Finding Peace & Balance… for Patients and Yourself

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Objectives
- My stress story
- Mind/body
- Stress/Balance
- What can we do for ourselves…for others
- Relaxation experiences
- Questions/Interaction

Stress of the Everyday Woman—Me!
- 20 years in business world
- Caregiver
- Certified Hypnotherapist and Reiki Practitioner
- Oakland U. graduate program in Complementary Medicine and Wellness
- Hired July 2004, establish Integrative Medicine for Beaumont

Integrative Medicine
- Integrating complementary medical therapies with conventional medical treatments for patients, caregivers, staff.
- Services that are safe and effective in encouraging wellness at all levels—Physical, psychological, social and spiritual.
- 5 locations -2012 had 18,183 pt appts.
Our Minds

Conscious Mind
- Verbal
- Makes choices
- Reasons and argues

Subconscious Mind
- Infinite intelligence
- Non verbal
- Creates reality based on messages
- Pictures/images

MONKEY MIND!

Central Nervous System

Sympathetic
- Conscious mind
- Fight or flight
- Receive perception by means of 5 senses
- Exercise control of body

Para-sympathetic
- Subconscious mind
- Relaxed state
- Rest/digest

Psychoneuroimmunology

Looks at relationship between cognitive/emotional states and affects on immune system.

Dr. Candice Pert

Discovered existence of information substances called neuropeptides which communicate between immune system and the mind.

Linking thought-immune-disease response.
The Immune System
A Clear Example of PNI in Action

Just Breathe!
Breathing properly brings balance.

What is Stress?
Stress is your reaction to life’s challenges and events

Short-term stress boosts the immune system

Chronic, long-term stress suppresses the immune system

Palliative Care Research
- Team Stress in Palliative/Hospice Care by Mary Vachon
  “Manifestations of stress were seen to consist of staff conflict, feelings of depression, grief, guilt, job/home interaction and feelings of helplessness”
- Palliative and Supportive Care 2005 … notes the sources of stresses and strains that health care workers often encounter
- The Stresses of Hospice Work 2011
- Burnout and Compassion Fatigue Among Hospice Caregivers 2009
- Burnout and Palliative Care: A systematic review 2011
- Staff Stress in Hospice/Palliative Care 2004: a review, suicidal ideation, increased alcohol and drug usage, anxiety, depression and difficulty in dealing with issues of death and dying
Physical and Emotional Response to Stress

Stress Statistics

- More than 40 million Americans ages 18 to 64 have anxiety disorders
- Americans ages 18 to 64 have anxiety disorders
- Americans spend over $20.3 billion per year to cope with stress
- Estimated percentage of adults attempting make efforts to control stress: 95%
- Over 90% of disease is complicated by stress
- Stress has been linked to all leading causes of death (including heart disease, cancer, lung ailments, accidents, and suicide)

Sources: NIH, NIMH, CDC, NCHS

Stress!!! We all experience it.

Identify your Stressors

- Internal Stressors-Stress you create
  - Unrealistic Expectations
  - Fears and uncertainties
  - Negative attitudes and feelings
  - The need to do it all and have it all
  - Poor Health Habits

Source: Priority Health

Internal Stressors (we create)

- External Stressors-Stress caused by others or by situations outside of your control
Seven Major Thinking Errors
(ways your thinking creates excessive stress)
- Catastrophizing and awfulizing
- Can’t-stand-it
- What-if-ing
- Overgeneralizing
- Mind reading and conclusion-jumping
- Unrealistic expectations
- Self-rating

External Stressors (outside our control)
- Requirements of the workplace
- Financial insecurity
- Household obligations
- Unpredictable events
- Health problems

How do you respond to stress?
- Fatigue or insomnia
- Overeating or no appetite
- Muscle tension
- Headache, backache, nervousness
- Biting nails
- Stomach issues
- Becoming a Jerk!

Skills: Finding Peace
Reducing those sources of stress we have control over.

Skills: Finding Balance
Responding well to sources of stress outside of our control.

Reduction Strategies:
- Realize that nobody is perfect
- Change your mental talk
- Learn to say “No”
- Plan ahead
- Organize- “Work smart, not hard”
- Communicate effectively
- Live with gratitude
Response Strategies
(Self-Help)
- Meditation
- Guided Imagery
- Yoga
- Exercise
- Healthy lifestyle, nourishing foods
- Get sleep
- Schedule time for you

Think of a time when...

Response Strategies
(How can others help you?)
- Massage
- Reiki/Healing Touch
- Acupuncture
- Naturopathic Doctors
- Cranial Sacral
- Reflexology
- Hydrotherapy

Make a plan to create peace and balance.

You are in control...your mind does not control you.

Thomas Edison
- Intelligence held in quiet mind/subconscious
- Practiced moving from one state to another
- Finding his peaceful mind
- Held a metal ball in his hand...relaxed...until ball fell
- Inventions came from this state of mind

Guided Imagery
- A gentle but powerful technique that focuses and directs the imagination.
- It involves the whole body, emotions and all the senses.
- Guiding the images toward a specific life-enhancing goal.
- Specific to challenge
Guided Imagery Research


Research con’t