



Natural Pathways to Wellbeing

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PRIMARY CARE HAWAII CONFERENCE

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20 Hours of AAFP CME Credit

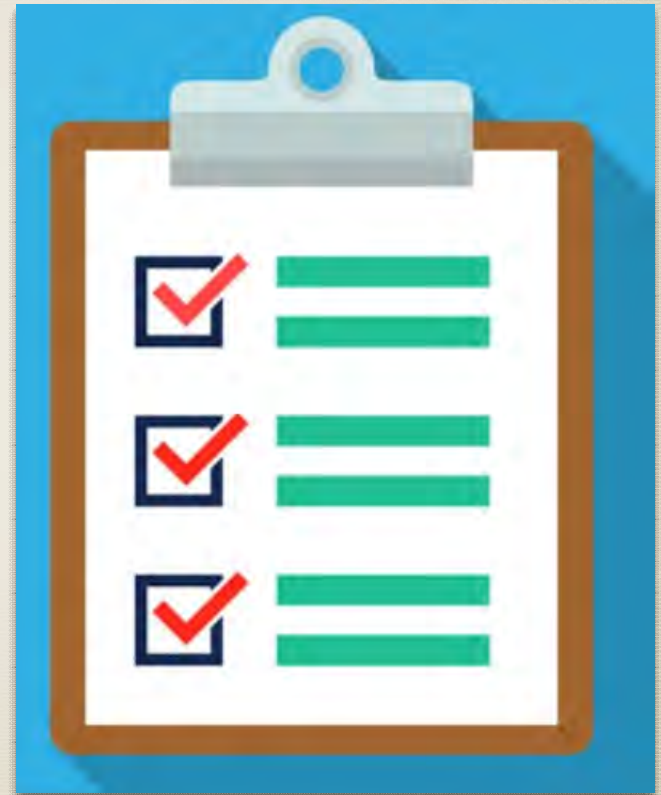
Disclosures

Gyll Turteltaub, PsyD

- Has no relationships to disclose.

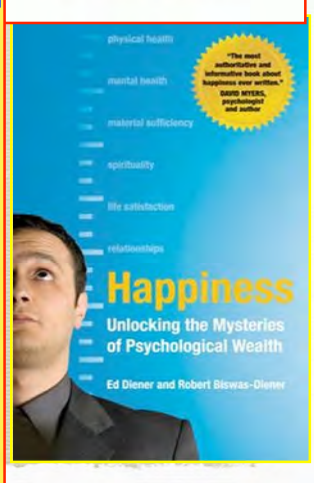
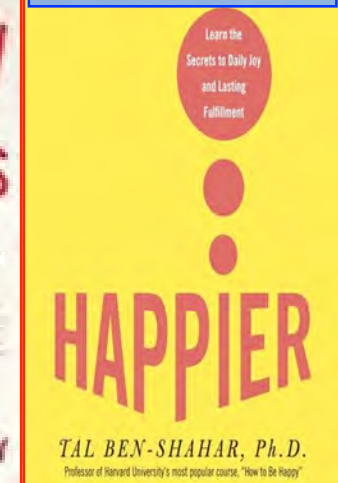
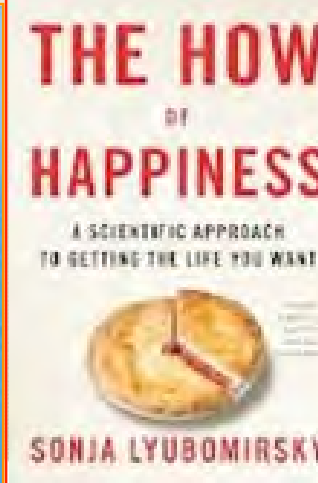
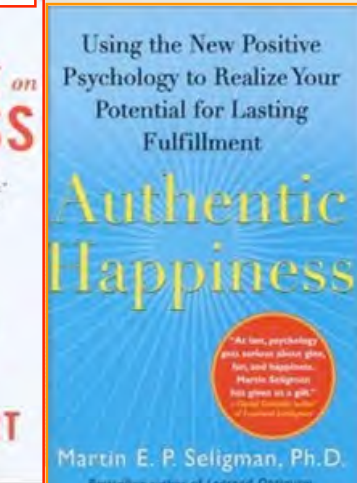
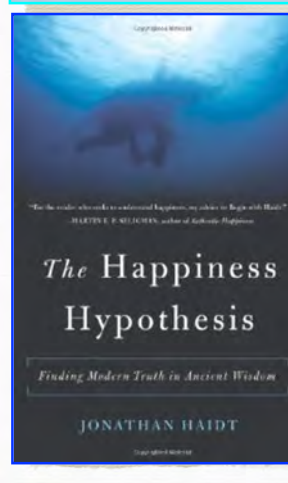
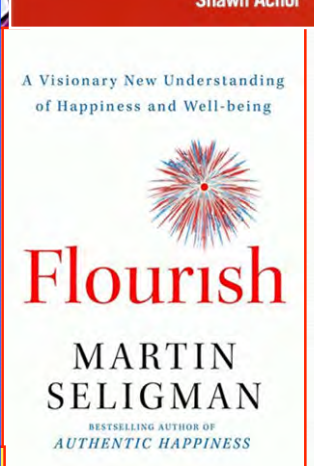
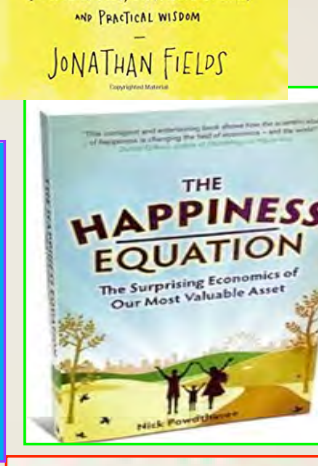
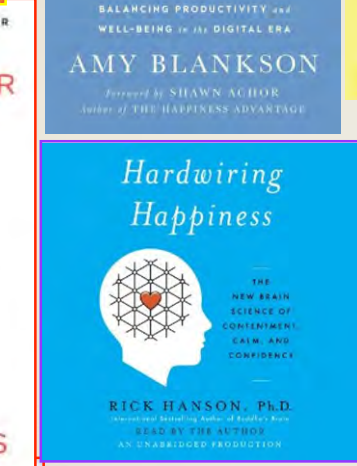
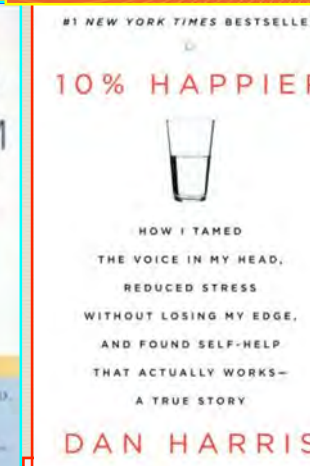
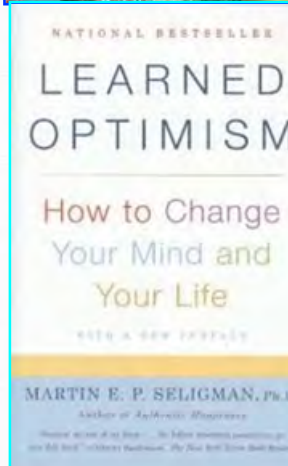
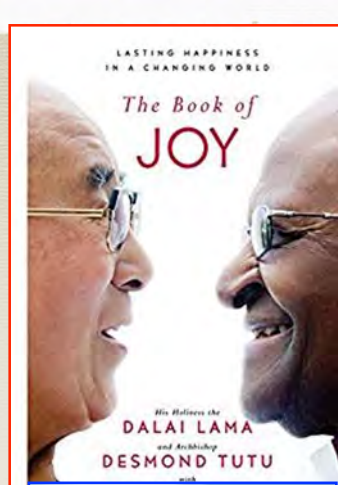
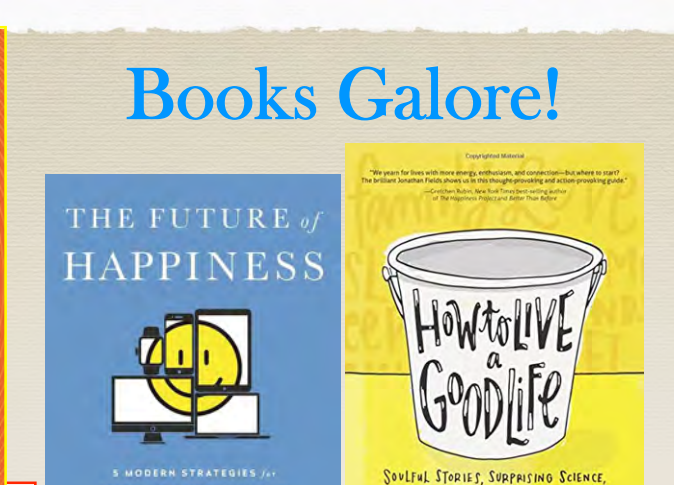
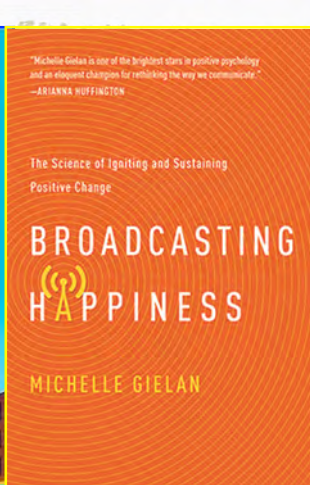
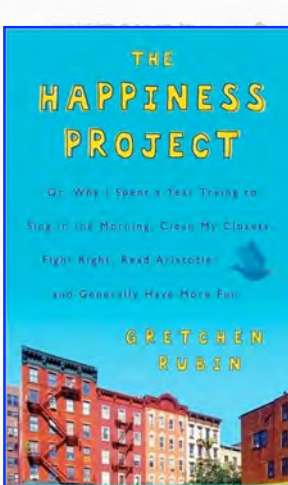
Objectives

- Learn about the science and determinants of happiness.
- Gain awareness of the ways in which mood impacts engagement and delivery of patient care.
- Review research about natural antidotes to stress to learn how these practices can enhance joy, productivity, and engagement.



The Science of Happiness

- Prior to 1981, Psychology mainly focused on what makes us sick
- Critics said: “Happiness can’t be measured”
- 2000: Birth of “Positive Psychology”
 - What makes individuals succeed despite unfavorable circumstances
- Neuroscientists began to discover ways to measure brain activity associated with happiness
- Pursuit of happiness is a worthy goal (not just a “feel good” activity)
- Since 2000, over 100,000 books and research articles published on happiness



Happier People:

- Are healthier and live longer
- Have more meaningful relationships
- Engage more in social activities
- Are more creative
- Feel more successful
- Are more satisfied with their jobs
- Are more productive at work
- Set more realistic goals



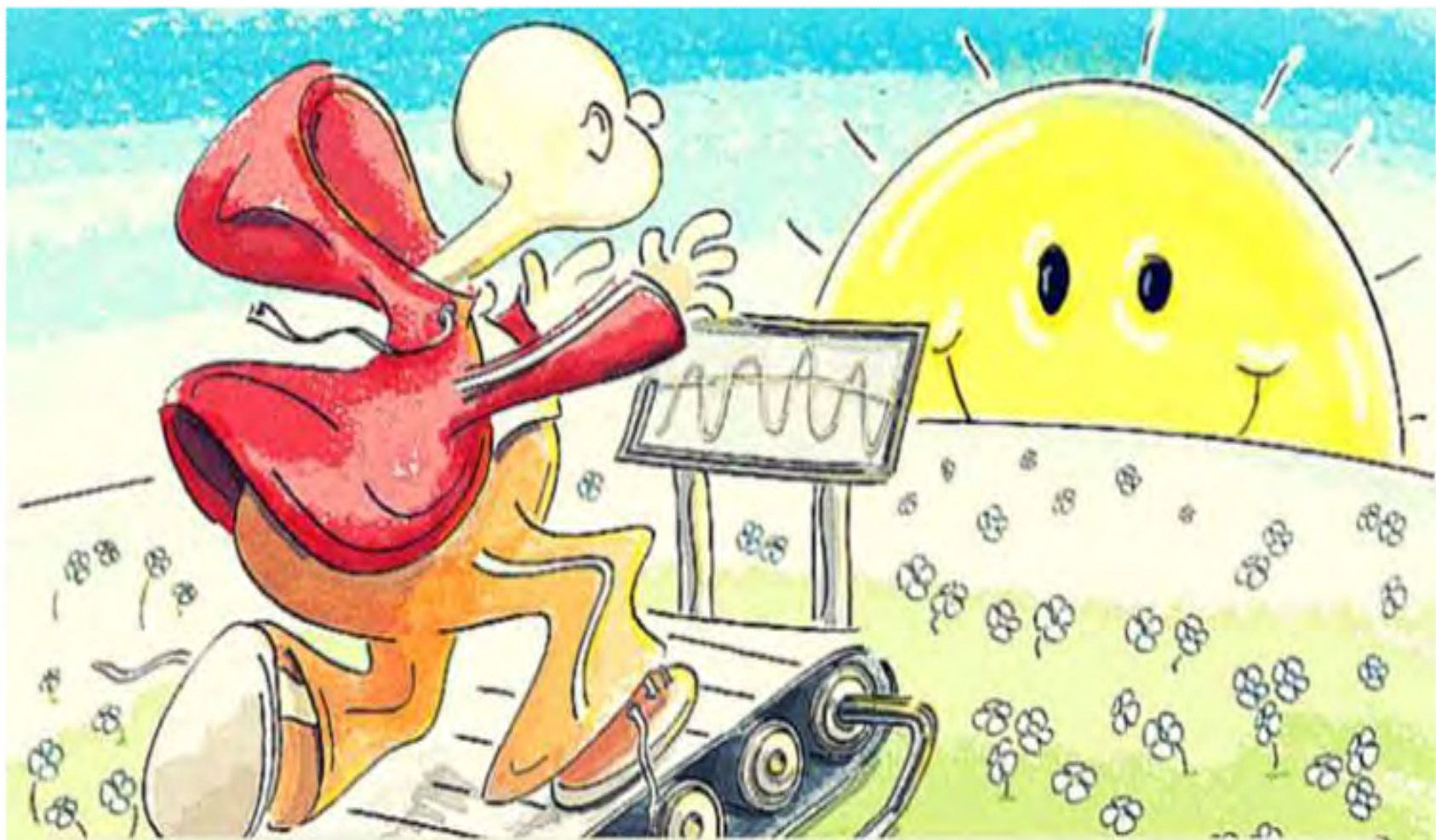
How positive emotions build physical health: perceived positive social connections account for the upward spiral between positive emotions and vagal tone. Kok BE, Coffey KA, Cohn MA, Catalino LI, et al. *Psychol Sci*. 2013 Jul 1;24(7):1123-32. doi: 10.1177/0956797612470827. Epub 2013 May 6. PMID: 23649562.

Happiness unpacked: positive emotions increase life satisfaction by building resilience. Cohn MA, Fredrickson BL, Brown SL, Mikels JA, Conway AM. *Emotion*. 2009 Jun;9(3):361-8. doi: 10.1037/a0015952. PMID: 19485613.

Don't Worry, Be Happy:

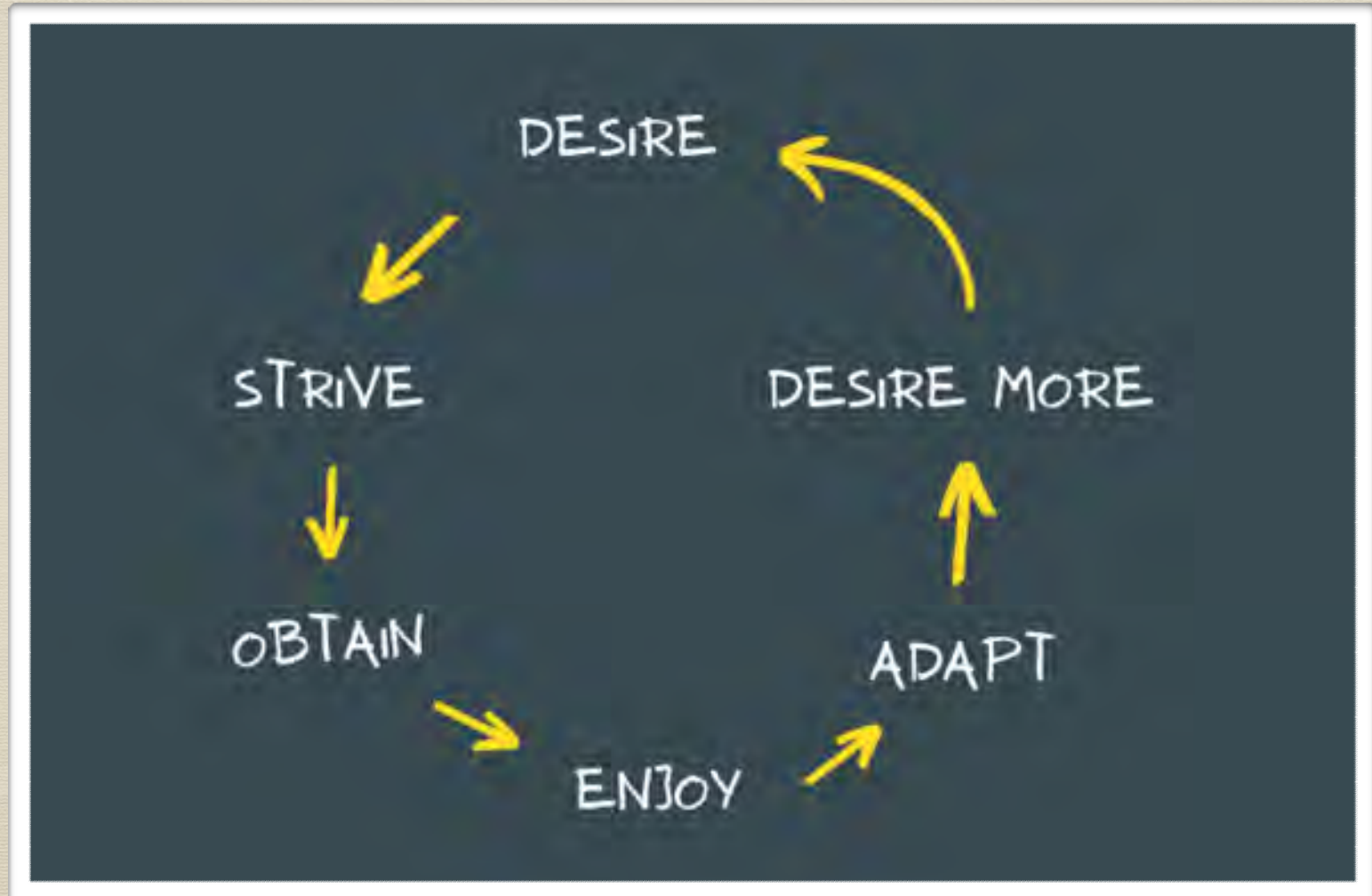
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- It is a sl
- It is NO
- The joy





HEDONIC TREADMILL

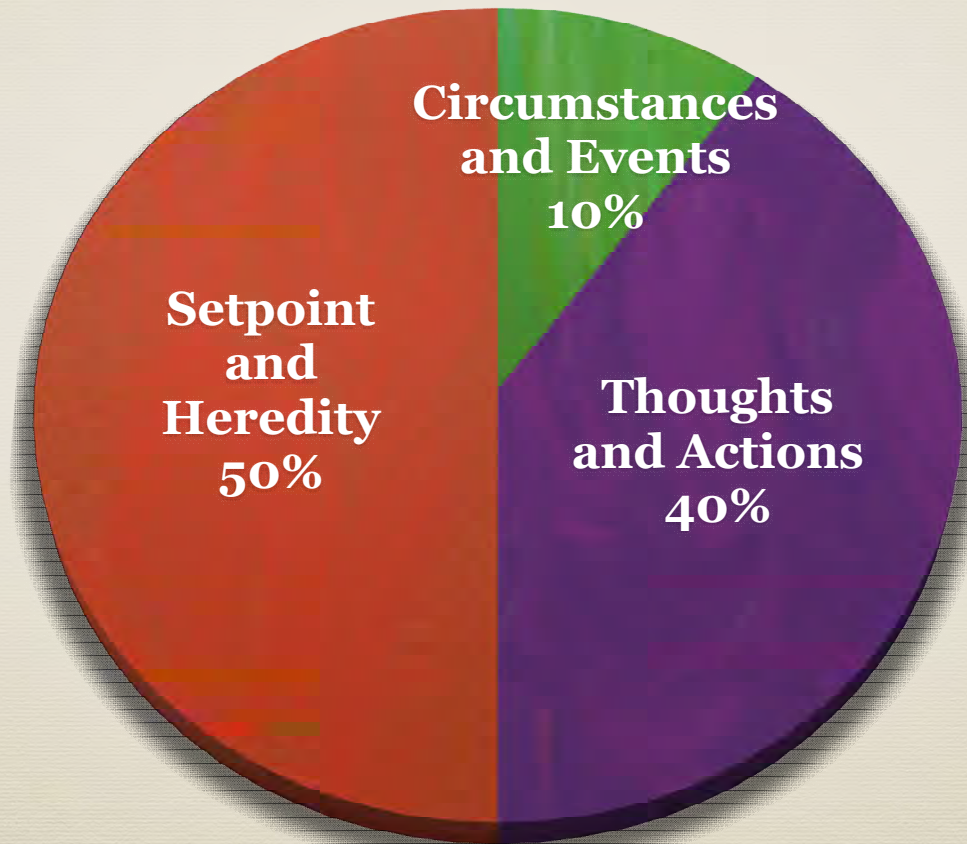
Happiness Busters: The “I Want” Trap



Happiness Buster: The Comparison Trap



Determinants of Happiness



Prescription for Happiness

Natural Antidotes to Stress

1. Growth mindset
2. Healthy self-care
3. Connection
4. Gratitude
5. Altruism
6. Mindfulness

Optimism by itself, cannot provide meaning

Optimism is a tool to help you achieve goals you set. “It is in the choice of the goals themselves that meaning— or emptiness resides.”

Martin Seligman

"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

"Failure is the
limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like
to be challenged"

"I can either do it,
or I can't"

"My potential is predetermined"

"When I'm frustrated,
I give up"

"Feedback and criticism
are personal"

"I stick to what I know"

Positive Mindset is good for your health

Research has found a link between an upbeat mental state and improved health, including:

- lower blood pressure
- reduced risk for heart disease
- healthier weight
- better blood sugar levels
- longer health-span



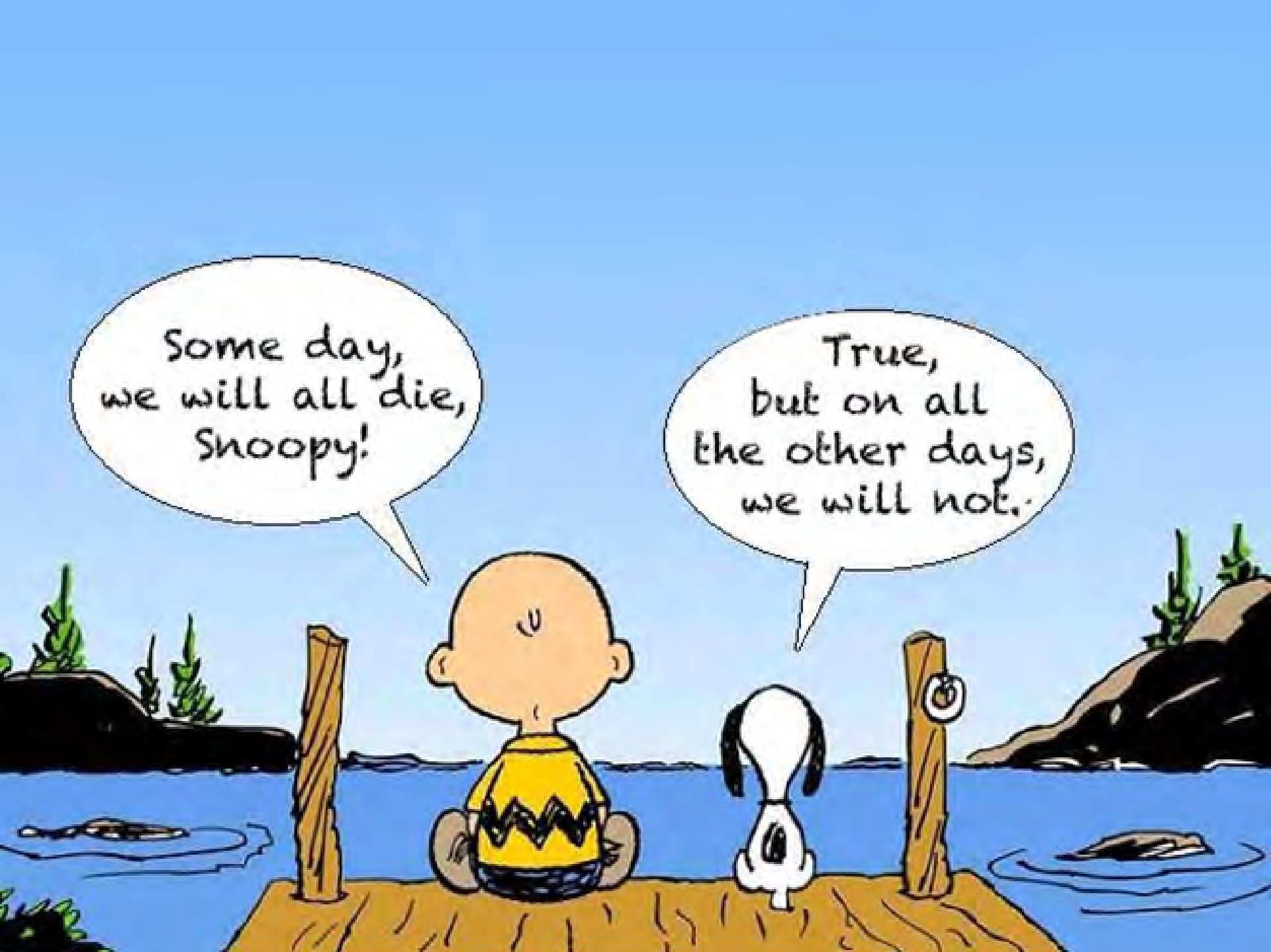
Train Your Brain: Learn Optimism

- 1. Three Gratitudes:** Each morning or evening, write down three things you're grateful for. Do this every day for at least one week.
- 2. Maximizing Strengths:** Identify your signature strengths – your natural abilities or talents. Use one of these strengths in a new and different way; shape a daily task into one that uses your strength in a creative way.
- 3. Journaling:** Take 10 minutes to write in a journal about a recent positive experience. Be as specific as you can about the experience and why it made you happy.
- 4. Creating a Habit:** Think of a positive activity; incorporate it into your daily routine once a day. The more days in a row you complete the activity, your brain will adapt, and your positive action will have turned into second nature.
- 5. Mindfulness:** Take five minutes every day to sit quietly and watch your breath go in and out. Clear your mind of other thoughts and focus on your breath.

Positive Emotion / Health-Span

- Nun studies
- Emotional state and motivation assessed by autobiographical writing
- Scored +1 for positive word, -1 for negative word
- Most positive vs least positive
 - 1/2 risk of death
 - 90% vs 34% alive at 85
 - 54% vs 11% alive at 94
 - less illness
 - less risk of dementia





Some day,
we will all die,
Snoopy!

True,
but on all
the other days,
we will not.

Self-Care: Laughter is good for your heart

- Heart attack patients followed during rehab
- 30 min/day humor video as adjunct to therapy
 - ✓ Less arrhythmias
 - ✓ Lower blood pressure
 - ✓ Lower stress hormones
 - ✓ Less medication
 - ✓ 1/5 the rate recurrent heart attacks
 - ✓ Recovery is positively impacted by humor
- 40% of those known to have coronary heart disease were found to use humor less often during adversity and laughed less



A medium shot of Ellen DeGeneres on a stage. She is wearing a grey blazer over a light pink patterned shirt. Her hands are clasped in front of her, and she has a surprised or expressive facial expression. The background is a blue grid with large curved patterns. The word 'ellen' is written in white in the bottom left corner.

ellen

Stress Relief from Laughter? It's no joke!

- **Short-term benefits**

- Enhances intake of oxygen-rich air, stimulates heart, lungs, muscles
- Activates and relieves stress response, soothes tension, increases endorphins
- Stimulates circulation, aids muscle relaxation

- **Long-term effects**

- Improves immune system
 - Negative thoughts stress your system which decreases immunity
 - Positive thoughts can release neuropeptides that help fight stress & illnesses
- Relieves pain by causing the body to produce its own natural painkillers.
- Increases personal satisfaction & makes it easier to cope with difficult situations.

Laughing Matters: Love Tips from Kids

What do most people do on a date?

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." (Mike, 9)

How does love happen between two people?

"I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." (Jane, 6)

How can you tell if two people are married?

"You might have to guess, based on whether they seem to be yelling at the same kids." (Derrick, age 7)

Self-Care: Benefits of Singing

- Releases feel-good hormones
- Boosts Immunity
- Lowers blood pressure
- Improves breathing
- Lowers anxiety and stress
- Promotes social bonding
- Improves happiness
- Improves cognition
- Leads to a longer life





Self-Care: Vacations are Healthy!



- 9 yr study of 12,338 men
- Taking frequent annual vacations associated with a 30% reduction in cardiovascular risk*
- 20-yr study of 749 women
- Taking vacation 1x every 6yrs or less ~8x more likely to develop coronary heart disease or have a heart attack than women who took at least 2 vacations per year.

*controlling for age, BP, smoking, cholesterol, physical activity, and socioeconomic status.

No time for a vacation? Take a nap!



- Men taking a nap were 30-50% less likely to have a heart attack
- 24,000 people over 6 years:
 - ▶ Occasional nap: 12% reduction in coronary mortality
 - ▶ Frequent naps: 37% reduction

POWER NAP

15-20 minutes

Restore alertness

Easy way to get some relaxation
and to reduce mental fatigue

Restore wakefulness,
promote learning and
boost memory

Reverse the hormonal
impact of a night of
poor sleep



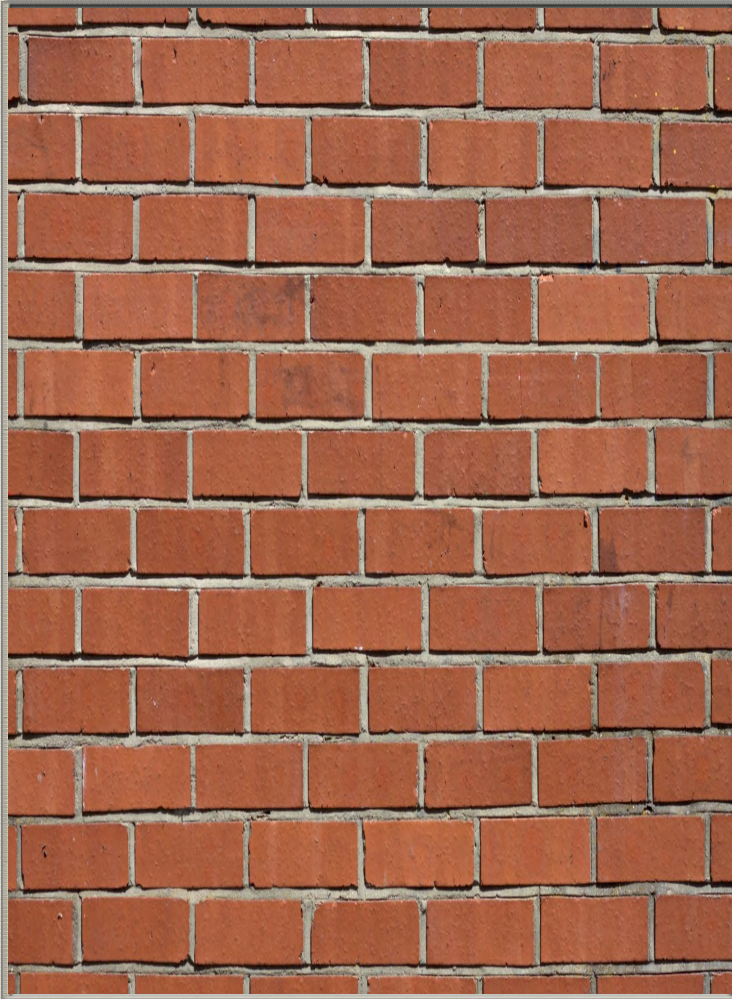
Have caffeine right before
you nap to improve post-
nap alertness and cognitive
functioning

**Enhance both
physical & cognitive
performance**

Reduce stress and
immune perturbations
after a short night



Nature helps healing



Post-surgical patients in a room with a view of nature (vs. a brick wall) had less distress, required less pain medications, and were discharged one day sooner.

Prescription for Nature

HEALTH BENEFITS

NATURE IS THE BEST NURTURE

MANY STUDIES SHOW SIGNIFICANT HEALTH GAINS FOR THOSE IN CONTACT WITH NATURE



REDUCED ANXIETY
& DEPRESSION



DECREASED
STRESS



INCREASED
ENERGY



INCREASED
IMMUNITY



50% LOWER
RISK OF
DIABETES



INCREASED
VITAMIN D
PRODUCTION



INCREASED
WEIGHT LOSS
& FITNESS



REDUCED
SYMPTOMS
OF A.D.D.

★ 50% LOWER RISK OF HEART ATTACK ★ 30% LOWER RISK OF COLON CANCER ★

SUGGESTED DOSAGE

CONTACT WITH NATURE IS AN AFFORDABLE, ACCESSIBLE AND EQUITABLE FORM OF PREVENTATIVE AND RESTORATIVE MEDICINE.



2 MINUTES

STRESS IS RELIEVED WITHIN MINUTES OF EXPOSURE TO NATURE
(AS MEASURED BY MUSCLE TENSION, BLOOD PRESSURE AND BRAIN ACTIVITY)

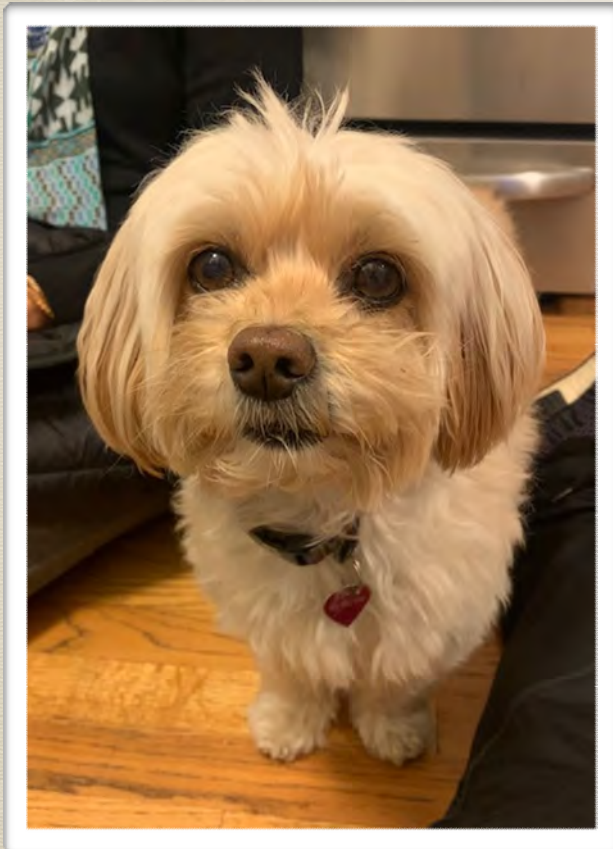
2 HOURS

MEMORY PERFORMANCE AND ATTENTION SPAN IMPROVES
20% AFTER SPENDING AN HOUR INTERACTING WITH NATURE

2 DAYS

LEVELS OF CANCER FIGHTING WHITE BLOOD CELLS INCREASE 50%
AFTER SPENDING TWO OR MORE CONSECUTIVE DAYS IN NATURE

Pets improve your health



In the year following a heart attack, pet owners have $\frac{1}{5}$ the rate of recurrent heart attack



**“Spend more time outside with your dog.
Teach him how to throw a stick for you to chase.”**

Six Health Benefits of Wine





Healthy Sweets



✳️ Chocolate eaters enjoy a 27% lower relative risk of death and live nearly 1 year longer than non-chocolate eaters.

- ▶ Antioxidant protection
- ▶ Reduced risk of cardiovascular disease (related to flavanols)

Benefits of Sex



- Lower blood pressure
- Better immune system
- Better heart health, possibly including lower risk for heart disease
- Improved self-esteem
- Decreased depression and anxiety
- Increased libido
- Immediate, natural pain relief
- Better sleep
- Increased intimacy
- Overall stress reduction, both physiologically and emotional

Spending Money on Others Promotes Happiness

- Personal spending is unrelated to happiness while “prosocial spending” (gifts for others or charity) is associated with greater happiness.
- Those spending a windfall bonus on others rather than themselves were happier.
- When given a gift (\$5-\$20) to spend that day, spending on others led to higher happiness.

C. KELLEY

THE TIMES-PICAYUNE
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**A NEW
STUDY
SAYS
MONEY
CAN BUY
HAPPINESS
IF IT'S
SPENT ON
SOMEONE
ELSE.**

**THEN
LET'S GO
TO THE
MALL
AND
MAKE YOU
HAPPY.**



By Steve Kelley, *The Times-Picayune*, New Orleans, Creators Syndicate

Community and Friends

- We are social beings and derive happiness greatly through social contacts.
- Belonging to social or community organizations greatly increases happiness.
- People who care about other people are happier than those who are preoccupied with themselves.



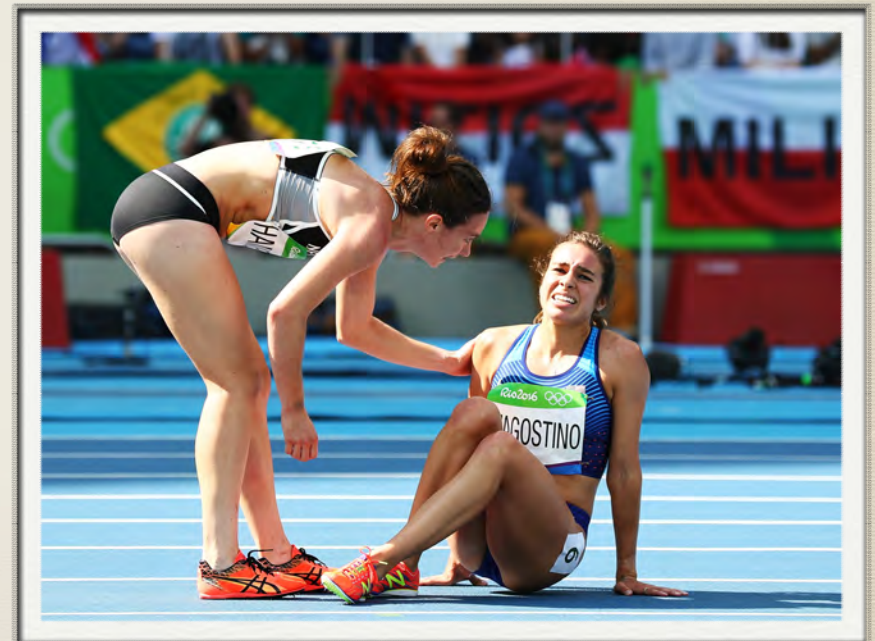
Practice Gratitude



- Make daily list of things you are grateful and thankful for.
- Communicate regularly and explicitly to others what you are grateful for (practice praising).

Altruism

- * Connecting with and caring for someone or something outside yourself enhances health and survival (e.g. pets, plants, people, planet, etc.)



Mindfulness Based Stress Reduction

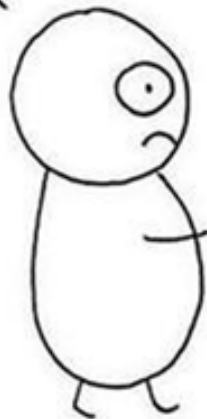
- Paying attention in a particular way: on purpose, in the present moment, without judgement
- Mind/Body Health Benefits:
 - Promotion of physical wellbeing
 - Reduced blood pressure
 - Higher immune function
 - Improved digestion
 - Better management of chronic pain
 - Greater sense of emotional wellbeing
 - Skillful observation of reactive and habitual patterns
 - Increase in self-awareness and self-acceptance
 - Reduction of depression and anxiety symptoms



Pleasure Prescription

Go on vacation with your pet, connect with others, sing, express gratitude, be kind, drink wine and eat chocolate in nature while having sex alternate with napping, meditating and giving away money.

Where did you
find that? I've been
searching for it everywhere.



I created it
myself.



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Questions

