

FORWARD

THE SCOTTCARE SYMPOSIUM | SEPT. 15 & 17



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Healthy Mind - Healthy Body: Your Patients and You

LESSONS FROM PRITIKIN ICR
AT UT HEALTH EAST TEXAS



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30 Years of Clinical Experience:

- Clinical neuropsychology
- Rehabilitation psychology
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Today's Learning Objectives

- Understand key components of Pritikin ICR healthy mind-set curriculum for cardiac rehab patients, and how to apply them to your own life:
 - Impact of stress on health and effective stress management strategies
 - Concept of inner dialogue and how to shift negative thoughts in a positive direction
 - Importance of strong relationships and connections in developing a healthy outlook

Stress and Your Health

HEALTHY MIND-SET WORKSHOP



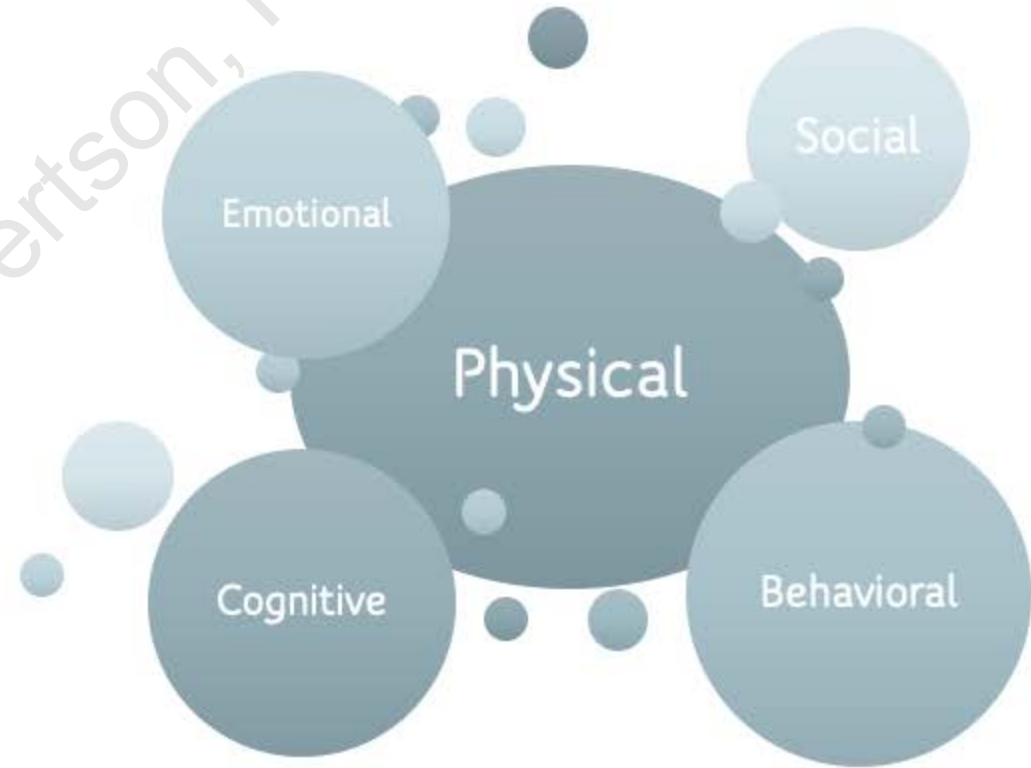
Individual Perception of Stress

- Positive or negative
- The Perceived Stress Scale (PSS): an instrument for measuring the perception of stress.
- PSS is a "measure of the degree to which situations in one's life are appraised as stressful"



Stress → Reactions

- Physical
- Psychological or Emotional
- Behavioral
- Social
- Cognitive

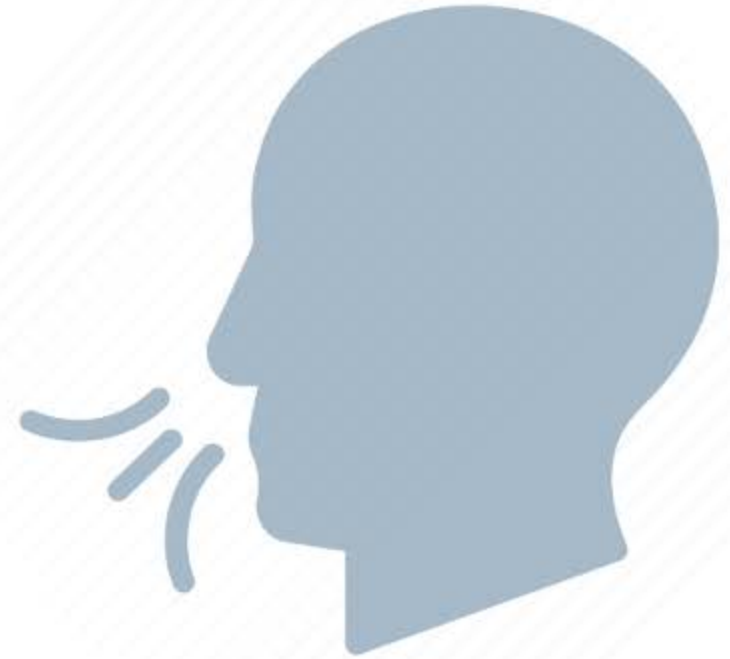


Managing Stress

- Identify positive coping mechanisms when faced with stress triggers
- Setting effective and realistic goals to achieve desired change
- Develop positive thoughts and inner dialogue
- Implement relaxation techniques
- Improve interactions and communication with others
- Engagement in activities

Deep Abdominal Breathing

- Breathing can elicit relaxation
- Increasing awareness of breathing
 - Consciously slow down breathing
 - Deepen breath during stress
- Let's practice this technique...



Taking Charge of Stress

HEALTHY MIND-SET WORKSHOP



Helping Your Mind Deal with Stress

- **Self-Awareness**
 - Being conscious of ones' own character, feelings, motives, and desires
 - Awareness can help with reactions to stress and often facilitate action to help relieve stressors
- **Rate Your Stress**
 - What life events affect your stress level?
 - Can you reduce stress level events?
- **Rational Self-Talk**
 - Is your self-talk (what you say to yourself) positive?
 - Your thoughts about a situation influence how you will feel and respond

Helping Your Body Deal with Stress

- Relaxation Techniques
- Yoga
- Meditation
- Hypnosis
- Time Management
- *Consistency is the key!*



Types of Techniques to Manage Stress

- Deep Abdominal Breathing
- Progressive Muscle Relaxation
- Guided Imagery
- *Let's learn more about each technique...*

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New Thoughts, New Behaviors

ACHIEVING NEW HABITS THROUGH EFFECTIVE
SHORT-TERM GOAL SETTING



New Thoughts, New Behaviors



Concept of Inner Dialogue

Internal dialogue usually refers to an inner or unspoken conversation within yourself that takes place but amounts to a continuous conversation inside your head.



New Thoughts, New Behaviors

| TRIGGERING EVENT | FEELINGS | NEGATIVE IRRATIONAL THOUGHTS | TYPES OF NEGATIVE THOUGHTS | RATIONAL POSITIVE THOUGHTS |
|---------------------------------|----------------------------|--------------------------------------|----------------------------|---|
| Went out to dinner with friends | Disgust | I have no willpower | Generalizing | Many people overeat and I am not alone |
| Ate bread and butter | Shame | I'm different than everyone else | Labeling | I can do this by setting small goals |
| Had some wine and dessert | Depression or loss of hope | This eating plan doesn't work for me | | Eating healthier will help me feel better |

New Thoughts, New Behaviors

- Old Thought:
 - "Everything that tastes good isn't good for you."
- New Thought:
 - "There are a lot of healthy foods I already do like that taste good to me: oatmeal for breakfast, garden tomatoes and summer sweet peaches, and warm baked potatoes."

Managing Moods and Relationships

HEALTHY MIND-SET WORKSHOP



Definition of Mood

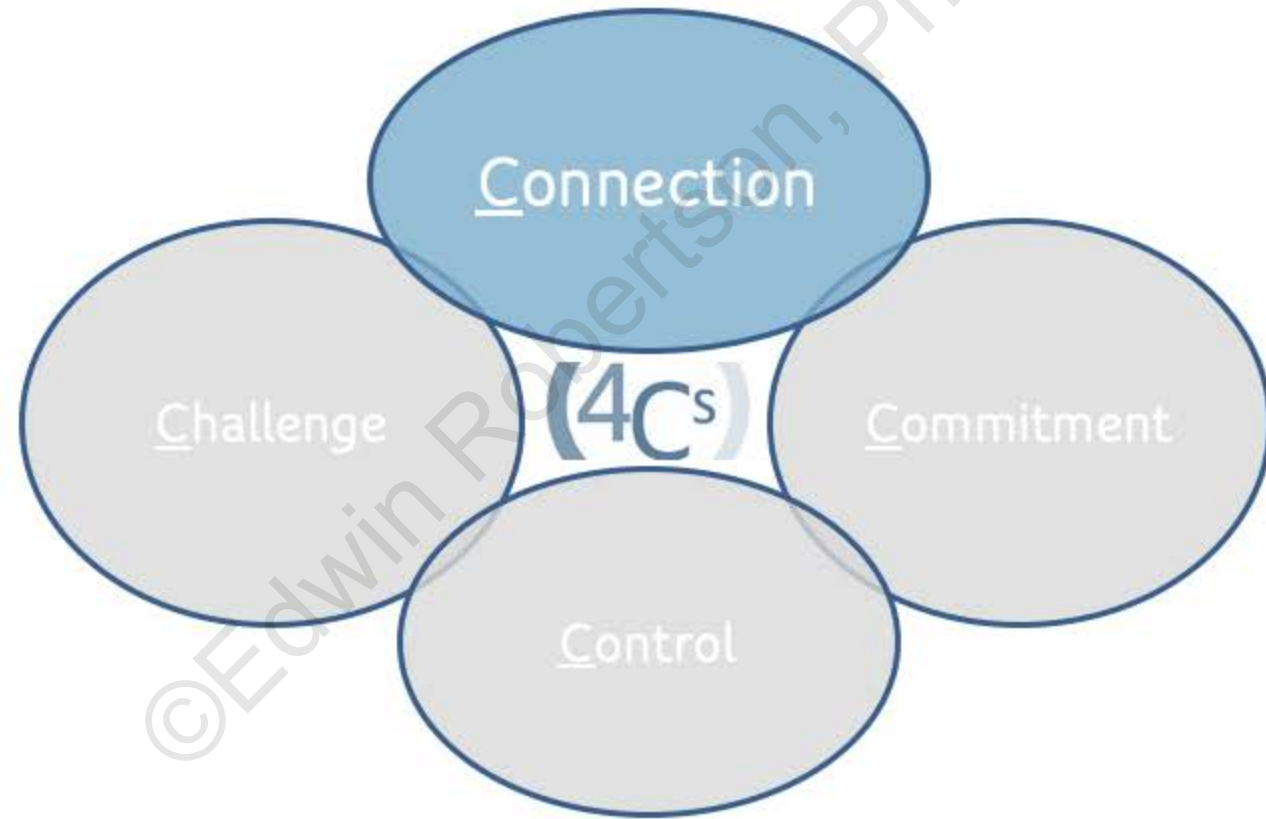
- Determined by our conscious state of mind or predominant emotion
- Often has no clear starting point or formation
- May be positive or negative
- Your mood and mental health affects:
 - How you feel about yourself
 - Relationships with others
 - Your physical health
 - All aspects of your life

What Can Impact Our Mood?

- Work
- Marriage
- Low Social Support
- Finances
- Health Issues
- Traveling
- Experiences and Events



Connection



Making the Connection

- All about love and relationships
- Listen and communicate
- Connect: family, friends, and community



Harvard Longevity Study

- Longitudinal study from 1939 to 2014
- Factors contributing to healthy aging
- Physical and emotional well-being
- *Conclusion:* "Good relationships keep us happier and healthier."



Questions?
Comments?



Thank
You

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