Whole Health for Mental Health
Day 1 Afternoon

- Thinking and Cognition, Part 1: Whole Health and Your Brain
- Thinking and Cognition, Part 2: Thinking Healthy Thoughts
- The Power of Hypnosis and Meditation
- Our Emotions, Part 1: Feelings Have Power
- Implementation, Part 1: Your Personal Mental Health Plan

6. Thinking and Cognition, Part I:
Whole Health and Your Brain

Whole Health for Mental Health

Let’s talk molecules

Image: compoundchem.com

“The complexity of the brain is much more than what we had ever imagined.” - N. Kasthuri, BUSoM
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Aspects of Mental Health

• **Thinking and Cognition**  
• Emotions  
• Behaviors and Choices  
• Peace and Ease  
• Vitality and Wholeness

...for there is nothing either good or bad, but thinking makes it so...

-Shakespeare, Hamlet

Cognition: Elements

*Acquiring knowledge and understanding via thought, experiences, and the senses*

Name some aspects of cognition...
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Cognition: Elements

Acquiring knowledge and understanding via thought, experiences, and the senses

1. Thinking
2. Reasoning
3. Judgment
4. Orientation
5. Decision-Making
6. Attention and Concentration
7. Memory

Our Amazing Brains

- 3 pounds, 60% fat, 75% water
- Consume 20% of our oxygen
- 20-25% of our blood (100,000 miles of vessels)
- 100 billion neurons, 100 trillion synapses
- Generate up to 23 watts of power when awake
- 1/10,000th of a second to respond (signals clock at 250 mph)
- Most of your brain works most of the time...

The complexity of the brain is much more than what we had ever imagined. – N. Kasthuri, BUSoM

Image: wallpaperaccess.com
Photo: The-Scientist.com
Golgi, Rivista Sperimantale, 1875
Boston University, Cell, 2015

Our Amazing Brains
Insight: Letting Your Mind Wander
- 185 writers and physicists
- Journaled about creative moments
- 1/5 of creative moments were when mind wandered
- Especially “aha” moments

How Can Thinking and Cognition Feature in Personal Health Plans?
- Mindful Awareness
- Insight
- Learning
- Creativity
- Focus
- Thought Patterns (Cognitive Distortions)

Insight and Your Brain
- fMRI: Medial right anterior superior temporal gyrus lights up with insight
- Different people have different activity here at baseline
- People stimulated here can solve puzzles faster
- Activity slows with depression
- Alcohol allows more insight, but less logic and analysis (!)
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Video: Your Brain’s Processing Power

The Explainer

All knowledge has its origins in our perceptions.

Tony has 2 questions:

1. My mother has memory problems. How can I prevent that for me?
2. I have been told I have adult ADHD. How can I focus better?
Tony: Memory

- His mother has a double copy of the apo-e4 gene
- Tony’s brother (10 years older) has trouble with his memory sometimes
- Tony is very worried about “losing his mind” and what can help prevent that

Memory

Other World records:
- 70,000 numbers in pi
- 273 binary digits (1 and 0) in 1 minute
- 1092 playing cards in 30 minutes
- 133 Historic Dates in 5 minutes

Memory Loss: Dementia

- 5% of Americans >65 and 45% >85 year olds have it
  - 10-25% of those >65 have mild cognitive impairment
  - 70-90% (5 million) have Alzheimer’s

*Multifaceted, personalized treatment approaches likely work best
**Dementia: Multiple Causes**

- Plaques and tangles
  - Plaques are beta-amyloid clusters that build between neurons
  - Tangles are strands of dead cells
  - CNS immune system activates to deal with both
- Mid-life markers of inflammation (like CRP) predict risk
  - Hormones
  - Genes
  - Loss of cholinergic neurons
  - Neurotransmitters
  - Vascular function

**Memory Loss: Interconnections**

- "Currently, no medications have proven effective for MCI; treatments and interventions should be aimed at reducing cardiovascular risk factors and prevention of stroke. Aerobic exercise, mental activity, and social engagement may help decrease risk of further cognitive decline."

**Memory: Food & Drink**

- Eat low glycemic foods
  - Alzheimers: 20-40% drop in brain glucose metabolism
- Nutrients
  - Bump up omega-3 intake
  - Keep B6 and B12 levels up (B1 and B3 too)
  - Low D3 is found in people with cognition problems
  - Maybe vitamin E matters (gamma tocopherol)
  - Too much copper (esp non-dietary)
  - Too little zinc
- Intermittent fasting
Memory: Intermittent Fasting

- Reduces inflammation
- Fasting leads to ketone bodies
  - Beta hydroxybutyrate is neuroprotective
  - They increase mitochondrial function
  - Should be done with close guidance
- Eat last meal of the day 3 hours before bed
- Medium chain triglycerides may help too
  - Don’t require glucose abstinence
  - E.g., 1-2 tbsp coconut oil
- Work with dietitians, as appropriate


Memory: The MIND Diet

(Mediterranean-DASH Intervention for Neurodegenerative Delay)

Add in (and # of servings)

- Whole grains (3/day)
- Green leafy veggies (6/week)
- Other veg (1/day)
- Nuts (5/week)
- Beans (3/week)
- Fish (1/week)
- Poultry (2/week)
- Berries (2/week)
- Alcohol/wine (1/day)
- Cook with olive oil

Limit (servings)

- Red meats and meat products (<4/week)
- Fast food and fried food (<1/week)
- Cheese (<1/week)
- Pastries and sweets (<5/week)
- Butter/margarine < 1 tbsp daily

Seems to work (so do the DASH and Medi Diets)


Memory: Recharge

- Regular sleep protects neurons
- Irregular sleep increases dementia risk
- Sleep apnea: CPAP slows decline in mini-mental scores
- Light therapy reduces aggression in AD

Memory: Family, Friends & Coworkers
Social engagement prevents neurodegeneration

- Get out at least weekly
- Good social capital
- Connection with animals
- Community events
- Sports
- Religious services


Memory: Power of the Mind

• Daily mental fitness work is also valuable
  – Crosswords, sudoku
  – Listening to music, singing, playing an instrument, museums, galleries
  – Lectures, classes books
• NOT passive mental activity
  – Keep TV <1 hour daily
• NOT brain training games (data limited)


Memory: Working Your Body

• Inactivity is a risk factor for cognitive decline and exercises is protective
  – Especially aerobic
  – Increases brain volume, including in hippocampus
  – Improves brain metabolism, memory, executive function, processing speed, blood flow
  – Increases antioxidant capacity, O2 uptake, and activity of neuroprotective genes

**Memory: Working Your Body**

- **Yoga**
  - Pilot study: Improved memory, neural connectivity in various memory centers
  - Daily practice for 1 month and weekly after that improved recall
  - For AD patients, improved mood and agitation, but not cognition

- **Tai chi**
  - Increased brain volume
  - Decreased risk of cognitive decline

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**Movement Moment**

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**Memory: Other Options**

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Memory: Other Options
- Education counts!
- Hobbies
- Talents
- Creativity
- Maintain sense of self (scrapbooks, memories)
- Watch toxins (Lead, Mercury, Pesticides, Aluminum, EMFs)
- Animal-assisted therapy
- "Socially Assistive Robots"
- Spirituality and religion slow decline

Memory: Professional Care
- Meditation increases cerebral blood flow
- Heart rate variability biofeedback may help
- Safety
  - Driving
  - Falls
  - Appliances
- Caregiver support
- Address other health problems:
  - Thyroid
  - Sleep apnea
  - Vascular disease
- Watch meds:
  - PPIs
  - Cholinergics

Supplements
- Omega-3’s enhance cognition, but don’t help dementia
- Gamma tocopherol (vitamin E)
- Pomegranate helps mice
- Huperzine, from club moss, inhibits Acetylcholine. Promise in small trials
- Phosphatidylserine, Bacopa, Turmeric, Rhodiola, Enzogenol, Choline, and N-Acetylcysteine show promise
- Ginkgo – not supported

Safety
- Driving
- Falls
- Appliances

Address other health problems:
- Thyroid
- Sleep apnea
- Vascular disease

Memory: Dietary Supplements
- Omega 3’s seem to enhance cognition
  - But 2014 review: not for adults without dementia
- May be best to get a variety of polyphenols and antioxidants
  - E.g., pomegranate juice
    - Mice performed better with it vs sugar water
    - Older adults, 8 oz a day for a month, did too
    - Resveratrol shows promise with memory
- Vitamin E gamma (not alpha) helps some, better with vitamin C
**Memory: Dietary Supplements**

- Huperzine A, from club moss, has reversible Ach inhibition effects
  - Promise in small trials – effects on iron and NMDA receptors
- Ginkgo – 2009 meta-analysis not supportive
- Bacopa, turmeric, rhodiola, enzogenol, choline and others are showing promise
- Phosphatidylycerine may help
- NAC bumps cystine levels, increases glutathione activity, and may help in TBI

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**Shifting Gears: Tony and Attention**

- Diagnosed with ADHD when he was 8
- Continues to struggle with focus, but told before he enlisted that “adults don’t get ADHD”
- Wonders about taking a stimulant, but was told this is not ideal given all his other issues and meds

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**Discussion**

What is your experience working with ADHD in adults?
An Attention Pop Quiz

True or False?

1. Our brains do well at multitasking.
   • Our brains are sequential processors
     – Autonomic system (Parietal cortex)
     – Reflective system (Prefrontal cortex)
   • People who do a lot of things well are good at shifting from sequence to sequence
   • Adds 50% more time to do more than one thing at a time
   False

2. We can improve our ability to pay attention.
   • This is the purpose of activities that cultivate mindful awareness.
   • Brain activity changes even in novices
   • fMRI found changes with meditation in attention-related task performance
   True

3. People who are most likely to multitask are best at it.

4. Driving while on a cell phone is even more dangerous than drunk driving.

Photo: Dribbble.com, Art by Mat Chase

Graphic: adobestock.com

• This is the purpose of activities that cultivate mindful awareness.
• Brain activity changes even in novices
• fMRI found changes with meditation in attention-related task performance

### An Attention Pop Quiz

**True or False?**

1. Our brains are designed for multitasking.
2. We can improve our ability to pay attention.
3. People who are most likely to multitask are best at it.
4. Driving while on a cell phone is even more dangerous than drunk driving.

**3. People who are most likely to multitask are best at it.**

- A 2013 University of Utah study found that people who said they were best at driving and using their phone were the worst at it
  - We don’t self-assess well
  - The worst self-assessors thought they were best


### An Attention Pop Quiz

**True or False?**

- UK’s Transport Research Lab, 2002
  - Cell phones (and hands-free) are worse
    - 30% slower reactions than people above legal alcohol limit
    - 50% slower than sober non-phone users


### Adult ADHD: A “Real” Disease

- DSM V lists as a neurodevelopmental disorder
- Challenges bringing attention to one place
  - Parietal area and temporal areas don’t function normally
- 95% recall onset by age 12
- 23 of those who had it as kids continue to have impairment
- Adult and child diagnoses don’t clearly overlap
- 20% of parents of kids with it have it themselves

ADHD: Background

- 2.5% of adults in general, as many as 20% of mental health outpatients
- Many associated risks
  - Double the risk of death
  - Suicide (impulsivity)
  - Insomnia (43-80%) – meds contribute
  - 80% have at least one other mental health disorder
    - Depression, anxiety, substance use (double risk), etc.
  - College less likely, employment a challenge

Putting it All Together

What are you thinking might be useful for Tony?

Adult ADHD: Other Self-Care Circles

- Cognitive training
- Common sense stress management
- Meditation
- Exercise (esp. cerebellar function) helps
- Smaller groups, low coach-learner ratios
- Higher risk of injuries — use caution
- Environmental cues
- Minimal screen time

- Strengths-based communication
- Avoid isolation
- Improving sleep may help focus, watch stimulant effects
- Anti-inflammatory eating
  - Omega-3's are helpful
  - Nutrient (the) deficiencies common in kids
  - Hydration
  - Caffeine may help
  - Elimination diets, exp food colors, sweeteners, preservatives, caffeine

Adult ADHD: Professional Care

- CBT has good data
- Meditation training
- Cognitive and self-management training
- Massage seems to favorably influence neurotransmitters
- House calls
- Hospice and home care plans
- Case management
- Prevent prenatal exposure - not tobacco, EtOH
- Limit TV and pesticide exposure
- Supplements: Probiotics, Caffeine-containing, Melatonin, Pycnogenol?, Not SJW

Data for acupuncture limited


Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well."

Mahatma Gandhi

Thank You!

Any Questions?
7. Thinking and Cognition, Part II: Thinking Healthy Thoughts

Mindful Awareness: Noticing Thinking

- Metacognition: Being aware of what it is you are aware of
- That is, when your mind notices itself

SOLaR and TIES Passport, Page 59

- Thoughts
- Images
- Emotions
- Sensations
- ...anything else?
Mindful Awareness Experience

Cognitive Distortions: Irrational Beliefs and thoughts we reinforce (unknowingly) over time

How many can you name?

Cognitive Distortions/ Unhelpful Thinking Patterns

Some Examples

Whole Health for Mental Health
Day 1 Afternoon
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Time to “Brainstorm”

Name some of the psychotherapies you know best

Psychotherapy Definitions:
- “The treatment of mental disorders by psychological rather than medical means.”
- “…research-based techniques to help people develop more effective habits. It is a collaborative treatment based on the relationship between an individual and a psychologist. (APA)"
- “…a way to help people with a broad variety of mental illnesses and emotional difficulties. Both patient and therapist need to be actively involved…” (other APA)

Psychotherapies: Examples

- Depression
  - Acceptance and Commitment Therapy
  - Cognitive Behavioral Therapy (CBT)
  - Interpersonal Psychotherapy for Depression
- PTSD
  - Cognitive Processing Therapy
  - Prolonged Exposure Therapy
- Serious Mental Illness
  - Social Skills Training
- Behavioral Health
  - CBT-I
  - CBT-Chronic Pain
- Substance Use Disorders
  - CBT for SUD
  - Motivational Enhancement Therapy
- Treatment Engagement: MI
- Family Services
  - Behavioral Family Therapy
  - Integrative Behavioral Couples Therapy
  - Cognitive Behavioral Conjoint Therapy for PTSD

Examples: Passport, pages 206-9

Tony: Thought Disorders

- His Aunt Sarah has been in and out of institutions with psychotic episodes over the years
- Tony is troubled by a number of invasive thoughts, particularly around his sexuality
What might a Whole Health approach to schizophrenia look like?

The Schizophrenia Spectrum

- Lifetime prevalence 1%
  - 8% if you count subclinical psychotic experiences
- Hallucinations, negative sx, cognitive dysfunction
- 36% of people with schizophrenia respond poorly to medication

Schizophrenia: Potential Causes

- A polygenic condition
  - MHC, other receptors
- Single nucleotide polymorphisms
- Neurotransmission
  - Dopamine and glutamate and 30+ others
- Inflammation and autoimmunity
  - IL-1β, IL-6, glutathione
- Endocrine dysfunction
  - Corticosteroids, glucocorticoids, ACTH
- Metabolic problems
  - Insulin, ghrelin, melanocortin
- White matter changes
**Neuro-inflammation?**

- Microglia are usually in a “ramified” state
- They are injured or signaled to activate
- Release pro-inflammatory cytokines
  - IL-6 levels are up in their bloodstream
  - Benefit from NSAIDs
- Likely from omega-3’s
- Many, but not all studies indicate this occurs

*Trepanier et al. Mol Psychiatry, 2016;21:1009-26*

**Schizophrenia Spectrum and Comorbidities**

In the general population
- 20 years shorter life expectancy
- Suicide (5% prevalence) 20 times the risk
- CVD 1.5 times the risk
- Tobacco use (60%) Over twice average
- Obesity 2 times the risk
- Diabetes 2-5 times higher risk
- Insomnia 50-80% (versus 30%)


**Schizophrenia Spectrum and Comorbidities**

Older adults with schizophrenia compared to other older adults:
- Heart failure 45 vs 38%
- COPD 52 vs 41%
- Hypothyroidism 36 vs 27%
- Dementia 64 vs 32%
- But LESS cancer 31 vs 43%

**Schizophrenia: Working Your Body**

- Activity is beneficial overall
  - Better CV fitness, less sedentary
  - Clinical symptoms, quality of life, global functioning, and depressive symptoms
  - And cognitive benefits
    - Neurogenesis from brain-derived neurotrophic factor?
- Mindful movement (tai chi and yoga) show potential, but few studies

---

**Schizophrenia: Power of the Mind**

- Mindfulness interventions for psychosis (Mips)
  - ACT
  - MBCT
  - MBSR
  - Compassion-Focused Therapy
- 10 studies, 624 participants
- Significant small to moderate benefit for psychotic and depressive sx
- Mindfulness worked better than ACT

---

**Schizophrenia: Food & Drink**

- 2019 meta-analysis, n=832
- Antioxidants, inositol ad minerals NOT more effective than placebo
- Moderate benefit for B vitamins (pooled data)
  - Best given early
  - Higher doses better
  - More B vitamins at once better
  - Correcting folate and homocysteine issues?

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**Schizophrenia: Other Self-Care Circles**
- Yoga – not so much
- Exposure to infections (e.g., toxoplasmosis)
- Group programs
- Avoid isolation
- Improving sleep may help with other symptoms
- Anti-inflammatory eating
- Omega-3’s
- Vitamin deficiencies?
- Microbiome?

**Schizophrenia: Professional Care**
- CBT (CBT-P)
- Meditation
- Art therapy
- Music therapy
- Chinese medicine in general: not clear
- Acupuncture: promising, but not much data
- House calls
- Hospice and home care plans
- Case management
- Supplements: B vitamins
  - Maybe saffron

**Address other health problems/comorbidities:**
- Thyroid
- Sleep apnea

36% of people with schizophrenia respond poorly to meds

No meds: 12 fold increase in risk of all-cause death, 37 fold increase in death by suicide

**Discussion**

What would you do for Tony?
Thank You!

Any Questions?

Take a Break!

8. The Power of Hypnosis and Meditation
Whole Health for Mental Health
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We are going to cover 2 of the 4 mind-body approaches featured on List One.

What do you know about hypnotherapy?

- Efficacy
- Harms
- Costs
- Opinions
Clinical Hypnosis - Highlights

- Used for centuries
- Invokes a state of concentration and focus (trance)
- Not like stage hypnosis!
- Patient always in control
- Uses imagery, symbols, and suggestions
- Changes thoughts, perceptions, feelings, behaviors
- Sessions can be recorded and repeated

Clinical Hypnosis - Uses

- Stress
- Depression
- Pain (perception)
- Trauma
- Sleep issues
- Allergies, asthma
- Labor
- Skin problems
- Gut issues (e.g., IBS)
- Weight problems
- Sexual problems

Group Discussion: How Does Hypnotherapy Fit in?
How about meditation?

We all have it... the natural capacity to pay attention with curiosity and openness.

Attention comes and goes...

We also have the capacity for mindlessness, inattention, or going on autopilot.

Semantics

• What are the differences between:
  – Mindful awareness
  – Meditation
  – Mindfulness

...?
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Mind-Body: Meditation

- There are many types with different goals
- Different ways to find different states of consciousness
- Can help rest the mind
- Can help us learn more about ourselves
- Not a “religion” per se

Examples of Benefits:
- Less anxiety
- Peace of mind
- Better coping with pain
- Handle stress better
- Know yourself better

Many types.
Mantram, mindful awareness, loving kindness, gratitude, RAIN.

Studying Meditation

Meditation Research

What research findings have you seen?

Passport, Chapter 4
A Call for More Rigorous Research

- Clearer definitions – what is being studied?
- Stricter study methods
- Being clear on what we really know
- Clinical relevance

An Early Study: Promega

- Two groups
  - Mean age 36
  - 25 in meditation group (took 8-week MBSR course)
  - 16 in wait-list control group took course later

- Groups’ brain electrical activity was different
  - Meditators had more activity of the left prefrontal cortex
  - Less activity of the right prefrontal cortex

LEFT Prefrontal Cortex Activated

People have MORE

- Vigor
- Optimism
- Enthusiasm
- Buoyancy

- Meditators also have a better response (antibody titer) to the flu vaccine
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RIGHT Prefrontal Cortex Less Active

People have LESS
• Anger
• Fear
• Anxiety
• Depression

Mindful Awareness and Physiology

• Increases gamma wave oscillations on EEG
• Lengthens time in a relaxed state
• Activates brain attention center
• Lowers chronic inflammation
• Lowers stress hormones
• Stabilizes CD4+ counts in HIV
• Enhances natural killer cell function
• Alters interleukin levels

Mindful Awareness and Telomeres

• Longer telomeres = longer life and less chronic illness
• Review of 4 studies
  – 190 people
  – Each had a different approaches to mindfulness meditation (MM)
  1. Qigong
  2. Mindful eating
  3. Loving-kindness
  4. Yogic meditation
  – Subject meditation time ranged from 11-560 hours
  – Telomeres were longer in the pooled meditation groups


http://wholehealth.wisc.edu/overviews/mindful-awareness/

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QUERI Evidence Map for Mindfulness
81 systematic reviews thru Jan 2015
• Y axis = size of the literature
• X axis = efficacy
• Size of circle = number of reviews
• Color = type of mindfulness studied:
  1. Green = mix
  2. Pink = MBCT
  3. Purple = MBCT
  4. Blue = combo of both
  5. Yellow = “unique interventions”


Research Highlights:
Healthy Individuals
• Reduces
  – Stress and anxiety
  – Depression, rumination
  – Anger and distress
• Enhances
  – Quality of life
  – Emotional intelligence, creativity
  – Concentration
• And (per another study)
  – Enhances spirituality and values
  – Increases empathy
  – Fosters self-compassion


Research Highlights:
Specific Health Issues
Remember, meditation is not merely a ‘therapy,’ but it has shown benefit with some conditions
• Especially responsive/related to mental health:
  – Chronic stress
  – Depression
  – Somatization
  – Anxiety disorder
  – Psychosis
  – Substance use
  – Binge eating
  – Insomnia

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**QUERI Evidence Map**
81 systematic reviews thru Jan 2015
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  3. Purple = MBCT
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  5. Yellow = “unique interventions”


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Mindful Awareness Experience

Welcome back! How was that?
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Take a Brief Break!

9. Our Emotions, Part 1: Feelings Have Power

Whole Health for Mental Health

Aspects of Mental Health

- Thinking and Cognition
- **Emotions**
- Behaviors and Choices
- Peace and Ease
- Vitality and Wholeness

_The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart._

-Helen Keller
Work with a partner.
Take a few minutes to answer these questions:

1. What makes you happy?
2. Why?
3. How do you know you are happy?

Emotions: What are they?

- Emotions: Judgments about the extent your current situation meets your goals
- Emotions: Perceptions of your physiology

Paul Eckman’s 6 Basic Emotions

- Happiness
- Sadness
- Anger
- Surprise
- Disgust
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Plutchik: Wheel of Emotions

Some emotions, like “Love” are thought to be combinations or variations on core emotions...

Kragel: Mapping Emotions in the Brain

Graphic [Link to Wikipedia page on Robert Plutchik]

[Link to Kragel et al., Trends Cog Neurosci, 2018, 206(1):444-55]
The Body-Emotion Link: Feelings

Back to Happiness: Definitions

- Includes multiple dimensions
  - Positive emotion
  - Engagement
  - Meaning
- Different people have different ‘set points’
- Depends on internal and external factors (how much varies with each of us)
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What Influences Our Happiness?

- Different mediators play a role
  - Relationships
  - Individual factors
  - Social determinants (government, wealth)
  - Culture
  - Interventions and practices

Back to Happiness: Variance

- Physiology, subjective descriptions can be similar
- Cultural perspectives are not
  - Americans: It is always positive. Involves pleasure or enjoyment
    - Younger Americans: Excitement
    - Older Americans: Peace
  - East Asian, Middle Eastern: Disruptive, not always good
  - Ancient Greece & China (Germans, Russians, Norwegians, Japanese): Favorable external factors and luck (happy circumstance)
  - Varies with religious tradition too

WHY TRYING TO BE HAPPY ALL THE TIME COULD BE DANGEROUS

It’s important to allow yourself to feel a range of emotions.
Are Negative Emotions Pathological?

Inside Out
https://www.youtube.com/watch?v=QT6FdhKriB8

Emotional Well-Being: Why?

- Impact on overall health
  - Optimism
  - Hostility
  - Comorbidities
    - Mortality
    - CVD
    - Inflammation
    - E.g., Takatsubo’s

What you get
Googling “Happy”

Reversible Cardiomyopathy with Emotional Stress

- 19 people with LV dysfunction post emotional stress
- Average ejection fraction = 20%
- Prolonged Q-T
- ↑ Monocyte infiltration
- ↑ Troponin I (moderate)
- ↑ Catecholamines
- 95% had normal arteries

Laughter is Good for the Heart

- 150 people were given humorous manuscripts.
- Those with heart disease were 45% less likely to laugh.
- Those who did laugh were less likely to have heart disease and had less hostility.

Whole Health for Mental Health
Day 1 Afternoon

Hostility: The CARDIA Study

- 374 people, 18-30 years old
- Hostility index at baseline
- CT scans of carotids in 10 years later
- Greater than median hostility = twice the risk of coronary calcifications
- ...and 9 times the risk of those below the mean hostility score

Hostility: The PRIME Study

- 6953 men
- Hostility significantly linked to mortality
- Standardized Hazard ratio for CVD mortality 1.33
- Standardized ratio for all-cause mortality: 1.14
  - Adjusted for demographic, psychological, behavior risk factors

On the Other Hand...

- Positive well being
  - Positive emotions
  - Optimism
  - Life satisfaction
- Benefits
  - Reduces CVD risk by 35%
  - Reduces CVD incidence by 20-30%
  - Better immune, endocrine, and CV function
  - Also tied to healthier health behaviors diet, activity, smoking, adherence
Grief

- More than emotion
- Varies among individuals
- Veterans learn to go into survival mode; stoicism key
- Types of grief
  - Typical
  - Complicated (7%)
  - Anticipatory
  - Disenfranchised

Grief: PLISSIT – A Stepped Approach

1. Permission
   - Opportunity to share, to express
2. Limited Information
   - Educating about the nature of grief helps
3. Specific Suggestions
   - A Personal Health Plan with grief as the focus
4. Intensive Therapy
   - More in-depth approaches
   - Specialist care

Emotions and Heart Rhythm
Emotions and the Circle of Health

Professional Care: There are MANY potential ways for Veterans to receive support with emotional challenges.

Self-Care: All the circles are linked to our emotions in different ways.

Mindful Awareness: There are practices to cultivate healthy emotions.

ME: Experiences of emotions differ from person to person.

Can you think of examples?

Mindful Awareness:
Working With Emotions

- There are a variety of approaches
- Most involve “turning toward” an emotion
- RAIN, by Sharon Salzberg, is one example

Negative emotions like hatred destroy your peace of mind. - Matthieu Ricard

RAIN

Access a feeling
- Recognize
- Acknowledge
- Investigate
- Non-Identify
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**RAIN**

*What did you notice?*

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**Movement Break!**

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10. Implementation Part I: Your Personal Mental Health Plan

At some points today, we hope you have been thinking,

“Hey, I do a lot of that already!”
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Day 1 Afternoon

To Review: Whole Health Approach
8 Fundamental Elements

1. The Circle of Health
2. The Whole Health System
3. Care of the Caregiver
4. Therapeutic Presence
5. Whole Health Clinical Care
6. Whole Person Care
7. Building on Current Programs
8. Prevention

Care of the Care-Giver

We start out ready to heal the world!

And Then We Face Challenges...
Burnout Indicators

Burnout effects half of physicians, and even more nurses.

Key indicators of burnout include:
1. Emotional exhaustion
2. Depersonalization & decreased empathy
3. Lack of personal accomplishment

What Leads to Burnout?

**Institutional**
1. Lack of control over office processes
2. Lack of control over schedule
3. Excessive paperwork
4. Difficult and complicated patients
5. Not enough time in the day; not enough for self care

**Individual**
6. Lack of coping skills for stress
7. Personal bad habits (smoking, drug use)
8. Not enough time in the day
9. Regret over chosen career
10. Perfectionism*

*Perfectionism, and other traits, need not be a liability. And we can’t blame the victim!

Why Does it Matter?

Burnout’s Effects

• Relationship problems
  – Marital discord
  – Conflicts with colleagues
  – Poor patient relationships
• Accidents
• Poor decision making
• Less empathy
• Medical errors
• Poor communication
• Health problems
• Quitting, early retirement
Partner Exercise:
Someone You Don’t Know Well

What are your personal experiences with burnout and compassion fatigue?

What has proven helpful?

“Me” at the center is both you as an individual and the Veterans who you serve.

Resilience Can Be Trained!

1. Think flexibly
2. Have a positive attitude
3. Develop “active coping skills”
4. Fine-tune your moral compass
5. Have role models
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**Resilience Can Be Trained!**

- Face your fears
- Have strong social support
- Maintain physical well-being
- Train regularly (plan ahead)
- Recognize and foster your strengths

**Key Drivers of Burnout and Engagement**

Key Drivers of Burnout
- Exhaustion
- Cynicism
- Inefficacy

Key Drivers of Engagement
- Vigor
- Dedication
- Absorption

**Fundamentals: Therapeutic Presence**

So, what’s that?
Practitioner Effects


You can do a lot if you are energized...

Take care of yourself so you can truly take good care of others.

Engagement and Clinicians

On a scale of 1-10, how engaged do you feel with your work?
Think of the Most Engaged Healer You Know

Why them?

Engagement: Really our only option!

- We only see a given patient for a few hours a year, depending on our clinical role
- They don’t follow our recommendations very well
  - 50% for most meds, even lower for chronic condition meds
  - 30% for lifestyle changes, but better in a group

But how can we get them to follow through?

What approach is most effective to support behavior change?

- A. Fear
- B. Outrage and indignation
- C. Relationships – desire to be there for others (altruism)
- D. Focusing on what they value and want to do
- E. A clear understanding of the benefits
- F. Information/Education
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Which statement will get buy-in?

**Statement A**
“You have been in and out of detox 6 times in the last year. You aren’t following through with your appointments. You better stop drinking or you will die…”

**Statement B**
“How is your dog Buster? I know he gives you a reason to keep going. Where does he go when you are in the hospital? What do you say we talk about ways to stay out of the hospital so you can take care of Buster? What ideas do you have about that?”

But how can we get them to follow through?

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✓

But how can we get them to follow through?

Engagement: Our Most Powerful “Tool”

- Concept analysis of 722 articles on engagement
- Identified 4 key elements (PACT):
  1. Personalization (it’s individualized)
  2. Access (to things they need which help)
  3. Commitment (it matters to them – MAP)
  4. Therapeutic Alliance (good clinician connection)

Patient Engagement Research

- 2014 Review of 10 trials
  >3,000 participants
  - Multiple chronic diseases (DM, CAD, HTN, COPD, asthma, arthritis, etc.)
- Variety of interventions to enhance engagement
  (groups, in-person one-on-one, web-based, telephone visits)
- Improved clinical outcomes (A1c, lipids, BP, depression) and quality of life


Empathy: The Good Samaritan Study

- Group #1 Extra time
- Group #2 On time
- Group #3 Late


Expectations Have Power

- Blue: People know what is happening with morphine
- Red: They don’t – it is turned on or off secretly

See how much faster the blue one changes? When people knew about drug dose changes, they respond to it a lot faster!

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Journey to Whole Health Clinical Care

Whole Health Clinical Care

**Fundamentals**
- Enhanced Understanding and Skills
- Whole Health approach
- Communication and therapeutic relationships
- Clinician self-care
- Excellent clinical care in many forms
- Supported by Whole Health Courses and other training including MI, TEACH and RELATIONS

Fundamentals: The Whole Person

Physical
Life Story
Mind
Meaning and Purpose
Emotions
Relationships
Values
Culture

It's vital that care co-ordination is about the PERSON
Not the diagnosis
The whole 3 dimensional person
My condition

Photo credit: Jabi - El de verdad via Foter.com / CC BY-NC
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Journey to Whole Health Clinical Care

Map to the MAP
- The Game Changer!
- Discover what matters most to Veterans (MAP)
- Establish and document shared goals
- Create a plan that supports what matters
- Supported by
  - Pathway Programs, Whole Health coaching
  - Whole Health courses and FIT Consultations
  - Tools (e.g., PHI, HLA, note templates)
  - Disease-Based Self-Management and Education
  - Existing treatment planning processes

So...

How many of us are actively “Mapping to the MAP” in practice?

MAP = Mission, Aspiration, Purpose

Exploring the “MAP”
- Foundational to Whole Health
- Key step in the Personal Health Planning Process
- Gets you “buy in” right away
- Do this even when time is short
- People do better if care is centered on them
  - More likely to follow the plan
  - Trust their team more
  - Survive major events better
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**Explore the “MAP”: Examples of ?’s**

- To partner with you in your care, it would help if I really understand what is important to you in your life.
- What really matters to you in your life? What do you want your health for?
- What brings you a sense of joy and happiness?
- How does your current health impact what is most important to you?
- What is your vision of your best possible health?

**Explore the “MAP”: Your Turn**

- Take a moment to reflect on this
- Find a (new) partner. Decide who will ask questions first.
- Ask about Mission, Aspirations, and Purpose.
- Practice generous listening. OK to paraphrase or reflect back what they are saying.

**How did that go?**
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**Journey to Whole Health Clinical Care**

**Equip**
- Help equip Veterans to meet their goals and move toward MAP
  - Updated, evolving Personal Health Plan
  - Seamless communication across the team
  - Use of Well-Being Programs and CIH
  - Whole Health Coaching and SMAs including Community referrals, education programs
  - Clinicians equipped for self-care themselves

**Fundamentals: Personal Health Planning**

**Co-create a realistic, practical plan**
- Ask what really matters
- Gather info. (e.g., Personal Health Inventory)
- And it isn’t just about the plan...

**Ruler #1: Importance**
- On a scale of 0 to 10, with 0 being not at all important and 10 being the most important it could be, how important is this goal to you?

<table>
<thead>
<tr>
<th>Importance RULER</th>
<th>“On a scale of 0 – 10, how important do you think it is to...?”</th>
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<tbody>
<tr>
<td>0</td>
<td>Not at all important</td>
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<tr>
<td>1</td>
<td>A Little</td>
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<tr>
<td>2</td>
<td>Somewhat</td>
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<td>3</td>
<td>Very</td>
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<tr>
<td>4</td>
<td>Extremely important</td>
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- Great. What makes you say a 7 instead of a 5?
- What would it take / what would have to happen to make that a 9 or 10?
**Ruler #2: Confidence**

- "On a scale of 0 to 10, with 0 being not at all confident and 10 being the most confident you could be, how confident are you that you can meet your goal?"

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<th>1</th>
<th>2</th>
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<th>6</th>
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<td>Very Confident</td>
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</tbody>
</table>

- "What would it take / what would have to happen to make that a 5 or 6?"

**What Might a PHP Look Like?**

- SMART Goal
- Shared Goals
- Formal list of suggestions
- Different elements from different team members that a Veteran carries through the system

**Demo: Personal Mental Health Planning**
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How did that go?

To Be Continued...

Integrate
- Team members seamlessly integrate all of these steps
- Veterans are empowered and equipped to live their lives to the fullest (always in support of their MAP)
- Measurement strategies assess impact
- All resources support this process

End of Day 1.
Questions?

Homework...