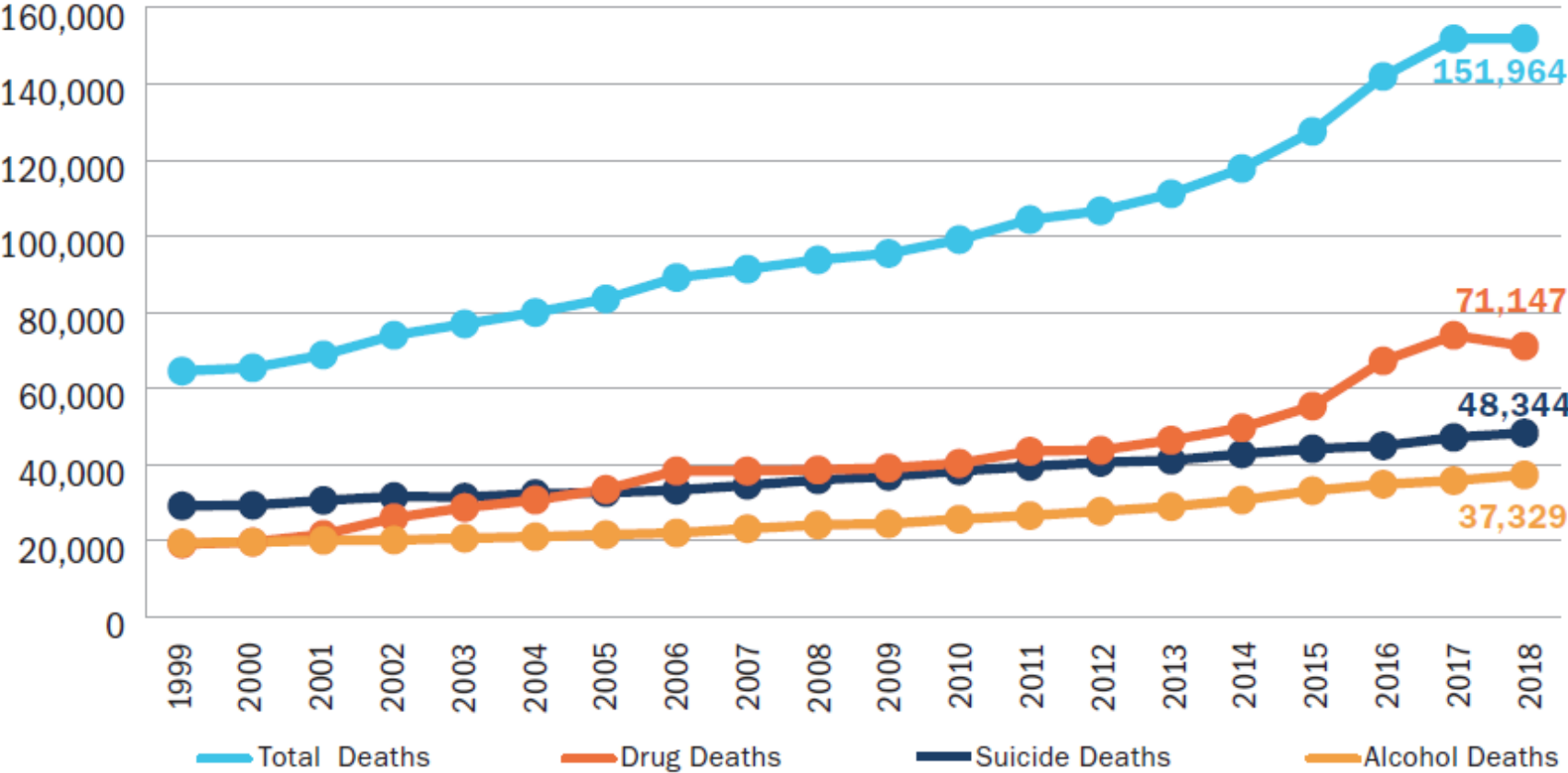


RAVI KOLLI, MD

**COPING WITH COVID 19 MENTALLY,
PHYSICALLY, SOCIALLY AND SPIRITUALLY**

Annual Deaths from Alcohol, Drugs, and Suicide in the United States, 1999–2018



Source: TFAH and WBT analysis of National Center for Health Statistics data

Becoming a Resilient Person

WHAT IS STRESS?

STRESS IS EVERYWHERE

DEFINING STRESS

OUR RESPONSE TO STRESS

CHRONIC STRESS

STRESS AND MENTAL HEALTH

NOT ALL STRESS IS BAD

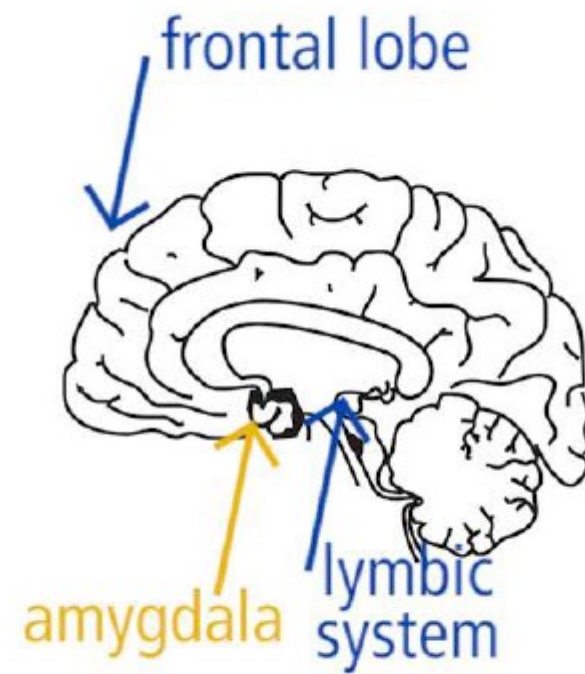
STRESS IS EVERYWHERE

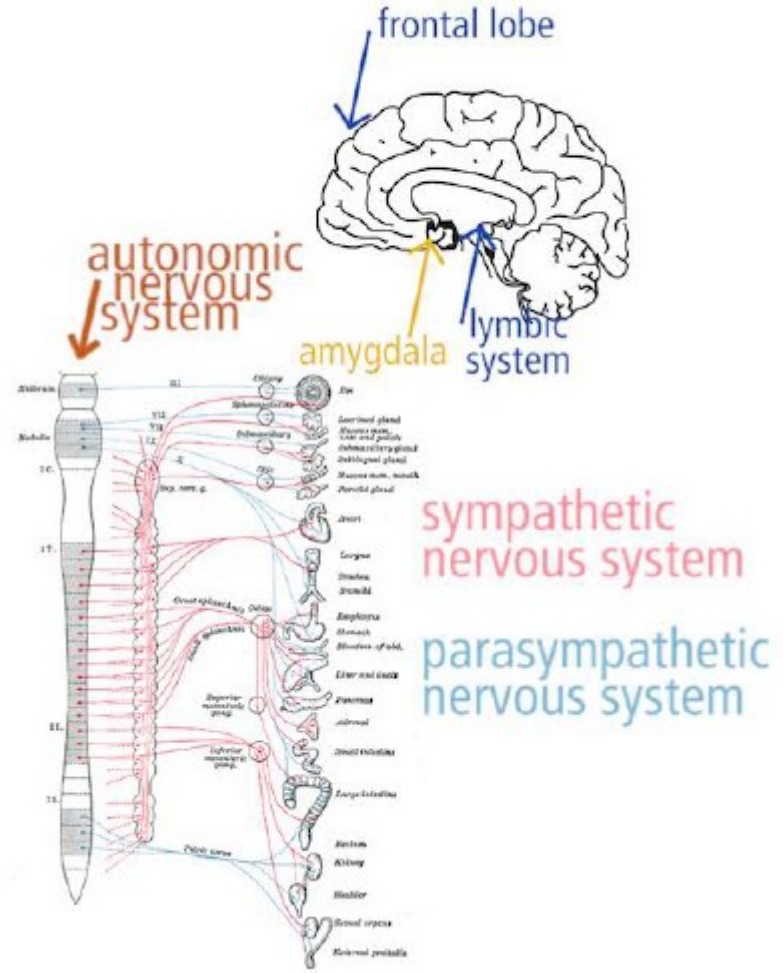
- we are prewired to experience it
 - stress can be good, but only a certain amount

e are prewired
experience it
stress can be
good, but only a
certain amount

DEFINING STRESS

*anything that
knocks us out of
homeostatic
balance*

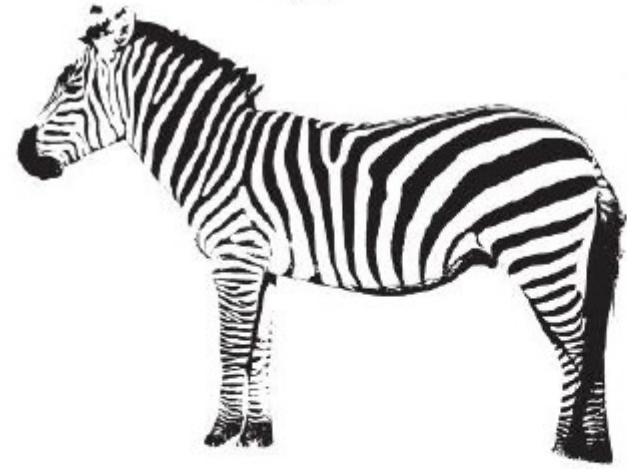






STRESS

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- 
- 
- the stress response starts in the brain, then goes to the nervous system, then branches out to the rest of our body

nervous system,
then branches
out to the rest
of our body

body temperature,
an ideal level of
glucose, and an ideal
bloodstream

OUR RESPONSE TO STRESS

- humans have a frontal lobe which allows them to think more deeply than other mammals
 - stressors can affect us over time
 - we can anticipate stressors without them ever happening

nervous system,
then branches
out to the rest
of our body

body temperature,
an ideal level of
glucose, and an ideal
bloodstream

OUR RESPONSE TO STRESS

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stressors without
them ever
happening

NOT ALL
STRESS
IS BAD

Yerkes
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STRESS AND MENTAL HEALTH

- stressors can lead to
mental health problems

depression anxiety

trauma anger
problems

distress

quality of life

CHRONIC STRESS

Becoming a Resilient Person

WHAT IS RESILIENCE?

RESILIENCE
DEFINED
the ability to
strive and
thrive in life

SURVIVE

THRIVE

RESILIENCE IS
ORDINARY MAGIC

INGREDIENTS TO
RESILIENCE

LESSON 1
SUMMARY



RESILIENCE
DEFINED

the ability to
strive and
thrive in life

the ability to
strive and
survive in life

SURVIVE

the ability to
bounce back
in the face
of adversity



of diversity



THRIVE



doing what matters most

optimizing wellbeing



RE

wellbeing

RESILIENCE IS
ORDINARY MAGIC
you don't have to
be born with it
it isn't matter of luck
can be learned

what
most



INGREDIENTS TO RESILIENCE

- mindfulness-based practices
- values clarification and commitment
- cultivating positive emotions
 - managing negative emotions
 - positive role-models
 - TLCs

Becoming a Resilient Person

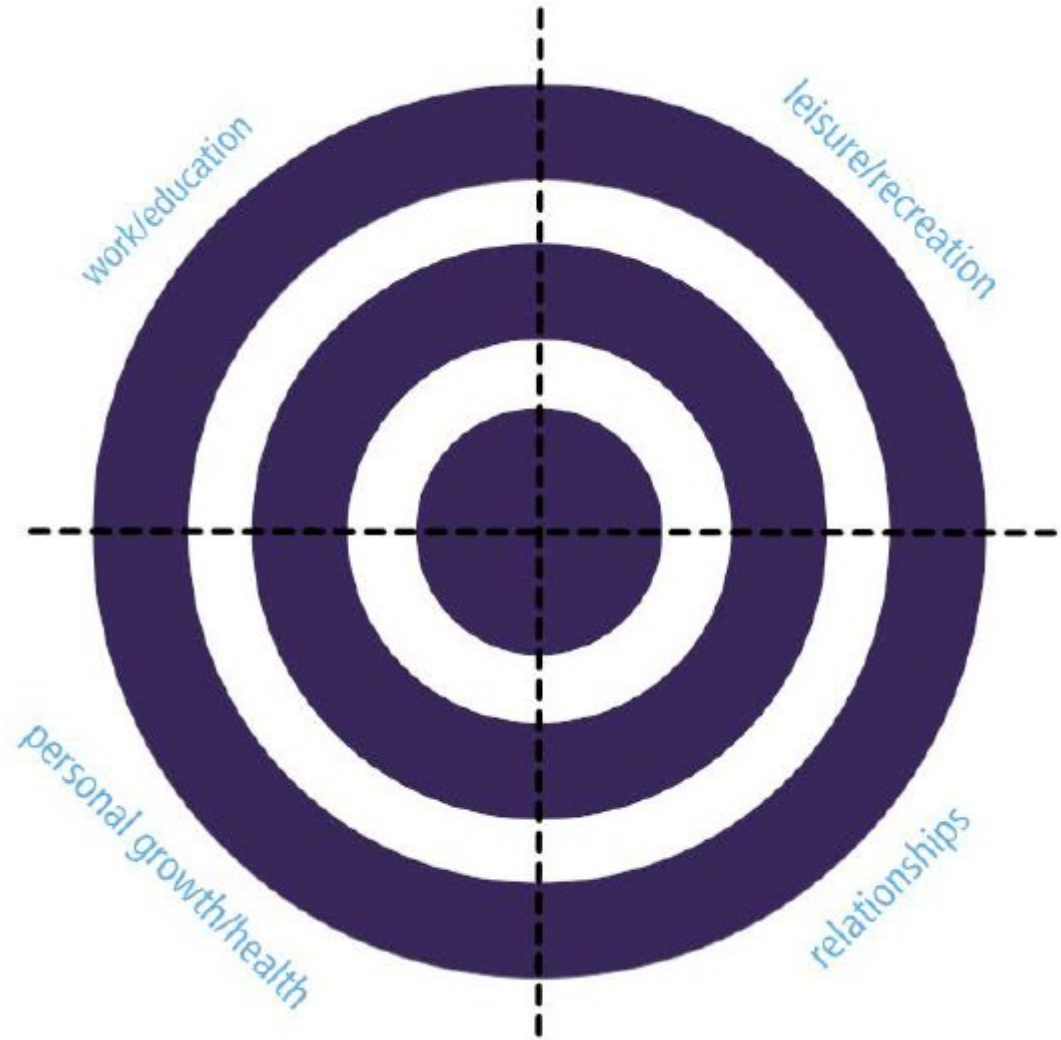
BULLS EYE ACTIVITY

step 1
what are
your values?

step 2
where are
you on the
dartboard?

step 3
what's getting
in the way?

step 4
what actions
can I take to
live consistent
with my
values?



step 1
what are
your values?

work/education
relationships
personal growth/health
leisure/recreation

step 3 ...

step 1
what are
your values?

work/education
relationships
personal growth/health
leisure/recreation

step 3 ...

step 2
where are
you on the
dartboard?

step 4 ..

leisure/recreation

step 3
what's getting
in the way?

identify and overcome
barriers that get
in the way

ure/recreation

step 3
what's getting
the way?

identify and overcome
barriers that get
the way

step 4
what actions
can I take to
live consistent
with my
values?

VALUE DOMAINS



husband



father

the many hats

we wear



brother



son



professor



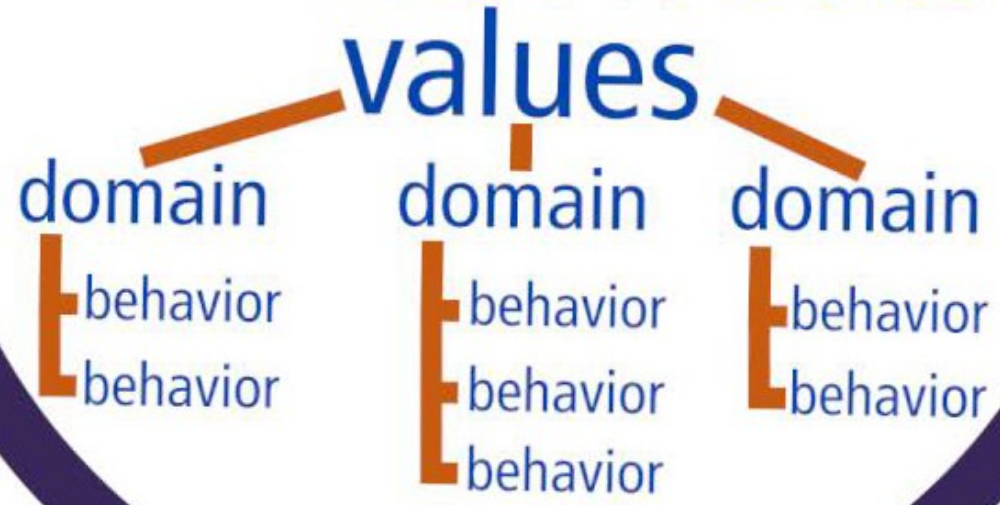
teammate



self-care

values in a
particular
domain

VALUES, DOMAINS & BEHAVIORS



behavior

EXAMPLE

values

work

be a supportive advisor who helps springboard the career of a young professional

- open communication
- set up regular meetings
- open-door policy
- create opportunities


domain: sibling

value: communicate my
support and love
for my brother

behaviors: ??

are
hy
y fit





domain: personal care
value: feeling healthy
and physically fit
behaviors: ??

RS

main

behavior

behavior

CREATING VALUE STATEMENTS

- specific and connected to a particular value domain

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ION

STAYING COMMITTED TO VALUES

- perform periodic check-ins:

are our behaviors
consistent with
our values?

CREATING VALUE
STATEMENTS

Becoming a Resilient Person

WHAT ARE VALUES?

VALUES
COMMITMENT

VALUES...

VALUES
VS. GOALS

WHAT ARE
THEY GOOD FOR?

LOSING TOUCH
WITH OUR VALUES

TUG-OF-WAR
WITH FRANKENSTEIN

VALUES COMMITMENT

"Commitment isn't about being perfect, always following through, or never going astray. Commitment means that when you (inevitably) stumble or get off track, you pick yourself up, find your bearings, and carry on in the most meaningful direction possible."

Russ
Harris

"the person who has a why to live can bear just about anything"

Friedrich
Nietzsche



VALUES VS. GOALS

values

- chosen life path



goals

- achievements along the way



value: a love for traveling and experiencing different cultures

goal: go to China



different cultures
goal: go to China

by values

WHAT ARE THEY GOOD FOR?

help guide:

- daily actions
- decisions

help transform how we
interpret our behaviors

value: being a loving,
caring husband



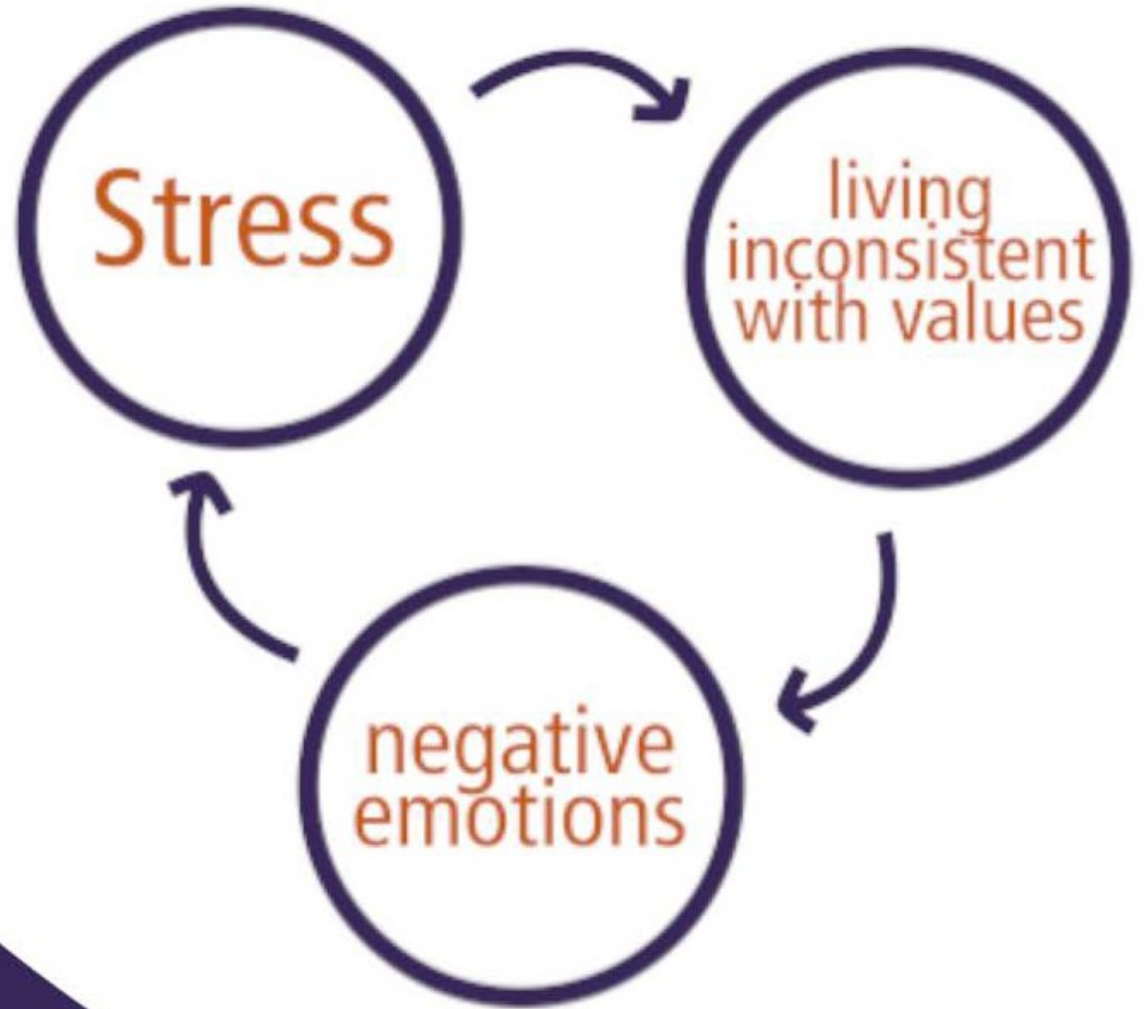
LOSING TOUCH WITH OUR VALUES

- stress eats away at our ability to stay consistent with our values

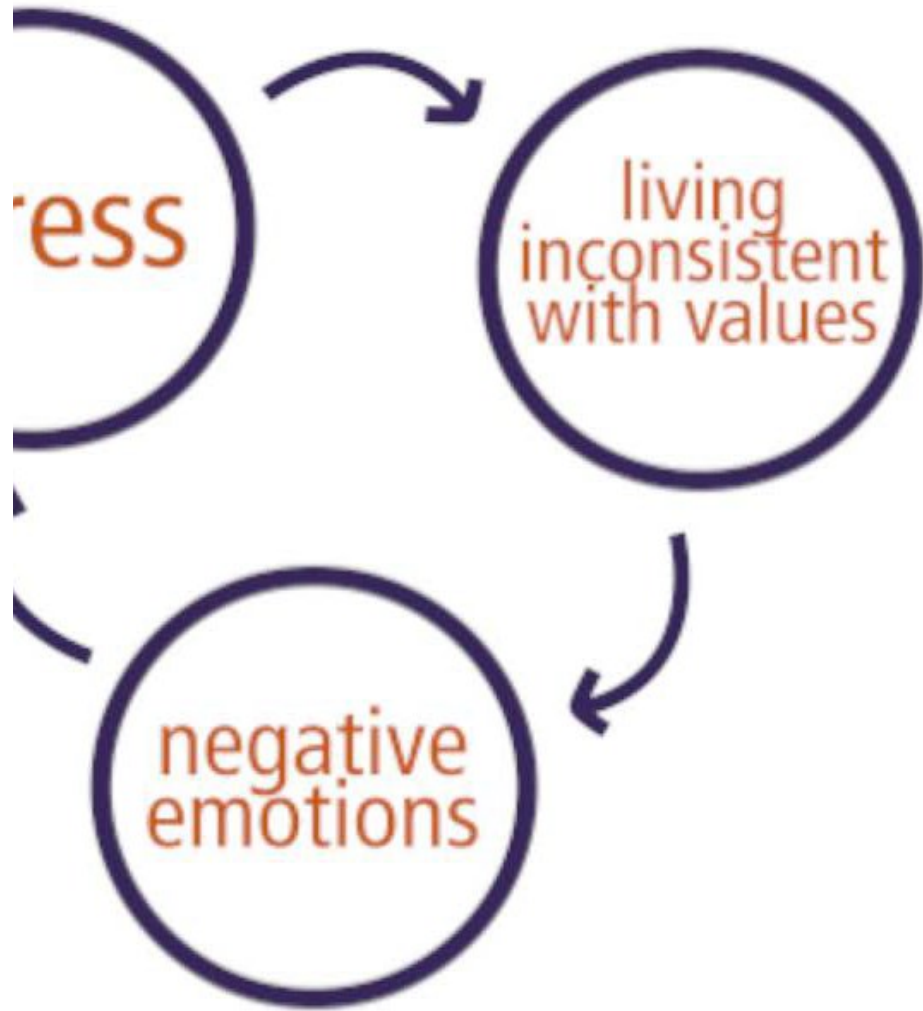
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your values



solution:
clarify values,
be aware of
behaviors,
and stay
committed



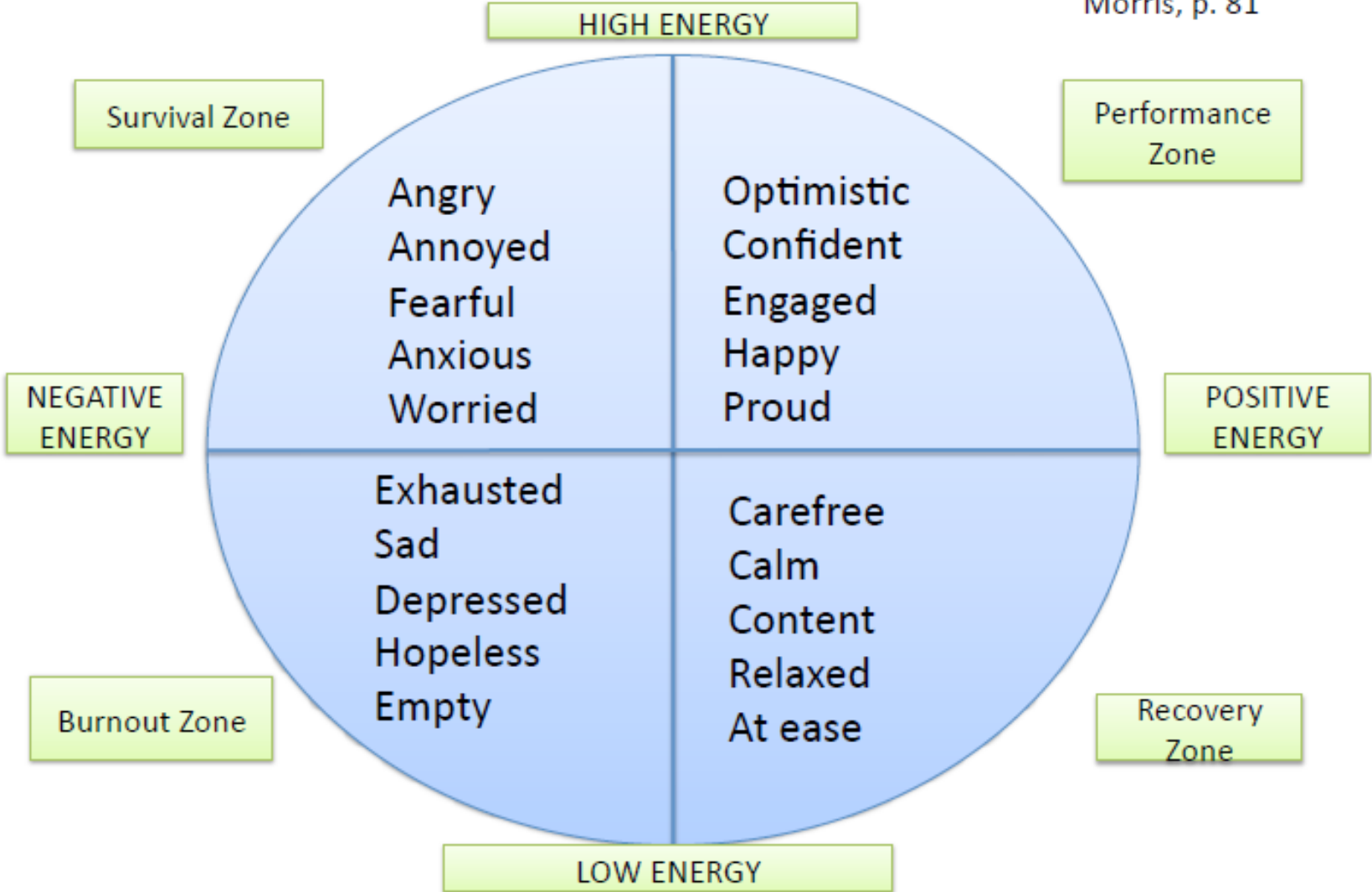
...a
...son
...ES?



LOSING TOUCH
WITH OUR VALUES

Emotional management

Morris, p. 81



Optimistic vs Pessimistic Style

- **optimistic style** tend to use **active, adaptive coping strategies** such as **problem solving**, acknowledging and **attempting to change** uncontrollable situations, striving to **overcome adversity** and **perseverance** towards accomplishing goals (Hirsch & Conner, 2006).
- **pessimistic explanatory style** are more likely to experience higher levels of intense **anger**, display **aggression**, and are more likely to resort to **destructive school behavior** (Boman et al., 2003; Hudley et al., 1998).

Optimism

- Optimism is not about providing a recipe for self deception. The world can be a horrible, cruel place and at the same time it can be wonderful and abundant. These are both truths. There is not a halfway point; there is only choosing which truth to put in your personal foreground (Lee Ross in Lyubomirsky, p. 111)
- Optimists are more, not less, vigilant of risks and are aware that **positive outcomes** are **dependent on** their **efforts**.

Thinking traps

Ian Morris

- Jumping to conclusions
- Tunnel vision
- Over generalization
- Magnification
- Minimization
- Personalizing
- Externalizing
- Mindreading
- Perfectionism
- Me! Me! Me!
- Comparing
- Arrogance
- Ruminating



Listen
to
Understand

Ask
Deeper
Questions

Avoid
Interruptions

Take
Non-verbal
Cues

Slow
Down,
Practice
Silence

Train
Mind,
Don't be
Distracted

Withhold
Judgement

ACTIVE LISTENING

SKILLS

Tips for improving the quality of communication in your relationship:

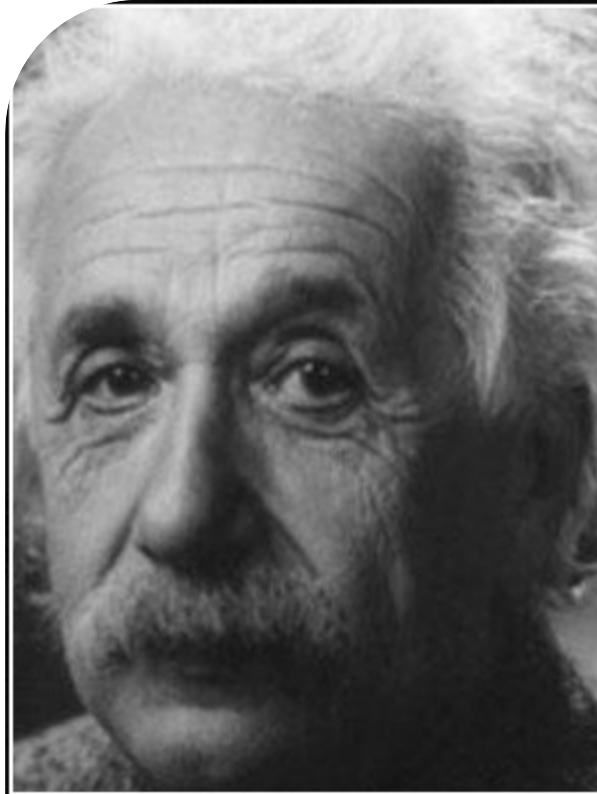
- Be intentional about spending time together talking. The average couple spends only 20 minutes a week talking with each other. Turn off the technology and make it a point to spend 20-30 minutes a day catching up with each other.
- Use more “I” statements and less “You” statements. This decreases the chances of your spouse feeling like they need to defend themselves. For example, “I wish you would acknowledge more often how much work I do at home to take care of you and the children.”

Tips for improving the quality of communication in your relationship

- **Be specific.** When issues arise, be specific. Broad generalizations like, “You do it all the time!” are not helpful.
- **Avoid mindreading.** It is very frustrating when someone else acts like they know better than you what you were really thinking.
- **Express negative feelings constructively.** There will be times when you feel bitterness, resentment, disappointment or disapproval. These feelings need to be communicated in order for change to occur. BUT – How you express these thoughts is critical. “I am really disappointed that you are working late again tonight,” is very different from, “You clearly do not care one whit about me or the kids. If you did, you would not work late every night.”

Tips for improving the quality of communication in your relationship

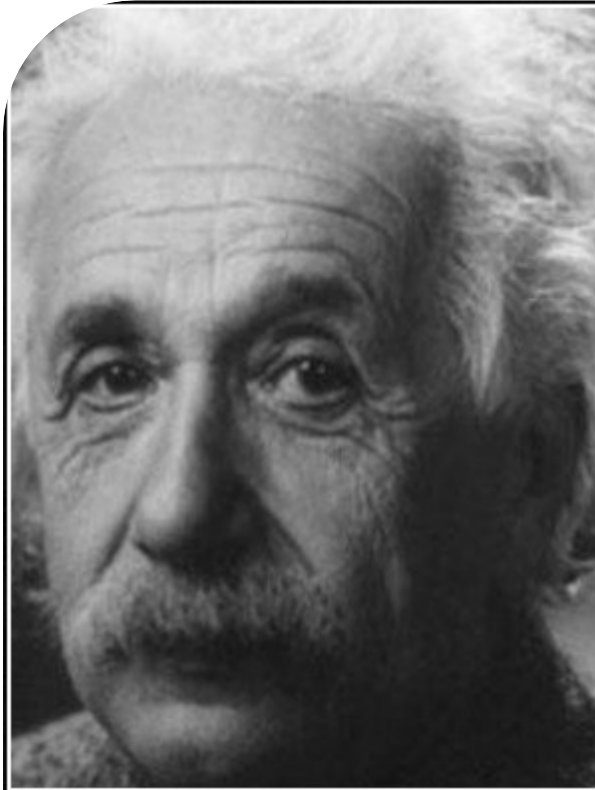
- **Listen without being defensive.** For a marriage to succeed, both spouses must be able to hear each other's complaints without getting defensive. This is much harder than learning how to express negative feelings effectively.
- **Freely express positive feelings.** Most people are quicker to express negative feelings than positive ones. It is vital to the health of your marriage that you affirm your spouse. Positive feelings such as appreciation, affection, respect, admiration, approval, and warmth expressed to your spouse are like making deposits into your love account. You should have five positive deposits for every one negative. If your compliments exceed your complaints, your spouse will pay attention to your grievances. If your complaints exceed your compliments, your criticism will fall on deaf ears



One cannot help but be in awe when
[one] contemplates the mysteries of
eternity, of life, of the marvelous
structure of reality.

— *Albert Einstein* —

AZ QUOTES



A human being is a part of the whole called by us universe; a part limited in time and space. He experiences himself, his thoughts, and his feelings as something separate from the rest - a kind of optical delusion of consciousness.

— *Albert Einstein* —

AZ QUOTES

Mental health and wellness

Search Institute and the Social Development Research Group to identify 8 consensus core dimensions of successful young adult development. These include:

- Physical health,
- Psychological and emotional well-being,
- Life skills,
- Ethical behavior,
- Healthy family and social relationships,
- Educational attainment,
- Constructive educational and occupational engagement,
and
- Civic engagement.

Gratitude

A number of studies have shown that higher levels of trait gratitude are associated with increased life satisfaction, vitality, happiness, optimism, hope, and positive affect, as well as empathy and fewer symptoms of anxiety and depression

Cognitive Framework: Gratitude broadens the mind in terms of interpreting negative or ambiguous situations in a more positive way, having greater positive memories for past events, and allocating more attention to positive rather than negative stimuli within the environment

Psycho-Social Framework: According to this second framework, gratitude may broaden the mind by leading the individual to creatively consider a range of different options of how to repay a benefactor, which in turn may build more positive relationships and increase social support, leading to greater psychological and physical health.

Mental health: Emotional Intelligence

Goleman more explicitly defined emotional intelligence with the following criteria:

- Accurate conscious perception and monitoring of one's own emotions;
- Modification of one's emotions so that their expression is appropriate, including the capacity to self-soothe anxiety, sadness, and anger;
- Accurate recognition of and response to emotions in others;
- Skill in negotiating close relationships with others; and
- Capacity for focusing emotions (motivation) on a desired goal (delayed gratification).

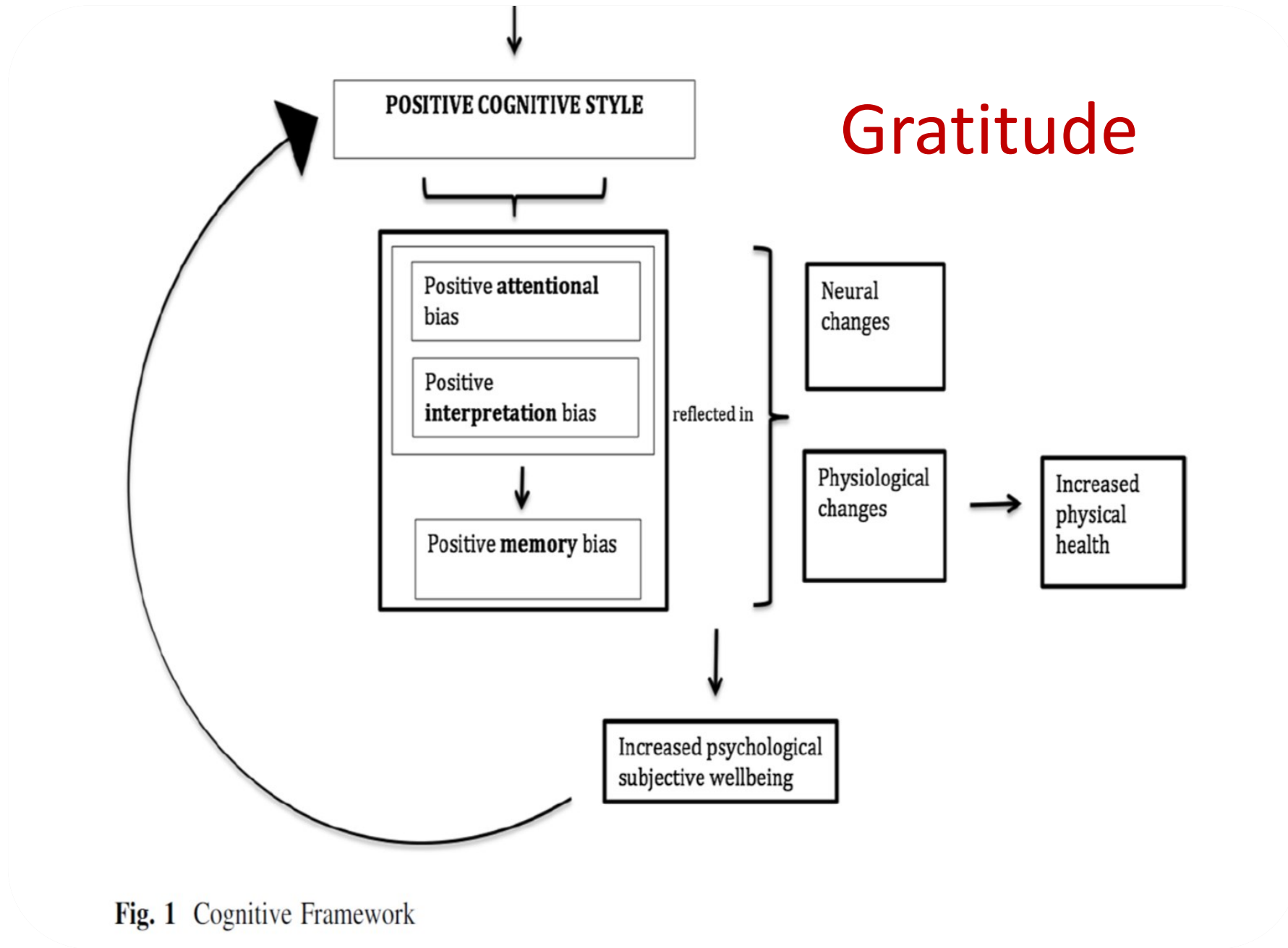


Fig. 1 Cognitive Framework

Gratitude

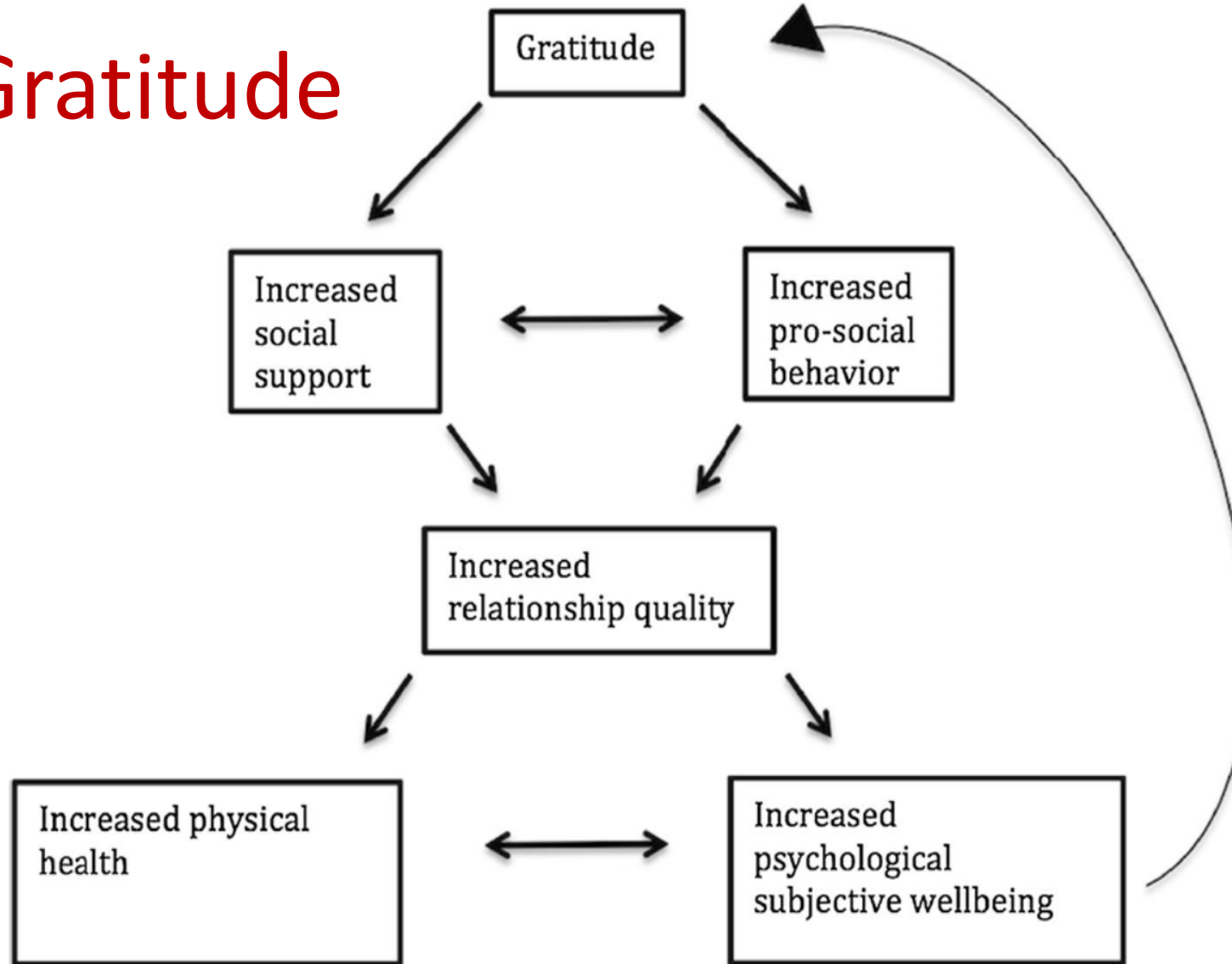


Fig. 2 Psycho-Social Framework

Gratitude

Further, a small number of such studies have recently shown that gratitude interventions may be equally effective in reducing cognitive symptoms, such as worry (i.e., ruminative anxious cognitions) and body dissatisfaction (i.e., negative cognitions about one's physical appearance), when compared to conventional cognitive therapy approaches

SPIRITUALITY AS A COPING BEHAVIOR

Spiritual involvement enhances social support, provides guidelines for healthy living and for relating with others, and provides meaning and purpose especially in the midst of suffering and trial

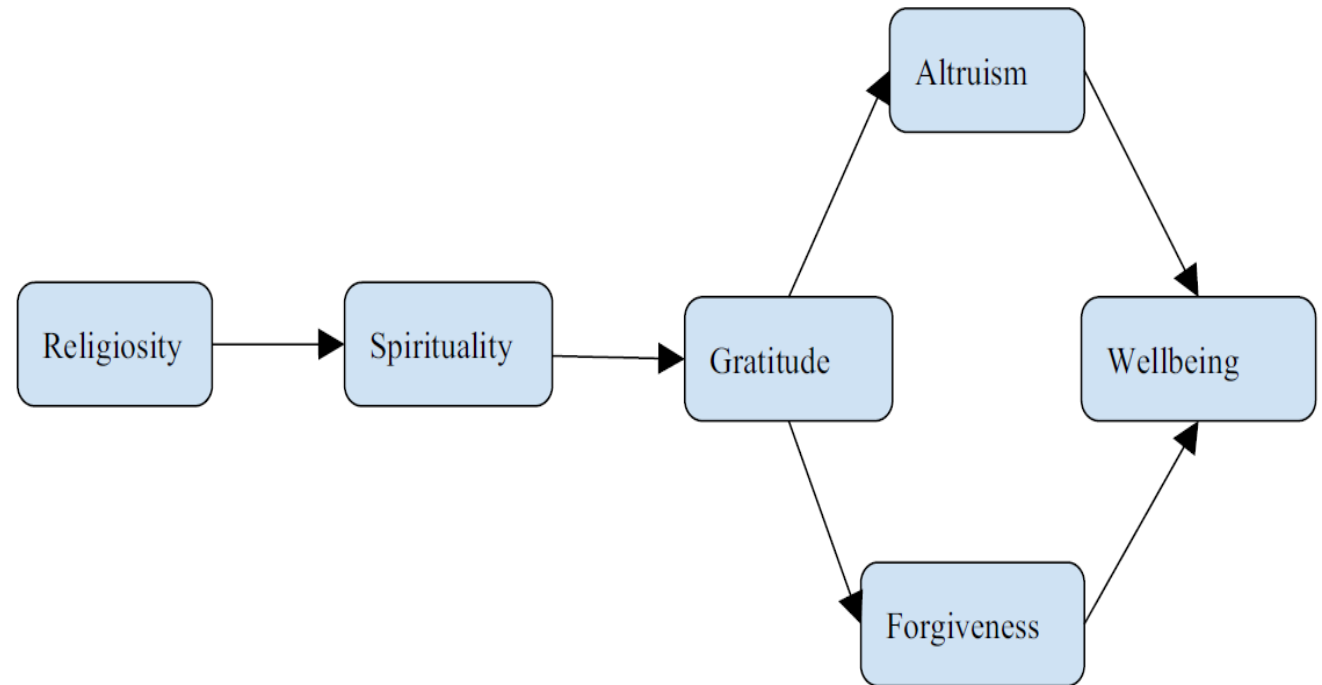
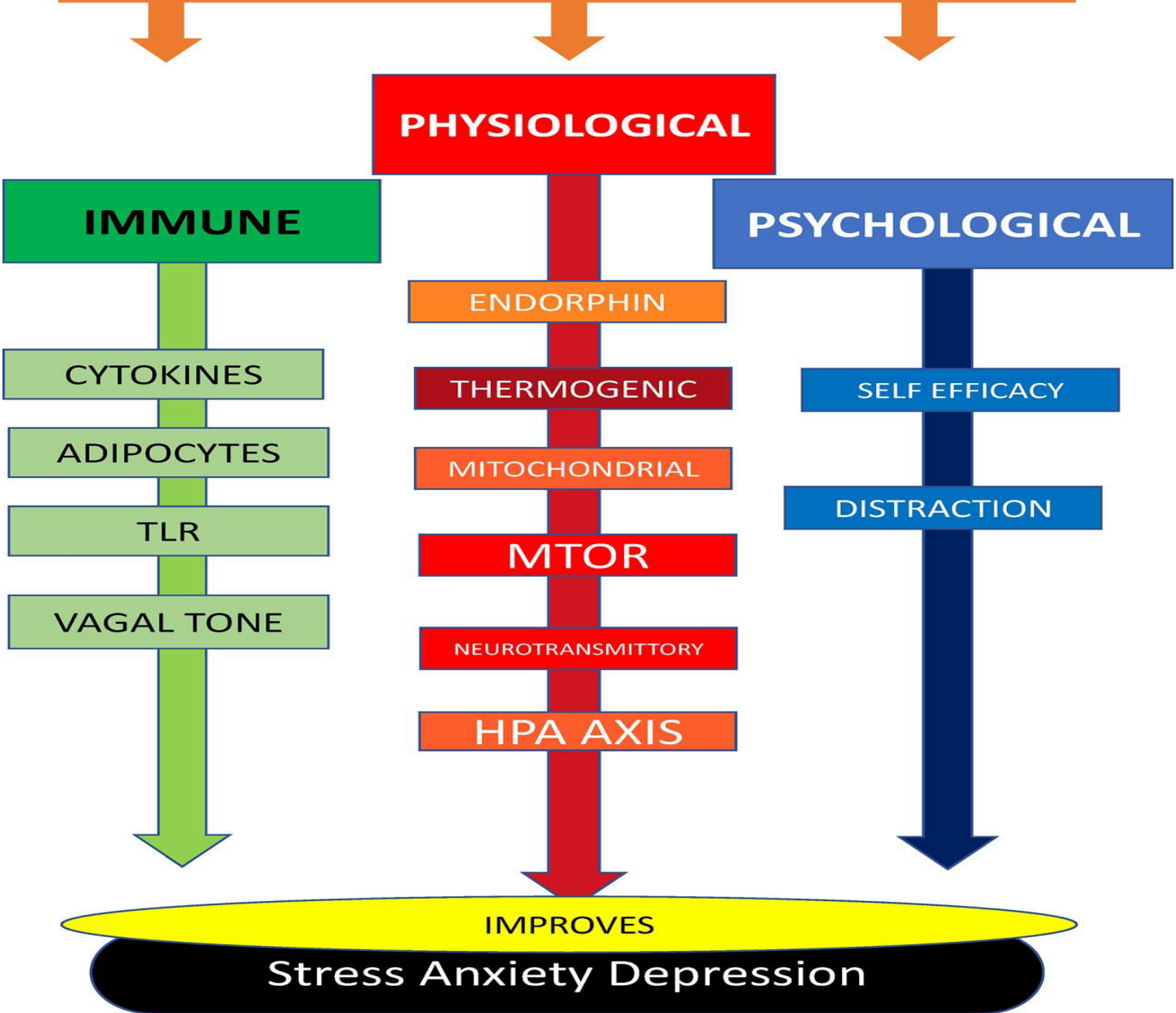


Fig. 1 Proposed theoretical model

Exercise and mental health

- There is a growing body of literature that recognizes the positive effects of exercise on mood states such as anxiety, stress and depression, through physiological and biochemical mechanisms, including endorphins, mitochondria, mammalian target of rapamycin, neurotransmitters and the hypothalamic-pituitary-adrenal axis, and via the thermogenic hypothesis.
- In addition, psychological mechanisms influence the effects of exercise on mood states, as suggested by both the distraction hypothesis and the self-efficacy hypothesis.
- Exercise has also shown to reduce inflammation via several different processes (inflammation, cytokines, toll-like receptors, adipose tissue and via the vagal tone), which can contribute to better health outcomes in people suffering from mood disorders.

Physical Activity/Exercise



Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-Being

- Stress has become an integral and accepted part of daily life in all cultures .
- Whether as a result of our busy lives or the influence and expectations presented by the media, our children also are beginning to show signs of stress.
- Bailey (2011) explained that the pressures accumulating from school, peer interactions, and day-to-day family living can take a toll on children.
- Adolescents are exposed to the same stressors of school, activities, and family life, as are their younger counterparts.
- However, they are also subject to the rapid cognitive, physiological, and psychosocial changes that are characteristic of this stage of development

Seven key foundations for mindful practice, as identified by Jon Kabat-Zinn (1990):

- Non-judging: Being aware of judging and reaction to inner and outer experiences,
- Patience: Understanding and accepting that sometimes things must unfold in their own
- Beginner's mind: Seeing everything as if for the first time,
- Trust: Taking responsibility for being yourself and learning to listen to and trust your own being,
- Non-striving: Realizing that there is no other goal than for you to be yourself,
- Acceptance: Seeing things as they actually are in the present, and
- Letting go: Releasing thought, feelings and situations that the mind seems to want to hold on to.

Long-term Effects of a Very Low-Carbohydrate Diet and a Low-Fat Diet on Mood and Cognitive Function

Grant D. Brinkworth, PhD; Jonathan D. Buckley, PhD; Manny Noakes, PhD; Peter M. Clifton, PhD; Carlene J. Wilson, PhD

Greater improvements in these psychological mood states for the LF diet compared with the LC diet. Working memory improved by 1 year ($P.001$ for time),

Restriction of meat, fish, and poultry in omnivores improves mood: A pilot randomized controlled trial. Bonnie L Beezhold^{1*} and Carol S Johnston

These results support the results of our cross-sectional study which found that vegetarians reported significantly better mood than their non-vegetarian counterparts

The Neuroendocrinology of Social Isolation

John T. Cacioppo¹, **Stephanie Cacioppo**¹, **John P. Capitanio**², and **Steven W. Cole**³

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¹Department of Psychology, University of Chicago, Chicago, Illinois 60637

²Department of Psychology, University of California, Davis, California 95616

³David Geffen School of Medicine, University of California, Los Angeles, California 90095

Abstract:

Social isolation has been recognized as a major risk factor for morbidity and mortality in humans for more than a quarter of a century. Although the focus of research has been on objective social roles and health behavior, the brain is the key organ for forming, monitoring, maintaining, repairing, and replacing salutary connections with others. Accordingly, population-based longitudinal research indicates that perceived social isolation (loneliness) is a risk factor for morbidity and mortality independent of objective social isolation and health behavior. Human and animal investigations of neuroendocrine stress mechanisms that may be involved suggest that (a) chronic social isolation increases the activation of the hypothalamic pituitary adrenocortical axis, and (b) these effects are more dependent on the disruption of a social bond between a significant pair than objective isolation per se. The relational factors and neuroendocrine, neurobiological, and genetic mechanisms that may contribute to the association between perceived isolation and mortality are reviewed.