



# Mind Body Medicine:

## Finding Wellbeing Within Ourselves

IONL Fall Conference

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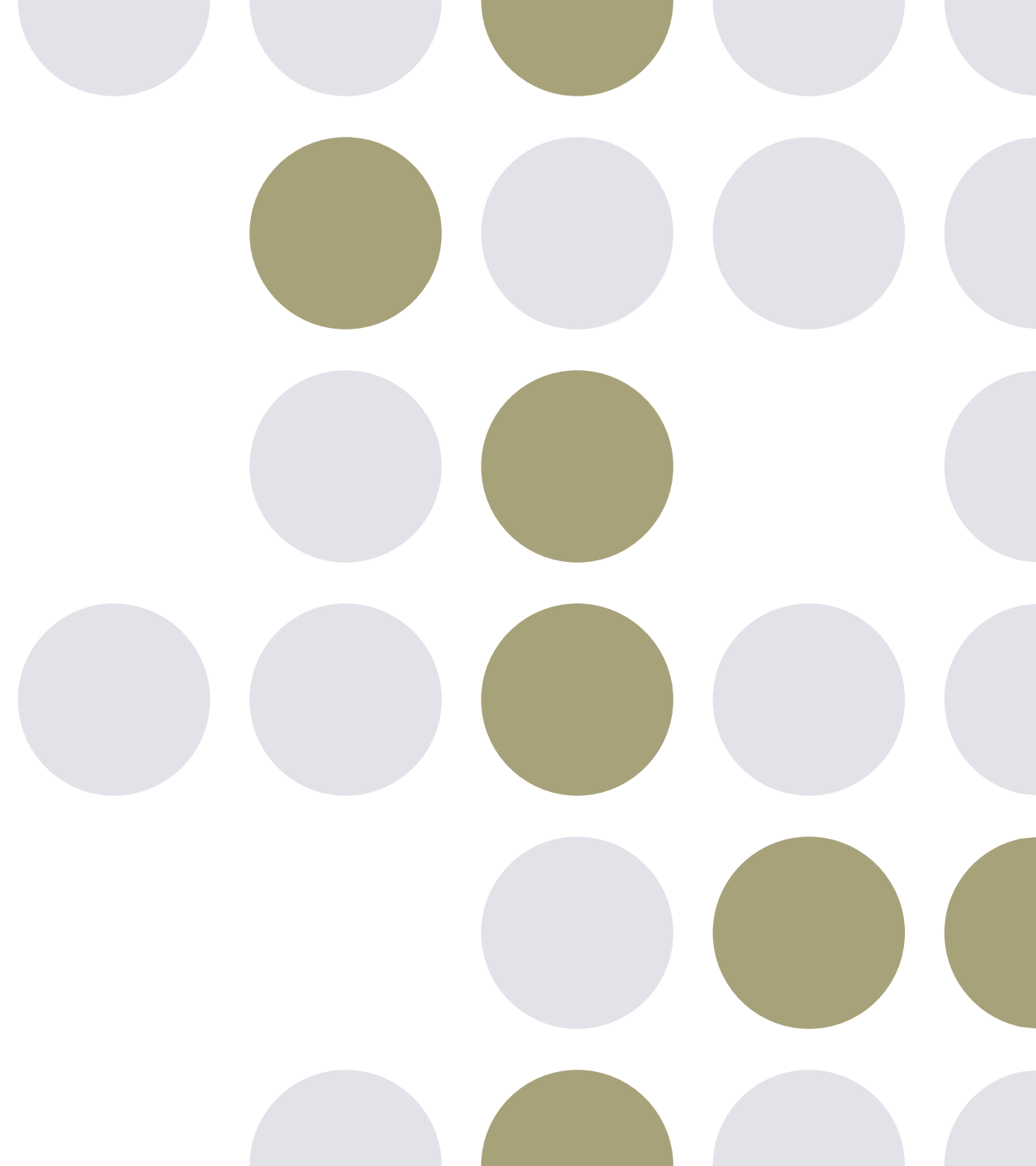
Co-Founder, Ignite Wellbeing



# Introduction



IGNITE WELLBEING  
— MIND BODY SPIRIT —





breathe.

# My Trauma/Stress Story







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# Learning Objectives

DEFINE the importance of **self-awareness** by identifying emotions & physical feelings in the present moment

RECOGNIZE the effects of **chronic stress/burnout/compassion fatigue** on the body/mind and personal/professional relationships

DISCUSS the importance of **individual, group and system wellbeing** and how it affects our work culture

PRACTICE **multiple strategies** to use at home or at work that impact personal wellbeing

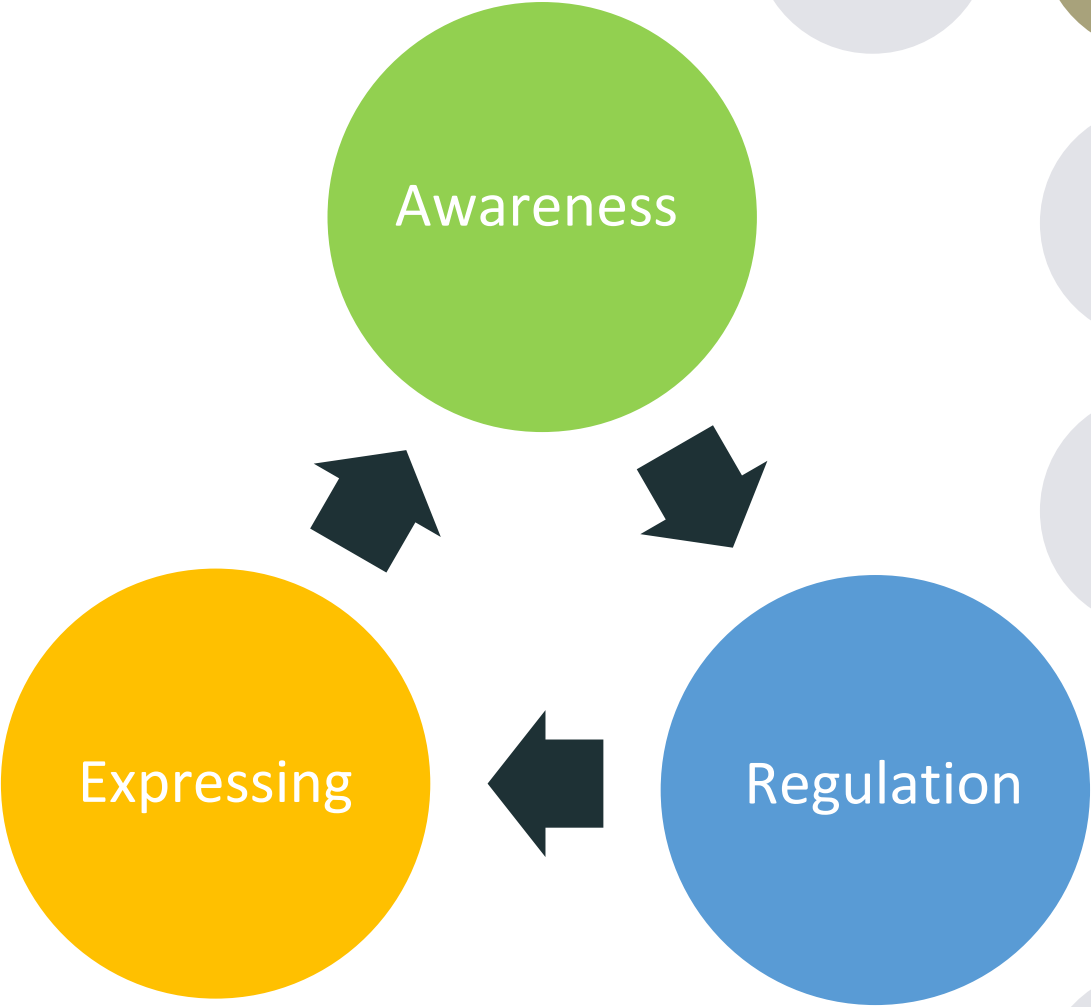




# Mind Body Medicine

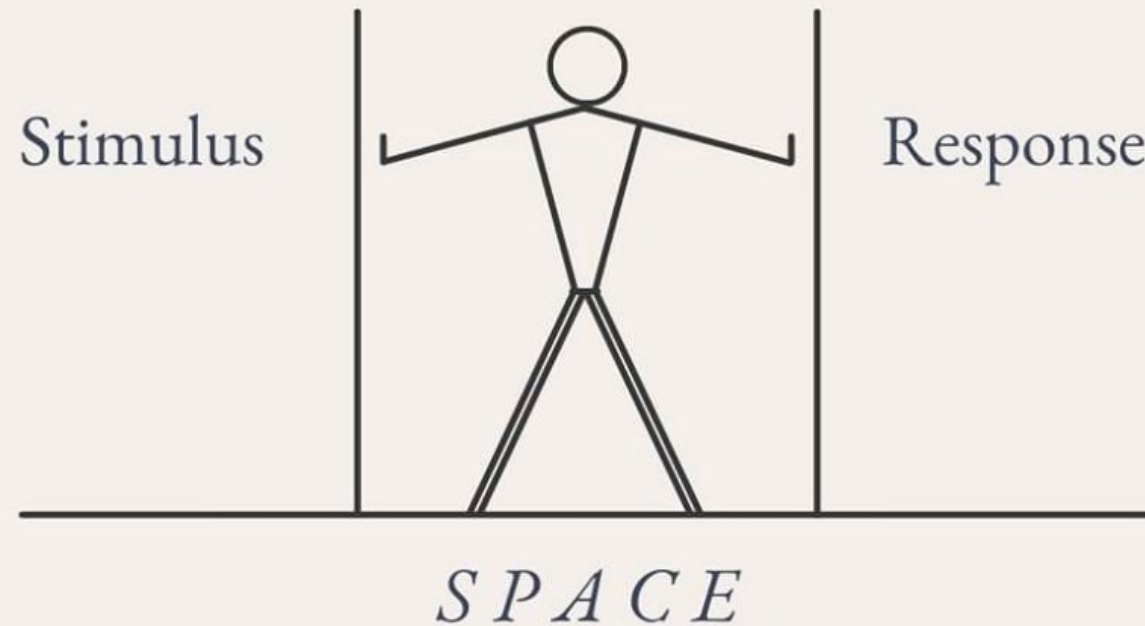


**Wholistic Physiology**



*"Between stimulus and response there is a space.  
In that space is our power to choose our response.  
In our response lies our growth and our freedom."*

**VIKTOR E. FRANKL**

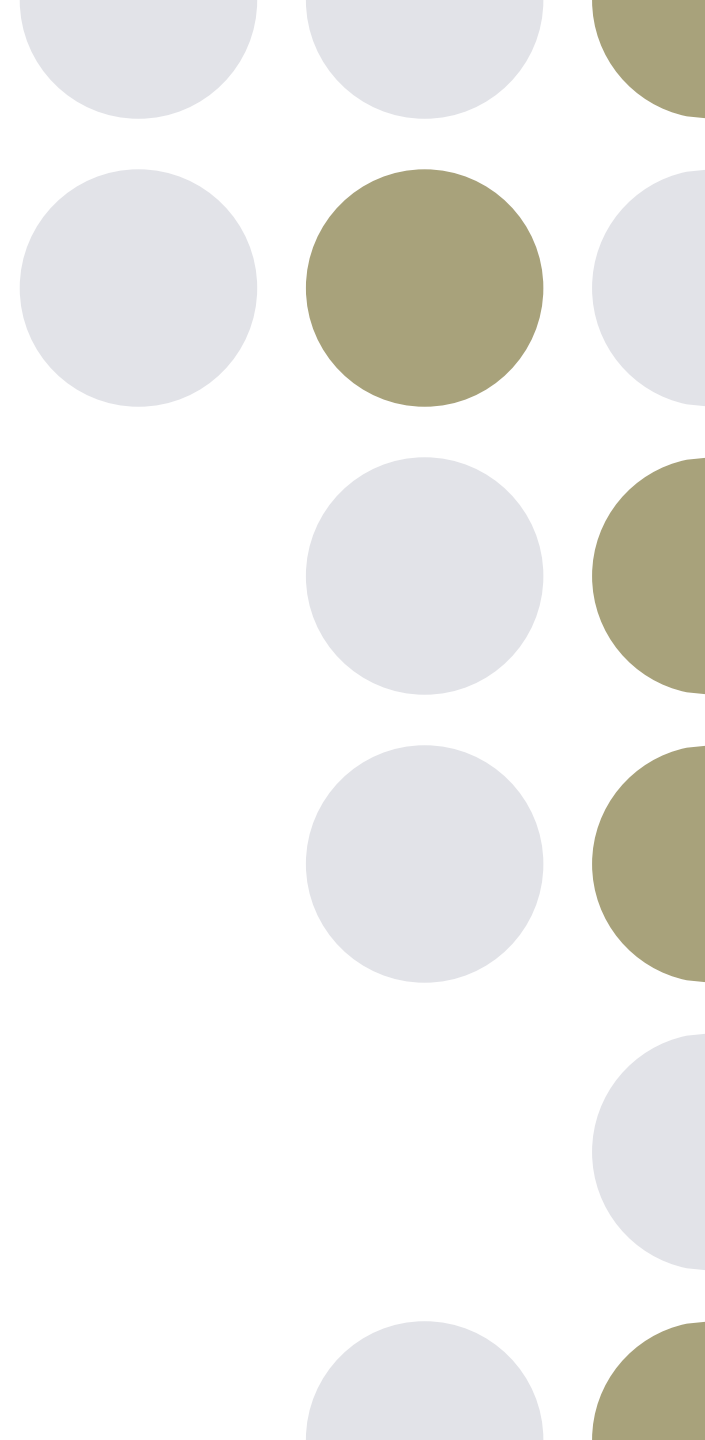


@jeffkrasno





# Finding Wellbeing Within Ourselves



“

**Our connection with others can only be as deep as our connection with ourselves. If I don't know and understand who I am and what I need, want, and believe, I can't share myself with you.**

— BRENÉ BROWN

@THEMILLENNIALGRIND

”

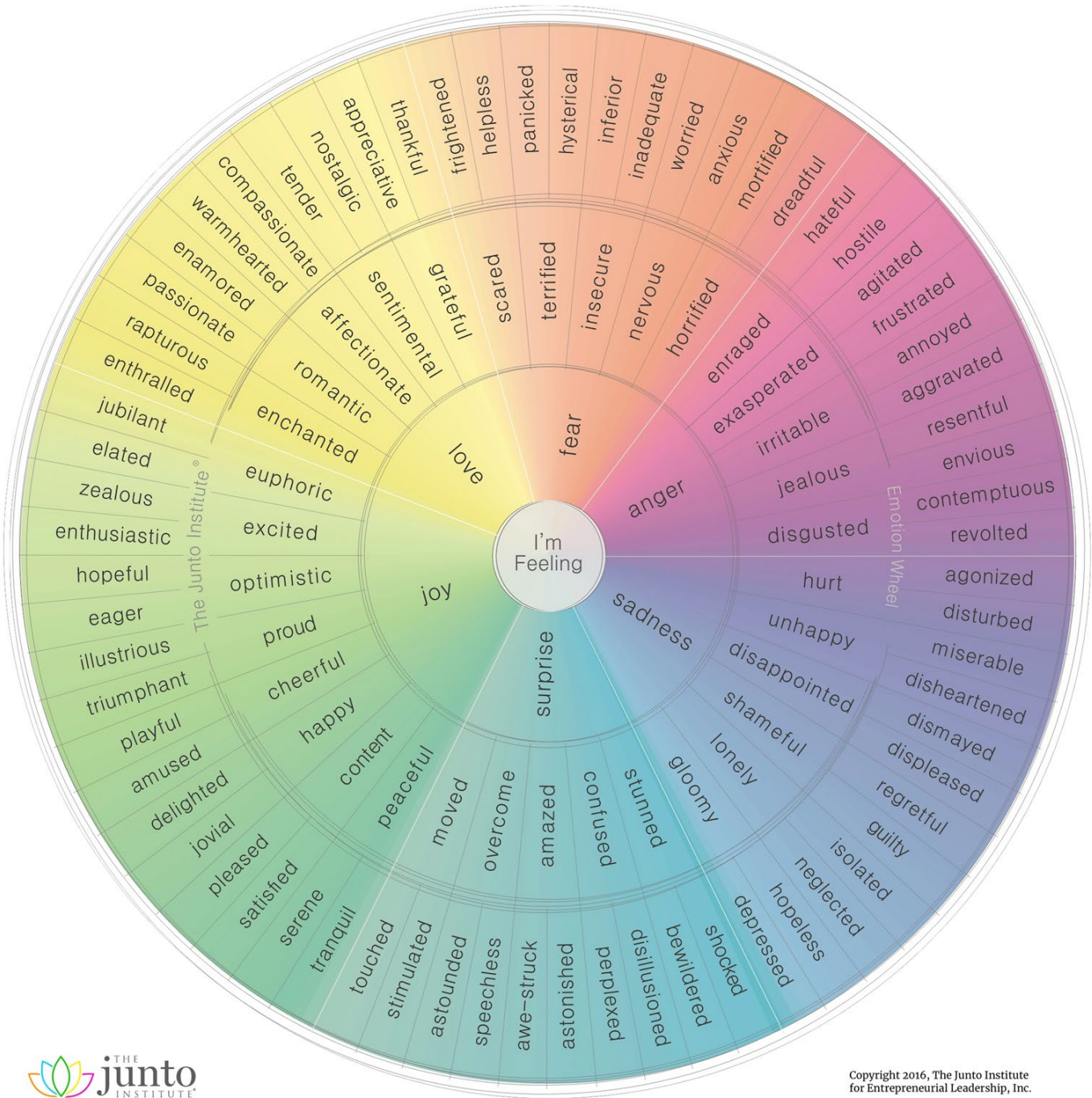


# Self Awareness

How are you in this moment?

Connecting and Checking-In

CHAT!



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How We Feel

# Share Experience

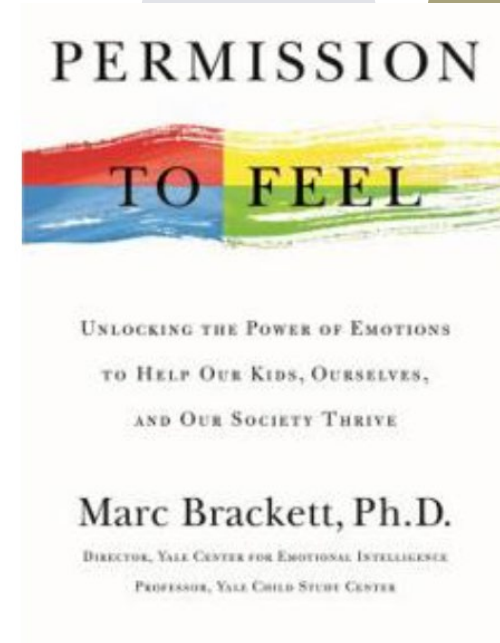
**R**ecognizing emotions in self and others

**U**nderstanding the causes and consequences of emotions

**L**abeling emotions accurately

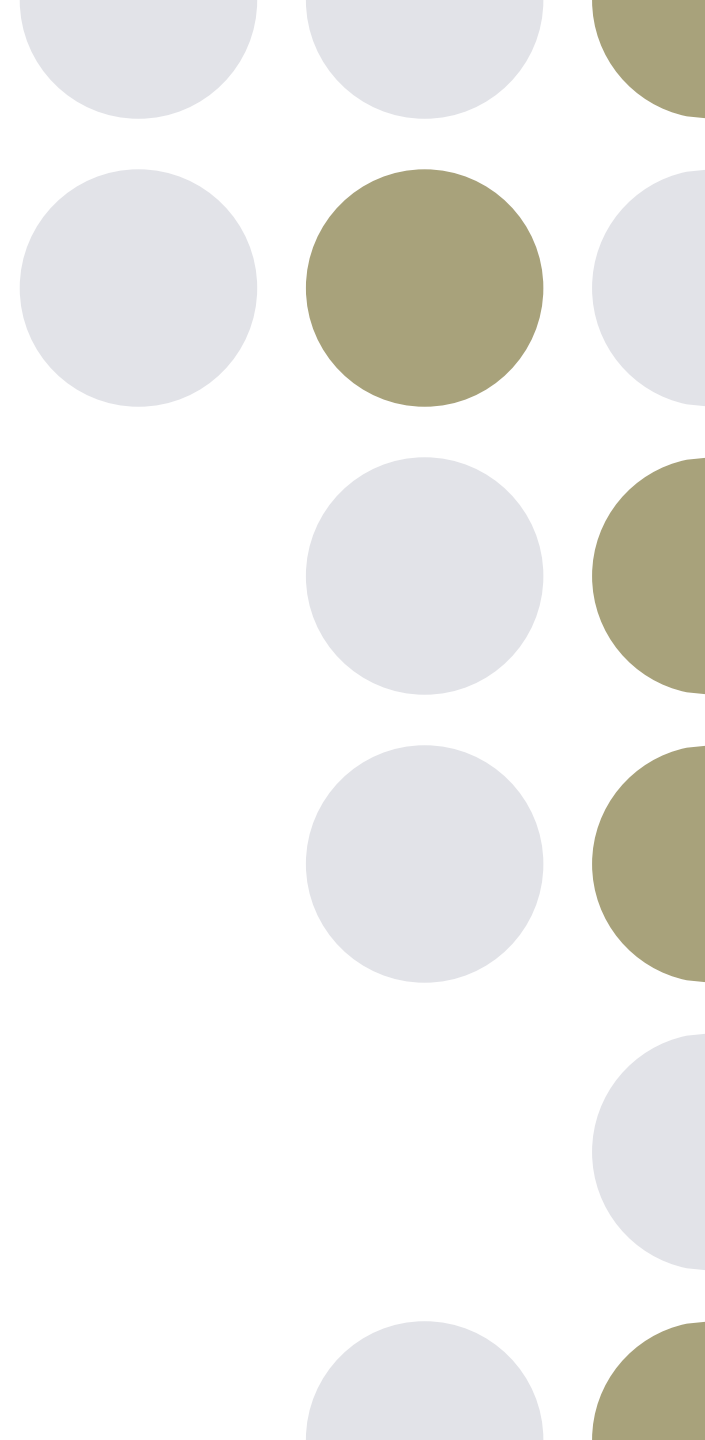
**E**xpressing emotions appropriately

**R**egulating emotions effectively



Emotions and feelings  
buried alive never die.

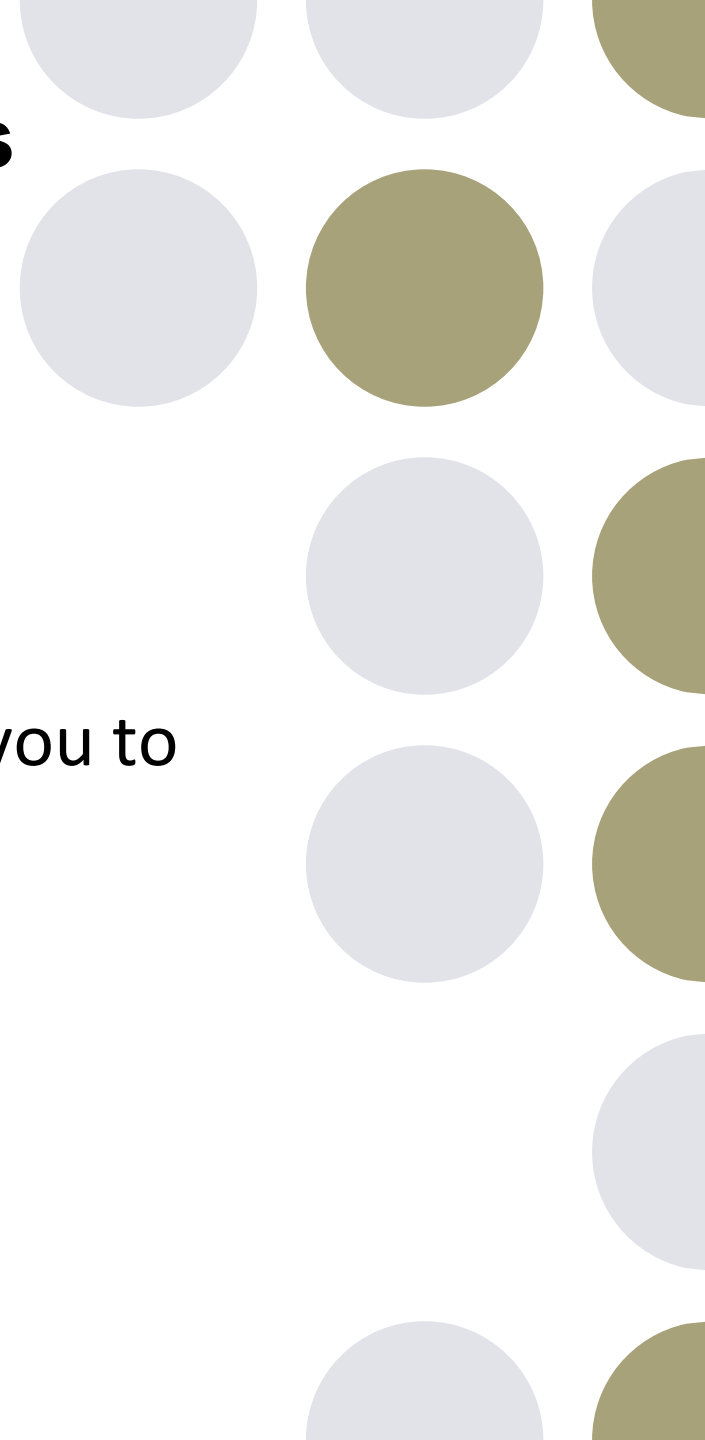
-Karol K Truman (author)



# Potential Benefits of Practicing MBM Skills

Mind body skills can:

- Reduced physical effects of stress
- Be a type of treatment for medical conditions
- Facilitate change in health behaviors
- Provide insight into major life decisions and help you to become “unstuck”
- Relieve anxiety and depression
- Enhance resiliency
- Reverse the damage that trauma has done
- Restore hope





# Spirituality

*”No matter how you connect with it, the spiritual dimension is what energizes and inspires your life and gives it meaning. The spiritual is not separate from but is intrinsic to who we are.”*

—Center for Mind Body Medicine

Reflects a search for meaning-desire to connect with something larger than ourselves. The root of who we are as people

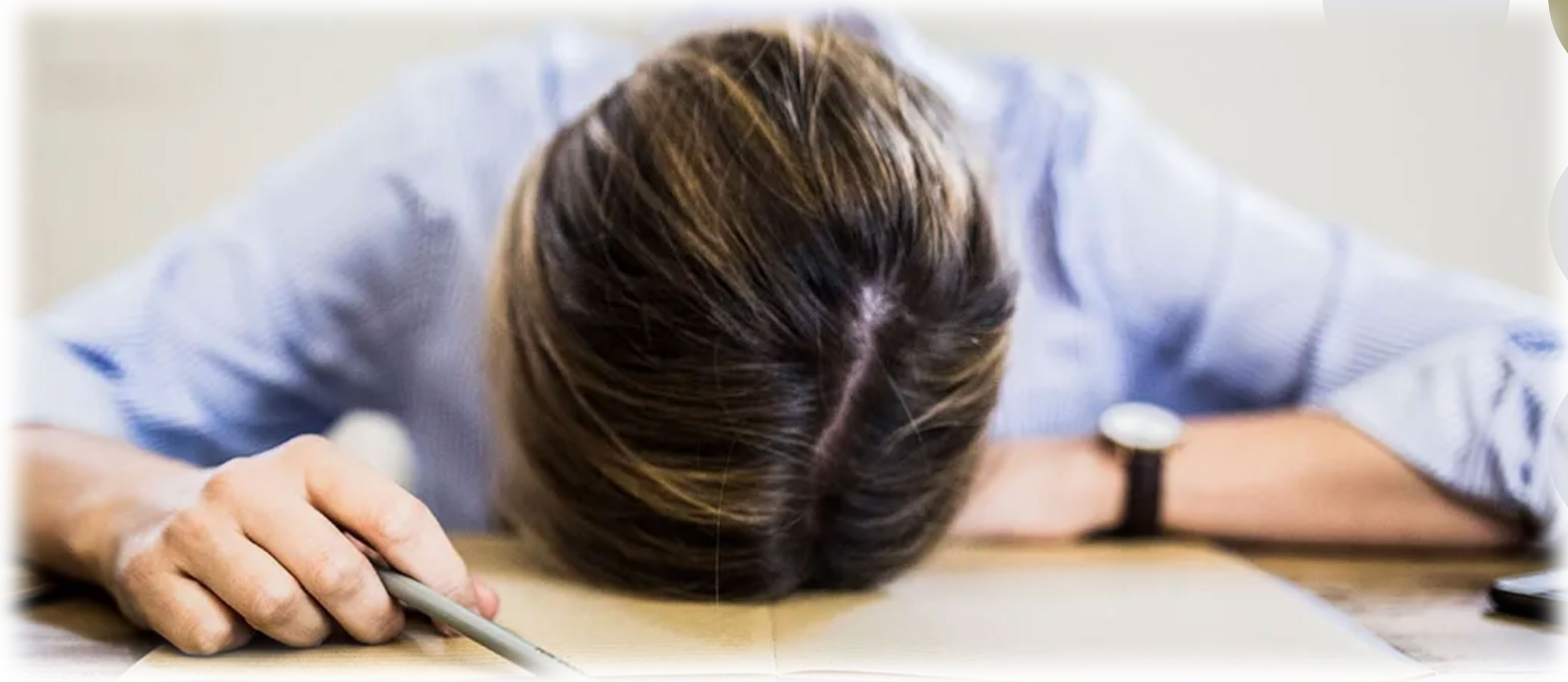
Harvard Grant Study (1938): human flourishing & happiness

**8 spiritual qualities: forgiveness, gratitude, equanimity (inner peace, mental calmness), awe, wonder, joy, compassion and love**

Move from “Why is this happening?” to “What might I learn from this? How might I grow from this experience?”

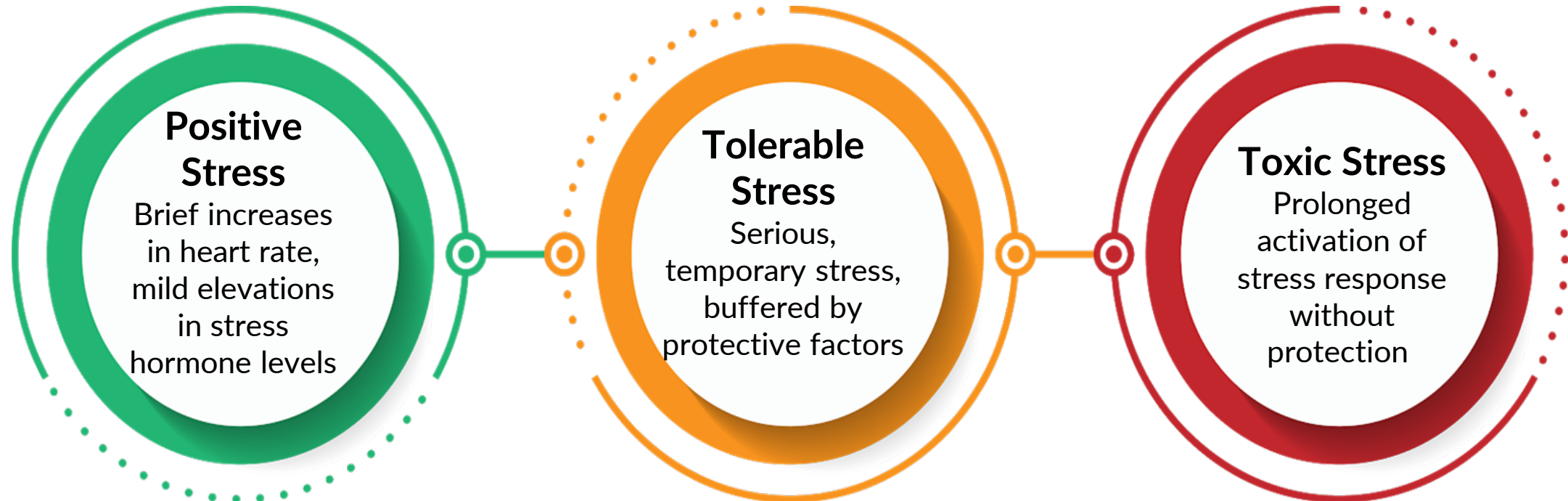
Spirituality....leads me to who I am, what I really want and how I am going to get there.







# “Stress is a mental, physical or biochemical response to a perceived threat or demand”



*No meaningful life is stress-free*

# The Autonomic Nervous System

*We are hard wired for survival*



## Parasympathetic

*"rest and digest"*



constrict pupils



slows heartbeat



constrict airways



stimulate activity of stomach



stimulate gallbladder



stimulate activity of intestines



contract bladder

## Sympathetic

*"fight or flight"*



dilate pupils



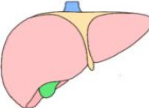
increase heartbeat



relax airways



inhibit activity of stomach



inhibit gallbladder



inhibit activity of intestines



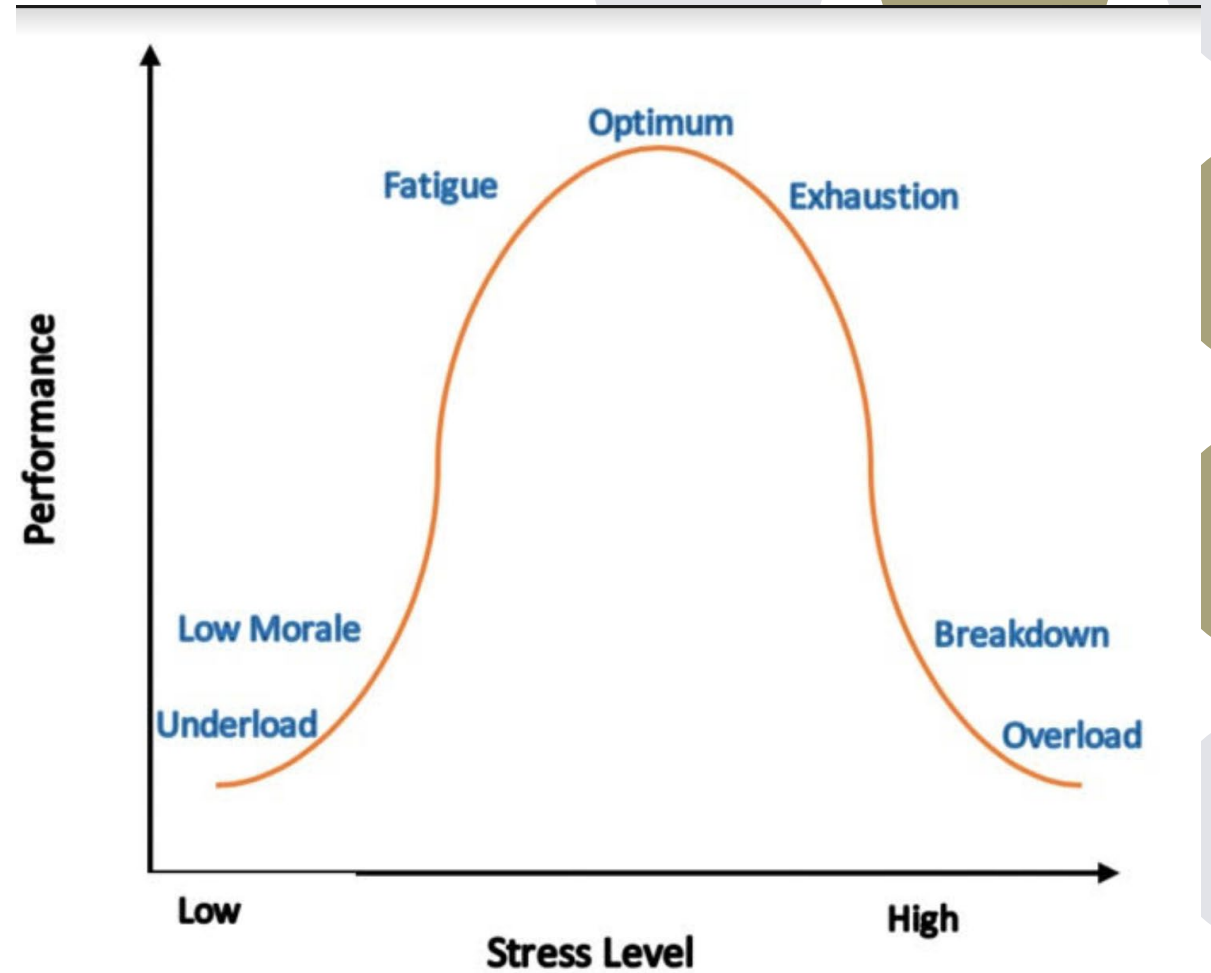
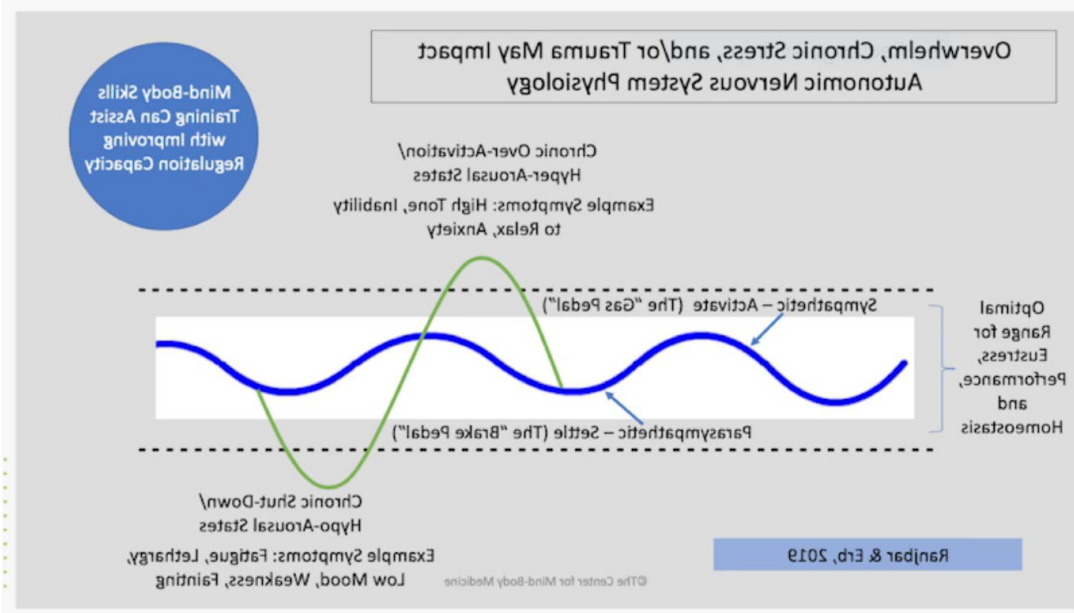
relax bladder



**You will have a response to stress...and you can change the way it enters & affects your body!**



# The Science of Stress & Self Regulation



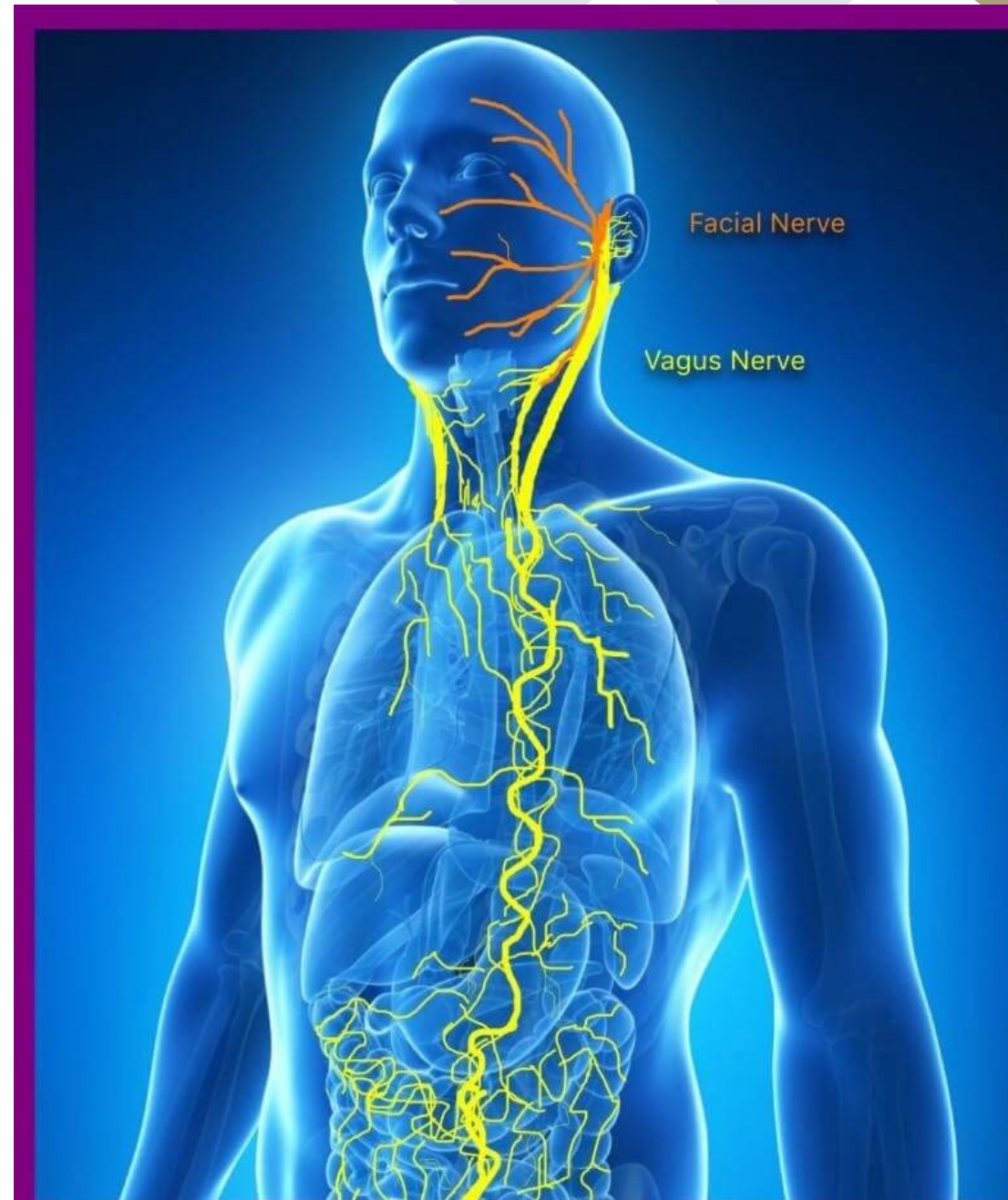


# Vagus nerve: antidote

Our activities, choices, and practices can have an impact on the Vagus Nerve and our overall wellbeing.

The Vagus Nerve is highly responsive to stimulation...

...especially by our breath



# Acknowledge the Stress at Work





# Questions for you as leaders in healthcare?

How does stress affect you as a leader?  
Where do you feel it in your body?

In a typical week, how often do you feel well rested?

How often during the workday do you seek moments of recovery vs. “powering through”?

How often do you recognize stress in the moment vs afterward, or in the reactions of others?



# Personal Impact of Chronic & Toxic Stress

**Physiological (body):** prolonged inflammation in the body, increased risk for cardiovascular diseases, digestive issues, chronic pain, dementia, fertility issues. Affects all major systems in the body

**Psychological (mind):** compromises our mood and can impair cog function, increased risk for mental health issues,

**Spiritual (Spirit):** emotional exhaustion, loss of empathy, compassion and purpose, feeling like you no longer can make a difference

↑ Blood Pressure  
↑ Blood Sugar  
↑ Cholesterol  
↑ Cortisol

↓ Immunity  
↓ Sleep  
↓ Digestion



# Professional Impact of Chronic & Toxic Stress

**Job Tasks:** Decrease in quality & quantity, lower motivation, increased mistakes, perfectionistic, obsession with details

**Morale:** Loss of interest, dissatisfaction with assignments, negative attitude, apathy, detachment, decreased confidence

**Interpersonal:** Withdrawal from colleagues, poor communication, cliquish behavior, decreased quality of relationships

**Behavioral:** Absenteeism, exhaustion, irritability, overworking, irresponsibility, tardiness, poor judgement, threats to resign/quit



**“The most obvious symptom is not necessarily the problem....keep this in mind in everything you see” Dr. Vincent Felitti**

# What is Trauma?

*“Trauma is a psychic wound that affects us later on. It leaves a scar....tough & rigid...often showing up later in life.” - Dr. Gabor Mate*

Trauma is an emotional response to a terrible event....

- *American Psychological Association*

The key takeaway is: like a wound...we can heal

Create a toolkit of coping mechanisms to help yourself

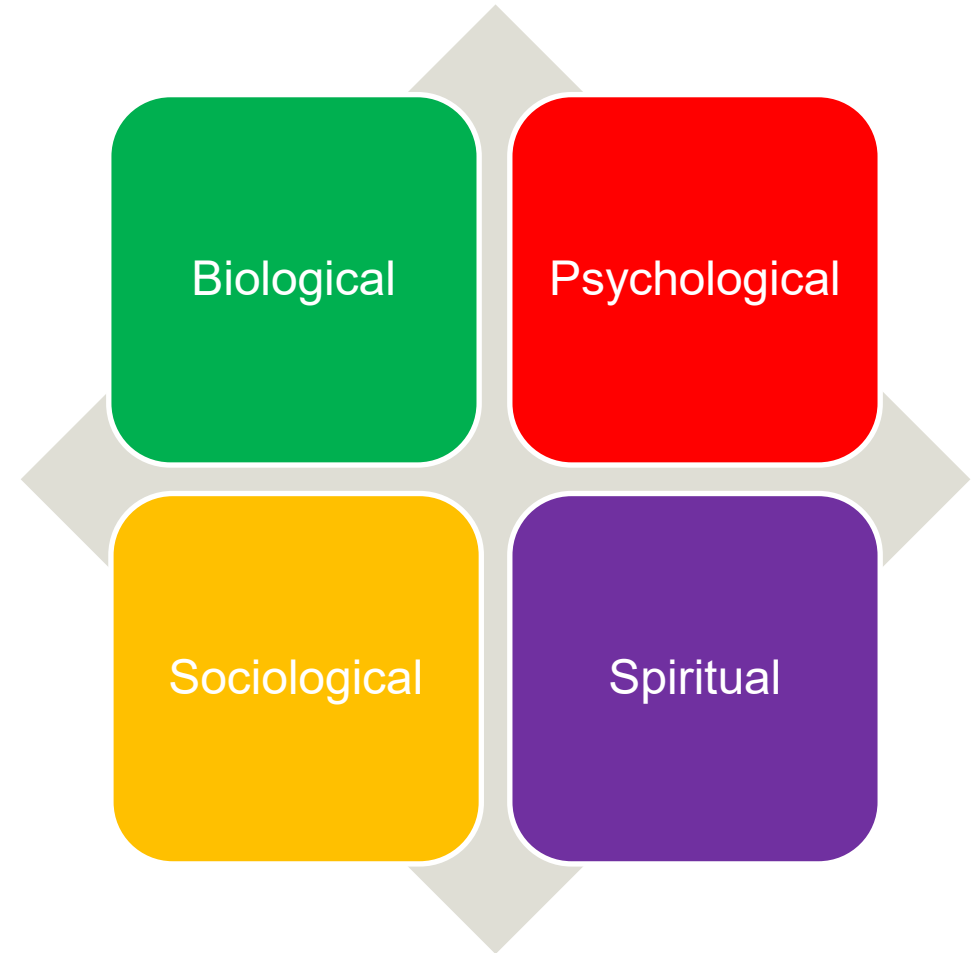
# Personal (Big/Little “T”) Trauma

Personal Trauma takes on many forms

Impacts on one part of our person may have an impact beyond

Trauma often leaves vivid fingerprints (epigenetics)

Trauma engages our mental processes, especially our autonomic nervous system, and imprints reactions



# Quick Poll...

How many of you know someone at work who is dealing with a significant difficulty?

How many of YOU are dealing with a significant difficulty?





# Definitions

**Occupational Burnout:** High degree of emotional exhaustion, depersonalization (depletion of empathy) and low sense of personal accomplishment at work.

Can lead to patient care/safety consequences

**Compassion Fatigue:** Form of burnout. Emotional/physical burden of caring for others. (Often but not necessarily related to secondary trauma.)

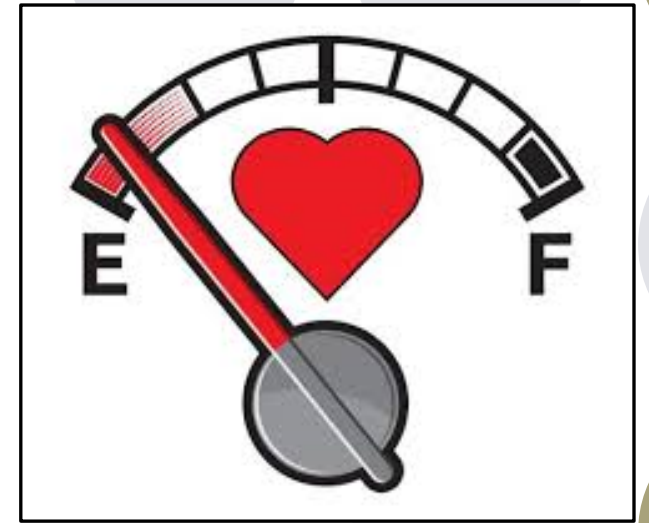
**Moral Distress:** Also common in healthcare. Can intersect w burnout. Occurs when healthcare worker knows the best decision but feels helpless and unable to act due to limited resources or circumstances beyond their control

Can lead to feelings of profound guilt, shame, anger, etc. (Moral Injury)

**Secondary/Vicarious Trauma:** the emotional duress that results when an individual hears about the firsthand trauma experiences of another.

*(National Child Trauma Stress Network)*

# More About Compassion Fatigue...



- Exhausted, Depressed, Anxious for No Reason
- Burst into Tears
- Isolating Self (including from your own family)
- Can disguise itself as depression
  
- ALL of these feelings are normal
- They are the COST of caring for others (professionally and personally)
- It can creep up on you...you don't feel like yourself
- You can start to take on some of others' symptoms like they are your own



# Thriving together: Solutions to health worker burnout



We must shift burnout from a “me” problem to a “we” problem.



# Burnout

- OUR health depends on the wellbeing of our healthcare workforce
- Burnout is not a diagnosis but a distinct workplace phenomenon
- We are wired for connection with others
- Engagement is the opposite of burnout and is characterized by vigor, dedication, and absorption in work

[Addressing Health Worker Burnout \(hhs.gov\)](https://www.hhs.gov)



**Take a Break**



# Mind Body Skills

Autogenics/Biofeedback

Guided Imagery-using imagination

Drawing-finding guidance

Journaling with a Symptom or Emotion

Genograms

Meditation

- Concentrative/Mindfulness/Expressive

Mindful Eating (Food as Medicine)

Deep Breathing

Peer to Peer Support

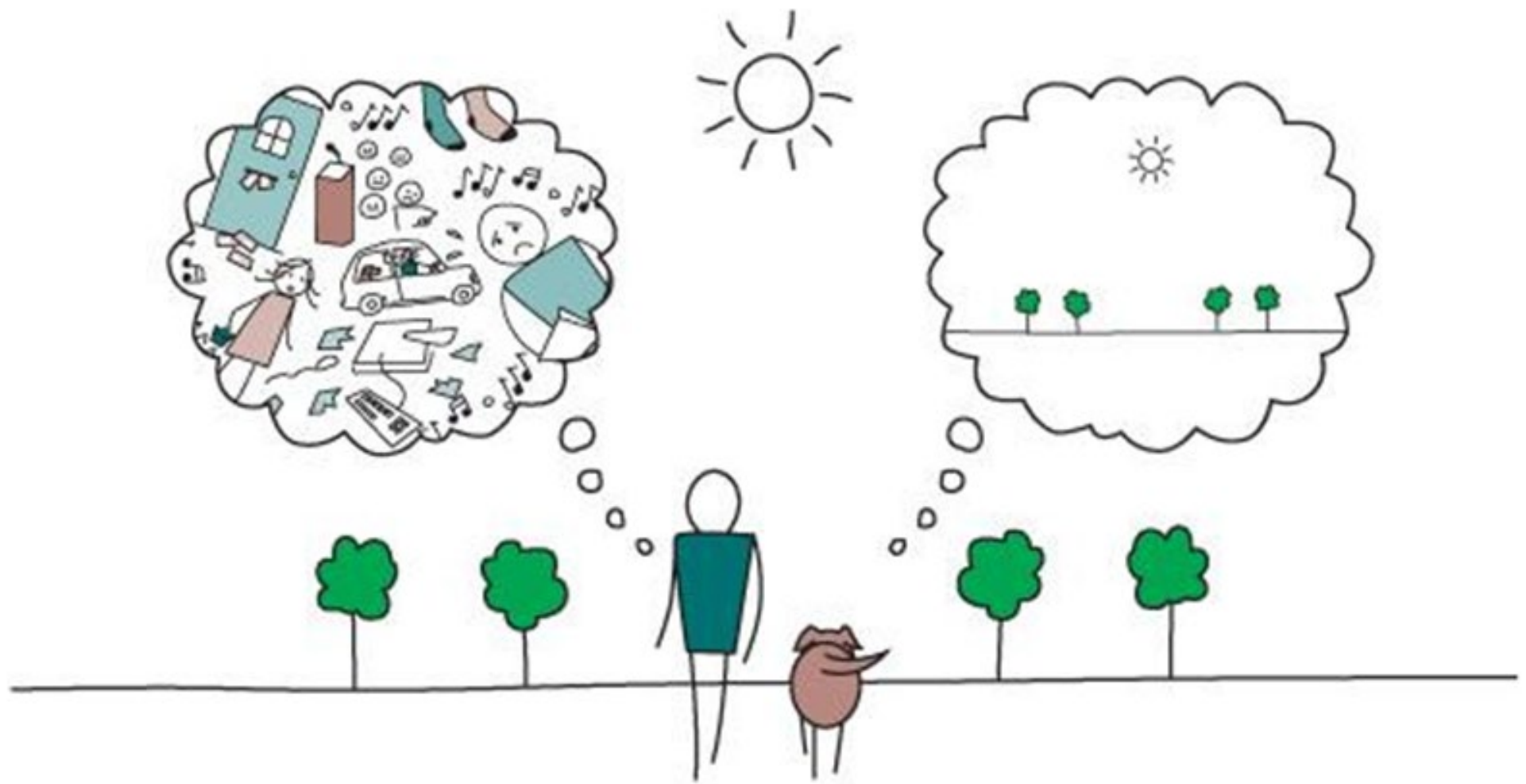




What self-regulates you and calms your nervous system?

CHAT!





Mind Full, or Mindful?

# 3 Meditation Types

## Concentrative

- Mantras
- Prayers
- Visualizations
- Breathing

## Mindfulness/Awareness

- Non-judgmental attention to the present moment experience
- Mindfulness: mindful eating, walking, brushing teeth

*It all starts with breath*  
*(remember the Vagus Nerve??)*

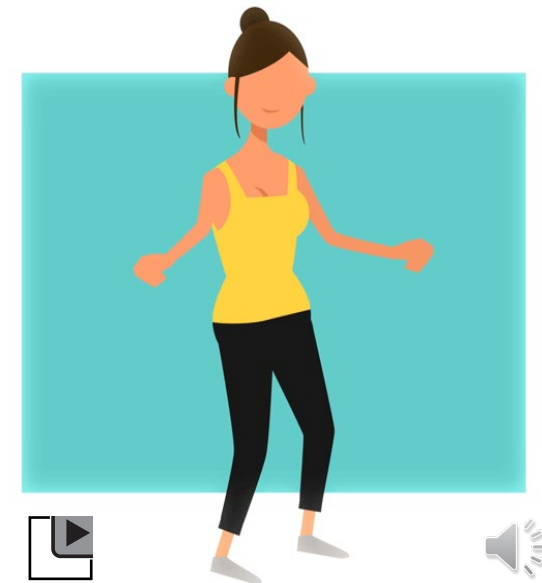


# 3 Meditation Types

## Expressive Meditation/ Movement

Possibly the oldest form of meditation. Through expressive meditation one moves through meditative activity to come to stillness and awareness.

- Fast Breathing
- Tai Chi
- Yoga
- Shaking
- Dancing
- Mindful Walking



# Share Experience



**How did it feel in your body?**

**What were your barriers, if any?**

**Were you able to let yourself/your thoughts go?**

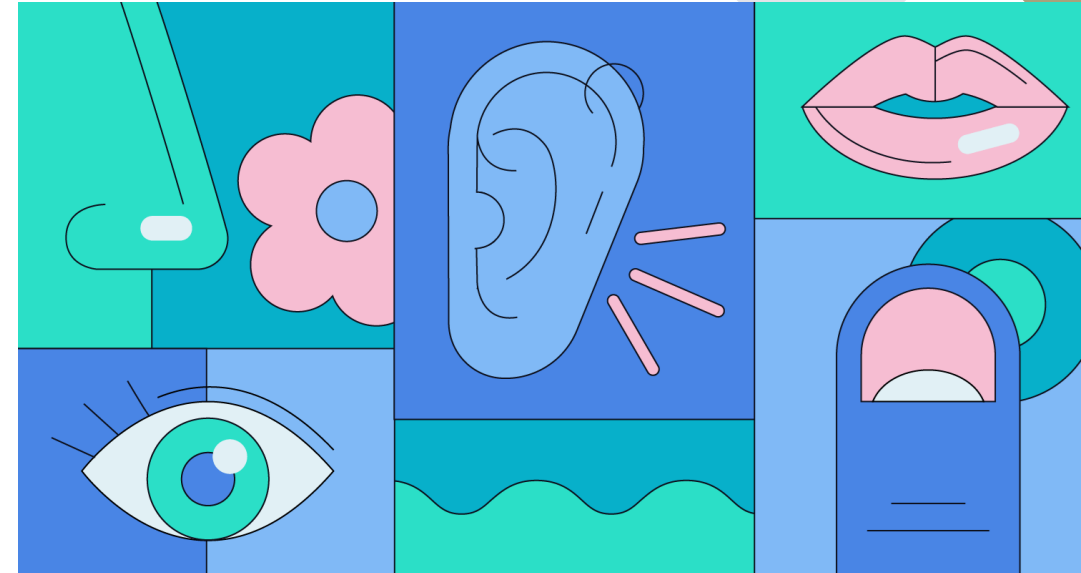
# Imagery

## What it is:

- A powerful way to tap into your subconscious/inner wisdom
- Unconscious mind informs the conscious mind
- Can bring about deep relaxation, physiological changes & flashes of insight
- Uses all your senses
- Useful for all ages and education levels to use images to affect the functioning of the nervous system

## Types:

- Active- guided or imagination/daydreaming
- Receptive-meditative state where you can discover /receive answers in your own words.



# Special Place Meditation





# Share Experience



**Were you able to put yourself in the place?**

**What were your barriers, if any?**

**Were you able to come back to the practice if your mind wondered?**

**How did you feel?**

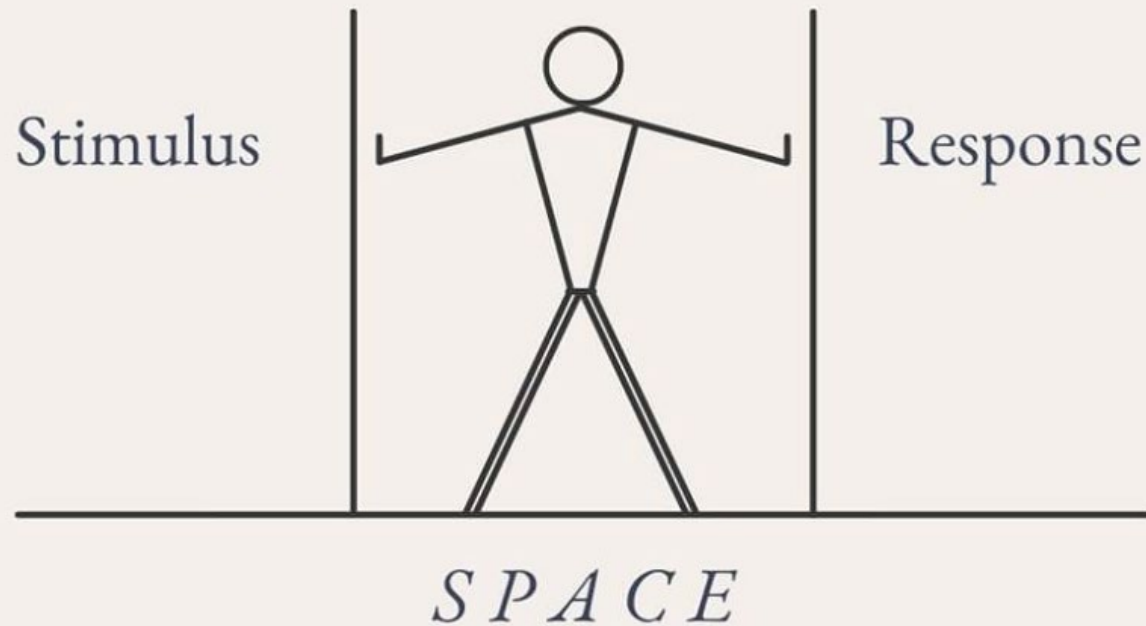
# Mind Body Medicine Skills for the Individual...How Do I do This....Really??

- Work to become more self-aware-check in throughout the day
- Start with one or two simple skills (recommend soft belly breathing and/or shaking & movement)
- Tie it to a habit
- Start small--5 minutes a day/5 days a week
- Do what feels right to you
- Find a partner/build a community



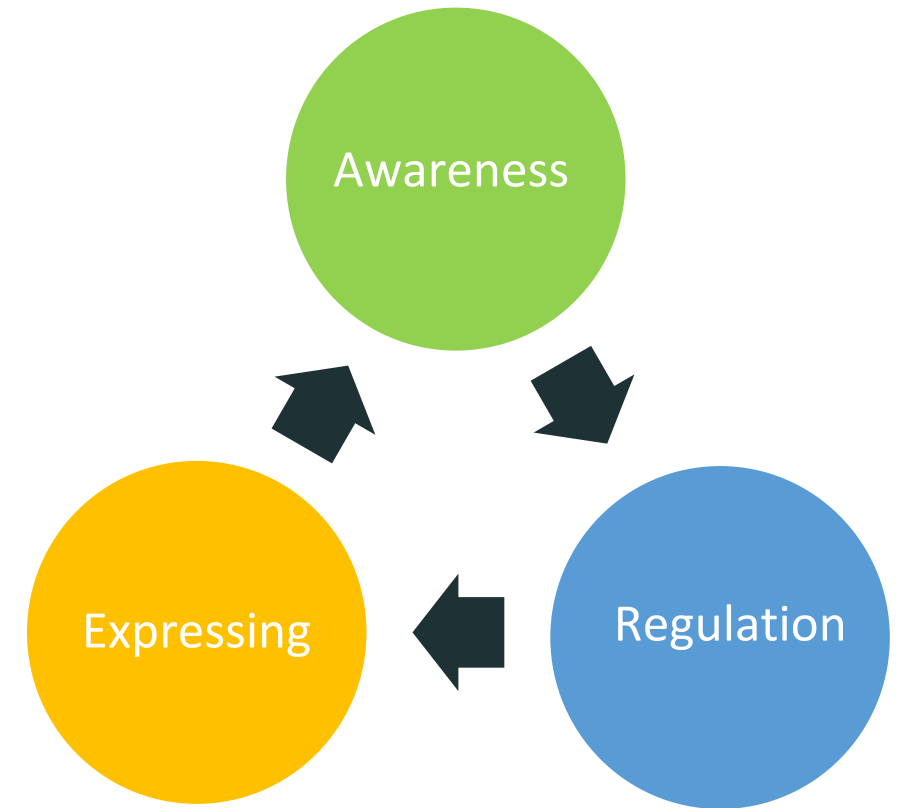
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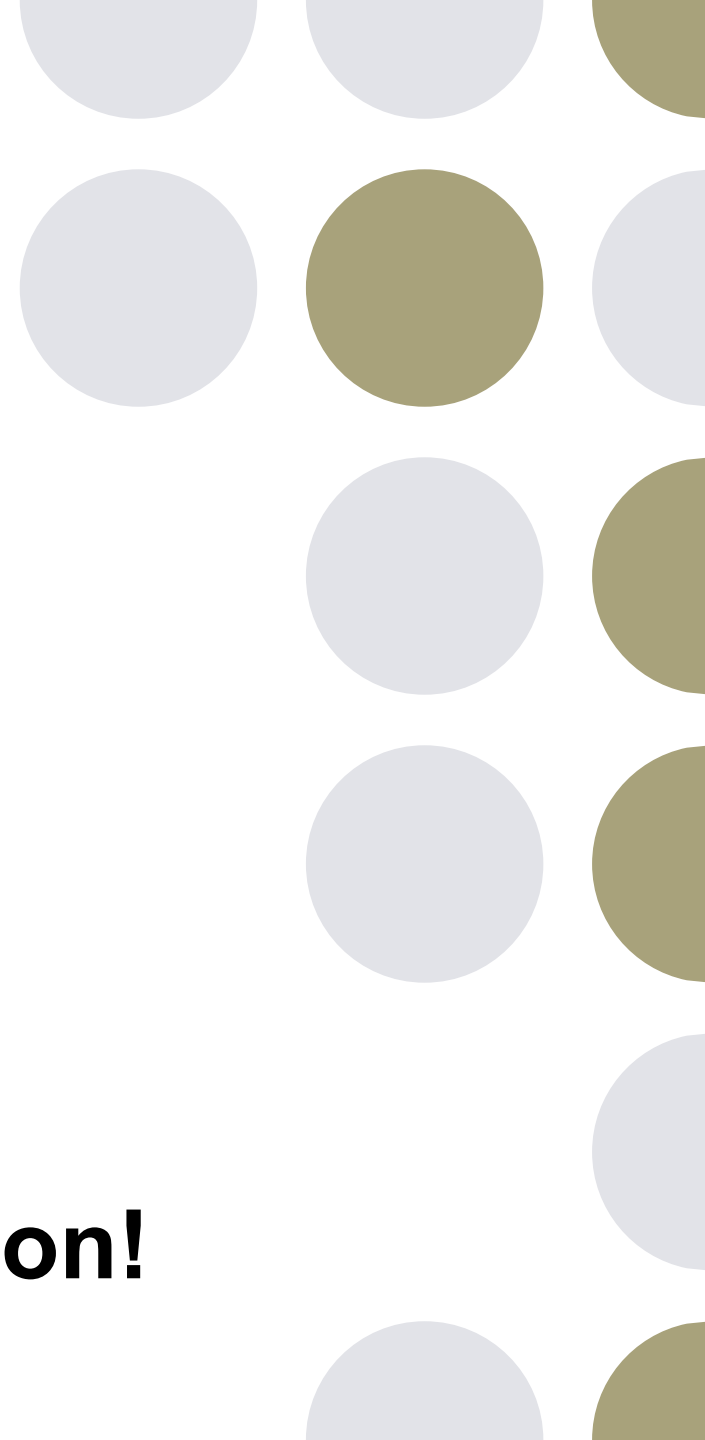
@jeffkrasno

## Mind Body Medicine Skills- Whatever It Is That Helps You Become Regulated- Gives You Control Over Your Reactions





# **Finding Wellbeing Within Ourselves...and as an Organization!**





# Why is it Important to Address Wellbeing in an Organization?



# Wellbeing Pyramid

taken from The Culture Code, 2018

- System

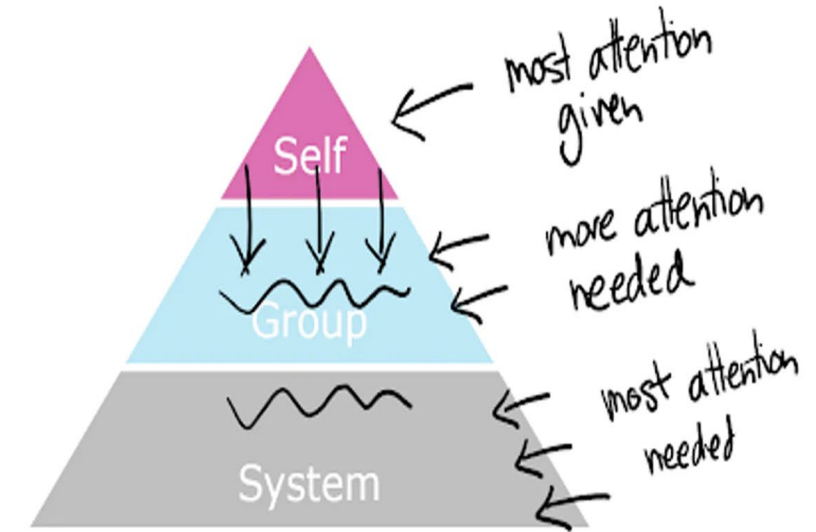
- Policies, procedures, practices system wide
- Build orgs that care, support, and provide positive interactions

- Group: how we are with each other

- Safety (you belong here, human interactions)
- Vulnerability (you can take risks, open honest communication)
- Purpose (you are here for a reason)

- Individual/Self

- How do I talk to myself and others
- How do I hold myself responsible for taking care of myself



bts spark

21

# Check-Ins/ Relational Pauses: Creating Peer to Peer Support

Facilitator and group members/staff all share as equals

Goal: group members/staff share & listen authentically how they are showing up: body, mind and spirit. Can be situational (after an event) or routine (huddles)

What gives you energy? When do you feel engaged? What is creating anxiety or frustration?

Confidentiality is held

No fixing, giving advice, judging-this is a space for sharing, vulnerability, authenticity, growing self-awareness, & learning from others' experiences and insights about yourself

Ask group members what else they might need to feel safe to share



# Other Mind Body Medicine Thoughts for Organizations

Create safe spaces for employees to learn to check in/feel heard

Offer Skills Groups/workshops-Leaders & teams-deeper dive into mind body skills

Create a relaxation room and encourage employees to use it-physical space

Integrate things like the following:

Breathing before meetings begin/guided meditation/imagery; allowing space for self care

Take a lunch break/walk around/step away for a few minutes as needed

Check emails only a few times a day to decrease distraction; block time for deep work

Practice acts of kindness - 1 per day

Actively listen to staff and take meaningful action

Make notes to remind yourself of skills you want to practice

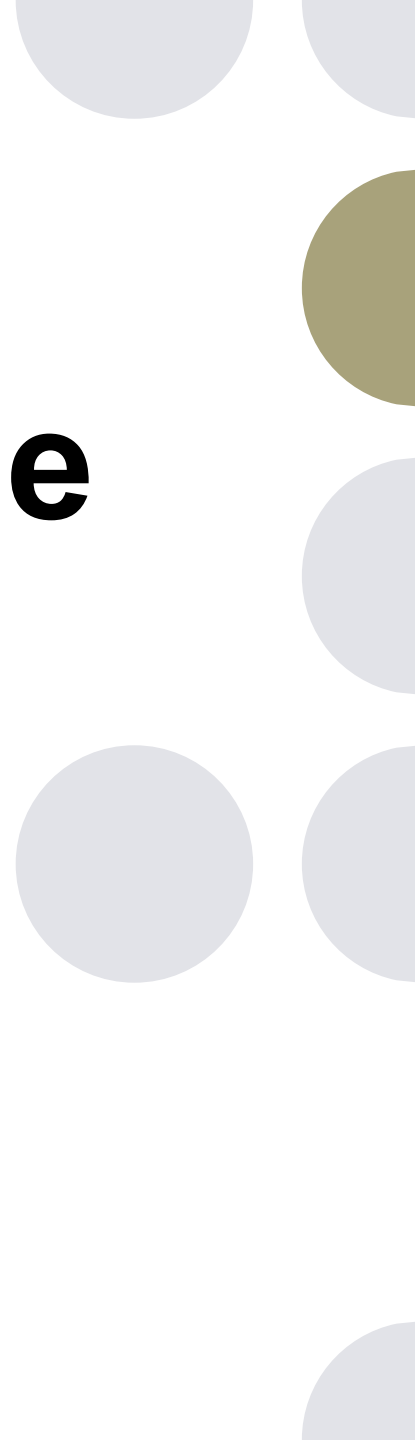






# A Goal for Wellbeing in the Workplace...

Wellbeing can shift from an  
individual issue to a collective  
priority!



# Finding Professional Support

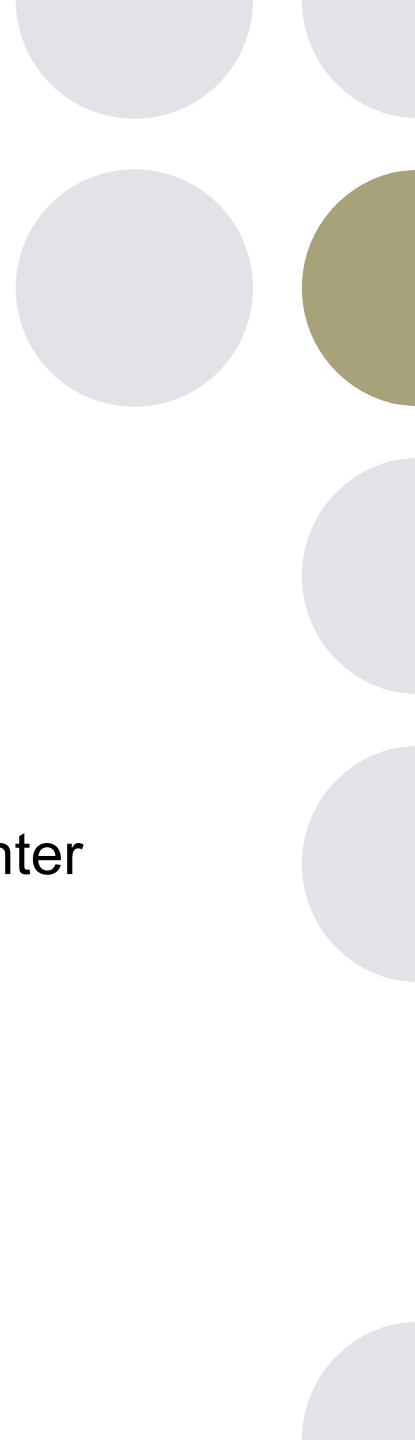
Schedule an appointment with your Employee Assistance Program or a counselor

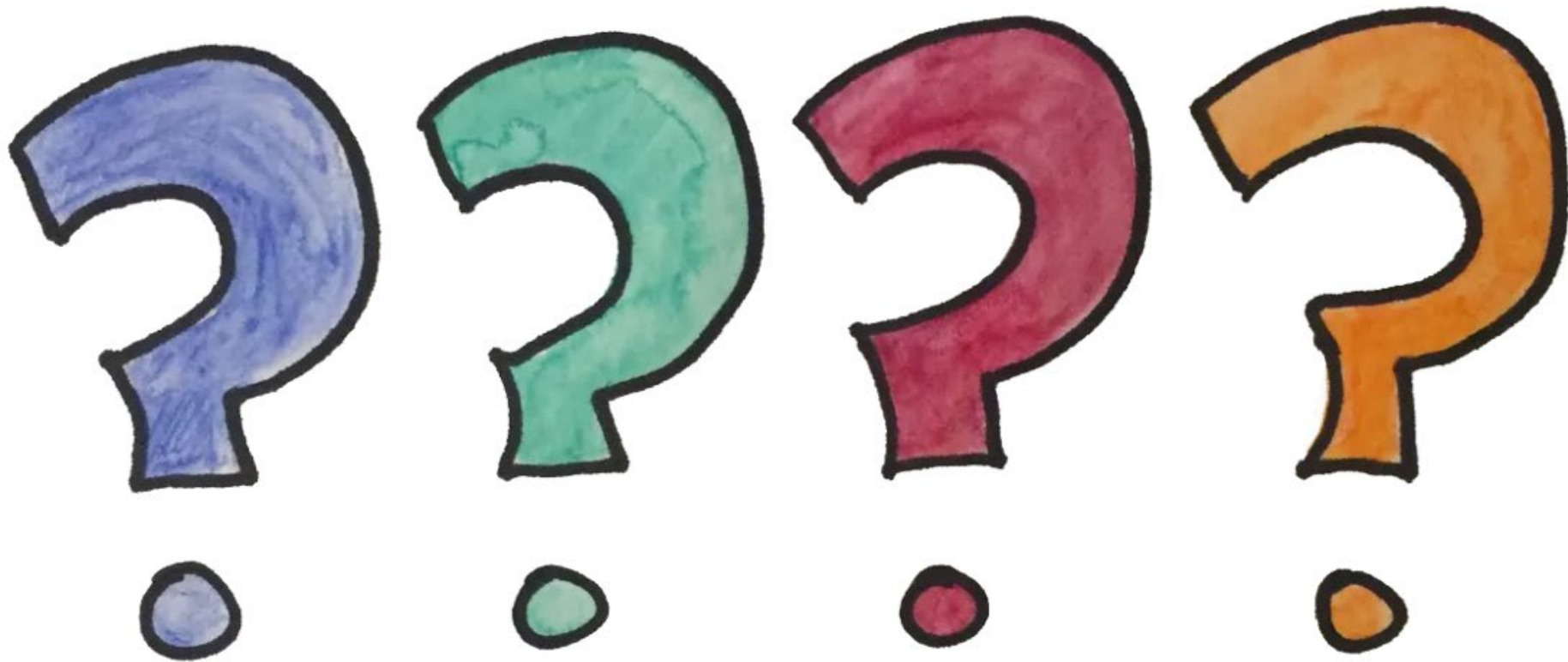
Check with your insurance company about mental health care benefits

Call 211 for assistance in locating your nearest community mental health center


Text or call the National Crisis Hotline (available 24/7)

- Text: 741741
- Phone: 988





# Resources

  
**IGNITE WELLBEING**  
 MIND BODY SPIRIT

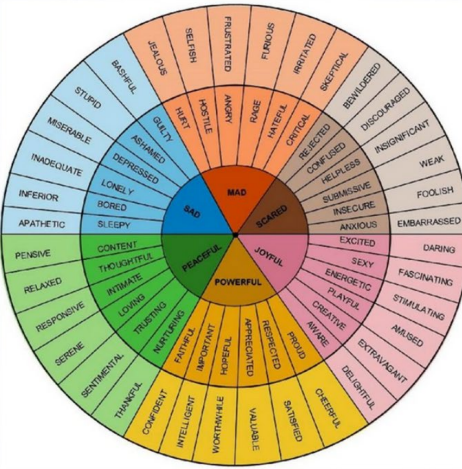
## Emotions Wheel

Did you know, on average, American adults can identify, on average, 3 basic emotions?


Feelings are complicated. Checking in with yourself and identifying how you are feeling is a step toward self-awareness. The wheel below starts with 6 core emotions in the middle with less intense variants radiating toward the outer edges.

Using a wheel makes it easier to understand and express how you are feeling. It can help us better understand what our emotions are trying to tell us which put us in a position to respond, not react. Labeling is a powerful tool for stopping emotional spirals.

Try checking in with yourself throughout the day to bring yourself to present moment self-awareness.



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**IGNITE WELLBEING**  
 MIND BODY SPIRIT

## Resources to Help You on Your Wellbeing Journey


Mind Body Medicine focuses on *increasing present moment awareness of how we are feeling* in our minds, bodies, and spirits, and then provides evidence-based practices and skills to help bring us into balance through self-awareness and self-expression. While breathing and meditation are suggested to be used routinely, it is ok to start slowly -- do not get overwhelmed.

### To Get Started

- Start with one or two simple skills -- perhaps deep, intentional breathing and/or shaking and movement.
- Tie what you try to a habit you already do. For example, practice breathing while waiting for coffee to brew or mindfulness while eating/walking/driving.
- Start with 5 minutes a day/5 days a week and work up from there. Research shows a total of 20 minutes a day changes the brain.

### When You are Stuck:

- When challenges or concerns arise, use Mind Body Medicine skills such as: *drawings, dialogue with a symptom (journaling) or guided imagery (see QR code for guidance).*
- Do what feels right to you. Not every practice works for everyone but also be open to trying something new. If a practice does not resonate the first time you try, come back to it another time.




## External Resources Available

### Do Not Feel Alone

- Find a partner/build a community
- Use resources available to assist you with your journey
- Contact us at: info@ignitewellbeingin.com

### Center for Mind Body Medicine:

- Find introduction to specific skills and resources
- Free Webinar Series



QR Code to CMBM





### Helpful Videos/Books:

- **How Stress Effects Your Brain Video**
- **The Transformation** by James S. Gordon, MD
- **Permission to Feel** by Mark Brackett, Ph.D.
- **Wherever You Go, There You Are** by Jon Kabat-Zinn
- **Brain Rules** by John Medina
- **How to Meditate: A Guide to Self Discovery** by Lawrence LeShan
- **The Body Keeps the Score** by Bessel van der Kolk
- **Self-Reg** by Stuart Shanker
- **The Deepest Well** by Nadine Burke-Harris
- **Daring Greatly and Rising Strong** by Brene Brown
- **Real Happiness at Work** by Sharon Salzberg

### Tips for Practicing at Work

- Take moments throughout your day to be mindful of your breath, your emotions, movement (sitting too long), letting go of thoughts, and loving kindness (everyone wants to be happy).

### Meditation Apps



## **Bamboo:**

- Spends several years developing a robust root system before it shoots up
- Laying groundwork for future growth and strength







# How Can Ignite Wellbeing Help Your Organization?

## Contact:

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[www.ignitewellbeingin.com](http://www.ignitewellbeingin.com)



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