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
What is the Seven Sources of Health

The 7 Sources of Health (7SOH) is an original evidence-based framework to teach and develop self-care skills and also support community health systems. The seven sources are Life Purpose, Body, Mind, Emotions, Creativity, Community, and Environment. Recent work with the framework has further shown that Spirituality has an overarching role, potentially connecting and fortifying the individual sources.
Today’s Learning Objectives

**Learning Objective #1**
Self-assess wellness based on the evidence based sources of health model

**Learning Objective #2**
Initiate an individual self-care plan with evidence based skills & practices

**Learning Objective #3**
Propose how to implement the model with underserved communities
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
Overview:
What is Self-care?
What is Health?

This Photo by Unknown Author is licensed under CC BY-NC-ND
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

- Hypertension
- CAD
- Diabetes T2
- Atrial Fibrillation
- Arthritis
- GERD
- Depression
- Anxiety

Age 18 – 64 years

- Hypertension
- Alcohol/Drug DXs
- Diabetes DT
- Depression
- Obesity
- CAD
- Anxiety
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)
## Types of Stress

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<tr>
<th>Type</th>
<th>Definition</th>
<th>Reactions</th>
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<td><strong>Good Stress</strong></td>
<td>Normal, healthy reaction to change/challenge</td>
<td>We <em>stretch, grow, learn</em>, and rest</td>
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<td><strong>Acute Stress</strong></td>
<td>Unusual and intense incidents such as being assaulted, being within range of gunfire, etc.</td>
<td>Intense “fight or flight” response where the body releases adrenaline and cortisol and heart rate increases</td>
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<td><strong>Vicarious Trauma</strong></td>
<td>Stress that occurs in response to hearing about traumatic events of others.</td>
<td>Can trigger the same events that occur in a personal acute stress event</td>
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<td><strong>Cumulative (Chronic) Stress</strong></td>
<td>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:</td>
<td>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.</td>
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<td>• Chronic, reactive work environment</td>
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<td>• Feeling overwhelmed by unmet needs</td>
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<td>• Tight deadlines and stressed co-workers</td>
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<td>• Communication/personality clashes</td>
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<td>• Moral and ethical dilemmas</td>
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<td>• Chronic sleep deprivation</td>
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<td>• Travel difficulties/separation from family</td>
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7 Sources of Health (7SOH):
An Evidence-Based Model to Teach & Sustain Self-Care

Your Why

- Body
- Mind
- Emotions
- Creativity
- Environment
- Community
YOUR WHY

BODY

MIND

EMOTION

CREATIVITY

COMMUNITY

ENVIRONMENT
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

Assess Your 7 Sources of Health

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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?

Your Why

Body  Mind  Emotions  Creativity  Environment  Community
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
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• 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)
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?
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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
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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
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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
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.**
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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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,
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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.)
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)?
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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
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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%.

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

- Continuous Assessment
- Personal
- Professional
- Organizational

- Measure
- Evidence
- Leaders
- Community
- Proven Model

- Body
- Mind
- Emotion
- Creativity
- Community
- Environment
- Your Why
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.”

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

2Source: HBR & The Energy Project
# Top 10 Evidence Based Practices for Better Health

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<th>Self-care Practice</th>
<th>Percentage*</th>
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<td>92%</td>
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<td>Hypnosis</td>
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<td>Biofeedback</td>
<td>90%</td>
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<td>Meditation</td>
<td>86%</td>
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<td>Qi Gong</td>
<td>86%</td>
</tr>
<tr>
<td>Tai Qi</td>
<td>83%</td>
</tr>
<tr>
<td>Relaxation Response Training</td>
<td>79%</td>
</tr>
<tr>
<td>Anti-inflammatory Diet</td>
<td>78%</td>
</tr>
<tr>
<td>Imagery</td>
<td>68%</td>
</tr>
<tr>
<td>Cognitive Behavioral Therapy</td>
<td>61%</td>
</tr>
</tbody>
</table>

*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?

IMAGINE
Self-Compassion for Self-Care
Questions

Ruthann Russo
Ruthann@SOHL7.com

Luann Fortune
lfortune@saybrook.edu
“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

– Unknown
Additional Exercises
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


Sample of research supporting 7 Sources of Health

The WHY, Life Purpose

Body
- Research connecting nutrition, movement, and sleep quality of health and life and length of life
Sample of research supporting 7 Sources of Health

Mind


• Extensive research on mind-body practices, funded by National Institutes of Health


Emotions


Sample of research supporting 7 Sources of Health

Creativity


Community


Environment
