


THE MISSING LINK...
 Integrating
Mindfulness Practices and **Healthy Lifestyle Approaches**
 into Clinical Care


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This is your Brain

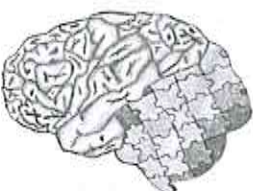


This is your Brain on exercise!

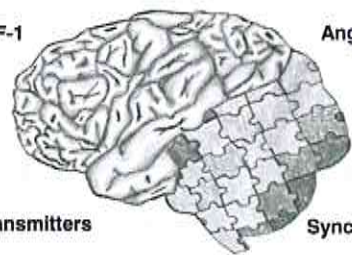


This is your Brain on Exercise, Meditation, Healthy Nutrition, Optimal Sleep and limited Technology!

Putting the pieces together!



Get the Picture!



Neurogenesis Connectivity Synaptogenesis

BDNF and IGF-1 Angiogenesis

Myelination Glia


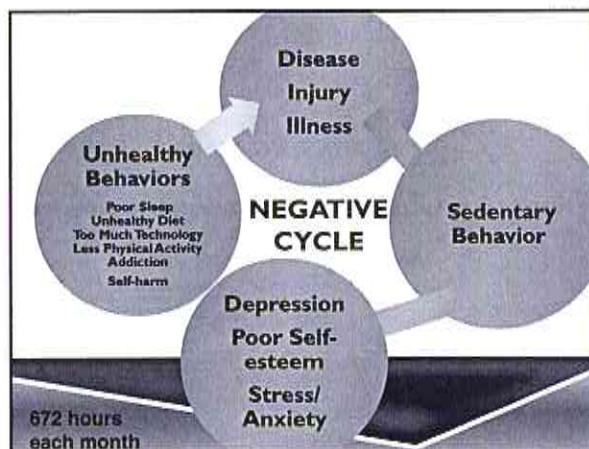
Neurotransmitters Synchronization

A Healthy Lifestyle Positively Impacts

- ▶ General Health and Well being – Body and Mind
- ▶ Disease Prevention and Reversal of Disease States
- ▶ Depression, Anxiety, Self-esteem, Self-harming and Addictive Behaviors
- ▶ Sleep
- ▶ Cognition: attention, memory, language skills, and executive functioning
- ▶ Academic Performance
- ▶ Vocational Performance
- ▶ Physical Performance and Energy
- ▶ Recovery and Prevention of Injury
- ▶ Social Connectivity
- ▶ Ability to be Successful and Productive Members of Society

RESILIENCE ...

Developing the *essential tools* necessary to be able to recover or bounce back quickly from emotional and/or physical trauma or stress.


Addressing Lifestyle as an Integral Part of Patient Care

- ▶ Is a potential different way of thinking about patient care
- ▶ Is based on Neuroscience and Physiological functioning
- ▶ Is Realistic and highly Evidence-Based!
- ▶ Is **Not** a simple easy answer for complex problems
- ▶ **Will** take time, energy, and additional resources



Research on both children and adults suggests that integrating healthy lifestyle and mindfulness approaches is

**State of the Art Medicine
for the treatment and
prevention of disease**

Adolescent Brain Cognitive Development (ABCD) Study



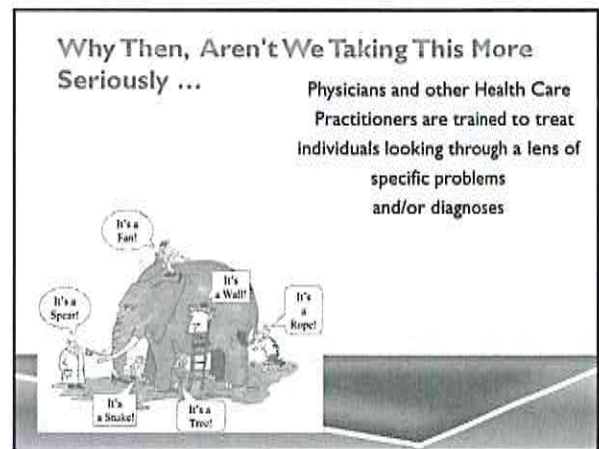
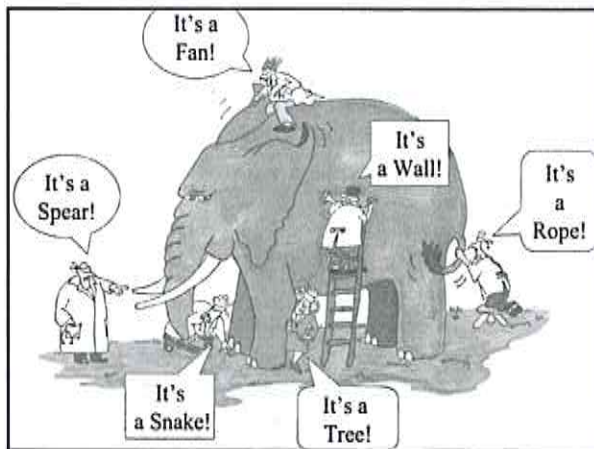
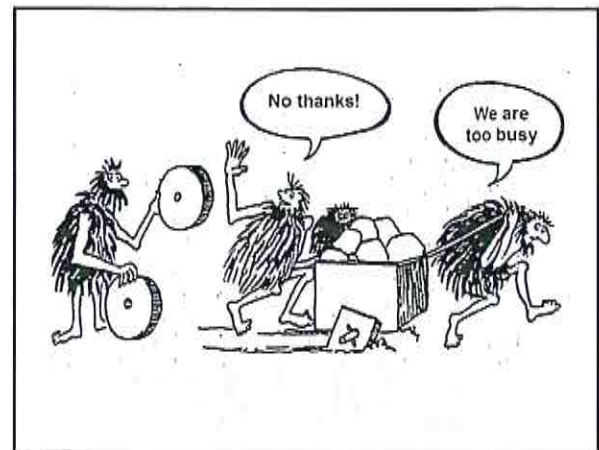
- In September 2015, NIH launched the ABCD Study.
- ABCD is the largest long-term study of cognitive and brain development in children in the U.S. to date.
- ABCD is recruiting >11,000 healthy children ages 9-10 and following them over 10 years into early adulthood.
- ABCD investigators will measure brain maturation in the context of social, emotional, and cognitive development at a level of precision that has only recently become possible. Investigators will look at multiple health outcomes including weight, growth, sleep quality, injury, mental health and substance use, and other life experiences such as academic success, and physical activity.

Association between 24 hour movement behaviors and global cognition in US children

(4,524 children 8-11 yo from Sept. 2016-2017)

- **24 hour Movement Guidelines:**
 - 60 minutes moderate to vigorous physical activity/day
 - < 2 hours of recreational screen time/day
 - 9-11 hours of uninterrupted sleep
- **Primary outcome of interest from NIH Toolbox**
 - 7 validated psychometric tasks spanning language abilities, episodic memory, attention, working memory and processing speed
 - Greatest benefits if meet all 3 recommendations
 - Next greatest benefits from recommendations of screen time and sleep
 - Also benefits from following screen time recommendations alone



Current Barriers ...

- ▶ Insurance restrictions
- ▶ Time and Energy
- ▶ Resources
- ▶ Not a quick easy fix
- ▶ Cynicism regarding potential for change
- ▶ Societal pressures
- ▶ Worried about prejudice or harming relationship with patient

An illustration of two people carrying a large barrier with a black and white striped sign.

However... as a health care professional, your encouragement and guidance may be the greatest influence on your patient's decision to lead a healthier lifestyle!

What makes our practice unique?

- Lifestyle is addressed as a Vital Sign - a key part of each evaluations and treatment intervention
- Comprehensive Wellness Program (individual and group-based) within the office
- Interdisciplinary Team Approach to patient care
- Provide care for families without means
 - * NPO has partnered with us to help provide Healthy Living Classes to Teens without means



► Optimize Care

And help our patients reach their highest potential

► Augmented Recovery

► Empower

kids, teens and young-adults with the essential tools they need for **sustainable** mental health benefits.

Wellness Services for Children and Adolescents

Health and Wellness Evaluations

Fitness Evaluation – Fitness Level and Risk for Disease
Body Composition (BMI, percent body fat, waist circumference)
Fitness Testing (VO2Max, endurance, strength, flexibility, agility, balance, coordination)

Lifestyle Evaluation
 Sleep, screen time, amount of physical activity, leisure and recreational interests, daily/longing stressors.

Nutrition Evaluation
 Eating habits – fast food, junk food, water, sodas, juices, whole foods, fruits, veggies, grains, dairy and protein consumption

Healthy Lifestyle and Mindfulness Groups

Individualized Wellness Programming, Education and Training
 Weight Management, Nutrition Education, Endurance Training, Physical Activity Logs, Strength Training, Stretching, Mindfulness and Meditation

Groups include:

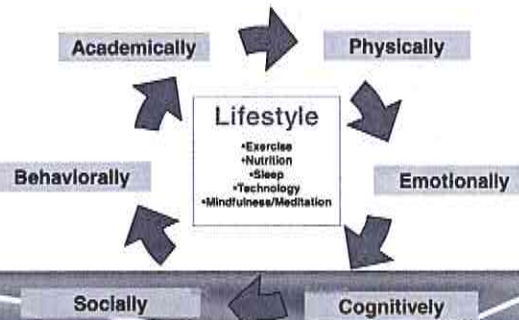
- **Stressed Teen Class – MBSR-T**
Mindfulness Based Stress Reduction for Teens
- **Mindful Movement (Yoga) and Meditation for Teens**
- **Healthy Living and Mindfulness for Pre-Teens** (with parent)
- **Mindful Parenting**
- **MBSR-T "Plus"**
Healthy lifestyle and mindfulness strategies for teens who are struggling with Obesity
- **MBSR – Adults**

*Partnering with NPO to provide free classes to the community

Why is this approach
 Cutting Edge
 versus
 Standard of Care?




The Benefits of a **Healthy Lifestyle** are Evidence-based and impact us on many different levels...



Physical Benefits of a Healthy Lifestyle based on research is profound!

- ▶ Disease Prevention - HTN, Diabetes-2, Cancer, Cardiovascular, Metabolic Diseases, Osteoporosis
- ▶ Weight Management - preventing obesity
- ▶ Increases Energy
- ▶ Improves Sleep
- ▶ Pain Management
- ▶ Increases Endurance
- ▶ Increases Strength, Flexibility
- ▶ Improves Physical Performance
- ▶ Prevents Injury
- ▶ Bone Density - Osteoporosis
- ▶ Decreases Risk of Falling/Fractures
- ▶ Speeds Recovery Time




Neuropsychiatric Benefits of a Healthy Lifestyle based on research...

- ▶ Improves Mood Disorders
- ▶ Improves Anxiety
- ▶ Decreases ADHD Symptoms
- ▶ Decreases OCD Symptoms
- ▶ Decreases PTSD Symptoms
- ▶ Improves Self-Esteem




Cognitive Benefits of a Healthy Lifestyle Based on research ...

- ▶ Attention and Focus
- ▶ Memory
- ▶ Language Skills
- ▶ Visual-Spatial Skills
- ▶ Executive Functioning
 - reasoning
 - planning
 - initiating
 - problem solving
 - organizing
 - multi-tasking
- cognitive flexibility
 - cognitive inhibition
 - task completion
 - selective attention
 - working memory




Social Benefits of a Healthy Lifestyle based on research ...

- ▶ Improved Relationships and Social Skills
- ▶ Prevent Social Isolation
 - family, friends, leisure activities



Academic Benefits of a Healthy Lifestyle based on research...


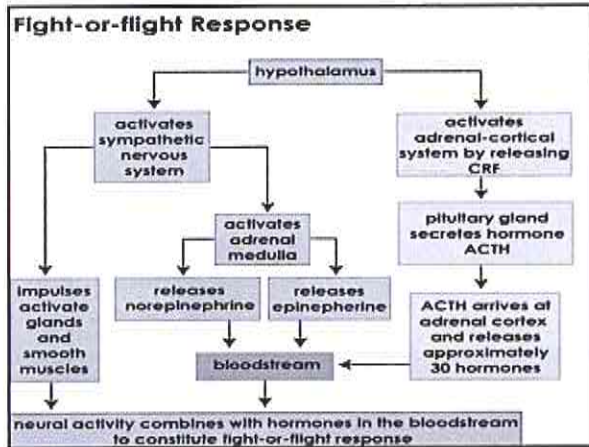
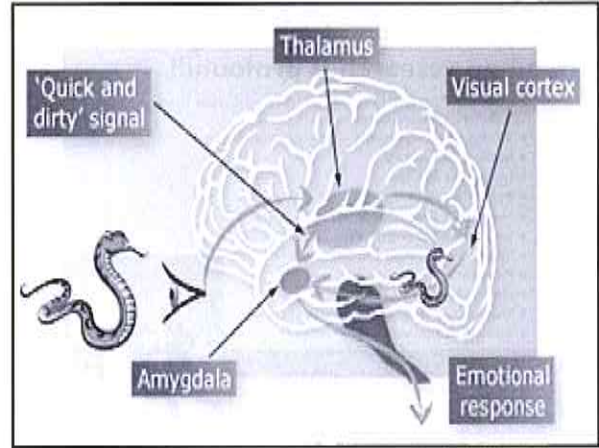
- ▶ Increase Attendance
- ▶ Less need for 504/IEP's/ Home Intervention
- ▶ Improve Academic Performance
- ▶ Classroom Behavior
- ▶ Improves Test Taking Skills



**STRESS IS A
KEY CONTRIBUTING FACTOR TO
PHYSICAL AND EMOTIONAL
WELL-BEING
AND
DISEASE STATES**

Fight-Flight-Freeze Response


- Adaptive for primitive species
 - Hunters and Gatherers
 - Ate to Live
- Stress Response to imminent danger was Key to our Survival!

PHYSIOLOGICAL CHANGE	REASON
Increased heart rate	To increase blood flow to organs and increase the movement of adrenaline around the body.
Increased breathing rate	To increase oxygen intake.
Pupil dilation	To increase light entry into the eye and enhance vision (especially in the dark).
Sweat production	To regulate temperature.
Reduction of non-essential functions (e.g. digestive system, urination, salivation)	To increase energy for other essential functions.

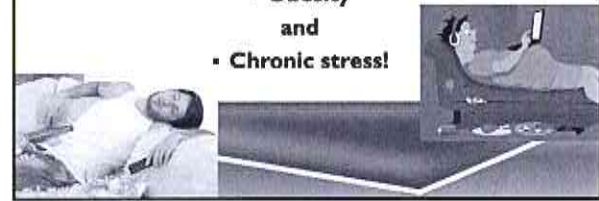
Today's... Fight-Flight Response is often a **False Alarm - Triggered by Strong Emotions**

Heightened Amygdala response and chronic cortisol release triggered without imminent danger, leading to **Chronic Stress Response** and **Disease States**




Our fast-paced, hectic world has led to a heightened Stress Response (sensitized Amygdala) causing:

- **Poor Sleep**
- **Unhealthy Eating**
- **Overuse of Technology and Social Media**
- **Sedentary lifestyle**
 - **Obesity and**
 - **Chronic stress!**



Technology one of the culprits ...



Research on Technology has demonstrated ...

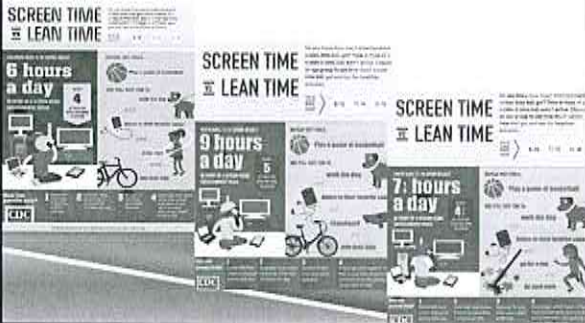
- ▶ Decreased quality of relationships (less face-to-face contact)
- ▶ Increased bullying
- ▶ Increased drama
- ▶ Increased distractibility - decreased attention and focus
- ▶ Increased peer pressure/conforming
- ▶ Presenting unrealistic views of other's lives
- ▶ Mental health disorders - increased anxiety, stress, depression, lowered self-esteem
- ▶ Sedentary Behavior
- ▶ Weight gain and obesity
- ▶ Illness and disease
- ▶ Decreased sleep and quality of sleep
- ▶ **Technology Addiction!**





2018 study by the Pew Research Center:

TECHNOLOGY

Center for Disease Control (CDC) 8-
18 years old
Limit Recreational Screen Time to 1-2 hours/day!

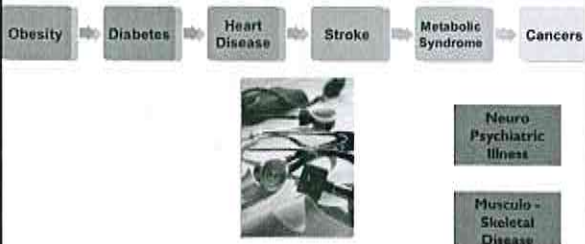


Researched Effects of Sleep Deprivation have demonstrated ...



- Accidental Death
- Yawning
- Nervous Jitters
- Motivations
- Night Sleep
- Weekend Inactive Response
- Weight Gain
- High blood Pressure
- Impaired Brain Activity
- Cognitive Dysfunction
- Moodiness
- Depression
- Accident Prone
- Cold and Flu
- Type 2 Diabetes
- Heart Disease

Research has demonstrated... Health risks associated with sedentary lifestyles




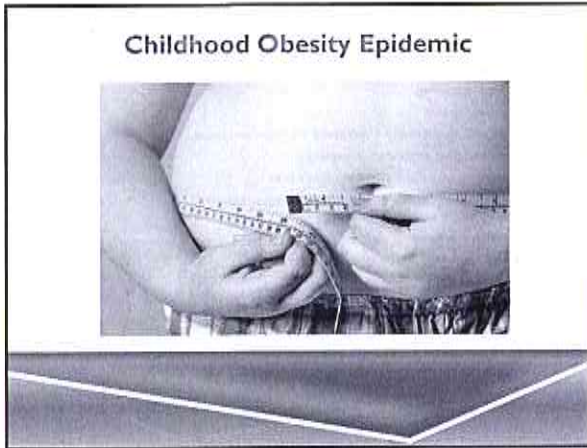
Source: Centers for Disease Control

Major burden to our already failing health care system

11.1% of the total healthcare cost of the United States was directly related to **inadequate physical activity.**
Last year the United States spent \$3 trillion on healthcare which means physical inactivity is directly responsible for **\$333 billion** in health care costs (\$3 trillion x 11.1%).

2016 Center for Disease Control





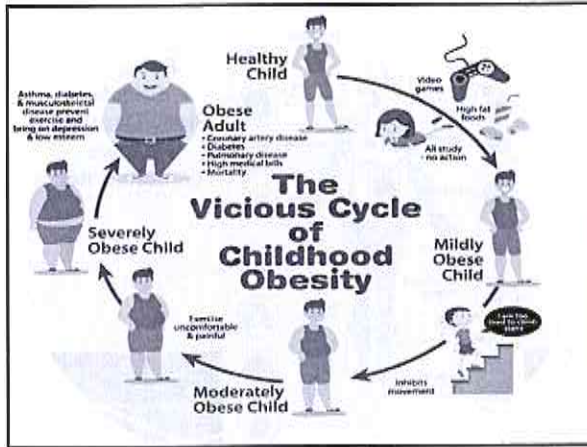
Staggering Statistics

American Heart Association AHA, Center for Disease Control CDC, and the Obesity Action Coalition OAC

- ▶ 10 million American children between the ages of 6 and 19 are overweight
 - ▶ About **one in three - 30%** - of American kids and teens is overweight or obese.

more than tripled from 1971- today.

- ▶ Excess weight during childhood is associated with **earlier risk of obesity-related disease and death in adulthood.**



Sobering statement from the former Surgeon General Richard Carmona

"Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents."

What is the Science and Theories behind healthy lifestyle and mindfulness?

Epigenetics ...

Environmental factors that cause our genes to be turned on or turned off.

EPIGENETICS

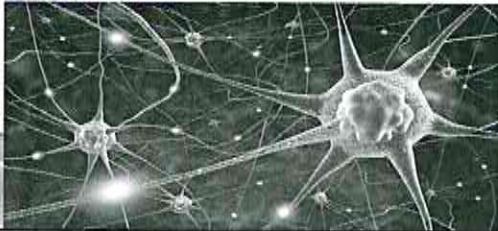
How the experiences of previous generations can affect who we are

Exercise, Nutrition, Meditation

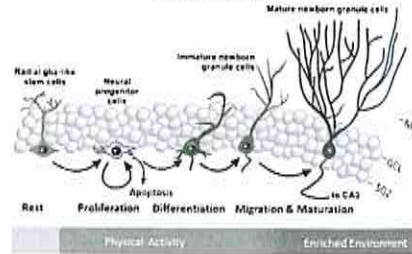
Neuroplasticity

The capability of the brain to reorganize and change by forming new neural connections throughout life, to adjust in response to new situations, changes in their environment or through intense repetition.

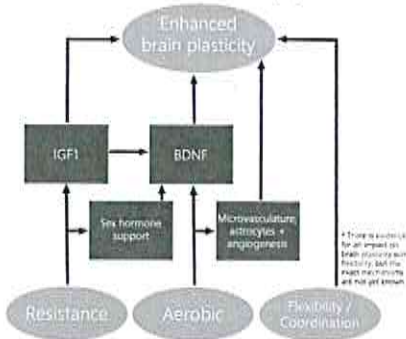
70% of synaptic connections change each day!



Increasing the rate of neurogenesis – GROWTH AND DEVELOPMENT OF NERVOUS TISSUE

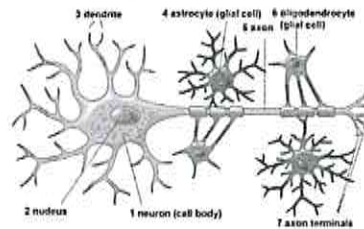


Increasing BDNF and IGF I which enhances neurogenesis and plasticity processes.



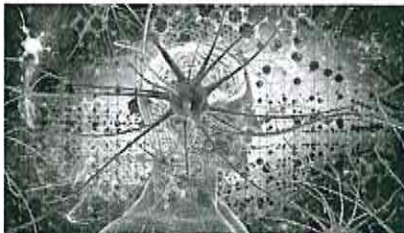
Increasing the size and number of Glial Processes

Enhancing neuronal protection

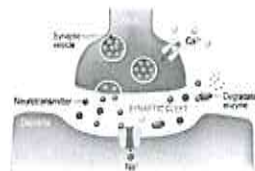


Stimulating Synaptogenesis

- Stimulating Axonal and dendritic remodeling
- Increasing synaptic size, density and efficiency

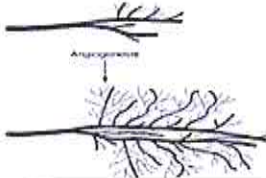


Increase in Neurotransmitter Concentrations



- ◆ Stimulating Angiogenesis
 - ◆ Increasing capillary density
 - ◆ Increasing cerebral blood flow (CBF) to the brain


Angiogenesis



- ◆ Reduction in inflammatory processes
(Controls low-grade systemic inflammation)

- ◆ **Immuno-modulatory functions**
Increased ability to modify or regulate one or more immune functions

Increase in Brain Growth with Aerobic Exercise



- ▶ **Hippocampus** - stress/emotional regulation, new learning, working memory, cognition and navigation
- ▶ **Motor Cortex** - motor learning, controls the execution of movements
- ▶ **Cerebellum** - coordinates and refines voluntary movements such as posture, balance and coordination. *Supports higher learning and advanced social skills
- ▶ **Gray Matter Density in Frontal, Temporal, and Cingulate Gyrus** - emotional expression, problem solving, memory, language, judgment and sexual behavior, auditory perception, processing emotions and behavior regulation.
- ▶ **White Matter Tracks - Functional Connectivity**
* positive correlations between functional connectivity and cognitive measures of executive function and spatial memory.

Increases Brain Growth with Mindfulness
Areas of the brain responsible for empathy, compassion, mood regulation, ability to maintain social connection (Mirror Neuron Functioning)

- ▶ **Dorsal-Medial Pre-Frontal Cortex** - feeling empathy and maintaining social connections
- ▶ **Insula** - monitoring bodily sensations and heavily involved in experiencing feeling/empathy
- ▶ **Parietal Lobes** - integration of sensory input, mirror neurons connected through the Insula,
- ▶ **Posterior Cingulate** - mind wandering and self-relevance
- ▶ **Left Hippocampus** - learning, cognition, memory, emotional regulation
- ▶ **Temporal-Parietal Junction** - perspective taking, empathy and compassion
- ▶ **Pons** - regulatory neurotransmitters

*** Decreased Size and Down Regulation of Amygdala**

Successful Integration of Healthy Lifestyle Interventions into Patient Care Includes addressing...

<ul style="list-style-type: none"> ▶ Regular Exercise <ul style="list-style-type: none"> ▶ Aerobic Exercise ▶ Strength Training ▶ Stretching Exercises ▶ Daily Physical Activity ▶ Proper Sleep Hygiene 	<ul style="list-style-type: none"> ▶ Healthy Nutrition ▶ Weight Management ▶ Thoughtful Use of Technology ▶ Mindfulness and Meditation
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The American Heart Association
Recommendations for
Physical Activity in Kids

At least **60 minutes** of moderate- to vigorous-intensity aerobic activity **Every day**

© 2016 Learn more at heart.org/KidsActivityRecommendations.

- ◆ Make Exercise Fun
- ◆ Structured Recreational Activities
- ◆ Limit Screen Time
- ◆ Exercise as a Family
- ◆ Parents as Role Models

The American Heart Association
Recommendations for Physical
Activity in Adults

30 minutes of moderate-intensity aerobic activity **5** days a week **150** minutes

OR

25 minutes of vigorous-intensity aerobic activity **3** days a week **75** minutes

AND

HIGH INTENSITY 2 days a week

© 2013 Learn more at heart.org/ActivityRecommendations.

Consistency is the Key!

- Aerobic
- Strength Training
- Stretching
- Daily Physical Activity

Sleep Hygiene

- ▶ Developing a Calming Sleep Routine:
 - Read
 - Spend time with family
 - Medicate
 - Journal
 - Yoga
 - Warm bath/shower
- ▶ Turn off technology **2 hours before** bedtime
 - * Reduce blue light emission and preserve melatonin production

Hands up if you didn't get enough sleep last night!


National Sleep Foundation's
Sleep Duration Recommendations (Feb. 2, 2015)

Age	Recommended
0-3 months	14 to 17 hours
4-11 months	12 to 15 hours
1-2 years	11 to 14 hours
3-5 years	10 to 13 hours
6-13 years	9 to 11 hours
14-17 years	8 to 10 hours
18-25 years	7 to 9 hours
26-64 years	7 to 9 hours
≥ 65 years	7 to 8 hours


Nutritional Guidelines

Choose **MyPlate**.gov

- ▶ Replace junk food with Healthy Snacks!
- ▶ Limit Processed Foods
Eat REAL foods!
- ▶ Limit Fast Foods!
- ▶ Go Lean and Low Fat
"good fats vs bad fats"
- ▶ Portion Control
- ▶ Don't Drink Calories -
limit soda, fruit juice and sport drinks
- ▶ Drink 8 glasses of water each day
- ▶ Go with Whole Grains
- ▶ Eat Lots of Fruits and Vegetables!
Eat a variety of colors
- ▶ Well-Balanced Meals



Mindfulness and Meditation



RESEARCH – MINDFULNESS

- Center for Mindfulness in Medicine, Health Care and Society
University of Massachusetts Medical School - Jon Kabat Zinn
- Mindfulness Center
Brown University - School of Public Health
- Center for Healthy Minds
University of Wisconsin - Richard Davison
- UCLA Mindful Awareness Research Center
Daniel Siegel, MD

Over 1000 studies!

Mindfulness Based Stress Reduction (MBSR)

Jon Kabat Zinn, PHD Research between 1979 and 2002 focused on mind/body interactions for healing


Westernized practice of yoga and meditation for stress management and disease prevention

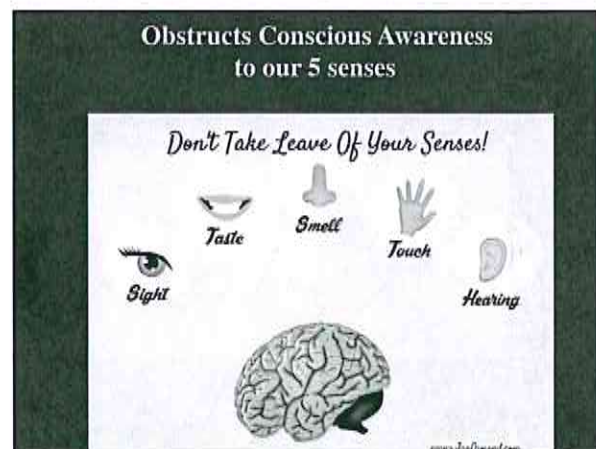
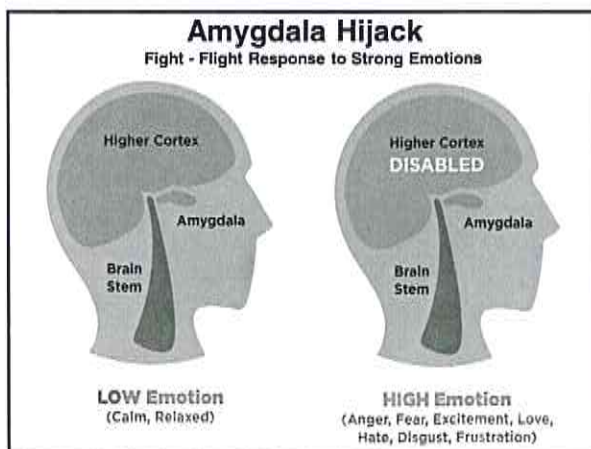
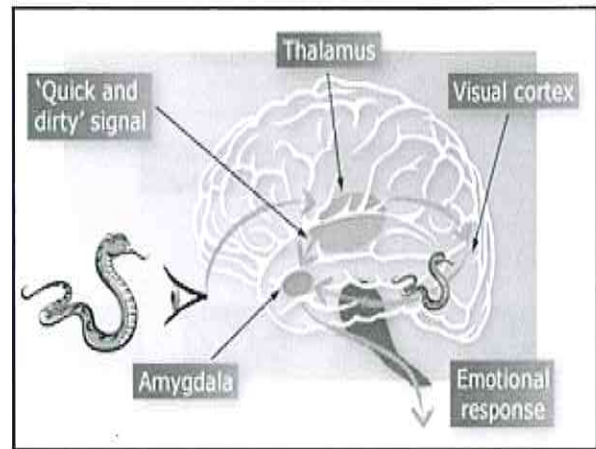
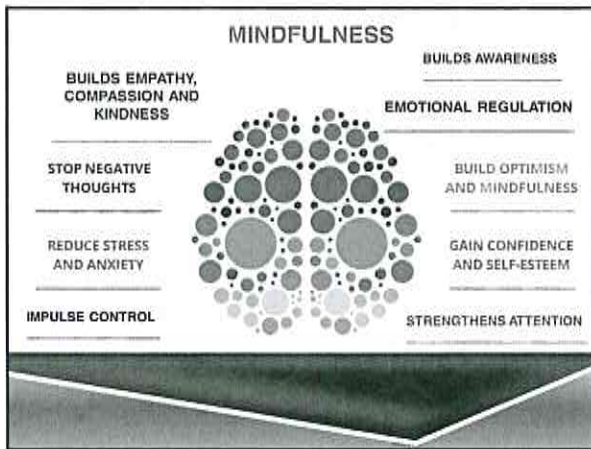
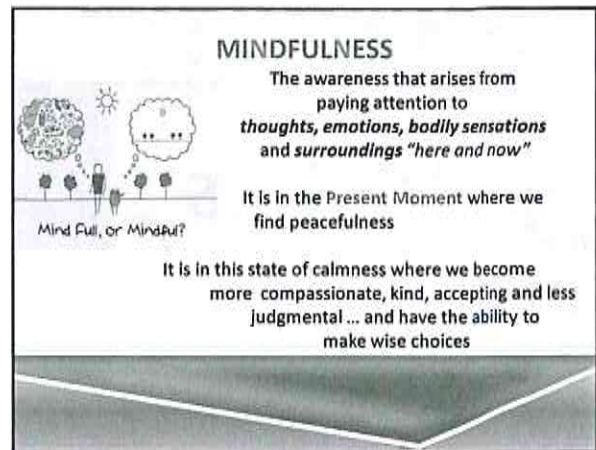
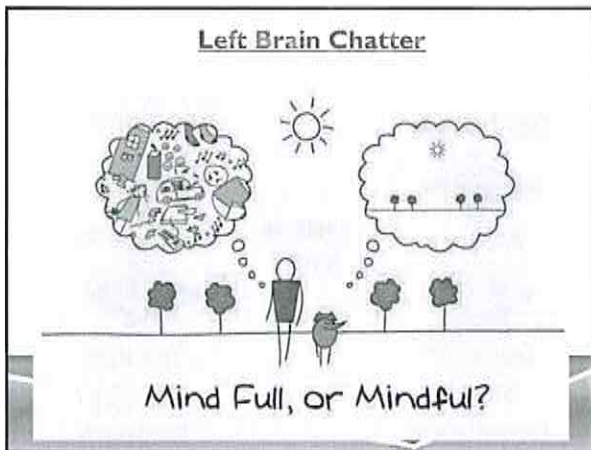
Evidence-based, well researched approach

8 week course called MBSR - Mindfulness Based Stress Reduction

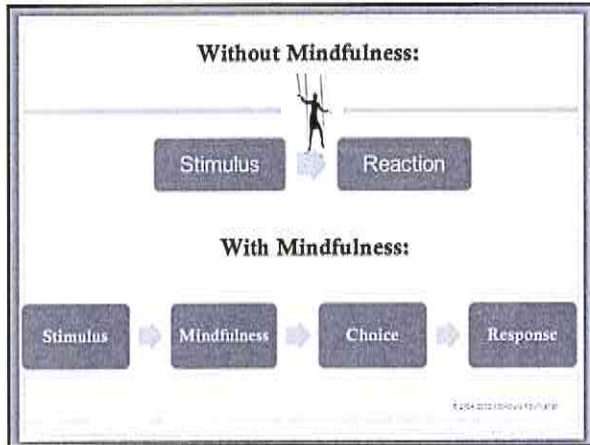
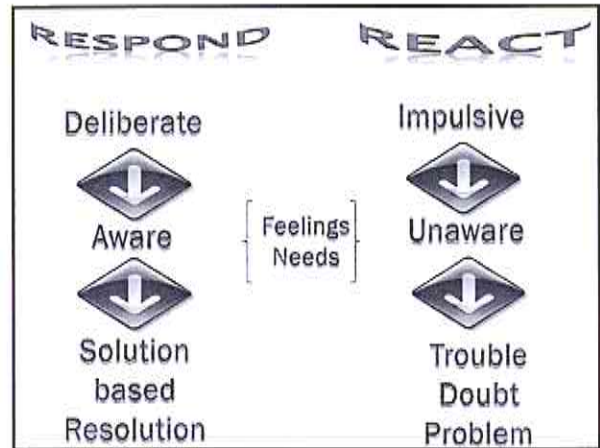
MINDFULNESS

Our ability to pay attention, on purpose,
to the Present Moment
without judgment




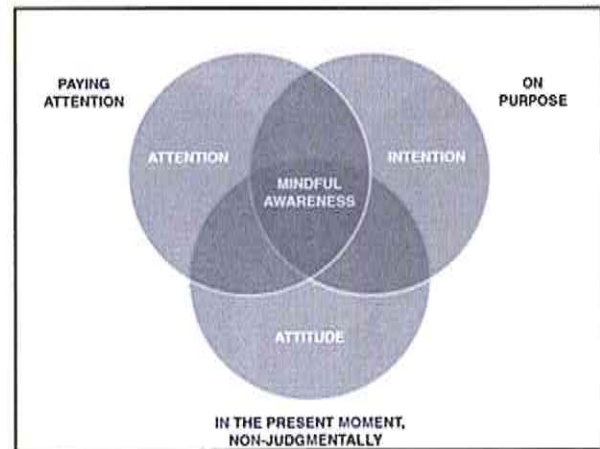
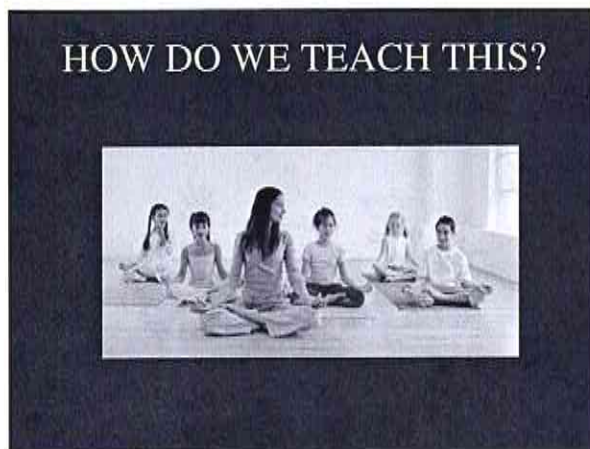



REACT vs Respond



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

- Victor Frankl, psychiatrist and holocaust survivor

1. Pause...



2. Bring Awareness to the Body-Mind Connection

- **Recognize Red Flags** * Physiological changes that happen to our bodies with stress and strong emotions
- **Thoughts and Emotions** that are attached to these physiological changes
- **Label the Emotion**



3. Quiet the Mind By Focusing on the Present Moment

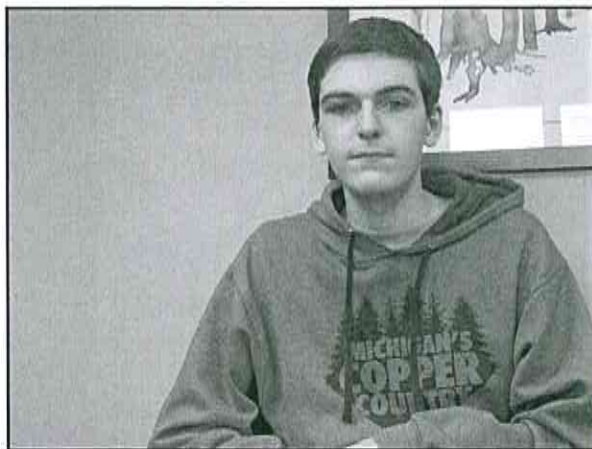
- **Breath**
- **5 Senses**
- **Bodily Sensations**




Anchoring to the Present Moment

4. Choose to *Respond* thoughtfully instead of *Reacting* impulsively with Clarity of Mind...

- **Wisdom**
- **Compassion**
- **Kindness**
- **Acceptance**
- **Non-judgment**





POSITIVE NEUROPLASTICITY – REWIRING RESILIENCE

Each time you...

- Keep your mind still - SUSTAINED ATTENTION
- Notice mind wandering - MINDFULNESS/INSIGHT/AWARENESS
- Detach from thoughts - LETTING GO/ACCEPTANCE
- Bring mind back - SELECTIVE ATTENTION
- Each time you do that gently - SELF COMPASSION

Mindfulness Strengthens these Qualities...

- Awareness
- Acceptance
- Openness
- Empathy
- Gentleness
- Patience
- Gratitude/Appreciation
- Compassion
- Kindness
- Forgiveness
- Non-judging
- Self-compassion
- Self-gratitude
- Self-kindness
- Peacefulness
- Calmness
- Joy/Happiness
- Letting Go
- Being vs Doing
- Beginners Mind
- Understanding Impermanence

Researched Health Benefits of Mindfulness

- Immune System (sick less, psoriasis, influenza)
- Blood Pressure
- Insomnia
- Asthma Control
- Stress Level (as measured by cortisol)
- Heart Disease
- Chronic Pain Management Migraines
- Digestive and GI Issues
- Surgery Recovery Time
- Compliance with Medication, Diet and Nutrition
- Reduced Risk for Addictions


Researched Education/Learning Benefits of Mindfulness

- Concentration Capacity Attention Control
- Sustained Attention and Selective Attention
- Executive Functioning Reasoning, Problem Solving, Initiation, Planning, Working Memory and Meta-cognition
- Fluid intelligence
- Learning
- Memory
- Classroom Behavior
- Test Anxiety
- Creativity
- Cognitive Performance

Researched Psychiatric Benefits of Mindfulness

- Decreases symptoms of DEPRESSION
- Decreases symptoms of ANXIETY
- Helps minimize ADHD symptoms:
- Decreases risk of SELF-HARMING behaviors
- Helps with EMOTIONAL REGULATION
- Control OCD symptoms
- Minimizes PTSD symptoms
- Decreases risk for EATING DISORDERS


"If every eight year old in the world is taught meditation, we will eliminate violence from the world within one generation."
- Dalai Lama



MINDFULNESS PRACTICES

Formal and Informal Practices strengthen our ability to "be present" and make wise choices

- Breathing Meditation
- Sitting Meditations
- 5-Senses Meditations
- Body Scanning
- Yoga – Mindful Movement
- Mindful Walking
- Loving Kindness/Heartfulness Meditation
- Mindful Eating
- Mindfulness with Everyday Activities
- Mindfulness with Sports, Leisure and Recreation
- Self-Compassion Practice
- Daily Gratitude Practice/Journaling
- Making Others Happy
Volunteering, Random Acts of Kindness, Smiling, Friendliness




Simple Mindful Practices to Teach or Prescribe to your Patients

- Awareness of Breath Meditation
- 10-Breath Meditation
- Elevator or 4-Square Breathing
- Slow Race Breathing
- 5 Senses Meditation
- Mindful Eating
- Hot Chocolate Breathing
- Mindful Walking
- Mindfulness with Every Day Activities

Mindfulness Resources

- **Moment**
Screen Tracker
- **Apple**
iPhone setting to monitor screen time
- **Calm**
- **Head Space**
- **UCLA Mindful Awareness Research Center**
Simple Guided Meditations
- **Insight Timer**

Mindfulness Based Stress Reduction for Teens (MBSR-T) – Stressed Teens




- ▶ **Gina Beigel, customized Jon Kabat Zinn's MBSR 8-week curriculum for Teens**
- ▶ **Evidence-based, well researched**
Positive coping strategies to handle stress and strong emotions using both healthy lifestyle and mindfulness practices

Stressed Teen Class

- ▶ Write "3 things They are Grateful For"
- ▶ Write "Kind Words" to themselves
- ▶ Write their "Intention for the Day"
- ▶ Do one Random Act of Kindness
- ▶ Smile and Make Eye Contact with people they cross paths with
- ▶ Be Physically Active every day for 60 minutes
- ▶ Log details of their Physical Activity, Aerobic Exercise, Strength Training and Stretching/Yoga


Week 1



- ▶ Creating Personal Wellness Goals/Intentions
- ▶ Identifying Personal Stressors
- ▶ Effects of Stress/Strong Emotions on the BODY and MIND
*Body – Mind Connection
- ▶ Healthy Lifestyle's positively impact on the BODY and MIND
- ▶ Introduction to Mindfulness
- ▶ How Mindfulness can help...
- ▶ Mindfulness Practice:
Mindfulness and the 5 Senses
Dropping into Mindfulness Practice (checking in with body, breath and mind)


Week 2

- ▶ Fight, Flight and Freeze
- ▶ Anatomy and Physiology of Mindfulness
- ▶ Recognizing Personal Red Flags
- ▶ Mindfulness - Respond vs. React
- ▶ Mindful Qualities
- ▶ Power of Kindness, Compassion and Acceptance
- ▶ Developing a Personal Mindfulness Practice - with intention using 5W's
- ▶ Mindfulness Practices:
 - The Body Scan
 - Mindful Eating
 - Glitter Jar



Week 3

- ▶ What is Self-Care and Cultivating Self-Care
- ▶ Bringing Mindfulness to Everyday Activities – 5 senses
- ▶ Bringing Awareness to Thoughts and Feelings
- ▶ Accepting Emotions
- ▶ Stress Wave and Dropping Your Anchor
- ▶ Mindful Practices:
 - Mindful Breathing – 10 breath Meditation
 - P.N.F.
 - Cloud or River Meditation - Labeling thoughts and feelings



Week 4

- ▶ Self-Compassion - Self-Kindness
- ▶ Gratitude Practices
- ▶ Becoming Aware of Pleasant Moments
 - Feeding the good instead of the bad
- ▶ Mindfulness Practices:
 - Loving Kindness Pebble Meditation
 - Heartfulness Meditation



Week 5


- ▶ Harmful Coping Behaviors
- ▶ Blocking Behaviors
 - Judging, ruminating, obsessing, ignoring
- ▶ Narratives – Telling Stories
 - "Don't always believe what your think"
- ▶ Harmful Judgments (not based on fact or reality)
 - Harmful Judgment Journal
- ▶ Mindful Stopping
 - How to redirect yourself from a negative or unhealthy behavior



Week 6


- ▶ Mindful Walking
- ▶ Mindful Movement – Yoga

* using bodily sensations as an anchor to the present moment – bringing calmness and clarity of thought




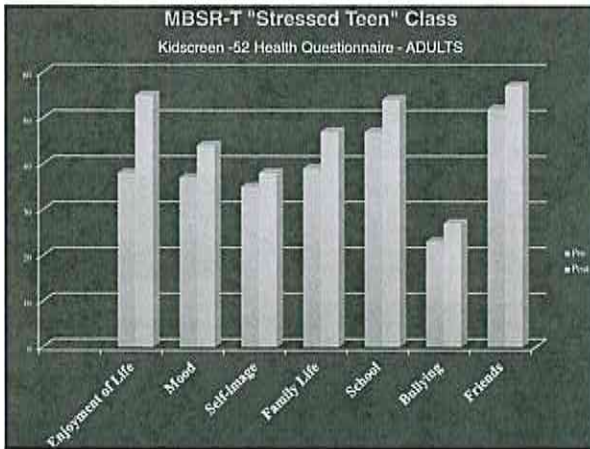
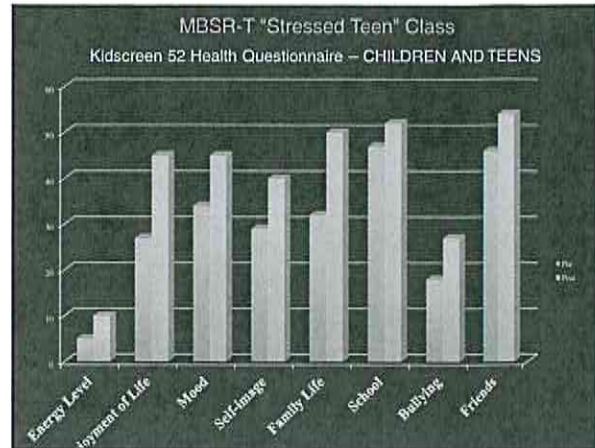
Week 7

- ▶ Mindful Relationships - mindful listening and mindful talking
- ▶ Mindful Solutions to Problems
- ▶ Developing a Personal Self-Care Plan
- ▶ Recognizing human Imperfections - Making Mistakes – Allowing for Forgiveness
- ▶ Letting Go



Week 8

- ▶ Key to Stress Management
 - Review of Healthy Lifestyle/Self-Care
- ▶ Teens Reflect
 - what they have learned, how they have changed, what they will continue to use most
- ▶ Writing Personal Mantras
- ▶ Presentations on Personal Self-Care Plans
- ▶ Mindful Practices:
 - Hot chocolate breathing
 - Turning Towards Difficult Emotions versus Resisting
 - Heartfulness Meditation
 - Taking a Test Taking or Giving a Presentations

What Teens Had to Say....

I notice now when I am really struggling emotionally or really stressed out and I now can make the decision to use mindfulness strategies that I learned in class to calm myself and put things in perspective.

I used to have Panic Attacks every day at school and when this happened, I would call home to be picked up. Now I am aware of when one is coming on – I catch it early and can stop it myself by using mindfulness! I haven't left school in over a month now!

I am so much less moody and feel happier at school, at home, with my friends – and with life!

I learned how to get to the source of my stress. I became aware!

I learned how to actually notice my emotions - and then what to do to make myself feel better!

I have Autistic spectrum Disorder and this class has really helped me appreciate myself and my Autism.

Journaling and writing '3 things I am grateful for' each morning reminds me how I can choose to be mindful! AND... it reminds me to BE mindful!

Mindfulness has helped me become aware of how other people cope – and most importantly to be compassionate and kind instead of judgmental!

What Parents Had to Say....

I have watched my son apply what he learned from this class to a number of real life situations! Recently, he was suffering terribly and was extremely angry due to a family crisis! I redirected him to try the mindful practices he learned in class. He took his notebook to his room and 30 minutes later came out calmer, more relaxed and more in control of his emotions! Thank you!

My daughter has applied mindfulness to help her manage her severe OCD symptoms, academic stress and sleep issues. She uses many strategies but really likes mindful walking, yoga and the body scan!

My son found it powerful to be amongst other teens with similar issues. He is less depressed and is more engaged with family and friends.. He meditates every night before bed! Wow!

My daughter is more even and balanced. She is eating better, exercising and is much more thoughtful in regards to others. This class has been the highlight of my daughter's week!

My daughter has Autistic Spectrum Disorder. She is able to cope with unexpected changes with much more ease since learning principals an strategies of Mindfulness. She now talks to me about how she feels and is able to work through a problem both together and on her own. Amazing!

My daughter is much more open and willing to listen to advice from others about how to manage her time. She is now managing her time much better, is more even tempered and is so much less stressed!





So... what is our responsibility as health care providers?

- ◆ To provide the highest quality of care
- ◆ Respond and Change how we provide care: taking into consideration the health risks and negative physical, psychological and social implications of technology addiction, sedentary lifestyle, and higher levels of stress in today's day and age.
- ◆ Provide Evidence-based Lifestyle Interventions

What can you do to integrate this successfully into your practice?

**Exercise is Medicine
Health Care Provider's Action Guide**

and
PACE research through CDC
developing tools for primary care physicians and health care providers to use to make initial and sustained improvements in physical activity, diet and lifestyle behaviors



**1. Physical Activity and Lifestyle
Assessment Tools - new Vital Sign**

PAAT – Physical Activity Assessment Tool

PAR Q – Physical Activity Readiness Questionnaire

PAV – Physical Activity Vital Sign

ACSM Risk Stratification Questionnaire

Exercise Stages of Change Questionnaire

Customized Lifestyle Questionnaires
(sleep, nutrition, screen time, physical activity, regular exercise, level of stress and coping mechanisms)



2. Write Prescriptions for Health and Wellness

EXERCISE, NUTRITION, SLEEP, USE OF TECHNOLOGY AND MINDFULNESS

Aerobic Exercise 30 minutes minimum 5 days a week

Personal Trainer – aerobic conditioning, strength training, flexibility

Daily Physical Activity 60 minutes

No fruit juices and sodas

Drink 8 glasses of water each day

10 –Breath Meditation every morning

Body Scan every night

No technology 2 hours before bed

< 2 hours/day recreational technology



**3. Prescribe or Provide Health and Wellness
Evaluations**

to look at fitness levels, body composition, lifestyle and other risks for disease



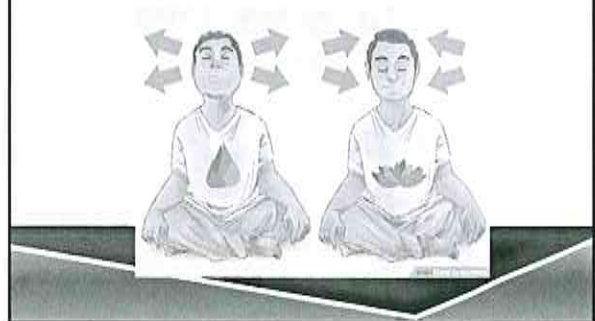
4. Provide Wellness Counseling

as a central component of every medical visit, by making recommendations for; physical activity, diet, weight management sleep, use of technology and level of stress.

***Educate Parents** about the importance of modeling healthy behaviors for their children and family.



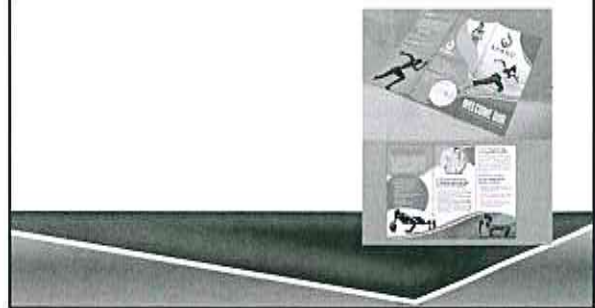
5. Teach Quick and Simple Mindfulness Strategies



6. Connect your patients with Community Wellness Resources.



**7. Provide Printed Wellness Resources
*post Wellness Flyers**



8. Follow-up Wellness Exams

to assess progress and provide accountability




9. Focusing on Well-being of the Health Care Team


- Implementing wellness challenges and programs
- Offering physical activity classes (i.e., yoga) and educational sessions
- Transform your stairwells into a welcoming environment and use promotional materials to encourage employees and visitors to use the stairs
- Implement activity breaks for meetings that are longer than one hour
- Provide discounts for memberships at the local gym.



10. Model Healthy Lifestyle Behaviors Yourself



Integrating Mindfulness and Healthy Lifestyle Interventions into patient care is
The Missing Link
 to State of the Art medicine for the treatment and prevention of disease



It is worth our time and energy and is our responsibility as health care providers!

Helping patients achieve their goals!
 Helping to optimize treatment interventions!
 Helping patients reach their highest potential!
 Helping patients sustain their benefits!

Healthy Living Groups Offered at NMPS, PC:

- **Stressed Teen Class – MBSR-T**
 Mindfulness Based Stress Reduction for Teens
- **Mindful Movement (Yoga) and Meditation for Teens**
 Must have successfully completed Stressed Teens
- **Healthy Living and Mindfulness for Pre-Teens (with parent)**
- **Mindful Parenting**
- **MBSR-T "Plus"**
 Healthy lifestyle and mindfulness strategies for teens who are struggling with Obesity
- **MBSR – Adults**

To Register a Teen for any of these classes contact NMPS, PC at 231-935-0255 or Wendy Weckstein directly at 231-942-9634. We will need Patient Name, parent Name, contact information, DOB and whether or not they are recommended for Scholarship

Class Descriptions and Schedules located on NMPS, PC website
www.nmpspc.com

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Center for Healthy Minds: <https://www.healthyminds.org>

UMass Center for Mindfulness: <https://www.umassmindfulness.org/>

Omega Institute: <http://www.omega-institute.org/>

UCLA Mindful Awareness Research Center: <https://www.uclahealth.org/mar/cf>

Links to other resources:

- <http://www.healthychildren.org/>
- <http://www.healthychildren.org/healthy-living/mental-emotional/Pages/001981.aspx>
- <http://www.healthychildren.org/healthy-living/mental-emotional/Pages/001981.aspx>
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