Mind-Body Medicine: Enriching Well-being

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Monthly Educational Series-Promoting Good Health
Educational Objectives

1. Define mind-body medicine in terms of its mental, emotional, social and spiritual components.
2. Define quality of life.
3. Gain awareness of the relationship between mind-body medicine and side-effect management.
4. Identify goals and expected outcomes of mind-body therapies.
5. Discuss steps and techniques that enhance well-being.
What is Mind-Body Medicine?

- Other conceptual titles:
  - Complementary and Alternative medicine (CAM), Integrative medicine, Whole body medicine/care, Body/Mind Connection, mind/body/spirit healing

- Concepts and intent:
  - Unite modern and traditional medicines
  - Address a framework of attitude and behavior that surround a medical condition
  - Enhance quality of life (QOL) in emotional, mental, social, spiritual, experiential, and behavioral domains of life.
  - Emphasize the concept of **HEALING** as much as CURING.
Survivorship Challenges

- Shortness of Breath
- Lymphedema
- Neuropathy
- Fatigue
- Poor Appetite
- Malignant Pain
- Depression
- Difficulties with Sex Life
- Shortness of Breath
- Cardiotoxicities
- Fear of Recurrence
Patient Outcome

- Achieve a sense of control and well-being
- Optimize quality of life (QOL)
  - Reduce the impact of contributing lifestyle, diet, stress & physical tensions
- Reduce treatment and after-treatment discomforts and symptoms
  - e.g., pain, nausea, fatigue, insomnia
What is Quality of Life?

- A personal sense of well-being encompassing a multidimensional perspective that generally includes physical, psychological, social and spiritual dimensions.

1. Differs from person to person
2. Is defined by the patient
3. Has attributes or conditions that may have positive or negative effects
4. Must be considered through the whole continuum of life.

¡VIDA!
What is Healing?
An intentional process by which a human being is motivated to accept their authentic life, through the exploration of internal thoughts, feelings, physical and spiritual connections- in a non-judgmental way and in a trusting environment. As the result of this acceptance, meaning and purpose transform suffering, and the individual’s perception is that life’s harmony and integrity are restored.

Dr. Mark Gilbert
Psychiatrist, UACC
Creator of the Eye of the Hurricane® program
STRESS

• **Defined** – A perceived demand or threat to our body, mind, spirit/value system, or emotions and its associated reactions (physical, cognitive, behavioral, emotional).

• **Sources of stress** – work, health, financial, health, relationships, etc.

• **Impact of stress** – contributes to high blood pressure, chronic pain, addictions, diabetes, obesity, poor immune response, poor concentration, depression and low energy.
Stress and Distress
Stress serves us for temporary protection and alertness – “fight or flight”.

Stress can become chronic – exacerbates health issues (cardiac, immune compromise, digestions, etc.).
Reduce Stress

“If you ask me what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension & if you didn’t ask me, I’d still have to say it!”  - George Burns

“There are very few certainties that touch us all in this mortal experience, but one of the absolutes is that we will experience hardship & stress at some point.”

- Dr. James Dobson
What are some Techniques?

NCCAM Categories:
• Mind-Body Therapies
  • Relaxation, Meditation, imagery, cognitive behavioral techniques, Yoga, expressive arts, exercise
• Biology Based Practices
  • Nutrition, supplements
• Manual Therapies
  • Massage, Reflexology, Acupuncture /Acupressure
• Energy Medicine
  • Tai Chi, Reiki, Therapeutic touch, aromatherapy

Other
Spirituality
Mind-Body Techniques
Relaxation Techniques

- Meditation – focusing, mindfulness, movement meditation
- Autogenic Training
- Biofeedback
- Progressive Muscle Relaxation
- Relaxation Response
- Hypnosis
"I'm learning how to relax, doctor—but I want to relax better and faster! I WANT TO BE ON THE CUTTING EDGE OF RELAXATION!"
“Imagery is a form of direct daydreaming, an elegant way of using the imagination to help the mind and body heal, stay strong, reduce stress and anxiety and perform as needed - it is a window into our soul”

-Nancy Harazduk, Georgetown U., 2003

- It is a thought process that utilizes vision, hearing, smell, taste, movement and touch
  - (J Achterberg)

- Imagery is a communication mechanism between perception, emotion and bodily change
Cognitive Behavioral Techniques

Self-awareness is the pre-requisite to healing
Life Learned Experience
Perceptions / Emotions

- Perception is how we view ourselves, the world and all events.
- Meaningful change involves acknowledging and owning our thoughts, and taking responsibility for them.
- By identifying core hurts from the breast cancer survivors’ past history, they can examine distorted, inaccurate thoughts and re-establish their core worth, and hope in life.
- Appropriate identification of feeling states and their healthy expression in a trusting environment is critical for breast cancer survivors’ health (Cunningham).
Re-establish Balance

- Cognitive Behavioral Therapy
- Counseling (individual/family)
- Supportive therapy
- Family interventions
- Groups
Biofeedback

- Biofeedback uses the power of your mind to become aware of what's going on inside your body in order to gain more control over your health.
- Stress responses are seen on the monitor as they happen, then feedback is given as interventions to manage them are practiced.
Group Support

- Mind-Body Medicine Skills Groups for breast cancer patients – over 30 years of research demonstrating large significant decrease in depression and anxiety, increased quality of life, improved interpersonal relationships and better communication.

- Now research results are leaning toward longevity benefits of group participation. (Anderson)

- **EXAMPLES AT UACC:**
  - Seven Levels of Healing®
  - Eye of the Hurricane ®
  - Supportive Care for Healing Groups
Expressive Arts - Writing

- Authentic expression of feelings, thoughts, and spiritual connection through art and through journaling significantly improves health of cancer patients and reduces hospitalization, improves quality of life (Pennebaker).

- Recent study demonstrated almost half of participants who wrote about life experiences, deepest feelings and thoughts for 20 minutes per day, began having different outlook on their illness and reported positive feedback.

- Practicing expressive writing has dramatic impact on cancer patients’ lives. Over 50% report a different outlook on their illness and this is linked to a significant improvement in their physical quality of life.

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Expressive Arts
Sound Practices

- Music
- Chanting
- Mantras/Affirmations

RESULTS:
- Self-reported improvement
- Observed improvement
Mantras/Affirmations

- I am at peace.
- I celebrate my life with wonderment and joy.
- I am loving and compassionate to myself.
- I am in control of my health and wellness.
- I am enough.
The potential downside of laughter is small, particularly if elected by patients...the promise of improved mood and quality of life without notable negative side effects is reason enough to implement experimental laughter programs in health care settings ... 

- Robert Provine, U. of Maryland
Lifestyle Choices

- Nutrition for optimal health (decrease fats, refined sugars, meats; increase fruits, cruciferous vegetables, and fish; omega-3s, tea, vitamin D, etc.)
- Detoxification and avoidance of toxic chemicals and minerals
- Exercise (decreases incidence of cancer)
- Aromatherapy
- Essential Oils
- Teas
- Vitamins
Why Sleep?

1. It is restorative, provides adaptation and safety
2. It allows conservation of energy
3. It enhances memory consolidation and the discharge of emotional energy (through dreaming)
4. It is important for clarity of thought (Cognition Theory)
5. It is important for temperature stability (Thermoregulation theory)
6. It is critical for brain development (Brain Maturation Theory)
7. It is helpful for immunity and healing
Manual Therapies
Physical Touch Healing Techniques

Massage

- Benefits in reducing:
  - Cancer Pain
  - Nausea
  - Anxiety
  - Depression

Craniosacral therapy

 Massage

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Physical Touch Therapies

Reflexology May reduce

- Pain
- Anxiety
- Depression
- Stress
Physical Touch Therapies

- Application of hot/cold for relief
- Reduction of Swelling, pain, discomfort
Energy Techniques

- Reiki
- Healing Touch
- Therapeutic touch

May reduce or relieve:
- Stress and anxiety
- Insomnia
- Pain
- Promotes relaxation
Energy Techniques

Acupuncture/Acupressure

May reduce:
- Chemo-induced N/V
- Cancer pain
- Post-chemo fatigue
- Insomnia
- Radiation-induced dry-mouth
Spirituality

Spirituality is the process of being able to transcend oneself in order to question the meaning and purpose in his/her life and the lives of others.
The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

(Eleanor Roosevelt)
Spirituality Checklist

Evaluate your own spiritual wellness with this brief quiz

- Do I make time for relaxation in my day?
- Do I make time for quiet reflection or clearing of one’s mind? (Examples could include: meditation, journaling, and/or prayer)
- Do my values guide my decisions and actions?
- Do I honor my strengths?
- Do I practice gratitude?
The Mind and Well-being Summary

- Mind-Body medicine honors the individual as a whole person – celebrating the mind, body, soul and spirit as a means to well-being.

- Decreased stress, increased hope, social support, stabilized mood, healthy lifestyle and emotional authenticity are all components that have been shown to improve quality of life and optimize a cancer survivor’s future.
References

• Belleruth Naparstek - Staying Well with Guided Imagery
• Jeremy Geffen, MD – Seven Levels of Healing ® course content
• Mark Gilbert, MD – Eye of the Hurricane ® course content
• 2009 Conference Material – “Survivorship” – NCI presentations
• 2010 Conference Material – “ELNEC/Palliative Care” – NCI presentations
• 2012 Conference Material – “QOL for Caregivers – NCI presentations