

Resilient Healers

*Blending New Science and
Ageless Wisdom to Sustain a Healthy
Mind, Mood and Heart*

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www.partnersinresilience.com

*What's the one thing you
can do?*



*"Every problem has two handles.
You can grab it by the handle of fear
or the handle of hope."*

Margaret Mitchell

The Erosion of Resilience

- 100 years
Increased 10%
per decade
- Seligman
10 times
higher risk
- Disability
US
WHO



The Erosion of Resilience

- 54% of Physicians show signs of burnout:
 - a lack of interest
 - chronic fatigue
 - unprofessional behaviors with patients, such as lack of empathy, anger, impatience irritation

(Mayo Clinic Proceedings, 2015)

The Erosion of Resilience

- Body Imbalance and Toxicity
- An Unsettled Mind
- The Illusion of Separation

Minnesota Healthscores

- How are we doing with depression treatment?
- 115 Minnesota clinics measured PHQ-9 scores:
 - Treatment indicated if score >9
 - Remission if score <5 at 6 months
- The top 10 clinics rate of remission is 23-29%
- Average of all clinics is 8%

Source: mnhealthscores.org

Resilience

Keeping the container full.



Resilience Training



Resilience Training Groups

- 8 Week Group meets 2 hours per week
- Up to 20 participants
- Not a replacement for therapy
- A skills-based program
- Creating a circle of trust



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Resilience Training Study

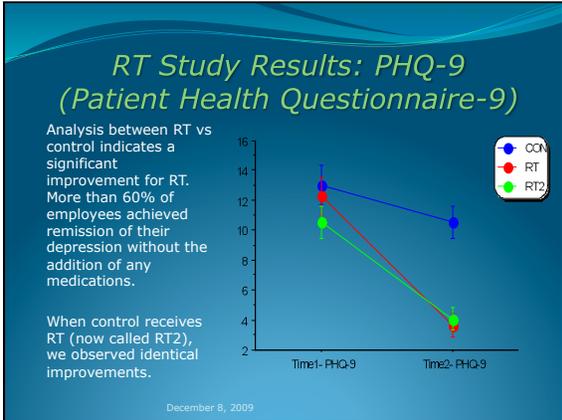
- A non-randomized trial design was used to:
- To determine the feasibility of conducting the Resilience Training (RT) program in working employees of Allina Hospitals and Clinics.
- To assess whether an 8-week RT intervention reduces depressive symptomology, anxiety, stress, quality of life, and work productivity in employees compared to wait list group.
- Evaluate if the wait list group improves after receiving RT.

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RT Study Design

- The first 20 eligible employees were assigned to Immediate RT (n=20) and the second 20 employees were assigned to the control group (n=20).
- Outcomes included self-report questionnaires for depressive symptomology (PHQ-9), quality of life (SF-12), perceived stress (PSS), anxiety (STAI), healthy lifestyle (HPLPII) and workplace productivity- presenteeism (WPAI).

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- ### The Science of Hope
- Genetic Expression
 - Neurogenesis
 - Neuroplasticity

Genetic Expression

Genes can be turned on or off.

Gene Expression

What impacts epigenetics?

- Negative factors:
 - Alcohol and tobacco
 - Endocrine disruptors (plastics or chemical fertilizers)
 - Long-term Stress
- Positive modifiers:
 - Phytonutrients in fruits and vegetables.
 - Exercise
 - Cultivating positive emotions

The First Root of Resilience: Balancing Brain Chemistry

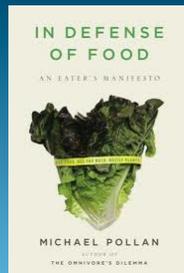
Eating healthier will **ALWAYS** help you feel better.



A Resilient Diet in 7 Words

"Eat food.
Not too much.
Mostly plants."

-Michael Pollan

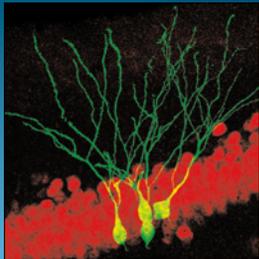


The Science of Hope

- Genetic Expression
- **Neurogenesis**
- Neuroplasticity

Neurogenesis

The brain creates new cells. It can heal itself.



Neurogenesis

Brain-Derived Neurotrophic Factor (BDNF)

- promotes the growth of new cells
- improves memory and learning
- enhances the survival of existing neurons
- Influences the process of neuroplasticity

Neurogenesis

BDNF activity is enhanced by:

- Exercise: low level, non-strenuous, helps cells grow
- Enriched environment: learning helps cells connect
- Diet: helps cells survive
 - calorie restriction
 - Phytonutrients
 - Omega 3 fatty acids
- Serotonin works as a partner with BDNF
- social connection and the power to heal

The Second Root of Resilience: Managing Energy

"The energy of the mind is the essence of life."

-Aristotle

Exercise Guidelines: Adults

- **Weekly minimum exercise:**
 - At least 2 ½ hours of moderate-intensity aerobic activity per week
 - OR 75 minutes of vigorous-intensity aerobic activity per week
 - PLUS muscle-strengthening activity on at least 2 days per week

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Moderate Exercise Improves Depression Parameters in Treatment-Resistant Patients With Major Depressive Disorder

- 150 patients with >9 months TRD, failed on 2+ meds
- 30-45 min walking at least 5 days per week
- Compliance: participation in at least 50% of walks
 - 91% compliance rate
- Intervention group improved in all depression parameters
 - 26% achieved remission vs. 0% in control group
 - Those more heavily medicated were less likely to respond

Mota-Pereira J et al, J. Psych Res, March, 2011

*For The Exercise-Resistant:
"Non-Exercise"*



- Any movement of daily living
- Burns calories
- Tones muscles

*The Third Root of Resilience:
Aligning with Nature*

"Sometimes the cure for restlessness is rest."

—Colleen Wainwright

Why Zebras Don't Get Ulcers...

Because they don't suffer from chronic stress



...But People Do

"We've evolved to be smart enough to make ourselves sick."
-Robert Sapolsky



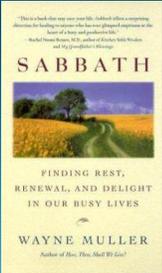
Resilient Sleep

- Sleep problems are a common trigger for mental illness
- There is no way to recover fully unless sleep improves



Restoring the Inner Self

"Sabbath is more than the absence of work...it is time consecrated with our attention, our mindfulness...listening to what is most deeply nourishing."



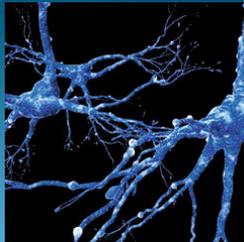
SABBATH
FINDING REST,
RENEWAL, AND DELIGHT
IN OUR BUSY LIVES
WAYNE MULLER
Author of How, Then, Shall We Live?

The Science of Hope

- Genetic Expression
- Neurogenesis
- **Neuroplasticity**

Neuroplasticity

The brain is capable of change.



Neuroplasticity
5 Finger Keyboard

- 2 hours daily for 2 weeks
- Corresponding growth in motor area
- Second group: Practiced the movement in their minds

*The Fourth Root of Resilience:
Calming the Mind*

*We are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.*

- The Dhammapada

*The Fifth Root of Resilience:
Skillfully Facing Emotions*

*"Let everything happen to you:
beauty and terror.
Just keep going. No feeling is final."*

-Rilke

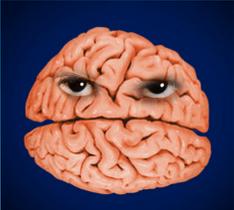
Adventitious Suffering

Some suffering is inevitable

The Second Arrow



The Negativity Bias



- Joy does not simply happen to us. We have to choose joy and keep choosing it everyday.

Henry Nouwen

The Sixth Root of Resilience: Cultivating A Good Heart

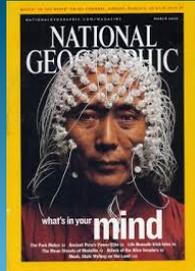
*"Love is the great work
Though every heart
is first an apprentice..."*

-Hafiz



Practicing Compassion

- "Be kind. Everyone you meet is fighting a great battle."
 - -Philo of Alexandria



The Seventh Root of Resilience Creating Deep Connections



What Does Everyone Want?

"We can live without religion and meditation, but we cannot survive without human affection."

-The Dalai Lama



There Is One Thing We Can Do

"There is one thing we can do, and the happiest people are those who can do it to the limit of their ability. We can be completely present. We can be all here. We can...give all our attention to the opportunity before us."

Mark Van Doren
