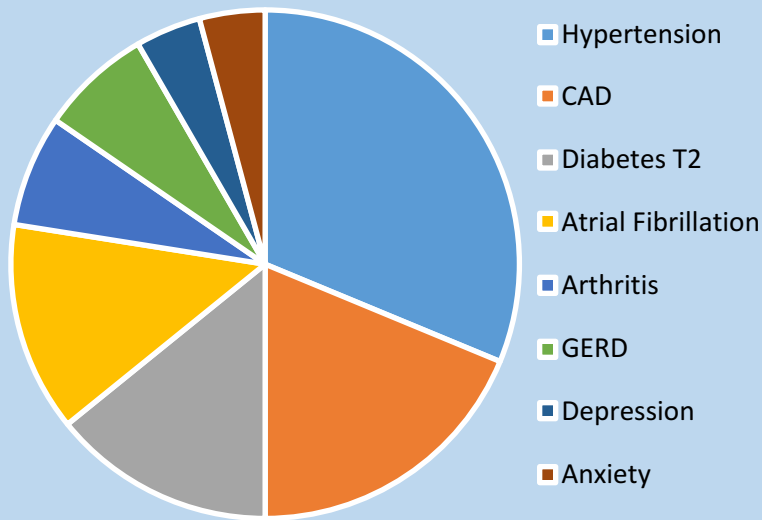
...addresses 40% or more of social determinants of health



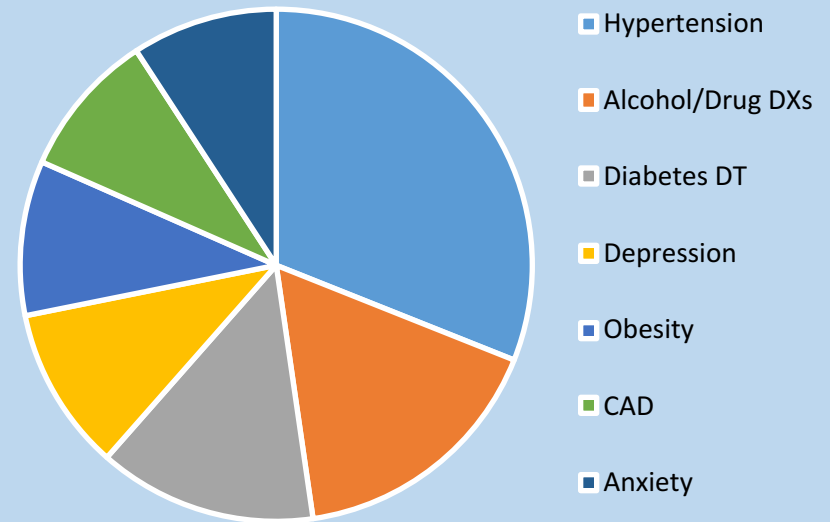
Source: <http://content.healthaffairs.org/content/30/11/2042/F1.expansion.html>

Chronic Conditions: Opportunities for Self-care

Age >64 years



Age 18 – 64 years



Wellness Culprit: The Stress Response

FIGHT OR FLIGHT

What happens



- Physiologic response to danger, threat, or stress
- Arousal & preparation
- Mediated by periorbital, frontal cortex, limbic system, hypothalamus, and autonomic nervous system
- Biochemical changes flow through the entire body

Bodily responses

- ↑ Survival-Oriented Decisions
- ↑ Adrenaline
- ↑ Blood Pressure
- ↑ Breathing & Heart Rate
- ↑ Muscle Tension
- ↓ Cortical Activity
- ↓ Intestinal Activity
- ↓ Peripheral Vision

Psychoneuroimmunology (PNI)

PSYCHO- NEURO- IMMUNOLOGY

A Framework for
Understanding
the Pieces of
Your Puzzle



Types of Stress

Type	Definition	Reactions
Good Stress	Normal, healthy reaction to change/challenge	<i>We stretch, grow, learn, and rest</i>
Acute Stress	Unusual and intense incidents such as being assaulted, being within range of gunfire, etc.	Intense “fight or flight” response where the body releases adrenaline and cortisol and heart rate increases
Vicarious Trauma	Stress that occurs in response to hearing about traumatic events of others.	Can trigger the same events that occur in a personal acute stress event
Cumulative (Chronic) Stress	<p>Less dramatic, more gradual forms of stress reaction due to chronic low intensity stressors that permeate an individual’s life and pile up over time, such as:</p> <ul style="list-style-type: none"> • Chronic, reactive work environment • Feeling overwhelmed by unmet needs • Tight deadlines and stressed co-workers • Communication/personality clashes • Moral and ethical dilemmas • Chronic sleep deprivation • Travel difficulties/separation from family 	Trigger chronic stress reactions and persistent “fight or flight” symptoms that can trigger substance abuse, anxiety, depression, high blood pressure, inflammation, and high blood sugar, that if untreated can eventually cause obesity, diabetes, hypertension, heart disease, addiction, and/or chronic pain.

7 Sources of Health (7SOH):

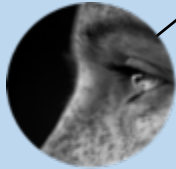
An Evidence-Based Model to Teach & Sustain Self-Care



Your Why



Body



Mind



Emotions



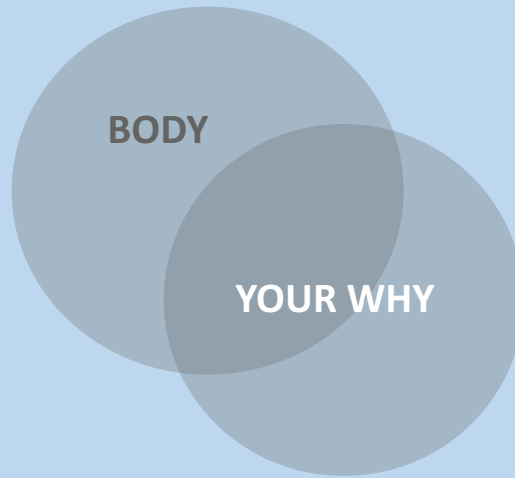
Creativity

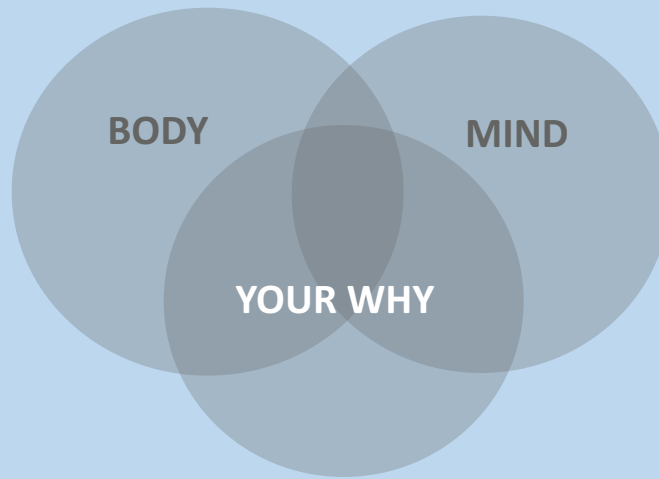


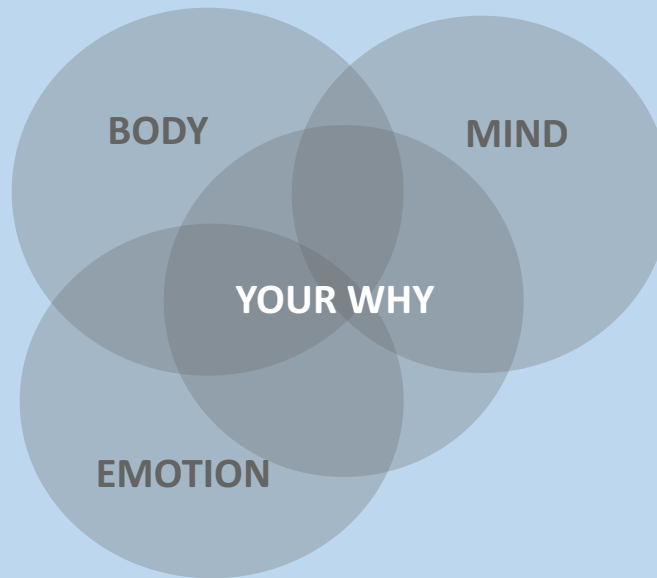
Environment



Community













What about spirituality? → Threaded throughout SOHs

- **Body** (or physical SOH) can be viewed as a place that houses the spirit and should be maintained for that purpose.
- **Mind** (or thinking SOH) can be used to engage in prayer or to commune with a higher power.
- **Emotions** (or feeling SOH) can be used to open our hearts to be kind to and/or compassionate towards others.
- **Creativity** (or intuitive SOH) can be used to *express* our higher selves.
- **Community** (or connection SOH) is a way to get outside of ourselves.
- **Environment** (or our physical location SOH) can include visiting sacred places or just communing with nature.
- Finally, **Life Purpose** (or WHY we're here SOH) includes looking for something bigger than ourselves to identify how we can make a meaningful difference during our lifetime.



Overarching SoH: Spirituality is evidence based

Oxytocin increases spirituality (Van Cappellen et al., 2016)

Compassionate contemplation

- Reduces anxiety & depression
- Increases feelings of security, empathy, and love
- Intense prayer and meditation alter brain structure and function including perception of reality
- Regular meditation practices slow down aging
- Anger and prejudice, e.g. extreme fundamentalist beliefs, can permanently damage brain

Newberg, A., d'Aquili, E., & Rause, V. (2002). *Why God Won't Go Away: Brain Science and the Biology of Belief* New York: Ballantine Books.

Newberg, A. & Waldman, M. A. (2010). *How God changes your brain*. New York, NY: Ballantine.

Van Cappellen, P., Way, B. M., Isgett, S. F., & Fredrickson, B. L. (2016). Effects of oxytocin administration on spirituality and emotional responses to meditation. *Social Cognitive and Affective Neuroscience*, 11(10), 1579-1587.

Assess Your 7 Sources of Health

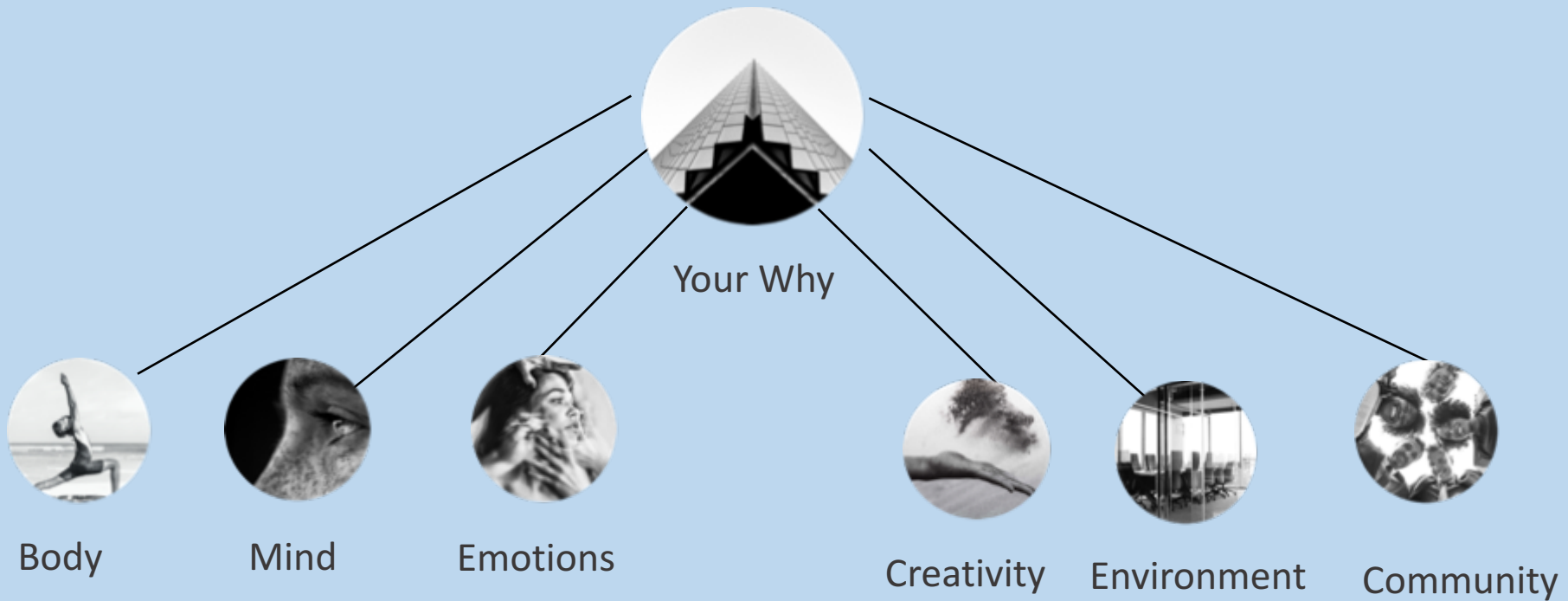
Source of Health	MY RATING (1-10)
Purpose	
Body	
Mind	
Creativity	
Emotions	
Community	
Environment	
Total + Divide by 7 =	

Sustainable Self-care Practice 1: 7 Movements of the Spine



- Extension
- Front
- Back
- Laterally left
- Laterally right
- Twisting left
- Twisting right

Which Sources of Health Did We Strengthen?



What skills did we practice during this exercise?



- ✓ Movement
- ✓ Breathing
- ✓ Awareness
- ✓ Yoga
- ✓ Focusing
- ✓ Standing
- ✓ NEAT

What is the evidence supporting moving the spine?



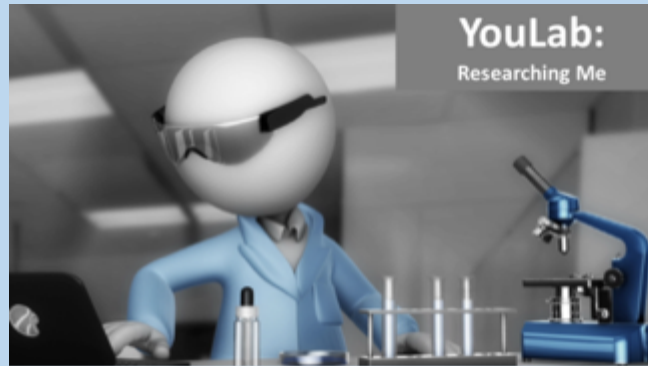
Yoga:

- invokes the relaxation response in as little as 4 minutes

Moving the spine with the breath may help manage:

- high blood pressure
- high blood sugar
- depression
- stress
- anxiety
- arthritis
- heart disease prevention
- chronic pain

See Research Appendix for specific study citations



- YouLab: you as the research scientist of your own life.
- Looking for a cause and effect relationship.
- Make a conscious choice to change and *notice* what's different
- Every skill won't work for every individual (BIO-INDIVIDUALITY)

Re-Assess Your 7 Sources of Health

Source of Health	MY RATING (1-10)
Purpose	
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YOUR WHY: LIFE PURPOSE

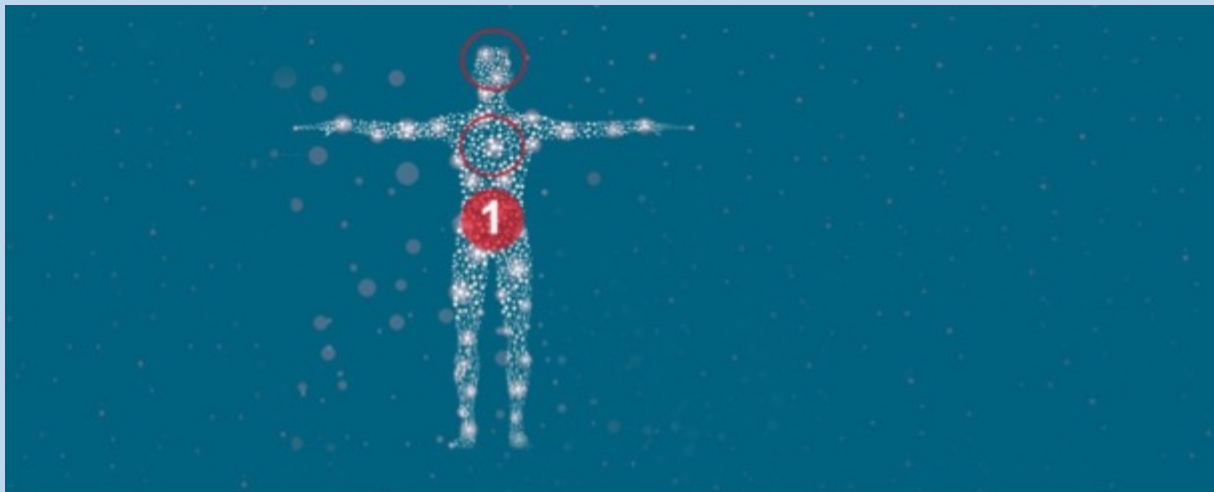


Your WHY: Life Purpose

- Beyond happiness, having a sense of purpose can
 - increase your life by up to 7 years
 - have a stronger immune system
 - are at lower risk for chronic disease
- If you are already crystal clear, then you can use the WHY skills to validate and strengthen your sense of purpose.
- Skills to build your WHY:
 - Self- coaching
 - Sharing your Life Story
 - “Crucibles”
 - Being of Service

Life Purpose Exercise: Fill in the Blank

First, without thinking about it at all, hand on your abdomen, just note what comes up for you in your gut:



Second, hands over your heart,



Third, fingers to both temples just above the cheek bones,



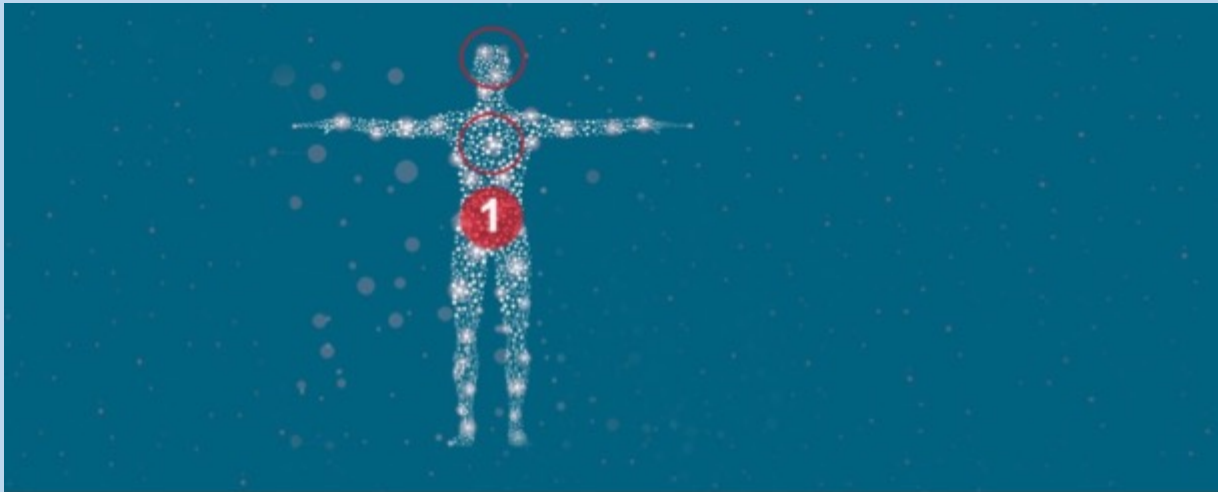
What did you notice?

Your gut: THE most important thing that I can do with my life is....

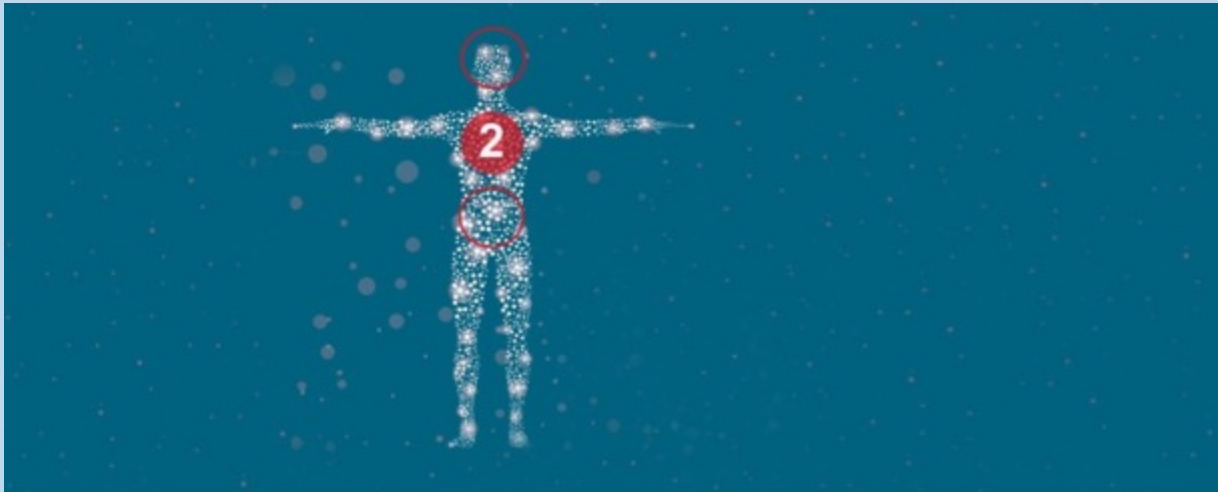
Your heart: the activity that makes me FEEL the best, that warms my heart is...

Your head: when I think long and hard about my vision for my life, I want to....

How do we make decisions?



How do we make decisions?



How do we make decisions?



Re-Assess Your 7 Sources of Health

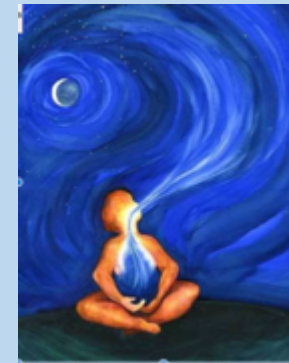
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BODY: YOUR PHYSICAL SOH

Physical Body

Attention to movement, sleep, and eating, **all are interrelated**

The quality and quantity of what you eat impacts your movement and sleep...sleep impacts movement and eating... movement impacts your eating and sleeping.

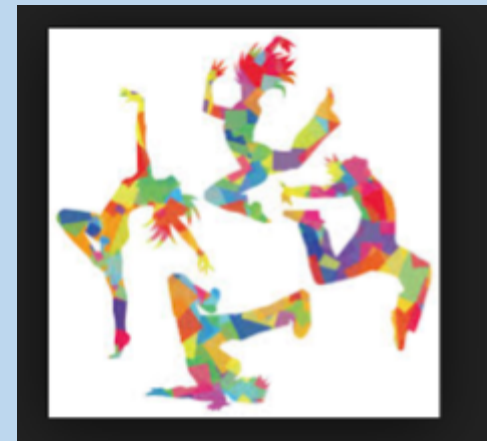


Skills you can learn to build your body:

- Movement of Spine
- Standing, posture
- Food = Medicine
- Healthy Sleep Habits
- Breathing

Power of Movement

- Protects memory & thinking skills
- Sitting-Is-The-New-Smoking
- Sitting for 5 hrs per day = 5 yrs lower life expectancy
- Moving every hour reduces chances of:
 - Hypertension by 50%
 - Diabetes by 30%
 - Stroke by 27%
 - Certain cancers by 25%



The Hokey-Pokey Anyone?

Mindful Eating Exercise

- Nutrition is complex
- Functional nutrition is individualized
- Major shifts in diet and nutrition supported by professional guidance
- Adequate coverage is beyond the scope of our workshop
- But like all SoHs, better nutrition starts with awareness
- Thus we offer an exercise in mindful eating

Re-Assess Your 7 Sources of Health

Source of Health	MY RATING (1-10)
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Total + Divide by 7 =	

MIND: YOUR THINKING SOH

Mind

- Involves your ability to channel your thoughts, attention and focus
- Positive thoughts are highly correlated with better health
- Intense **prayer** and meditation alter brain structure and function including perception of reality
- Skills to build your mind:
 - Meditation
 - Life-long Learning
 - Focus exercises
 - Neurobics: Brain exercises



- Research on meditation:
 - Reduced fatigue and anxiety
 - Improved visual-spatial processing, working memory, and executive functioning
 - Improved attention & awareness, self-care & coping strategies
 - Increased value of others
 - Increased open-mindedness
 - Reduced stress & anxiety
 - Slows down aging

Recharging Skill: The Science of Biofeedback

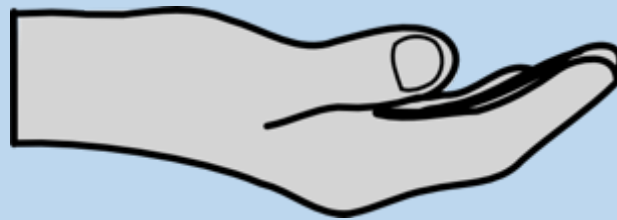
- Biofeedback = M-B practice + measure
- Induces the relaxation response
- Calms brain waves
- Regulates blood flow
- Body → Brain connection

The Science of Biofeedback

- Chronic pain
- Anxiety
- Asthma
- High blood pressure
- Depression
- Drug/alcohol dependence
- Headache
- Insomnia
- Obesity/weight control
- Tinnitus
- TMJ

Finger Tip Rescue

1. Bring your attention to your finger tips.
2. Continue to focus there until you sense:
 - Warmth
 - Tingling
 - A pulse



Re-Assess Your 7 Sources of Health

Source of Health	MY RATING (1-10)
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EMOTIONS: YOUR FEELING SOH

Emotions

Your feelings, intuition, and reactions

Skills to build your emotions:

- Laughter Therapy
- Express Gratitude
- Practice Forgiveness
- Cultivate Joy



Compassionate contemplation

- Reduces anxiety & depression
- Increases feelings of security, empathy, and love
- Anger and prejudice, e.g. extreme fundamentalist beliefs, can permanently damage brain

The Science of Laughter

- Enhances oxygen intake
- Relaxes muscles
- Generates endorphins
- Balances blood pressure
- Alertness, memory & creativity
- 15 min → burns 40 calories

Stand Up/Sit Down & ALOHA-HA

Up & Down Practice:

- Sit → Straight back & face
- Stand → Smile and arms overhead
- REPEAT 😊

Aloha-ha Practice:

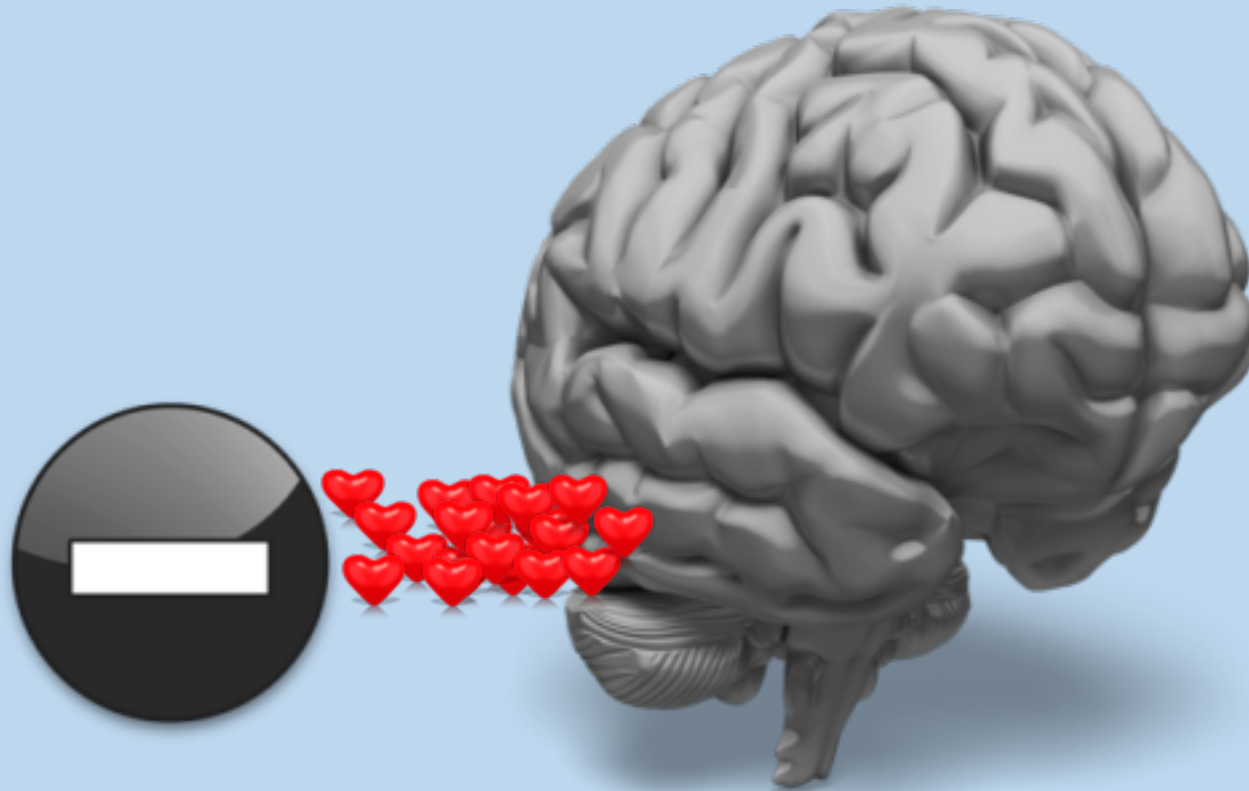
- Hula dance arms to the left while singing aloha-ha
- Repeat on the right

Evidence-based Positive Psychology Emotions

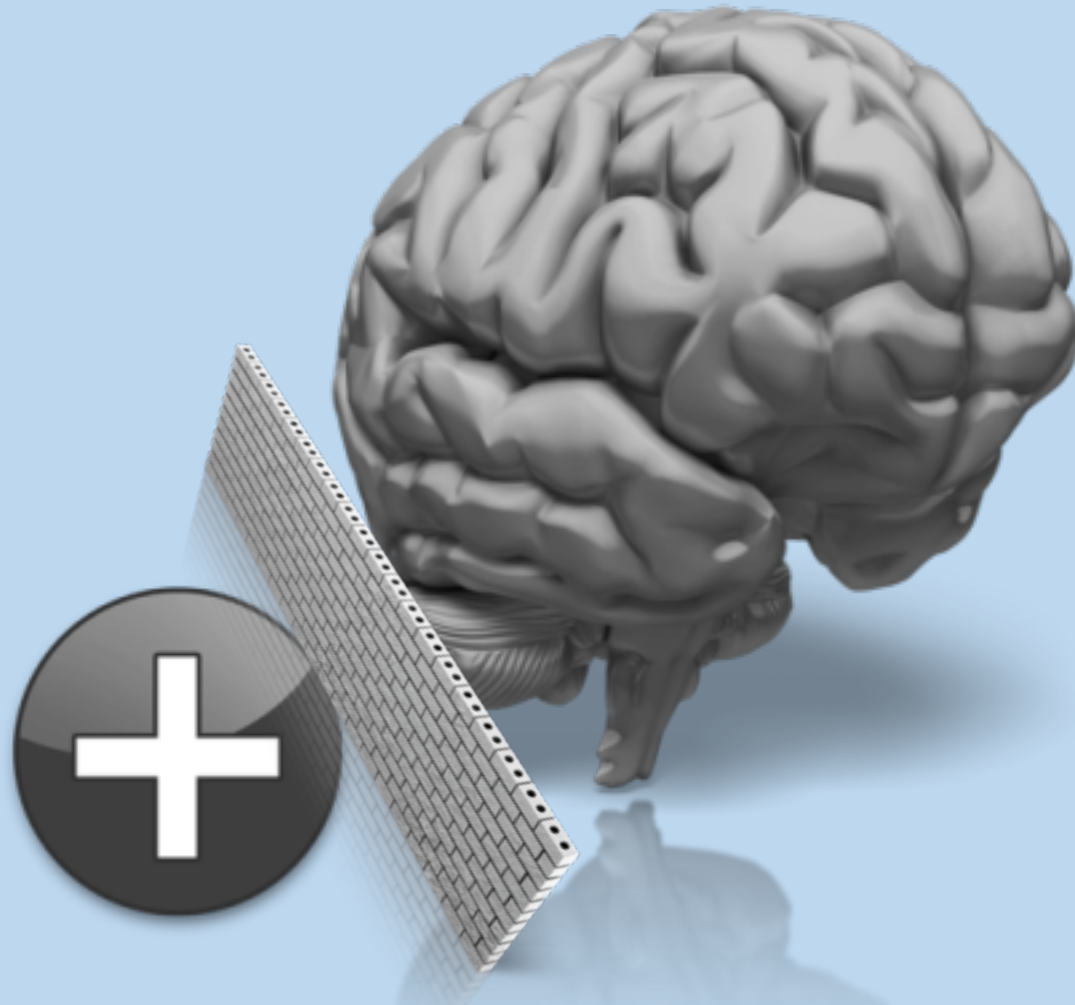


1. Gratitude
2. Savor
3. Joy
4. Hope
5. Contentment
6. Amusement
7. Love
8. Inspiration
9. Interest
10. Serenity
11. Pride

The Brain Has an Affinity for Negative Thoughts

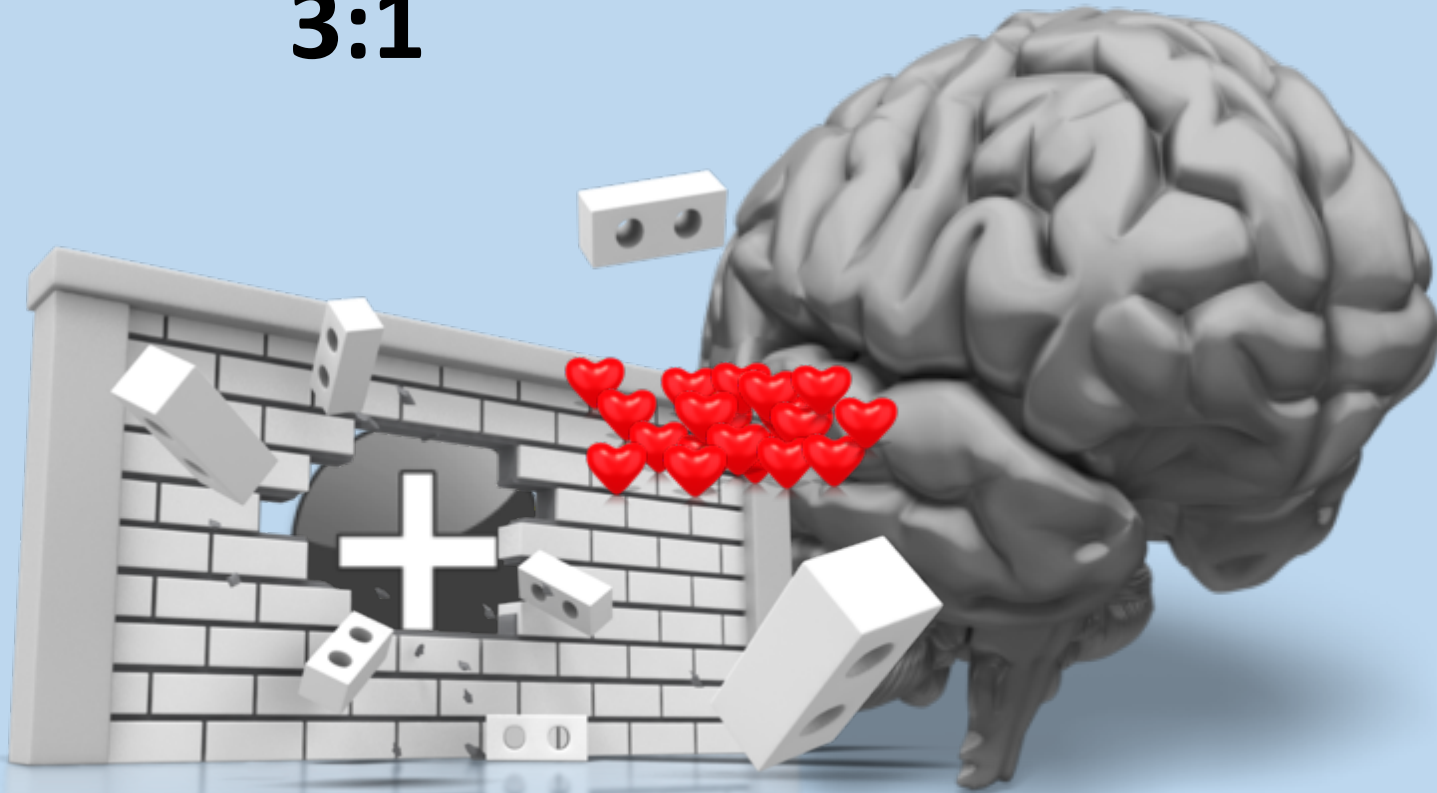


...and an Aversion for Positive Thoughts



Positive Emotions Need to Be Taught & Repeated

3:1



Take the quick 3:1 Assessment at www.positivityratio.com

The Science of Positive Psychology

In one study, patients with heart failure who kept a gratitude journal improved their biomarkers for the disease compared to the control group.

Being happier makes us:

- ***nicer 😊***
- ***more trusting, social, and appreciative***
- ***helps us make more friends***
- ***deepens our existing relationships.***

The Science of Positive Psychology

Learning and practicing positive emotions such as gratitude, make us:

- happier
- more resilient
- more relaxed
- more social
- kinder
- more likely to develop new friendships
- more optimistic
- sleep better
- healthier
- more likely to exercise regularly
- be a better manager
- make better decisions
- be more productive

Practicing Love, Serenity, and Pride

- As you read the emotion and its definition
- Think of the last time you experienced this emotion.
- Then think of how you might imagine experiencing it again in the future.

Love – *an intense feeling of deep affection, valuing close relations with others.*

Serenity – *a state of being calm, peaceful and untroubled.*

Pride - *a feeling, deep pleasure, or satisfaction derived from one's own achievements.*

Recharging Skill: Practicing Love, Serenity, & Pride

- Which of these emotions do you experience at work?
 - Which of these emotions do you experience at home?
 - Which do you want to invest more energy in?
- **Love** – *an intense feeling of deep affection, valuing close relations with others.*
 - **Serenity** – *a state of being calm, peaceful and untroubled.*
 - **Pride** - *a feeling, deep pleasure, or satisfaction derived from one's own achievements.*

Re-Assess Your 7 Sources of Health

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Total + Divide by 7 =	

CREATIVITY: YOUR VITAL SOH

Creativity

- What is vital or essential to you as a human being
- In the literature, creativity is tied to spirit
- Skills to build:
 - Practice Ritual
 - Writing, Journaling
 - Storytelling
 - Drawing, Crafts
 - Music
 - Dance



- Art & expressive writing linked to mental health improvements (Stuckey & Nobel, 2010)
- Oxytocin increases spirituality (Van Cappellen et al., 2016)
- Spirituality linked to increased productivity & teamwork (Daniel, 2010)

Progressive Storytelling Exercise

- Groups: count out 4 or 5—then group by number in small standing circles.
- Tallest person goes into center of circle first-imagining they are a “something/somebody”, eg I am a tree;
- Next person comes into center, imagines they are some related thing or action, eg I am an apple on the tree
- Third person comes into circle, imagines something that disconnects one of the others, eg I am an apple picker and take the apple home—tree leaves circle, and so on, eg—
- Next person could be the apple picker’s customer who buys the apple...it is not as complicated as it might sound.
- Involves imagining, movement, collaboration, teamwork,

Re-Assess Your 7 Sources of Health

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Total + Divide by 7 =	

COMMUNITY: YOUR RELATIONSHIPS

Community

- Having meaningful ties
- Making contributions
- Being part of something bigger than you
- A sense of belonging
- Loneliness is **significantly** tied to negative health outcomes and Quality of Life
- Skills to build your community SOH
 - Vital Friendships
 - Conversations
 - Listening
 - Volunteerism



Tending & Befriending:

- Raises oxytocin, potentiated by opioids and estrogen
- Inhibits naloxone, an opiate antagonist
- Decreases SNS activity and cortisol release.
- By contrast, testosterone enhances fight or flight response which stimulates SNS. (Taylor et al.)

Vital Friendships: Trust

A Friend is a person with whom we share a bond of mutual affection. In his book *Vital Friendships*, Tom Rath defines a vital friend as someone who:

- Measurably improves your life; or
- Is a person you cannot afford to live without

Research on Friendship

Strong social relationships are the leading indicator overall happiness

Friends are:

- Good for your health
- Increase your sense of belonging and purpose.
- Boost your happiness and reduce your stress.
- Improve your self-confidence and self-worth.
- Help you cope

If we have at least 4 good friends, we are likely to live 7 years longer

If you have a best friend at work,
you are more likely to:

- Be more productive
- Have fun on the job
- Have a safe workplace with fewer accidents
- Innovate and share new ideas
- Be engaged (7 times more likely)

***People with at least three close friends at work were 96% more likely to be extremely satisfied with their life.*

The Virtuous Circle of Friendship, Are You:

- Conscious about the value and joy you're adding to the other person?
- Willing to share both enjoyment and problems?
- Willing to open your heart and be vulnerable?
- Open your mind (don't judge either yourself or your friends and let them know that you expect the same from them)?

Re-Assess Your 7 Sources of Health

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Total + Divide by 7 =	

ENVIRONMENT: YOUR SURROUNDINGS

Your Environment



- Surroundings or conditions in which we live, work, & play impact your health, mood and behavior.
- Skills to build your environmental source of health:
 - Propagate places of beauty
 - Advocate for your environment
 - Grounding: Literally, connect to the earth
 - Practice good stewardship

Our Environment Can Limit.....or Enable Our Growth



Environmental risk factors and social determinants of health

- Community violence (syndemics)
- Food deserts
- Poverty, homelessness
- Political oppression, human rights violations
- Substandard drinking water
- Unhygienic living conditions
- Harmful air quality
- Geological and meteorological disasters: floods, hurricanes, tornados, fire, earthquakes
- Terrorism

Re-Assess Your 7 Sources of Health

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Mindfulness and Nonviolence

500 Palestinian children and adolescents in mindfulness groups showed reduced symptoms of PTSD, depression, and feelings of hopelessness.

Two separate studies: high school students in Kosovo participated in mindfulness groups; students' PTSD symptoms significantly reduced from 100% to 18%.



Gordon, J. S., Staples, J. K., Blyta, A., Bytyqi, M., & Wilson, A. T. (2008). Treatment of posttraumatic stress disorder in postwar Kosovar adolescents using mind-body skills groups: a randomized controlled trial. *The Journal of clinical psychiatry*, 69(9), 1469-1476.

Staples, J. K., Abdel Atti, J. A., & Gordon, J. S. (2011). Mind-body skills groups for posttraumatic stress disorder and depression symptoms in Palestinian children and adolescents in Gaza. *International Journal of Stress Management*, 18(3), 246.

Exercise

- Environment skill: A walk outside



Teaching Self-Care: Ways to recharge your community



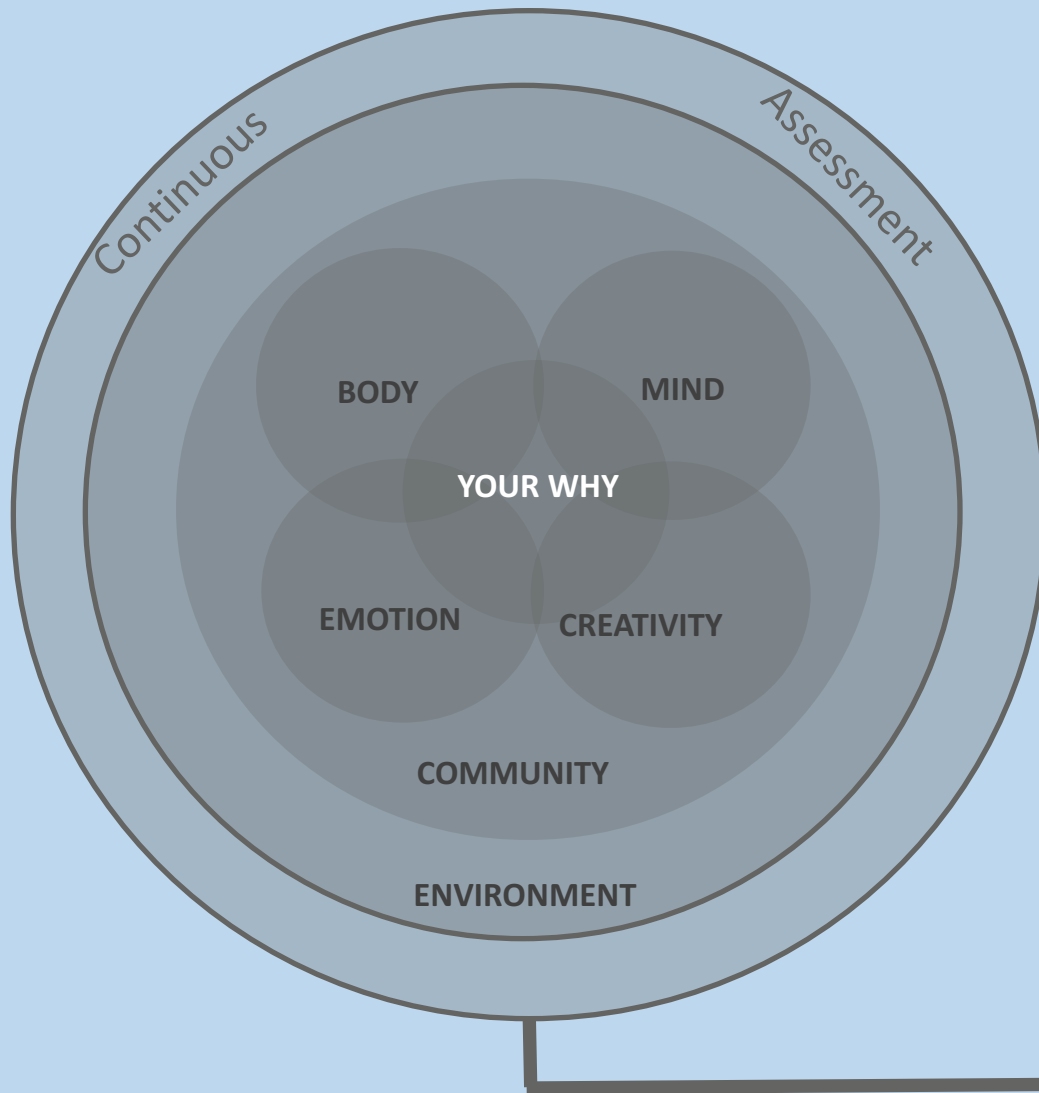
Teaching Sustainable Self-Care Skills



- Identify the structure and driving factors for sustainable, evidence-based self-care: community, measurements, short learning, long-term support, choices, ROI
- Customize training programs to
 - the organization
 - the community
 - the individual
- Record Case studies
- *Practice self-care skills yourself*

Sustainable Self-Care: Individual & Organizational Models

7 Sources of Health



The energy of leaders is...*contagious*.

“When leaders explicitly encourage employees to work in more sustainable ways — *and especially when they themselves model a sustainable way of working — their employees are 55% more engaged, 53% more focused, and more likely to stay at the company.*”²



¹SHEWS = Senior Healthcare Executive Wellness & Self-care Study

²Source: HBR & The Energy Project

Top 10 Evidence Based Practices for Better Health

Self-care Practice	Percentage*
Yoga	92%
Hypnosis	91%
Biofeedback	90%
Meditation	86%
Qi Gong	86%
Tai Qi	83%
Relaxation Response Training	79%
Anti-inflammatory Diet	78%
Imagery	68%
Cognitive Behavioral Therapy	61%

*Percent of patients benefiting from integrative health practices who would benefit from this particular intervention

Self-Care Service Project Examples

- Preventative Healthcare: Funding for mammograms and follow up care for women without healthcare funds
- Creativity: Making vision boards and jewelry with women in residential treatment for substance abuse
- Environmental Improvements: Training women in underserved community on improving hygiene
- Mind-body Practices: Teaching practices to at risk groups, including yoga, meditation/mindfulness, self-massage
- Art Outreach program to raise awareness about human trafficking cultivates the habit of artwork for self-care
- Leadership Community: Self-care practices for Zonta Chapter members

Planning and **Visioning** Exercise

- What are your needs and priorities?
- Who and what are your resources?
- Identify an opportunity in your community to teach or implement self-care strategies
 - within your chapter for members
 - with service project populations
 - for community education
- **Envision** the possible project, setting, needed resources
 - **Try drawing the idea**
 - **Name a scribe for each group**
- Share with the larger group (identify a spokesperson for group ideas)- try telling it as a story

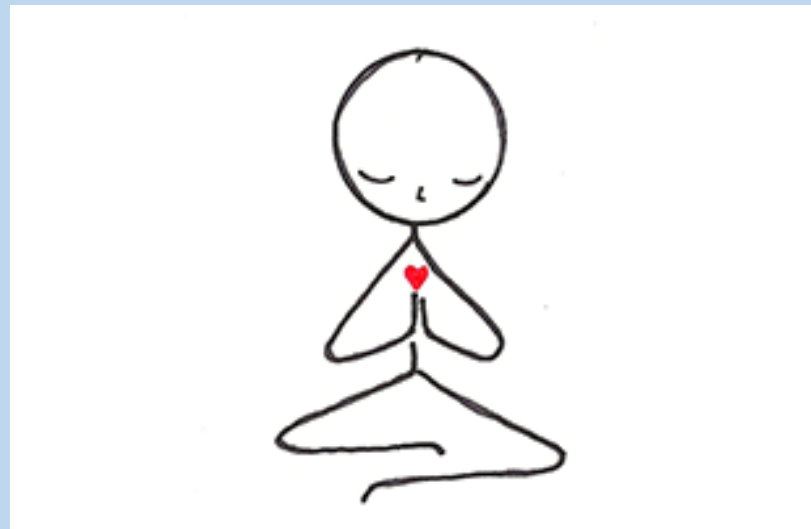
expect
great
things.



Group Sharing: What next? Reflections?



Self-Compassion for Self-Care



Questions

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“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

– Unknown



Additional Exercises

Drawing

Encourages creativity and self-expression as a vehicle for moving forward in your life.

We are 65% more likely to remember something when we draw a picture of it.

When we draw, the brain emits serotonin and oxytocin, allowing us to naturally feel happy and creative

The Research on Drawing

- improves self-esteem
- increases awareness
- can help overcome the effects of trauma.
- makes room for elements of the subconscious that are not ready to come to the surface (Because the use of drawing relies upon abstract forms of communication)
- improves cognitive and sensorimotor functions
- promotes insight
- enhances social skills
- can reduce and resolve conflicts and distress.

Here – There – From Here to There

- **HERE:** Draw a current situation in your life you'd like to change
- **THERE:** On a separate sheet of paper draw what you would like this situation to look in the future
- **FROM HERE TO THERE:** Embed yourself in the future that you see

Mirroring

Work in pairs, alternately the lead, and the following mirroring the leaders actions as they face each other.

We call out when they switch back and forth to lead, and then we have the lead collaboratively.

Evidence

- Mirror neurons
- Entrainment
- Somatic Resonance

Study References

- Bodenheimer, T., & Sinsky, C. (2014). From triple to quadruple aim: Care of the patient requires care of the provider. *Annals of Family Medicine*, 12, 573 – 576.
- Ling, Q., Lin, M., & Wu, X. (2016). The trickle-down effect of servant leadership on frontline employee service behaviors and performances: A multilevel study of Chinese hotels. *Tourism Management*, 52, 341 – 368.
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