



sunset
COMMUNITIES

“How Our Mind/Body Interact with Our Environment to Impact our Happiness”

November 13, 2018



Michelle L Sandwisch, APRN ▪ www.MYTOTALBODY.ME



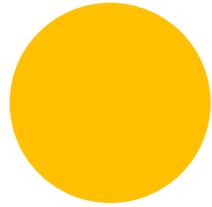
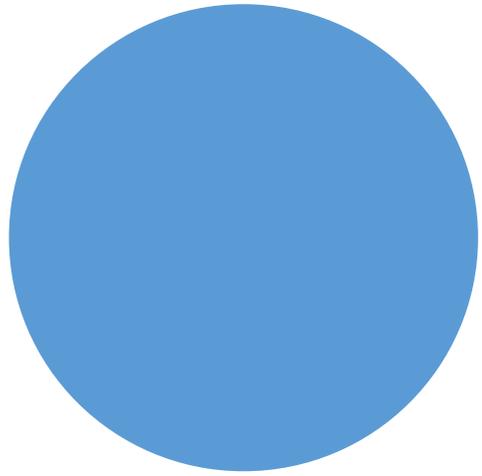
Murthy Gokula, MD, CMD ▪ www.stayhomeiwill.com

STAYHOME IWILL

Strategic Telehealth Aging Yielding
High Outcomes & Minimizing Events
I Will Involve Learn & Live

Participatory Palliative Resilience Integrative Supportive Medicine Center

(PRISM Center): Colorful Life



According to Gallup poll

60% of Americans feel
happy without a lot of
stress or worry.



Negative emotions (fear, anger, despair) are for SURVIVAL



Positive emotions (curiosity, delight, interest, joy, etc) are for
GROWTH

Happiness doesn't come easy



Is more interested in the pursuit of individual happiness than in the search for meaning.



Frankl would say that happiness cannot be pursued, it must ensue.



He adds—the pursuit of happiness thwarts happiness.

Our current culture

A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, hand-painted appearance with various shades of blue and white splatters around its edges.

What do you think
would make you happy
today?



Believe it or not

It is not money or circumstances!

We are very poor at predicting what will make us happy

Events have a small impact on happiness that doesn't last long

People who suffer tragedy/trauma recover more quickly than they expect
(resilience)

Good things don't make us feel good as much as we expect

Humans are poor affective forecasters

What is happiness?

What determines happiness?

What can we do to be happier?

Are more
healthy.

Live longer.

Have happier
marriages.

Are more
creative.

Are more
productive.

Happy People . . .

- About half seems to be inherited. There is not a great deal you can do about that.

- About half seems to be developed.
- Money and health are not related.
- Optimism, gratitude, and positive family relationships are **very** related.

How Happy
Are We?

The CES-D is a useful way to track your level of happiness.

The lower the score, the better.

You want to be consistently below 9.

We actually have three brains . . .

- *REPTILE* Brain: Good for primitive stuff - three core questions; three stress responses

- *MAMMAL* Brain: Good for emotions, helping one another.

- *HUMAN* Brain: Good for insight, cooperation, inventing stuff, leaps of intelligence.

The best part: *FRONTAL LOBES (happiness, creativity)*



We have a LIZARD, a MONKEY, and an ANGEL living inside our heads all the time.



Our brain constantly grows and develops. Which ever part we nurture, we will grow.

- Under stress, there are three instinctive responses:

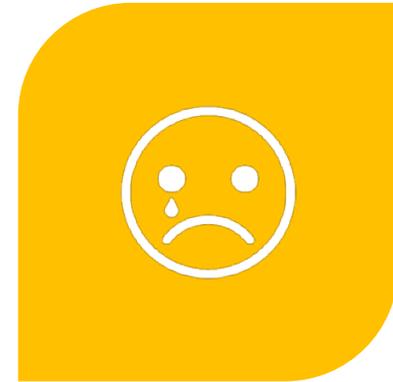
- - FIGHT
- -FLIGHT
- -FREEZE



FIGHT: EMOTION OF
ANGER



FLIGHT: EMOTION OF
FEAR



FREEZE: EMOTION OF
DEPRESSION



JOY AND LOVE CENTERS OF THE
BRAIN; HIGH-SPEED PROBLEM
SOLVING.



FRONTAL LOBES: INSIGHT AND
CREATIVITY, POSITIVE COOPERATIVE
RELATIONSHIPS.



BUT IF THE LIZARD OR MONKEY BRAIN
ARE DOMINANT, THE ANGEL BRAIN
STANDS BACK.

Something bad happens. You feel unhappy. That is natural.

Now as you acknowledge it feels bad, ask yourself, **How is this also good?**

Let your mind find something good about it. Ponder the good in the bad.

Reframing

It is good because it teaches me something.

It is good because I can use it somewhere else or for something else.

It is good because it will change in time into a good thing.

Typical Ways to Reframe

Think of a problem.

Now begin to wonder how it might also be good?

Jot down two or three ways that problem may also be good.

- Notice how your feelings change.
- Try to enhance the good feelings.



Quiet the brain: Focus clearly on the feelings of breathing and on your heartbeat.



Recall a positive emotion:

A happy time, appreciation of someone dear, being with a loved animal.



As you notice a more positive feeling coming into your brain, focus on that feeling and enjoy it.

Shift Up



Stop and notice your breathing.



Recall a happy feeling and enjoy and appreciate it.



Now ask yourself a useful question that would solve a problem.
Listen to the answer.

Use the Shift-Up Brain



Use the CES-D and track your mental health. Take it once a week.



Practice reframing and Shift Up every day. Try to practice Shift Up 5 - 10 times a day.



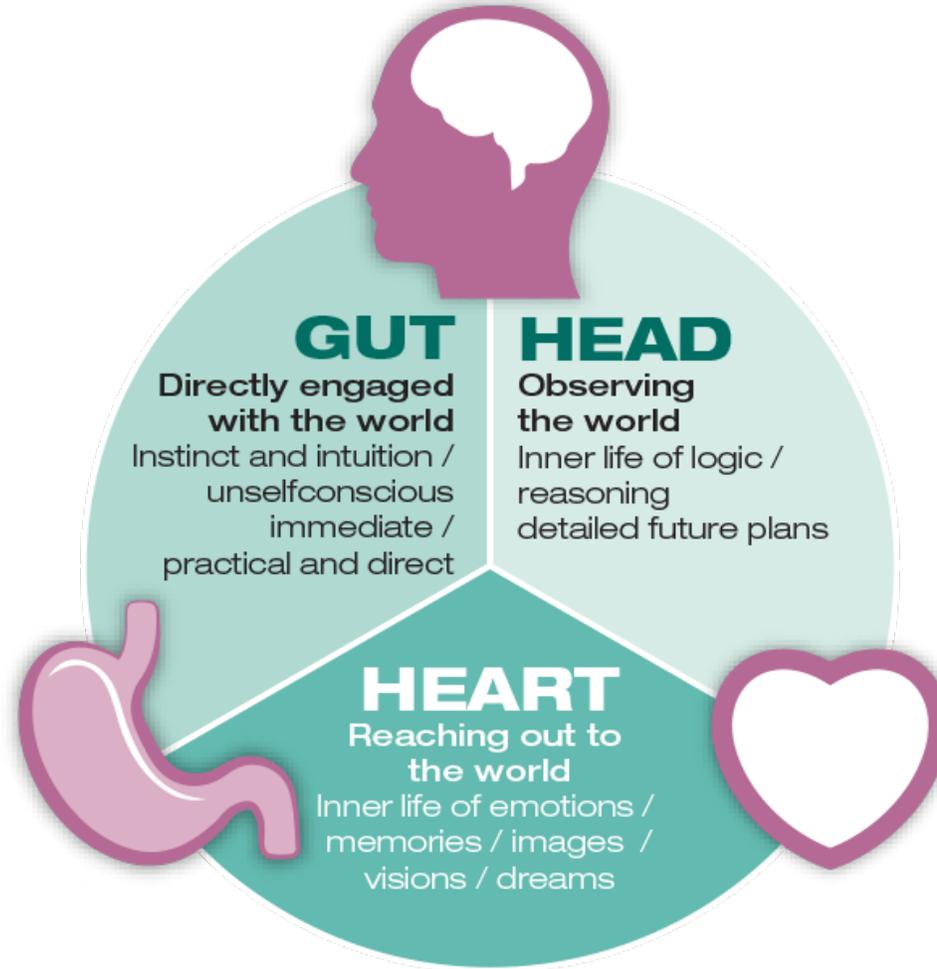
Write down things that make you happy.



Notice how your general level of happiness begins to increase.

Homework:

Your 3 “Brains”?



EXERCISE

NUTRITION

SOCIAL
NETWORKING

SLEEP

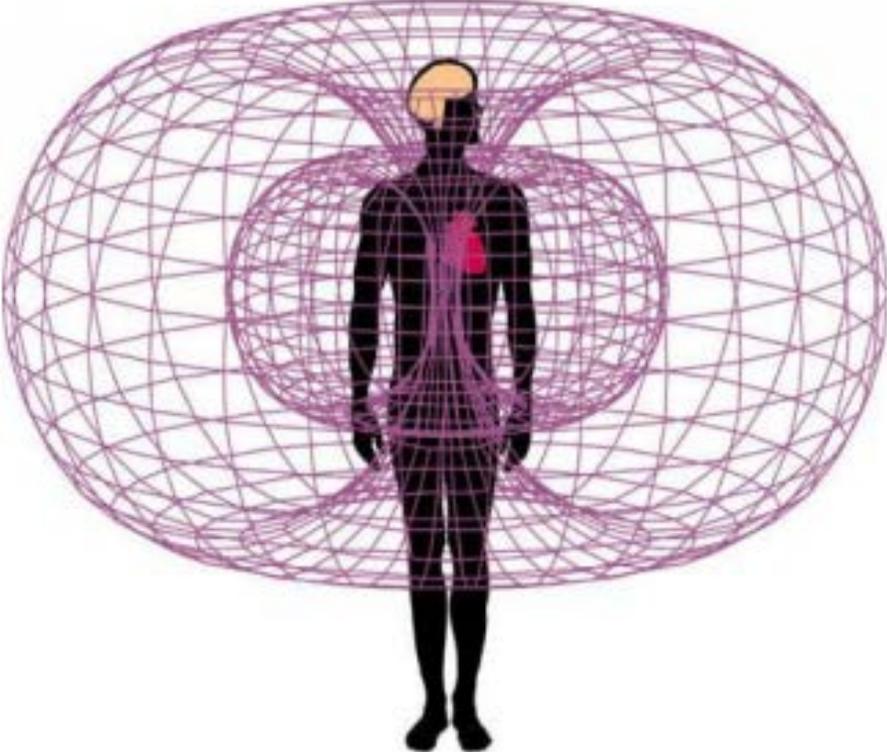
ADDICTION

SOCIAL
RESILIENCE

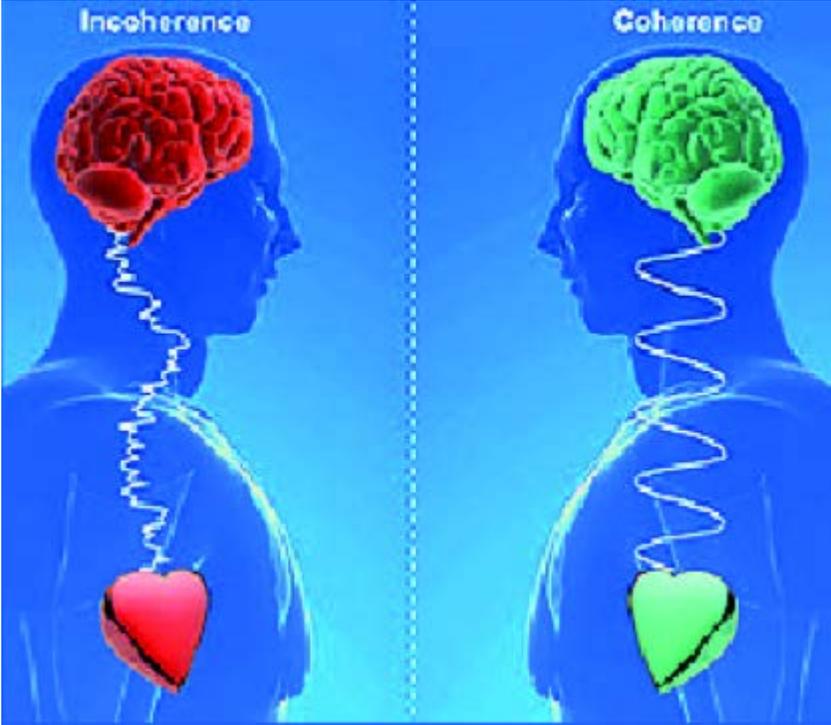
Our Heart Field Affects Our Social Environment



Our Heart Field Affects Our Social Environment



Copyright © Institute of HeartMath Research Center



Frustration

Appreciation



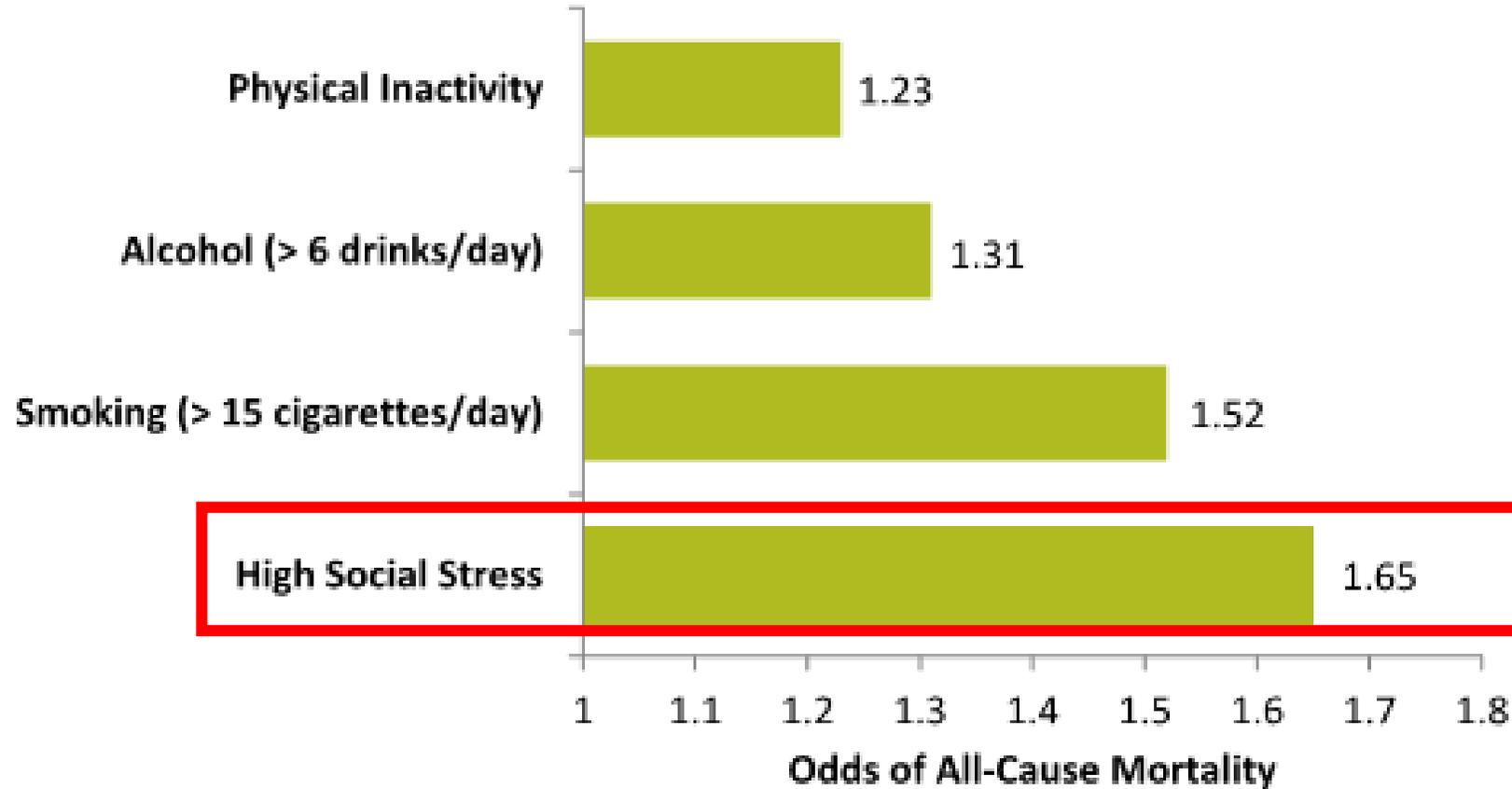
Pop Quiz



Of the 4 answers below which has the highest associated risk of dying if you have a chronic, long term illness (such as diabetes, kidney disease, heart disease, high blood pressure) ?

- A. Physical Inactivity/lack of exercise
- B. Drinking > 6 drinks/day
- C. Social Isolation/Loneliness
- D. Smoking > 15 cigarettes per day

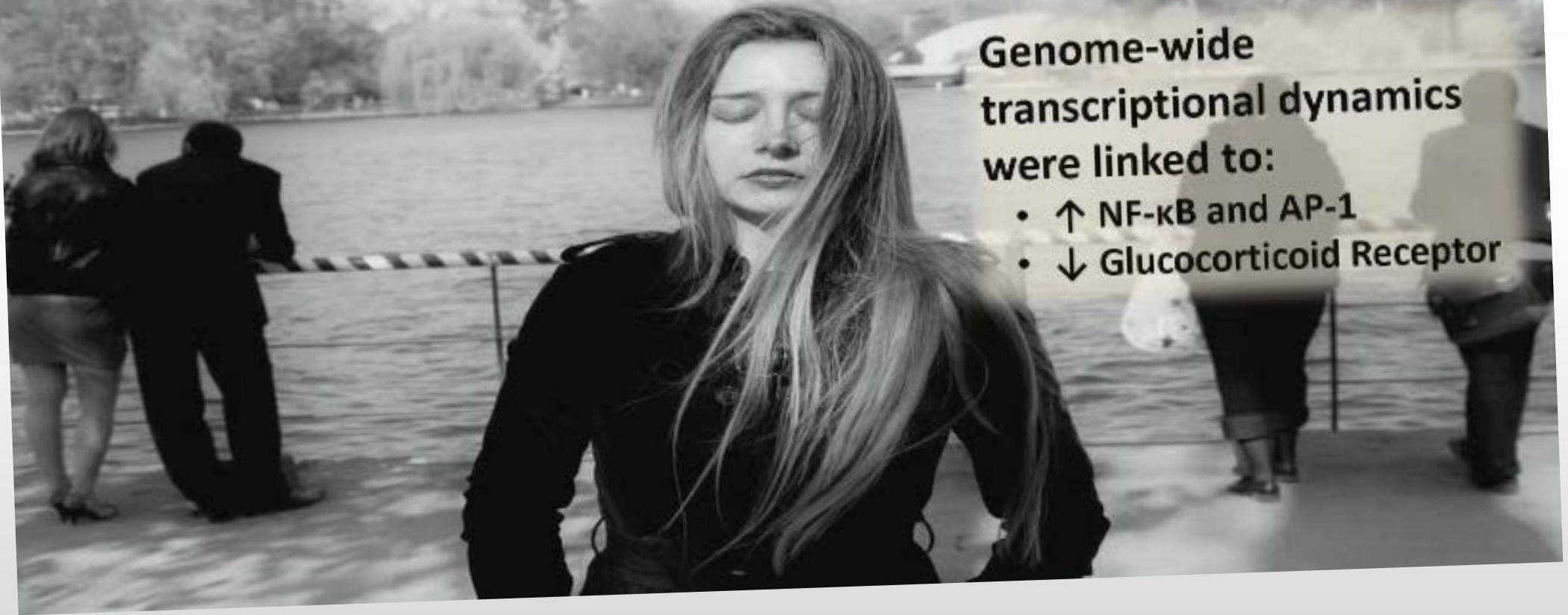
Risk for Chronic Disease-Related Mortality



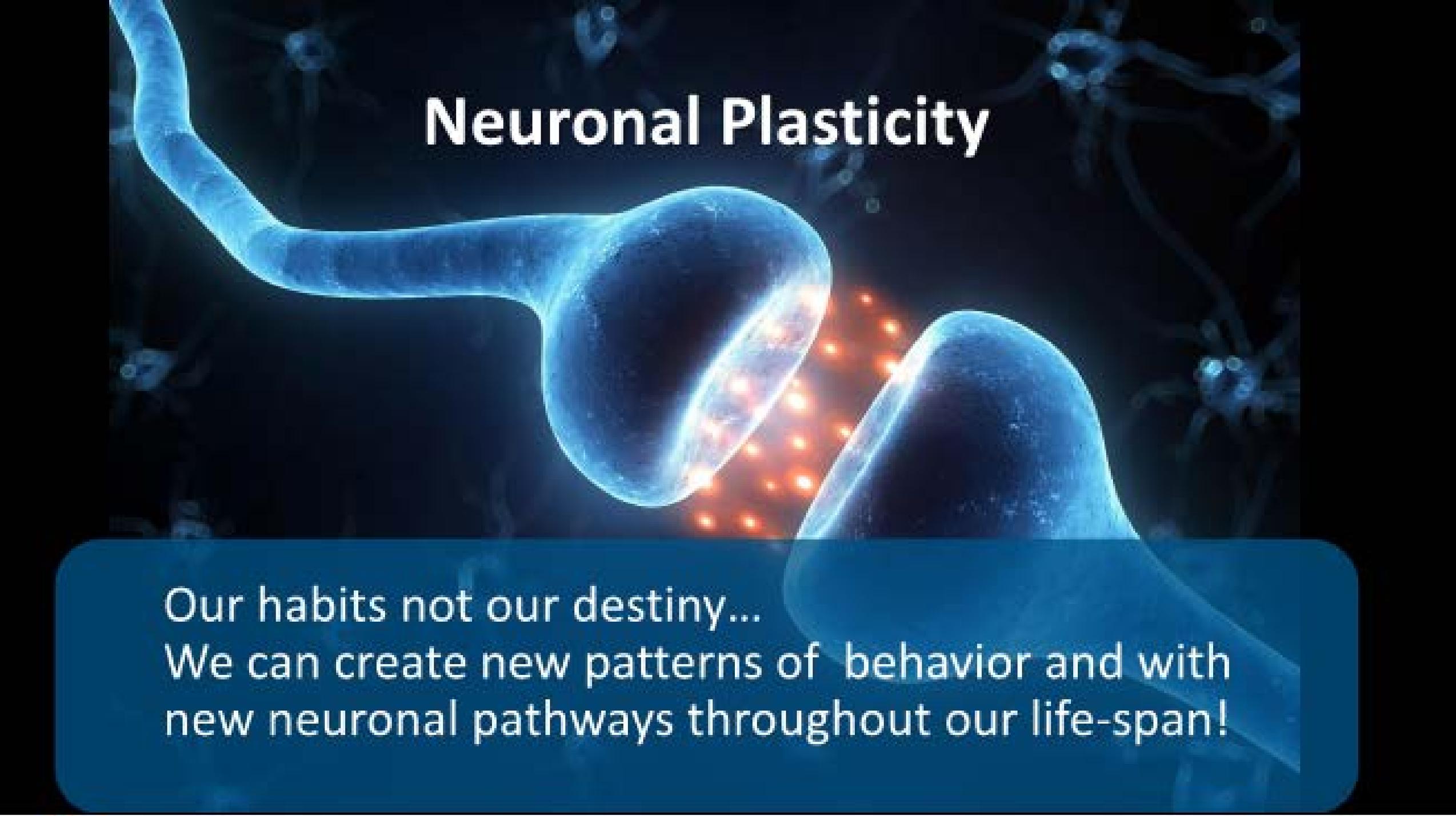
Social Isolation and Targeted Rejection Effect Transcription Towards A Pro-Inflammatory State

Genome-wide transcriptional dynamics were linked to:

- \uparrow NF- κ B and AP-1
- \downarrow Glucocorticoid Receptor

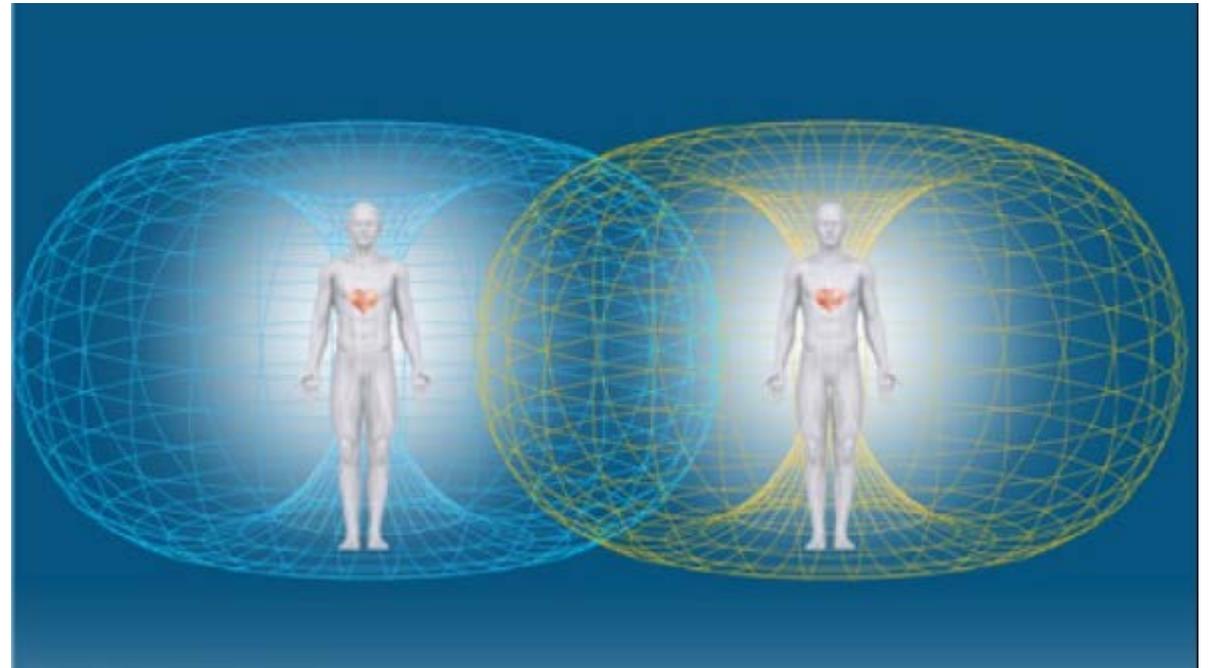


Neuronal Plasticity

A stylized illustration of a neuron with a glowing synapse, set against a background of other neurons and glowing particles. The neuron is depicted in shades of blue and white, with a bright orange and red glow at the synapse. The background is dark with faint outlines of other neurons and glowing particles.

Our habits not our destiny...
We can create new patterns of behavior and with
new neuronal pathways throughout our life-span!

Friends & Family



Meditation Offers a Number of Benefits



RCT: Meditation 12 min/day for 8 weeks in dementia caregivers
↓ **68 NF-κB-associated pro-inflammatory genes¹**

WLCT: 8-week mindfulness-based stress reduction program in healthy older adults (ages 55-85)
↓ **143 NF-κB-associated pro-inflammatory genes²**



1. Black DS, Cole S, Irwin MR, et al. Yogic meditation reverses NF-κB and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial. *Psychoneuroendocrinology*. 2013;38(3):348-355. doi:10.1016/j.psyneuen.2012.06.011.
2. Creswell JD, Irwin MR, Burklund LJ, et al. Mindfulness-Based Stress Reduction Training Reduces Loneliness and Pro-Inflammatory Gene Expression in Older Adults: A Small Randomized Controlled Trial. *Brain, behavior, and immunity*. 2012;26(7):1095-1101. doi:10.1016/j.bbi.2012.07.006.

Our Inner Dialogue





Anticipating Joy

Happiness Hormones Increase

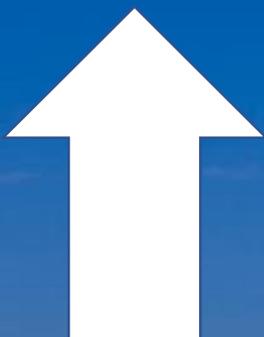
Beta Endorphins increased 27%

HGH increased 87%

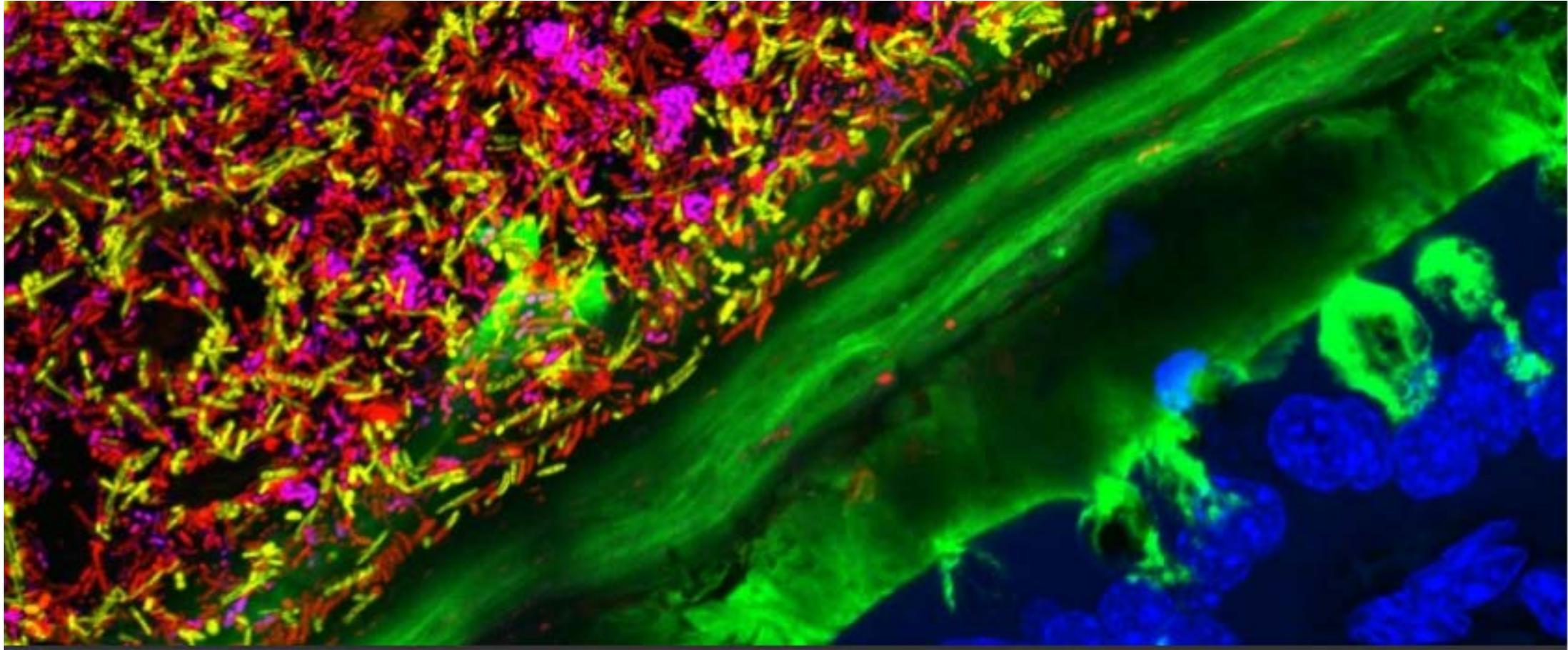
Stress Hormones Decrease

Cortisol reduced by 39%

Epinephrine reduced by 70%



Abstract Art?

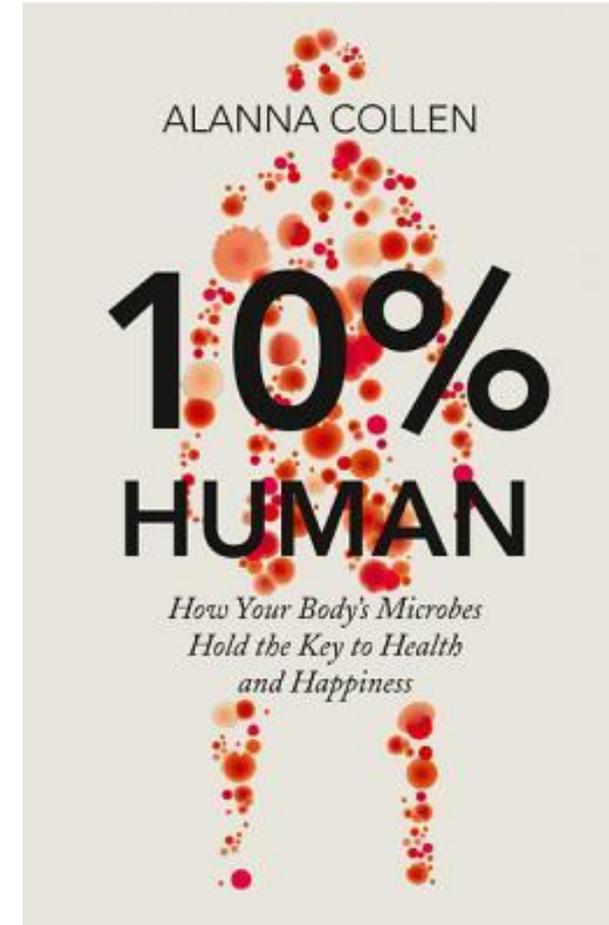


The Microbiome – what is it?

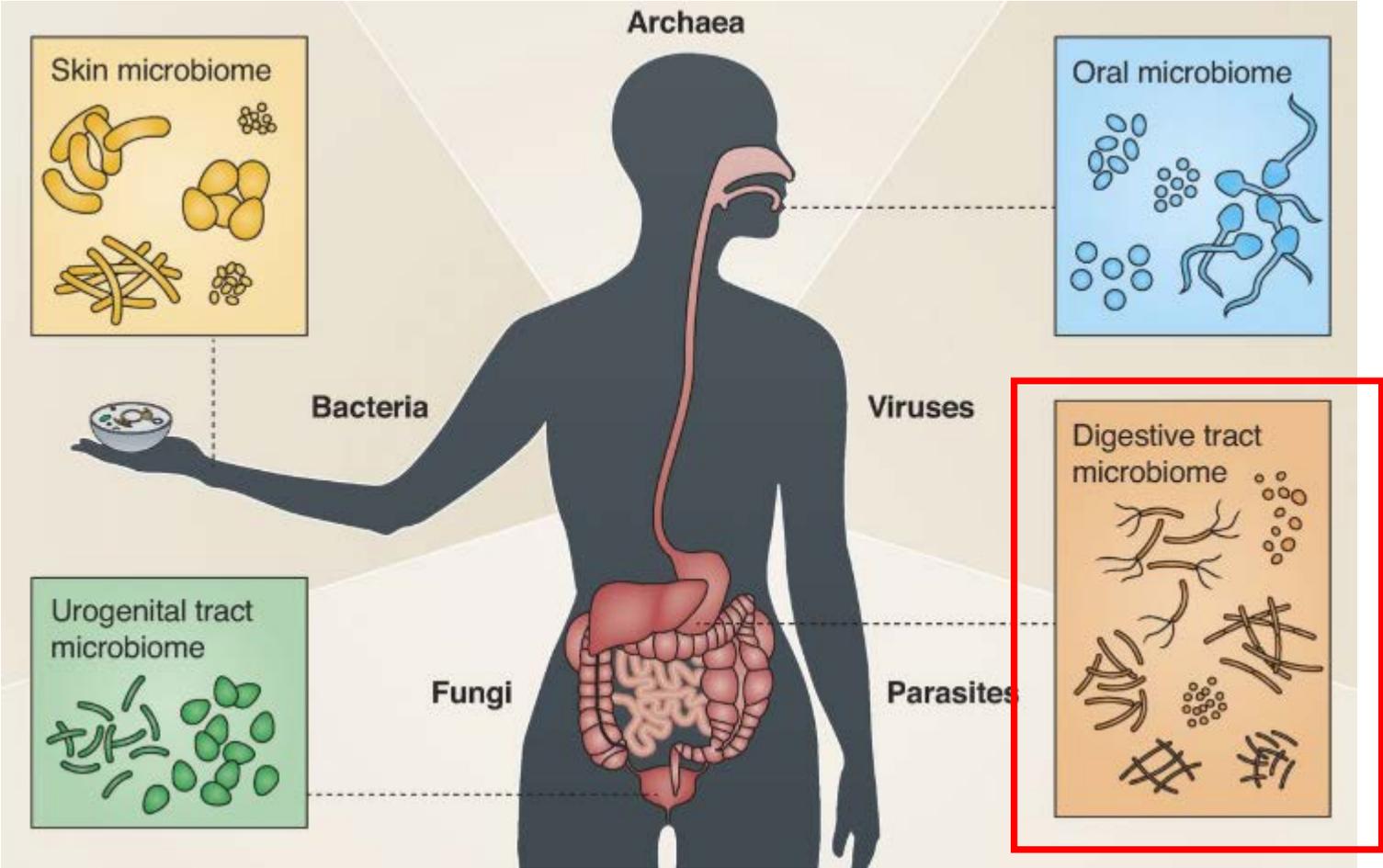


90% Microbiota?

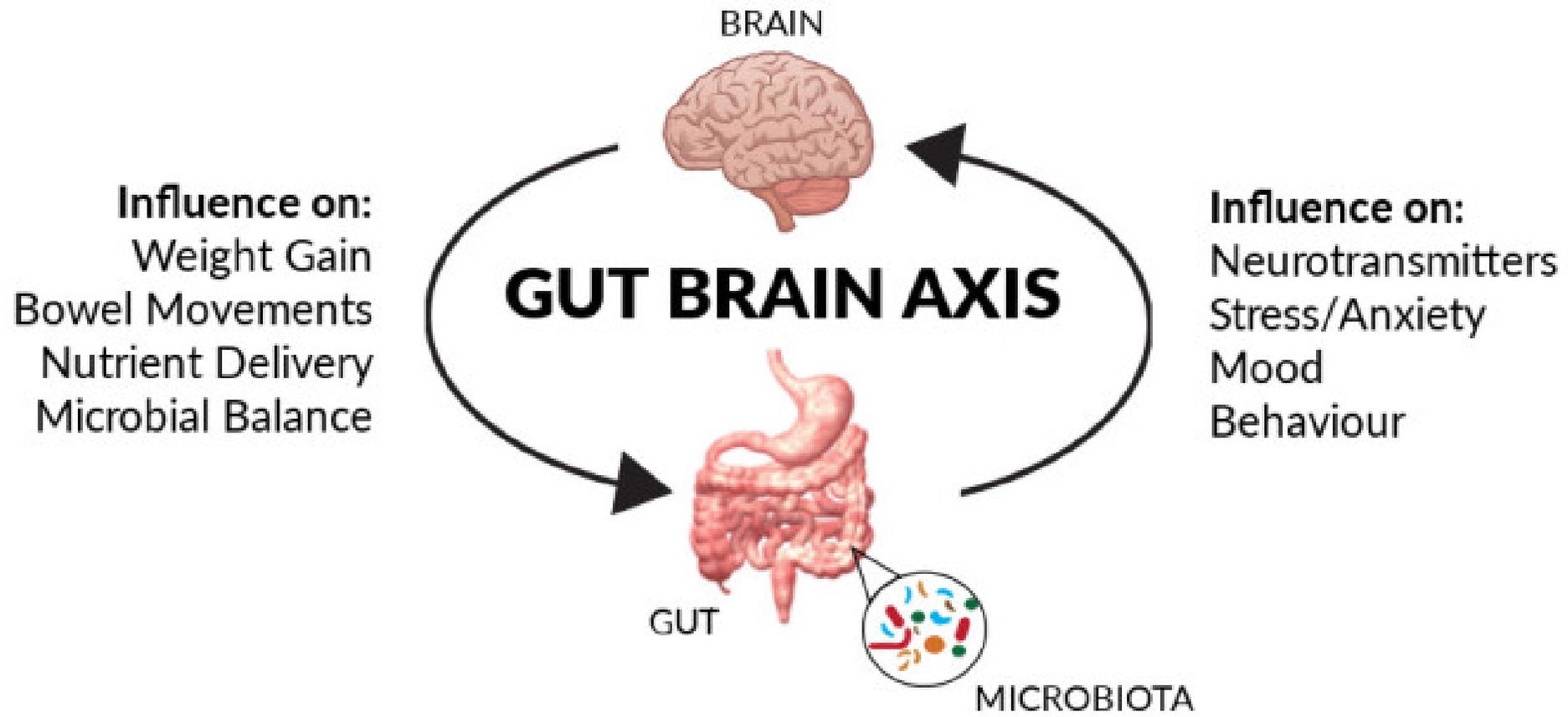
- We are host to up to 100 trillion microorganisms
- They make up about 2.2 lbs of your body weight
- Microbes out-number our human cells up to 10 times



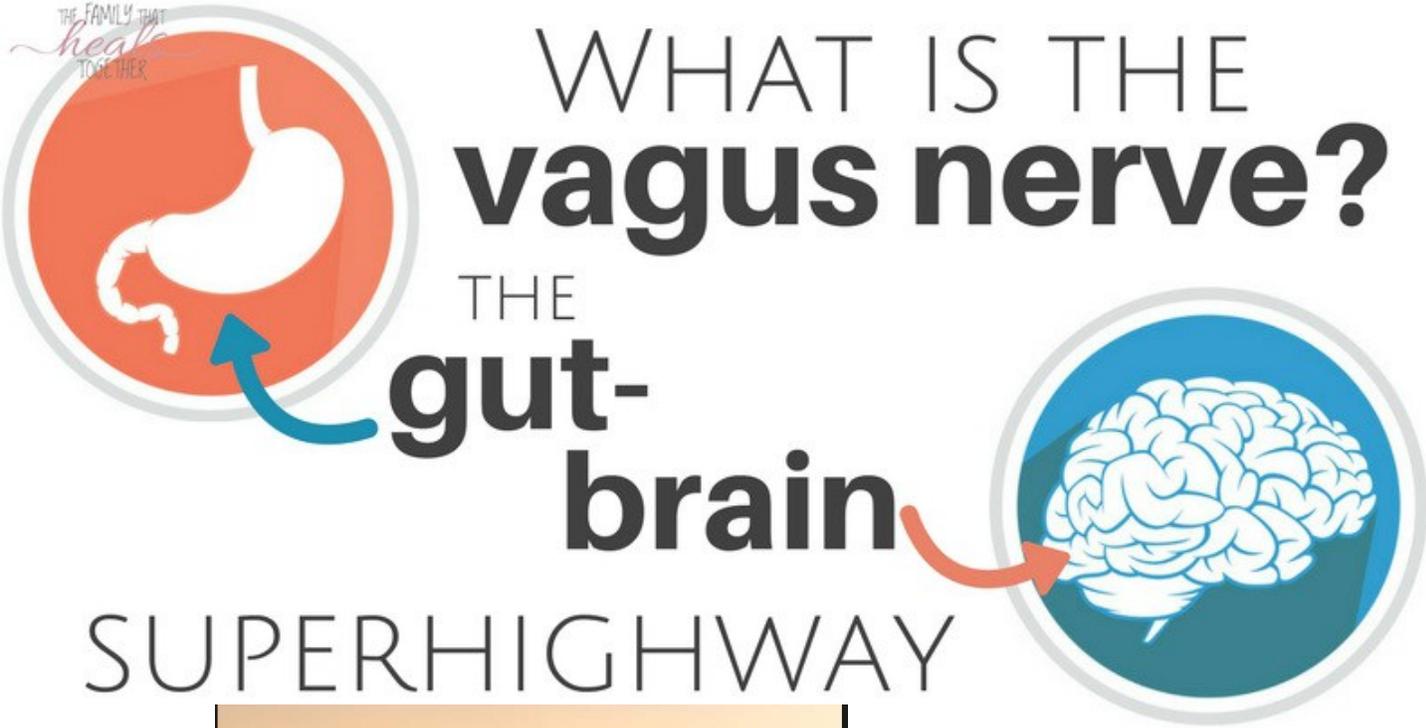
The Microbiome – what is it?



The Gut-Brain Axis – What is It?



The Gut-Brain Axis – SuperHighway



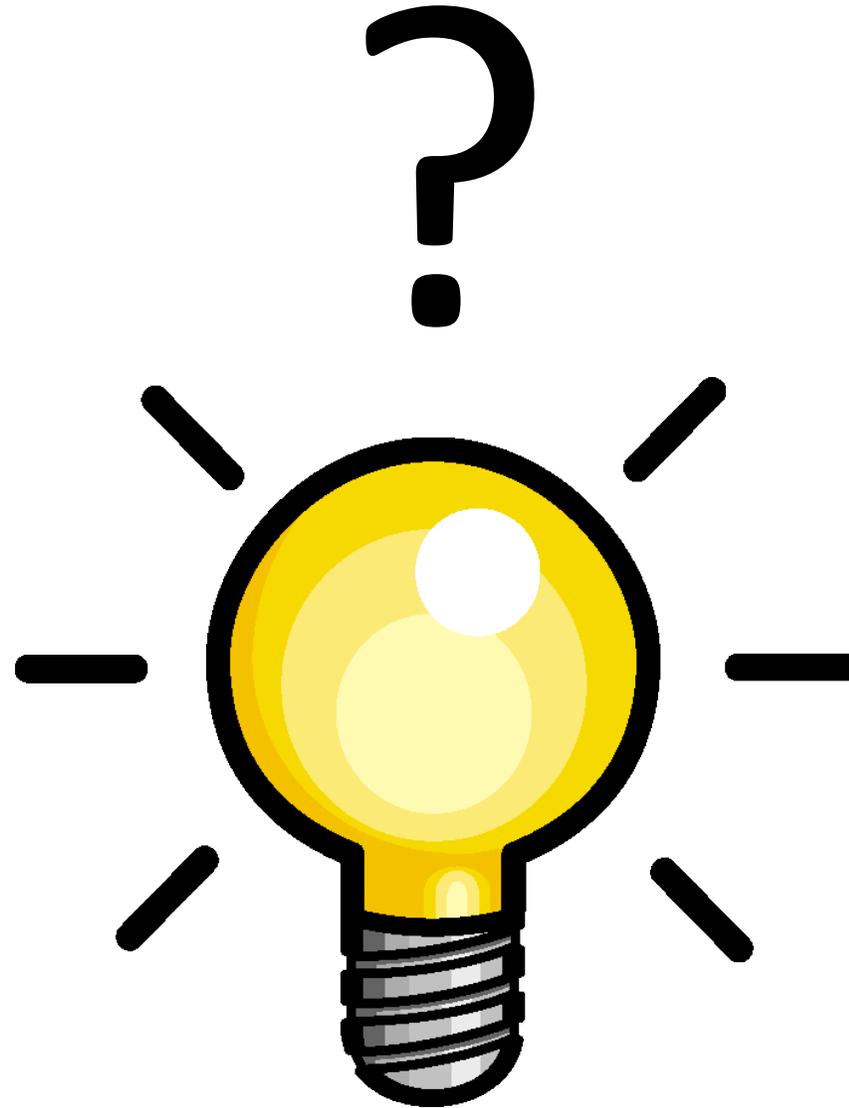
Can the gut Bacteria Explain Your Mood?



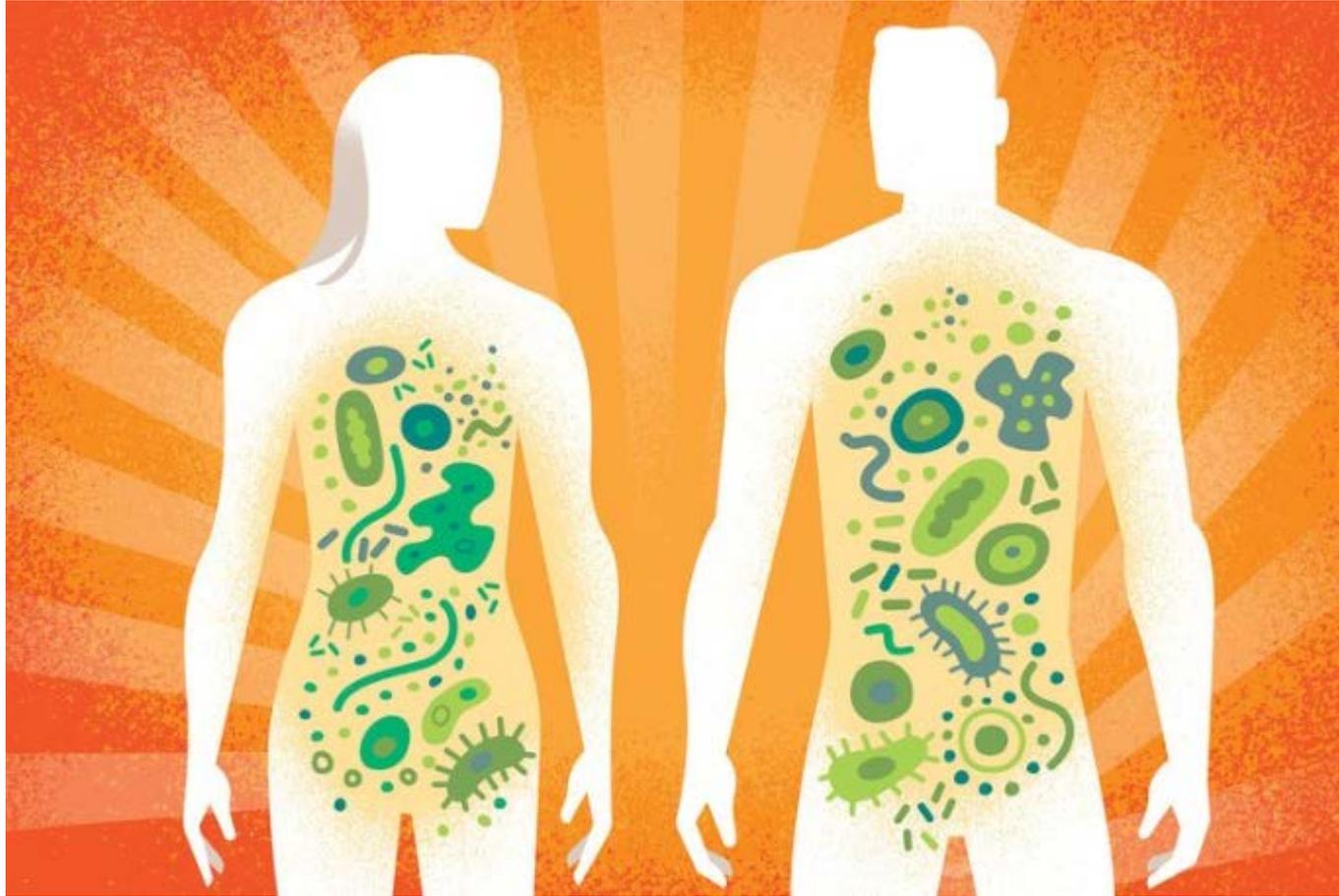
- The gut microbiome is essential in immune development and function and is thus a key determinant of human health.
- Evidence suggests that gut microbiota also influences mood and behavior.
 - Unhealthy diet is a correlate and risk factor for depression and dietary improvement prevents depression.
 - Modification of the gut microbiome by dietary and related strategies may have significant utility in preventing depression



What Can You Do?



Feed Your Microbiome Wisely!



Cut Out Processed Foods, White Sugar & Flour



Eliminate Soda!



How to be
Successful
with
**Weight
Loss**
by
Eliminating
SODA

MyRefreshedSoul.com

Even diet soda!

Super Charge with Whole Foods!



G-BOMBS

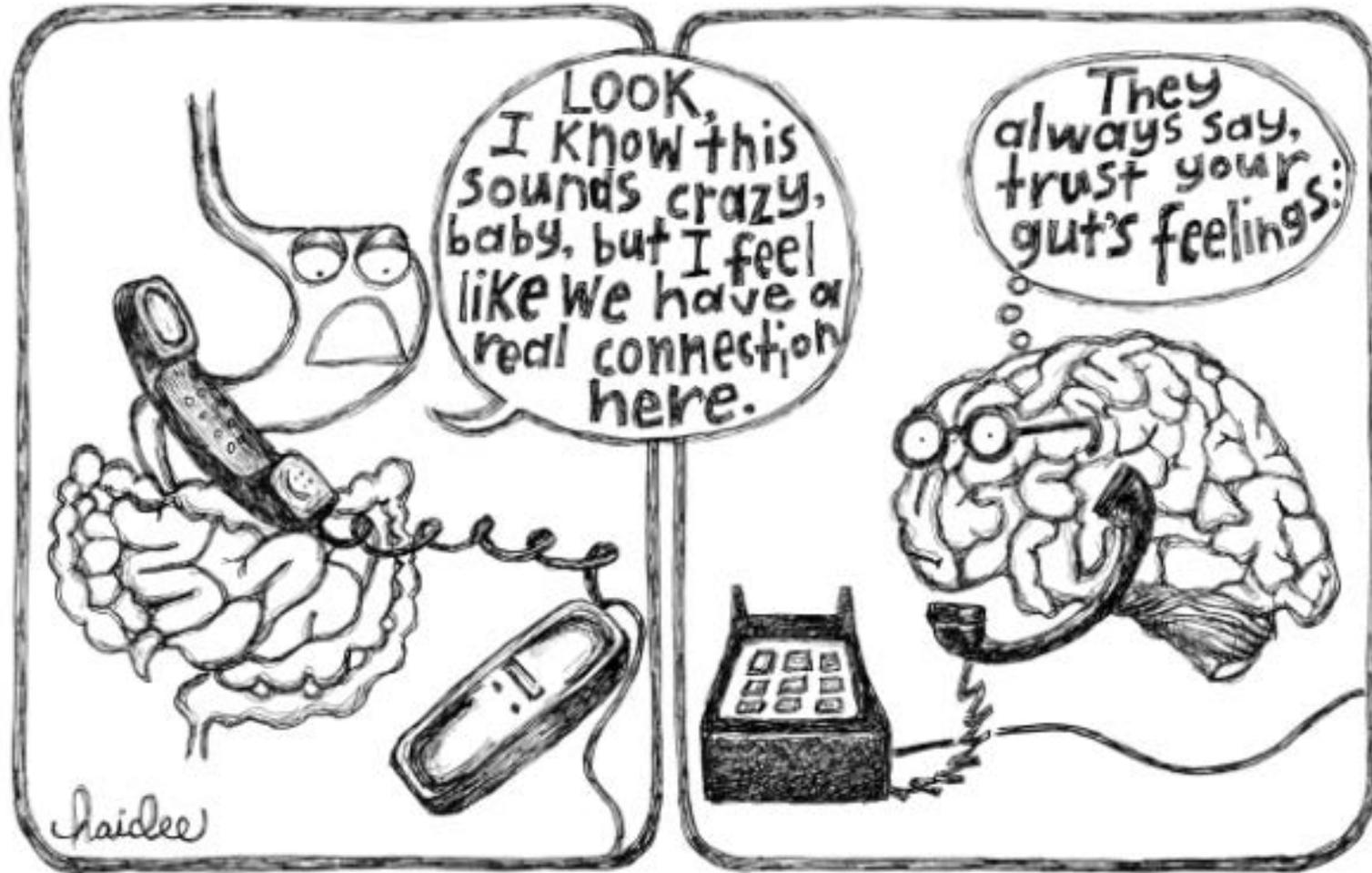
G-BOMBS is an acronym for the best anti-cancer, health-promoting foods on the planet. These are foods you should eat every day.

- G GREENS**
 - Leafy greens are the most nutrient-dense of all foods.
 - Cruciferous vegetables, such as kale, cabbage, and broccoli, have powerful anti-cancer compounds.
- B BEANS**
 - Beans and other legumes are a powerhouse of superior nutrition.
 - Beans act as an anti-diabetes and weight-loss food and provide significant protection against many types of cancer.
- O ONIONS**
 - The Allium family of vegetables includes onions, leeks, garlic, chives, shallots, and scallions.
 - They have benefits for the cardiovascular and immune systems, as well as anti-diabetic effects.
 - Onions also slow tumor development and induces cell death in colon cancer cells.
- M MUSHROOMS**
 - Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers.
 - We recommend only eating mushrooms cooked to avoid toxins.
- B BERRIES**
 - Blueberries, strawberries, and blackberries are true superfoods.
 - Their plentiful antioxidant content has both cardio-protective and anti-cancer effects.
- S SEEDS**
 - Seeds and nuts contain healthy fats and a rich in a spectrum of microelements.
 - Flaxseeds and sesame seeds contain lignans, which have anti-cancer effects.

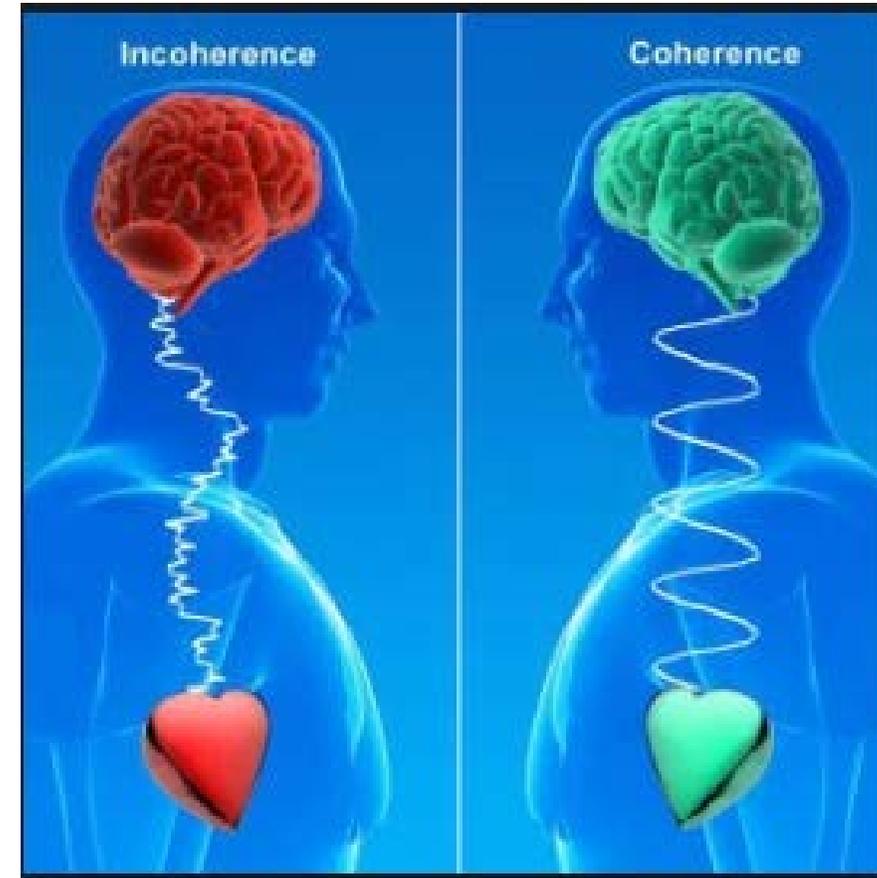
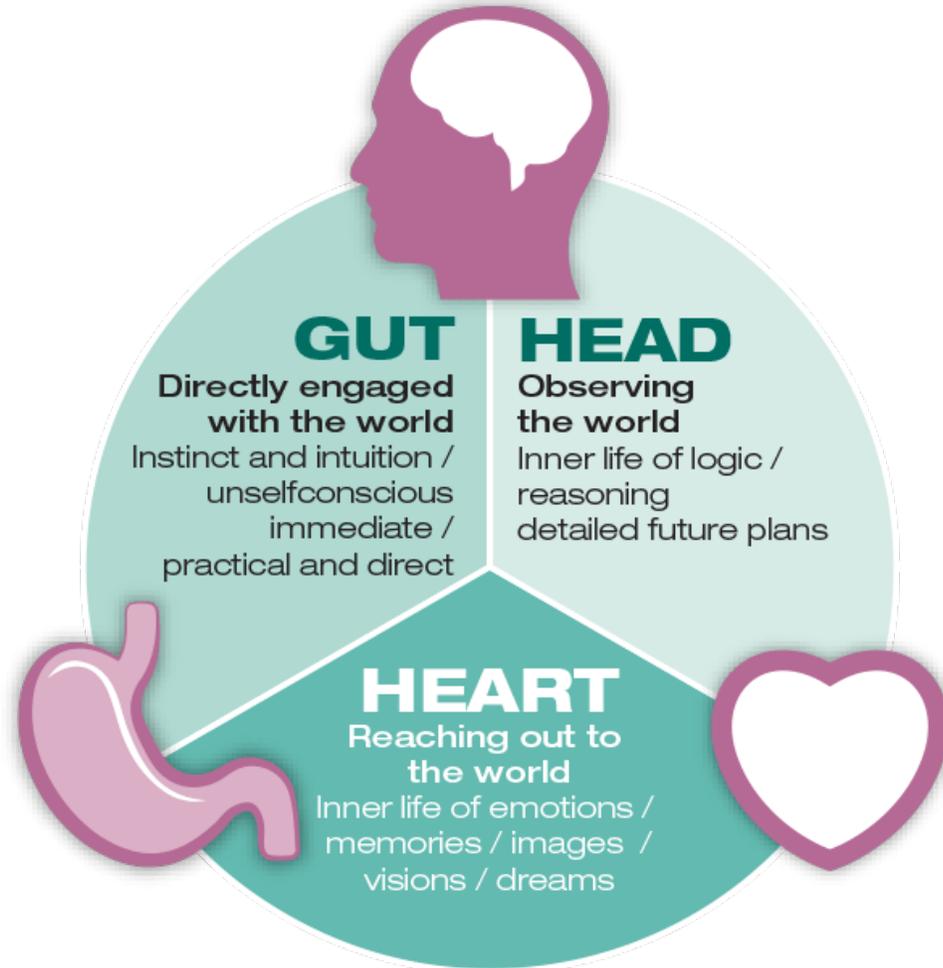
Source: Joel Fuhrman, MD



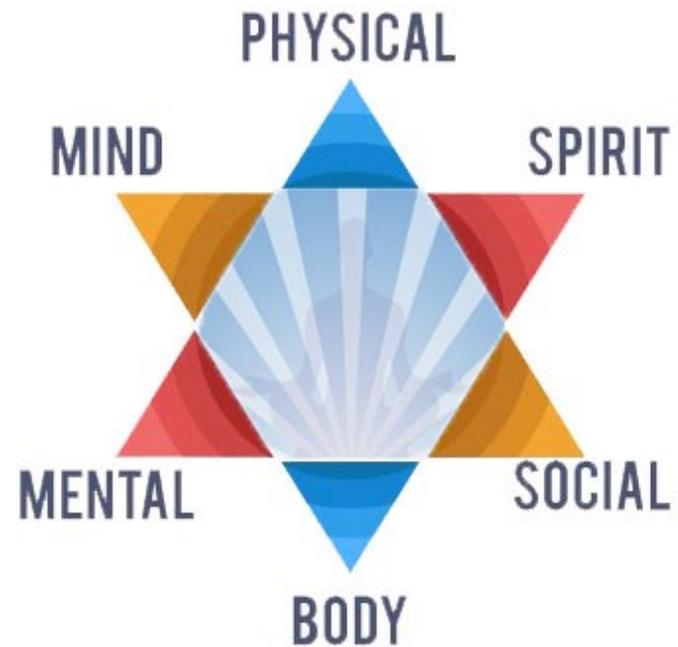
Be Kind to Your Mind...Remember Brain Health Begins in the Gut!



Your 3 “Brains” Become One Integrated System!



CONNECTED Health: THINK GLOBALLY ACT LOCALLY



Here is your Answer

I am a Geriatrician

Accessible 24/7 through
telephone, video chat or
face to face at home or
office

Will come to your facility,
apartment or home

Expert in reducing
medications(*Not a Pill for
every iLL*), memory
assessment and
management of multiple
conditions

Holistic approach to healing;
Educate YOU on Yoga,
Meditation, Food as
Medicine, Acupuncture,
Hypnotherapy, Exercise
classes

Evaluation by Naturopathy
doctor and discuss herbal
medications and alternative
approaches to improve
function and quality of life

- **Vision**

We can combine the best of evidence-based medicine and telehealth technology to manage older adult population health to improve patients' lives and reduce healthcare costs.

- **Mission**

Create and deliver simple and effective tools to manage multimorbidity and promote aging in place.

PRISM aims to improve access, increase patient engagement, and deliver the best possible outcomes to patients aging at home.

Technology to help Aging in Place



Remote patient monitoring



Medical apps to monitor your own health



Video chat to bring your family and friends during the visit: Keep them involved



Promote positive life style in Aging

Patient is the “CEO” of their own health care

```
graph TD; A["Patient is the 'CEO' of their own health care"] --> B["Patients and caregivers are as actively engaged in their health and health care as possible."]; B --> C["Health care professionals are highly effective at supporting and integrating patient contributions into practice."]; C --> D["Collaboration among patients, caregivers and health care professionals is fostered."]; D --> E["All have timely and unrestricted access to any and all patient medical information to ensure full partnership of patients and caregivers with professionals."];
```

Patients and caregivers are as actively engaged in their health and health care as possible.

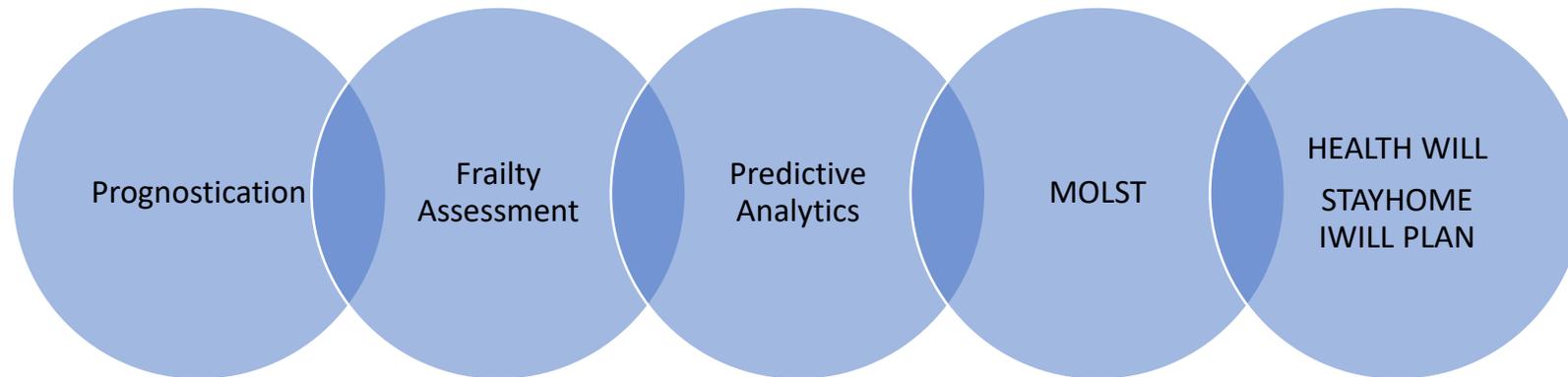
Health care professionals are highly effective at supporting and integrating patient contributions into practice.

Collaboration among patients, caregivers and health care professionals is fostered.

All have timely and unrestricted access to any and all patient medical information to ensure full partnership of patients and caregivers with professionals.

Palliative Medicine

- Palliative care key to chronic disease management to improve quality of life and reduce costs
- Evidence based tools to develop prognosis-based management of care: Add life to years



Despite losses and physical decline, older adults report feeling content and have less psychopathology than the remainder of the population. This is thought to be due to resilience: the successful adaptation to adversity.

Older adults should be encouraged to participate in activities that build resilience, like joining a social group, developing a family communication plan, starting a stress management program, exercising, and/or beginning a volunteer position, job, or new hobby.



Four Categories:

Mind-body medicine
Biologically based practices
Manipulative and body-based practices
Energy medicine



30% and 58% of older adults use complementary and alternative medicine and will rise



58% do not discuss these therapies with doctor



Only 35% was recorded in the patient chart

Supportive Medicine

Individual Behavioral Determinants of Health in Older Adults

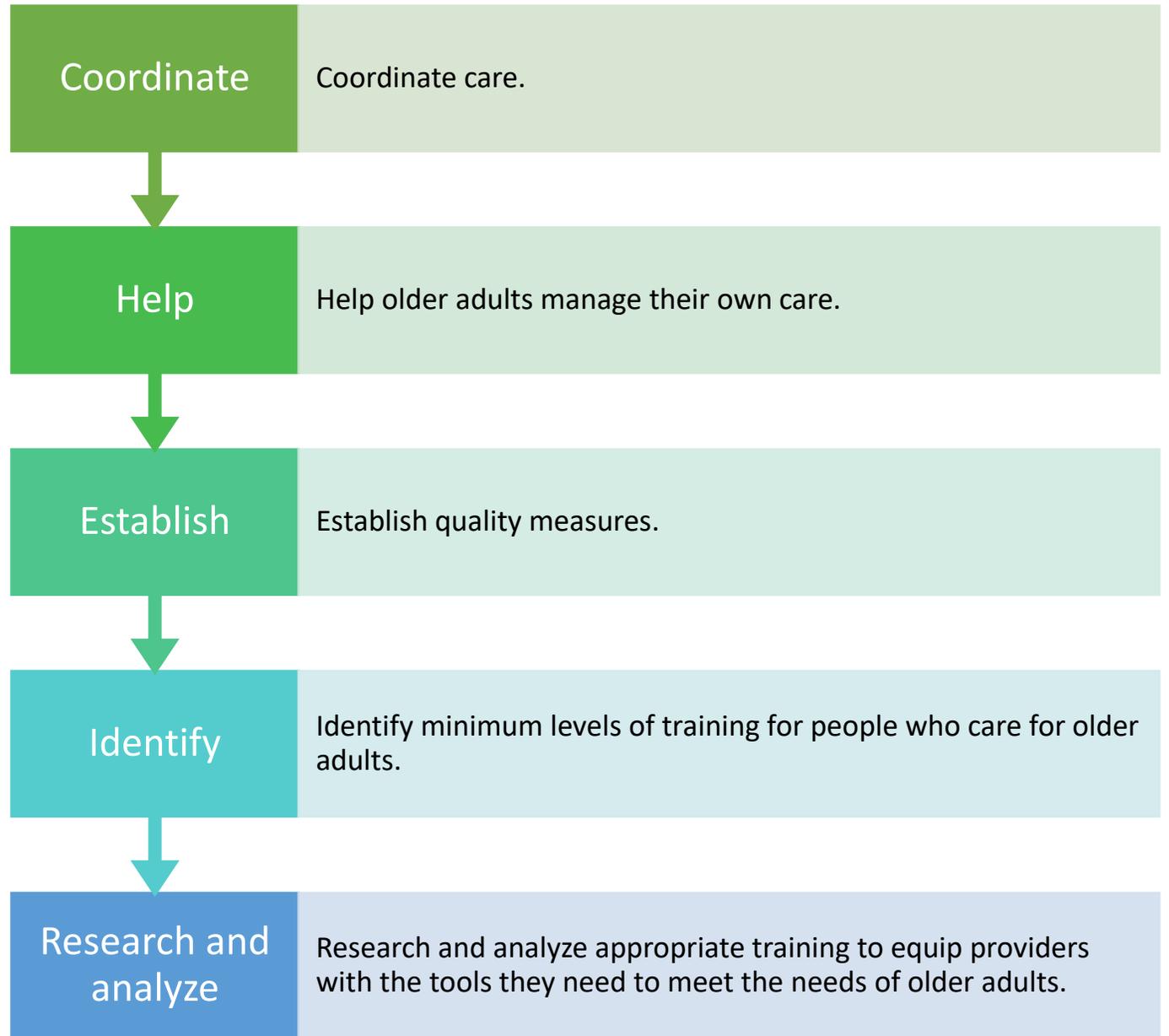
- Behaviors such as participation in physical activity, self-management of chronic diseases, or use of preventive health services can improve health outcomes.

Social Environment Determinants of Health in Older Adults

- Housing and transportation services affect the ability of older adults to access care. People from minority populations tend to be in poorer health and use health care less often than people from nonminority populations.

Health Services-Related Determinants of Health in Older Adults

- The quality of the health and social services available to older adults and their caregivers affects their ability to manage chronic conditions and long-term care needs effectively.



Enjoy Life: Healing with Happiness; How to harness positive moods to raise your energy, effectiveness and joy, by Lynn D. Johnson, 2008

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment , Martin Seligman, 2003