

I have created this self-paced presentation as a substitute to a recent video presentation. This document includes thoughts and comments in blue boxes. I hope you find this presentation of value. ~ Mike



PERSONAL WELLBEING & THE HEALTHY MIND

Michael A. DeDonno Ph.D.

www.michaeldedonno.com

Celebrity **X** Cruises®

BEYOND
THE
PODIUM

TODAY I WANT TO TALK ABOUT.....



- How is it being YOU today?
- Now when I ask that question, I usually get different types of answers, and almost none of them have to do with the person answering the question. I get things like
 - well my partner is sick and I'm worried about him
 - my sister talked my ear off for an hour last night about all her problems
- What I REALLY want to know is, do you even know what it feels like to be you.
 - Have you stopped for 1 minute today, taken a breath and a pause and asked yourself how you are doing.
 - Is it possible that you are walking through your life reacting to everything being thrown at you rather than crafting the life you want and planning its execution? Is it possible to live an entire life without every really knowing the person who is living it?

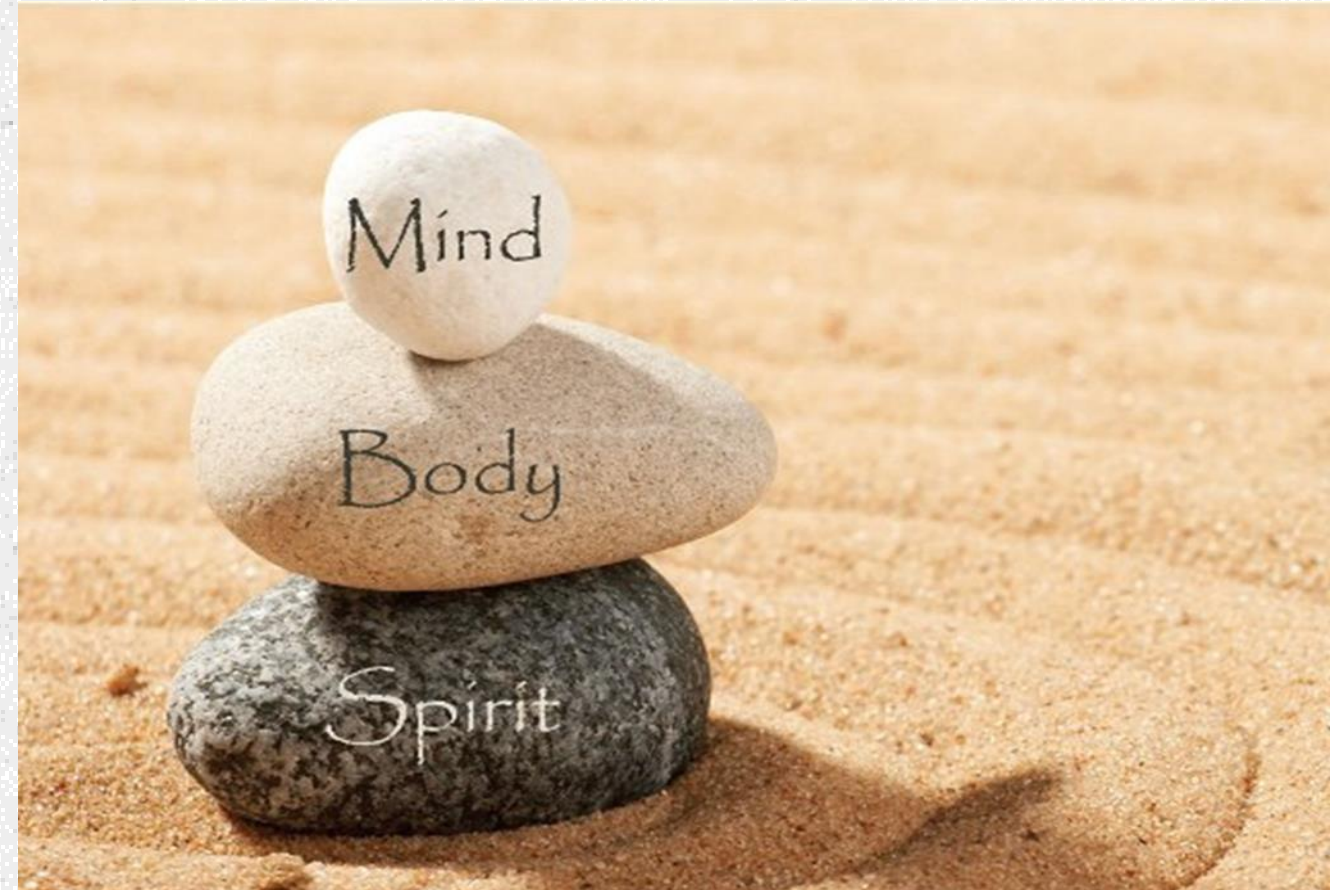
LET'S BE HONEST.....

- When was the last time you just spent an hour doing something you love?
- Do you set aside time every day to do self care? (pets, massage, meditation, hobbies)?
- When have you recently caught yourself day-dreaming, relaxing or thinking about your best life?



Your Wellbeing

- Your Body and Brain
- Your Mind – *Towards a healthy mind*



Your Wellbeing – The body

- Know Your Numbers
 - Blood Pressure
 - Waist Circumference
 - Cholesterol Levels
 - Glucose (blood sugar)



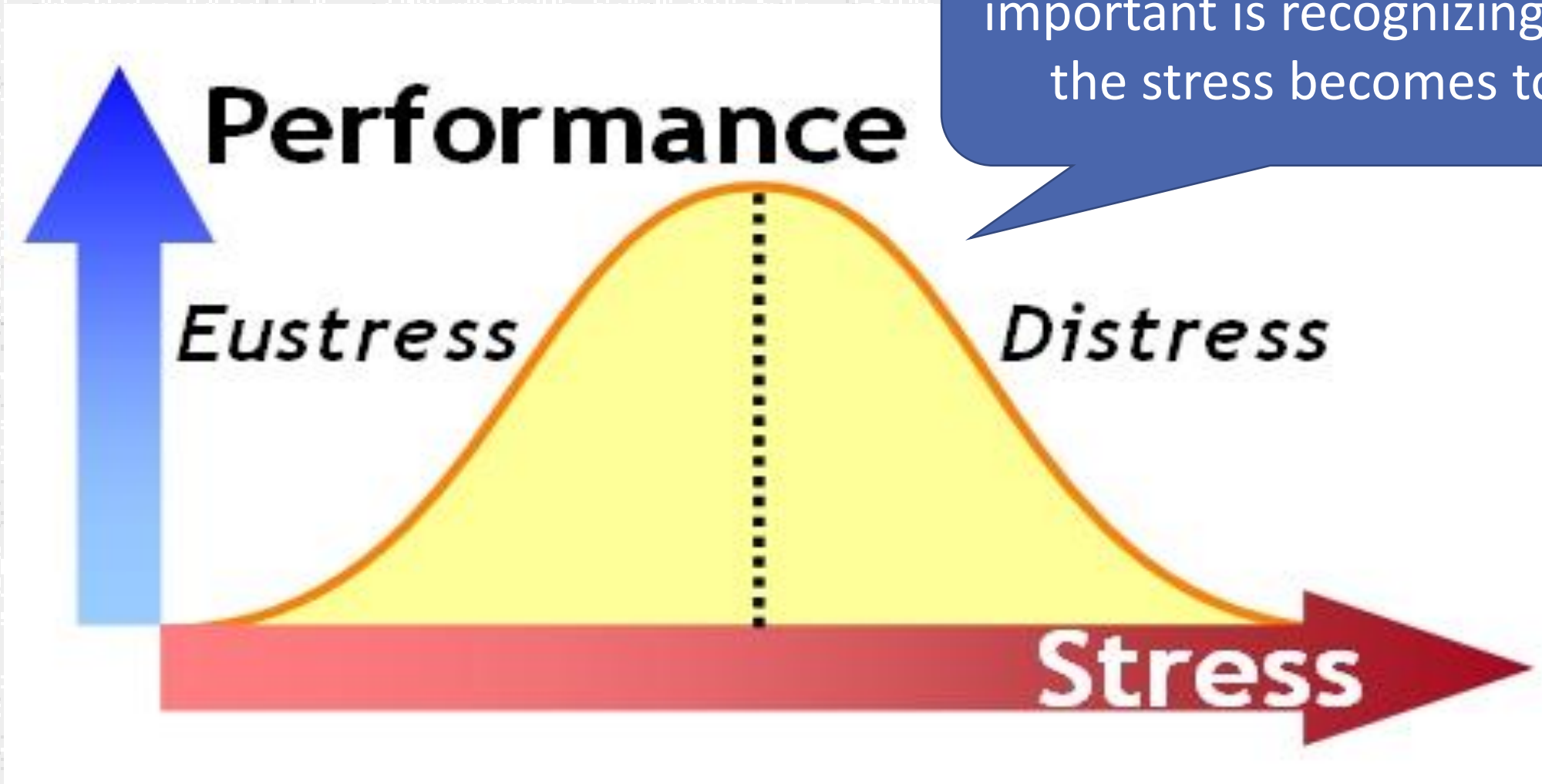
The basics for your physical wellbeing

YOUR WELLBEING – BEYOND THE PHYSICAL

- What impacts the mind (your thoughts)?
 - Stress & Anxiety
 - Lack of direction - uncertainty
 - Negative feelings about yourself
 - You own perceptions of reality



Not all stress is bad. What's important is recognizing when the stress becomes toxic



Stress and the Brain

Plenty of research on the negative influence of toxic (bad) stress on the body

- Johansson et al. (2013). Stress and Alzheimer's
 - Longitudinal study - 800 women over 38 years
 - Individuals reporting the most stress were:
 - 15% more likely to develop dementia
 - 21% more likely to develop Alzheimer's

Research

BMJ open

Common psychosocial stressors in middle-aged women related to longstanding distress and increased risk of Alzheimer's disease: a 38-year longitudinal population study

Lena Johansson,¹ Xinxin Guo,¹ Tore Hällström,^{1,2} Maria C Norton,³ Margda Waern,¹ Svante Östling,¹ Calle Bengtsson,⁴ Ingmar Skoog¹

Abstract
Objective: To study the relation among psychosocial stressors, long-standing distress and incidence of dementia, in a sample of women followed from midlife to late life.
Design: Prospective longitudinal population study.
Setting: The analyses originate from the prospective population study of women in Gothenburg, Sweden, a representative sample of women examined in 1968 (participation rate 90%) and re-examined in 1974, 1980, 1992, 2000 and 2005.
Participants: 800 women born in 1914, 1918, 1922 and 1930 who were systematically selected for a psychiatric examination at baseline, in 1968.
Primary and secondary outcome measures: 18 psychosocial stressors (eg, divorce, widowhood, work problems and illness in relative) were obtained at baseline. Symptoms of distress were measured according to a standardised question at each study wave. Dementia was diagnosed according to Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R)

Article summary
Article focus
■ To study the relation between psychosocial stressors, long-standing distress and incidence of dementia, in a sample of women followed over 38 years, from midlife to late life.
Key messages
■ The study shows that the number of psychosocial stressors, measured in middle-aged women, was related to distress and incidence of AD almost four decades later.
■ The study also shows that the association between number of psychosocial stressors and AD was independent of long-standing perceived distress.
Strengths and limitations of this study
■ Midlife report of psychosocial stressors occurring long before dementia onset, the long follow-up period, the representative population

Prepublication history for this paper is available online. To view these files please visit the journal online (<http://dx.doi.org/10.1136/bmjopen-2013-003142>).
Received 30 April 2013
Revised 5 July 2013
Accepted 8 July 2013

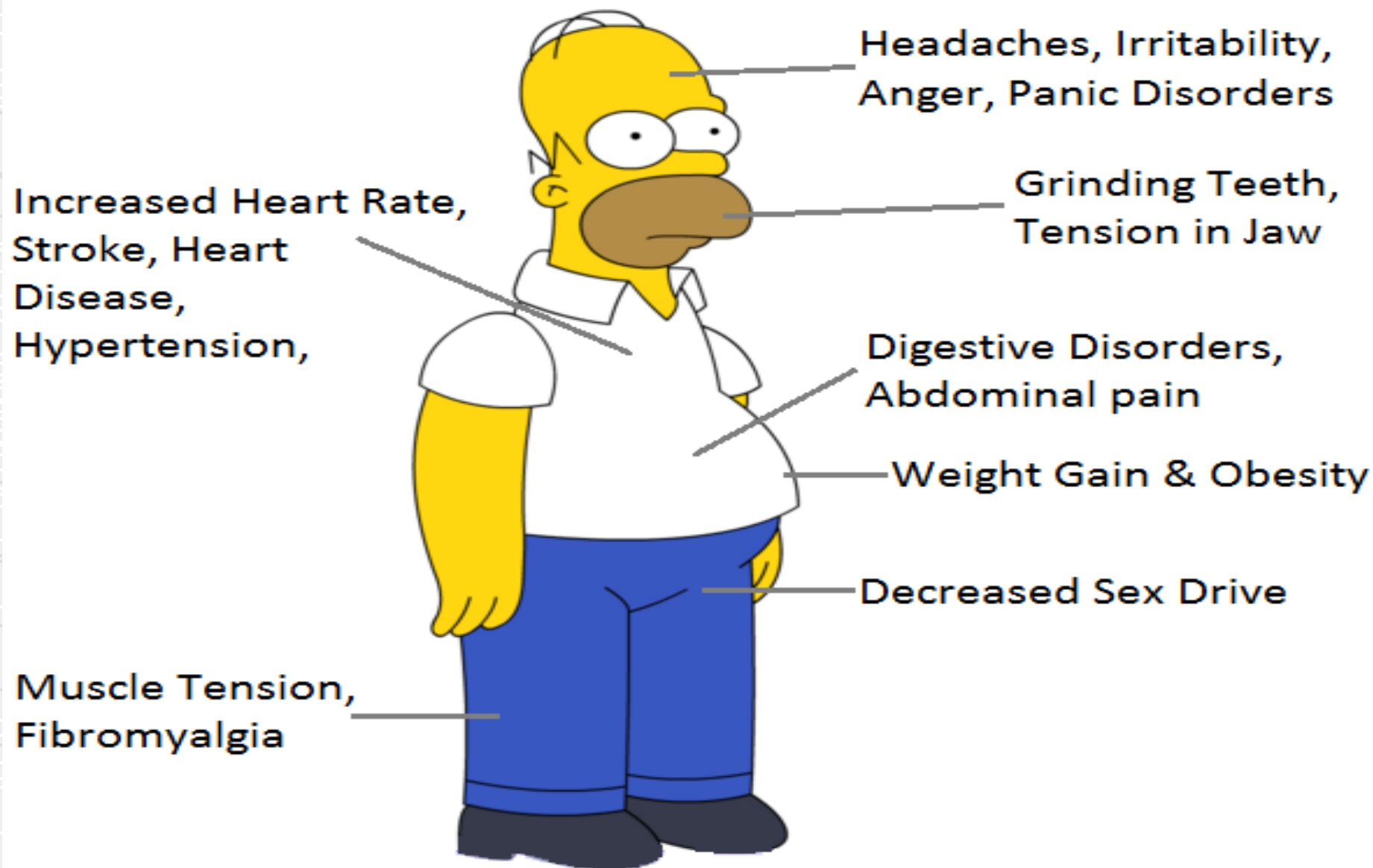
STRESS AND THE BODY

- 60 – 80% of doctor visits are related to stress. (JAMA, 2013)
 - Yet only 3% of patients receive stress management help
- 42% of Americans report lying awake at night due to stress. (APA, 2014)

JAMA Internal Medicine
Formerly Archives of Internal Medicine



How Stress Affects the Body



BEYOND THE PHYSICAL

LACK OF DIRECTION

- Feeling of limited control
- Uncertainty about future direction



BEYOND THE PHYSICAL

NEGATIVE FEELINGS ABOUT YOURSELF

- We can be our own worst enemy
- Negative self-talk
- Imposter Syndrome
- Perceptions of your reality

We speak 700-1000 words per minute to ourselves. When these words are negative (e.g., I'm not smart, I'm not good at this task), we tend to underperform and also further believe these negative viewpoints. It also can increase our stress levels.



BEYOND THE PHYSICAL

NEGATIVE PERCEPTIONS OF REALITY

- External sources tend to Promote negative over positive
- We can get caught up in a negative view of the world we live in



SO WHAT CAN WE DO?

TABLE 5 Personal strategies to manage stress and burnout

| Personal management strategies | |
|--|---|
| Stress | Burnout |
| Alter it <ul style="list-style-type: none"> • Problem solving • Direct communication • Time management | Reduce effects <ul style="list-style-type: none"> • Rest and relaxation • Health and fitness • Personal coping strategies • Social support |
| Avoid it <ul style="list-style-type: none"> • Delegate • Walk away • Know your limits | Deal with sources <ul style="list-style-type: none"> • Be realistic, establish priorities • Time management • Lobby for change • Assertiveness |
| Accept it <ul style="list-style-type: none"> • Build resistance • Change your perceptions | Improve attitude <ul style="list-style-type: none"> • Look for good • Highlight the positive • Reflect and take control • Let things go |

Detailed process and procedures

YOUR WELLBEING – TOWARDS A HEALTHY MIND

- Rest the mind
- Gratitude
- Self-talk
- Build a team



My
suggestions

REST THE MIND

REST THE MIND

- Developing your Practice
 - Meditation
 - Mindfulness
 - Prayer



MEDITATION

- Body Scan
- A Mantra
- Selecting a meditation app (e.g., Headspace)

Body Scan Meditation

- 1 Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2 Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.
- 3 Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.

If you're new to a practice, I suggest mindfulness

MINDFULNESS

- Taking a moment to simply accept inputs from all your senses
- Can be done while walking, standing in line, or even a moment while working
- Do not describe or judge the inputs



PRAYER

Meditative prayer involves silently meditating on sacred texts, devotionals, sunrises/sunsets etc in order to experience their deeper meaning.



BUT- I CAN'T MEDITATE BECAUSE...



Sleepiness

An energy imbalance (not enough alertness)

Restlessness

An energy imbalance (not enough peace)

Doubt

Includes comparisons and excuses

Boredom

Signals a lack of attention

Irritation

Resistance to what is

Remember, it's not about the length of time, but being consistent with your chosen practice. Also, don't judge the quality of your practice – it is the practice that is the goal.

GETTING STARTED IN A PRACTICE

- Don't think of it as a formal process (practice)
- No need to create a schedule
- Don't worry about the length of time for your practice
- Don't judge, but simply be in the present moment.
- 30 seconds to a few minutes.
- *A few times a day, stop for a moment and listen to the world around you.*

GRATITUDE

Take a moment to think about what you're grateful for.

GRATITUDE

- Being grateful for your gifts
- Recognizing moments of gratitude
- Sharing gratitude



GRATITUDE JOURNAL

- Remembering the positive things
 - Writing rather than simply thinking about the positive
 - Strengthens the neural connections to the positive
 - Able to go back and read the positives
- Also, think about gratitude as an action, and not always words

Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that you feel grateful for.

Perceptions of Reality

Remember, you always have a choice on how you perceive your reality! A positive view often brings about more positive feelings.

- Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.
- 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 Frankl



SELF-TALK

SELF-TALK

- Positive Self-concept
- Positive Self-talk



Whenever you find yourself having negative self-talk, try to change to positive self-talk. YOU are capable of greatness!



Positive self-talk

**Builds
Confidence**



The Power of Positive Self-Talk

www.thepathway2success.com

**Improves
Attitude**



**Promotes
Self-Love**



**Helps Cope
with Stress**



**Allows for
Taking Risks**



**Encourages
Motivation**



**Helps Work
Through
Challenges**



Clipart by
Sarah Peacock, Kate Hatfield, & Teachers Resource Parts

BUILD A TEAM

BUILD A TEAM

- You can't do it by yourself!
- “If I have seen further it is by standing on the shoulders of giants.” — Isaac Newton



BUILDING YOUR TEAM

- Write down the names of people you know that have achieved what you think you may want to achieve
- Share your thoughts with these people. Ask for advice
- Surround yourself with goal oriented, driven, positive people
 - Quarterback Tom Brady is considered the GOAT mainly due to him being around great players and coaches
- Make an effort to meet with your team on a recurring basis – Becomes a bi-directional benefit to all

MAKE A COMMITMENT TODAY!

Today, I ask you to renew, or make a commitment to yourself to do four things:

1. Choose a Practice
2. Start a gratitude journal
 - a) Show gratitude to others
3. Practice positive self-talk (Consider a morning mantra)
4. Seek advice about that which is a desire or a struggle

Start the day with a positive mindset

e.g., Today will be my best day. Or, I can't wait to learn something new today.

THE ART OF EXPERIMENTAL RESEARCH

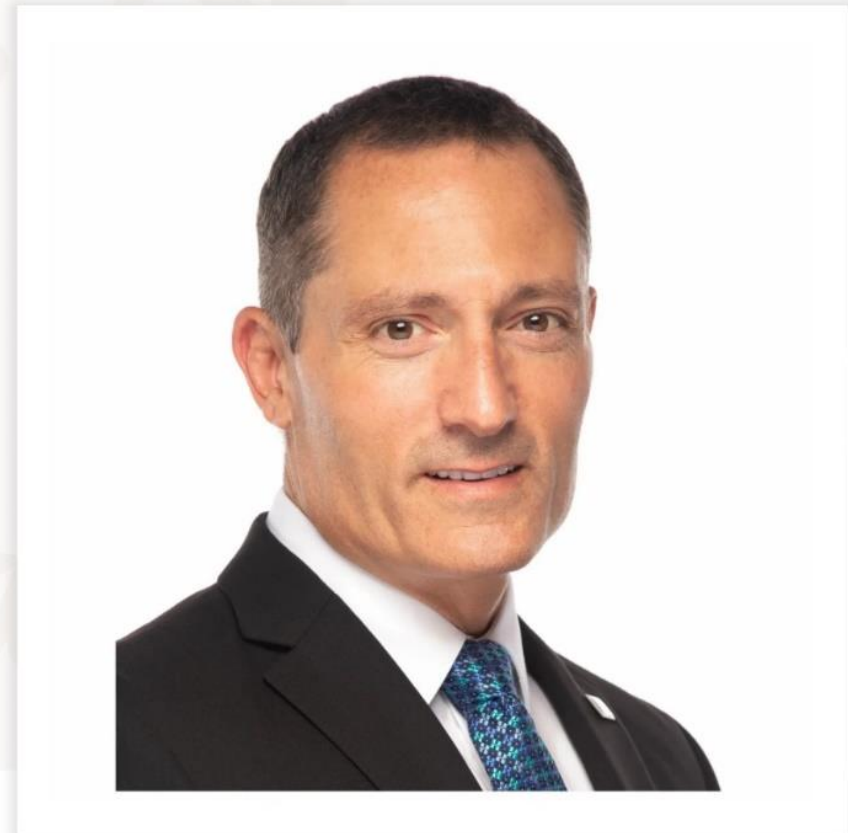
[HOME](#) [CONTACT ME](#) [PUBLISHED WORK](#) [SERVICE / EXTRACURRICULAR](#)

MICHAEL A. DEDONNO PH.D.
RESEARCH PSYCHOLOGIST

Building a community of skilled
and inspired researchers

www.michaeldedonno.com

m dedonno@health.fau.edu



A note of thanks to Dr. Lizotte-Waniewski for material and multiple discussions on this topic.