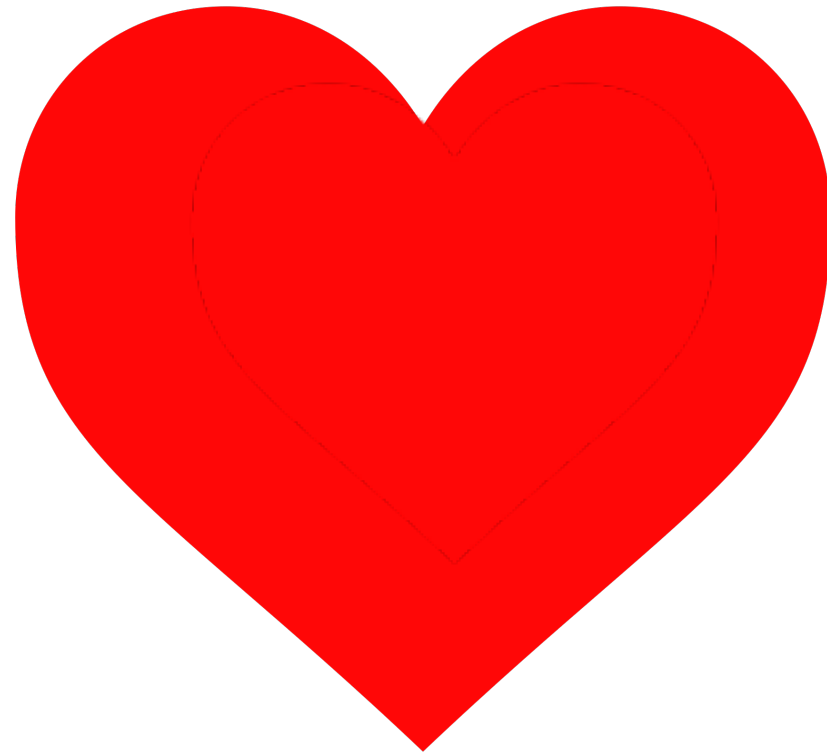


# Rx Prescription for Wellness

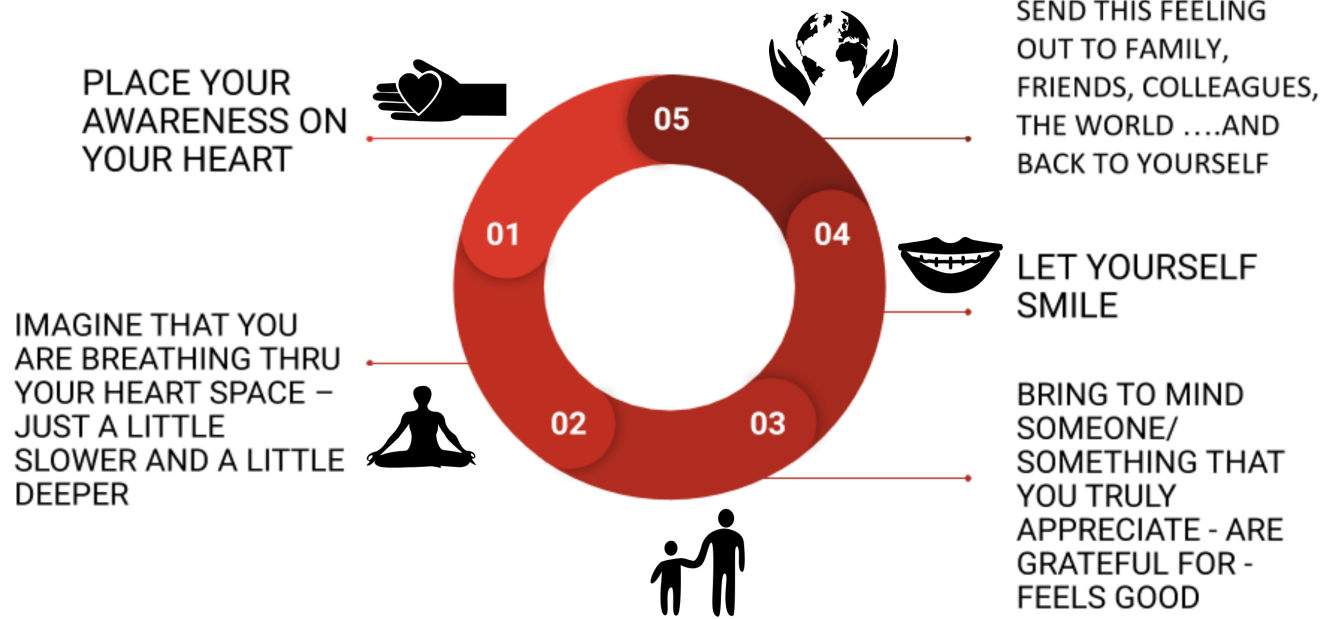
## Learning Objectives 2.25.21



- Discuss the science, demonstrate and practice heart appreciation (cardiac coherence) technique combining appreciation, breathing and mindfulness.
- Review easy to share/teach resiliency “pearls”.
- Describe first-person experience with appreciation, new stories, breathing and mindfulness and how these practices helped personal well-being.
- Discuss how stress can be harmful except when it is not.



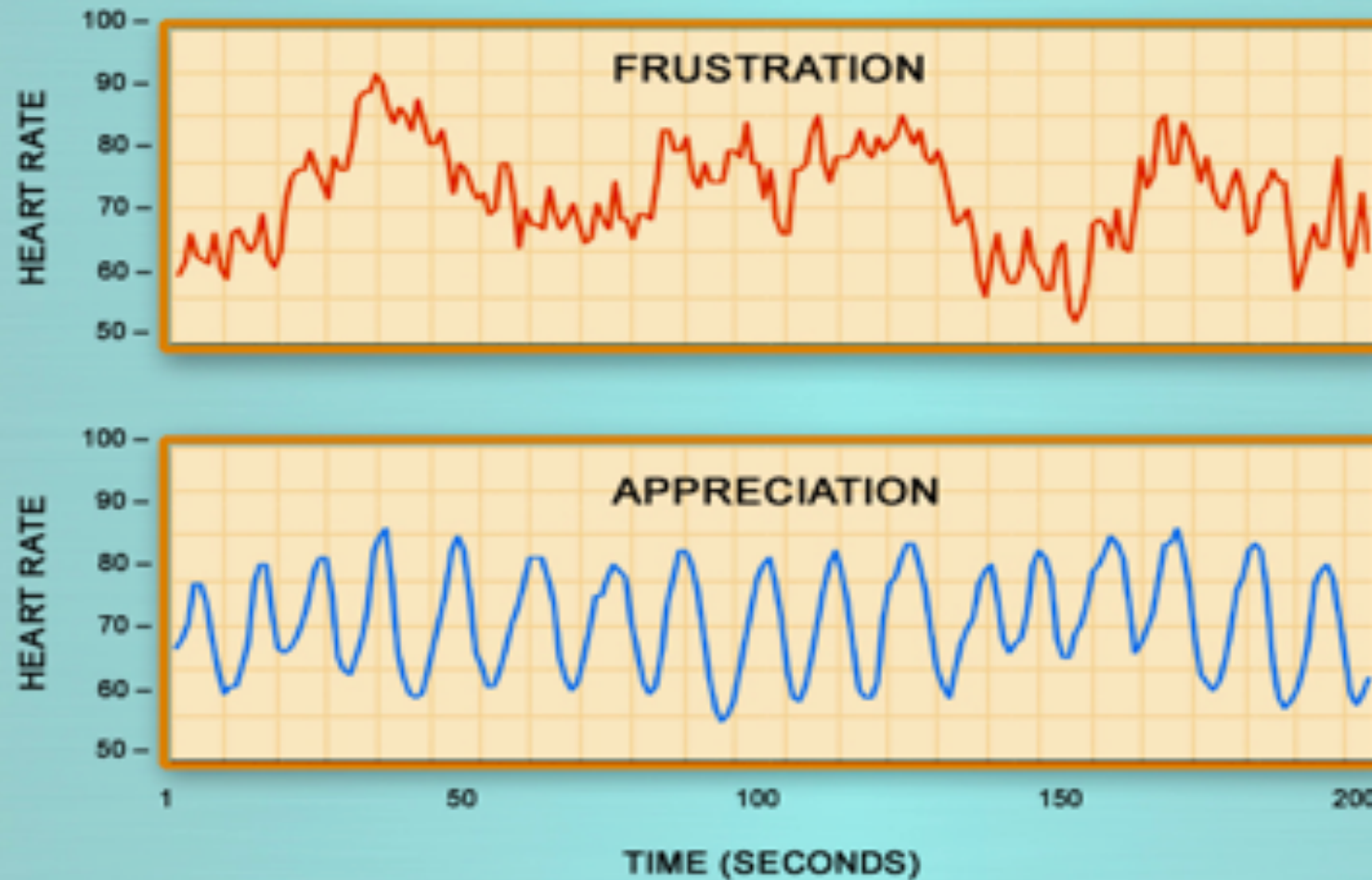
# Heart APPRECIATION CARDIAC COHERENCE



- **REPEAT PRN**

- PRIMARY RESOURCE: INSTITUTE OF HEARTMATH. [WWW.HEARTMATH.ORG](http://WWW.HEARTMATH.ORG)

Eleanor Vogt RPh,PhD, UCSF



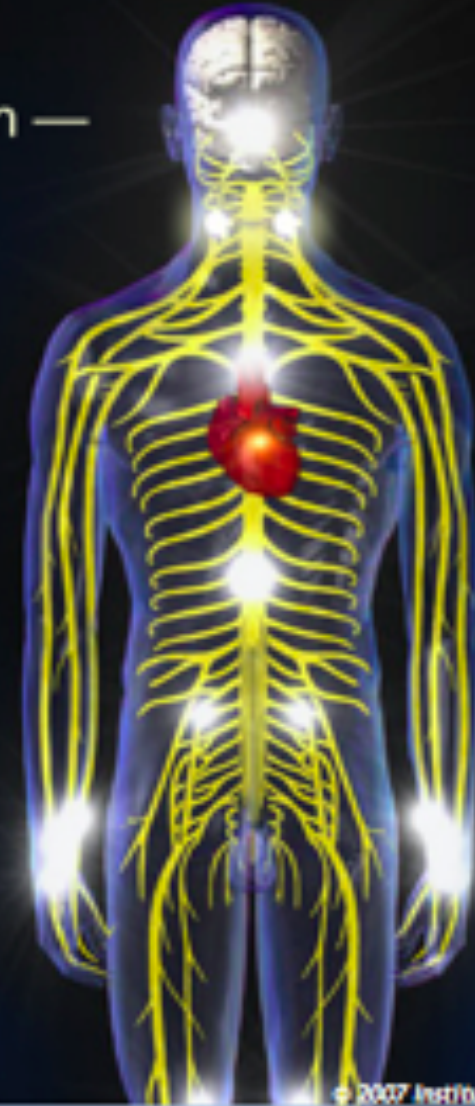
Cortical  
Inhibition  
(chaos)

Cortical  
Facilitation  
(coherence)

© 2007 Institute of HeartMath

# The Surprising Role of the Heart

- > The heart has its own complex nervous system — called the “Heart Brain”— that encodes and processes information.
- > It sends far more information to the brain than the brain sends to the heart.
- > It makes functional decisions independent of the cranial brain.



© 2007 Institute of HeartMath



# The Electromagnetic Field of the Heart



© 2007 Institute of HeartMath



What IF today, we were just grateful for everything?



<https://www.youtube.com/watch?v=y087sbBRQWY>  
[NY Taxi](#)

# 100,000 Coherent Kids Initiative

HeartMath Institute is now giving 100,000 kids *FREE* access to its *new* educational program, HeartSmarts® Adventure.

<https://www.youtube.com/watch?v=rCyJwPHD9vg>  
[100,000 coherent kids initiative](#)





SOFT BELLY



- Power of the Exhalation
- Alfabreaths

<https://www.youtube.com/watch?v=Dnvn6t51TyQ>

- Stillpoint

A balance scale is shown in a beach setting. The scale is perfectly balanced, with four smooth, rounded stones of varying sizes placed on the pans. The background features a clear blue sky and the ocean with white waves. The text "The Still Point Creates Balance Within You" is overlaid on the image in a bold, white font with a black outline. The word "Within" is highlighted in blue.

# The Still Point Creates Balance **Within** You

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



*YOUR BODY HEARS EVERY WORD  
YOU SAY....*

[This Photo](#) by Unknown Author is licensed under [CC BY](#)

# VERBAL HYGIENE....








## Two Practice Pearls for Reframing

 When you feel like complaining try this.....

[https://greatergood.berkeley.edu/video/item/when\\_you\\_feel\\_like\\_complaining\\_try\\_this?utm\\_source=Greater+Good+Science+Center&utm\\_campaign=35e3e3f8a7-EMAIL](https://greatergood.berkeley.edu/video/item/when_you_feel_like_complaining_try_this?utm_source=Greater+Good+Science+Center&utm_campaign=35e3e3f8a7-EMAIL) or  
[https://www.youtube.com/watch?v=025PhGo00eM&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=025PhGo00eM&feature=emb_imp_woyt)

 Rephrase your statements – “I am doing....”  
(*Own your power....*)







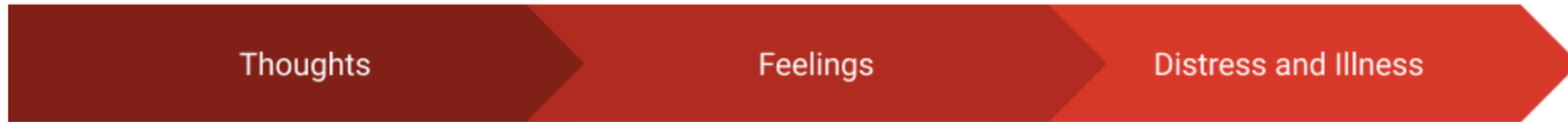
***“If you change the way you look at things, the things you look at change.” Wayne Dyer***

***“We don't see things as they are, we see them as we are.” Anais Nin***

***“There is nothing either good or bad, but thinking makes it so.” Wm Shakespeare, Hamlet***



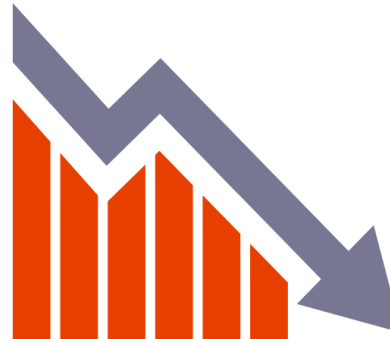
# A Cognitive Behavioral Model



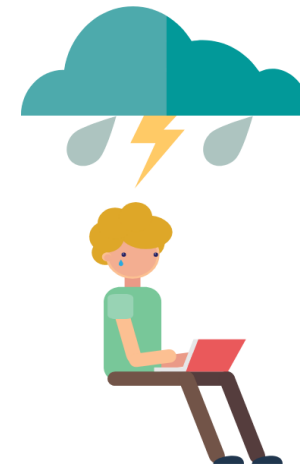
- Cognitive disorders, maladaptive
- Perfectionism, imposter syndrome



- Inadequacy, embarrassment, shame



- Depression and anxiety



- *credit: Stuart Slavin MD MEd. Centile conference.org 2017*



# A Cognitive Behavioral Model



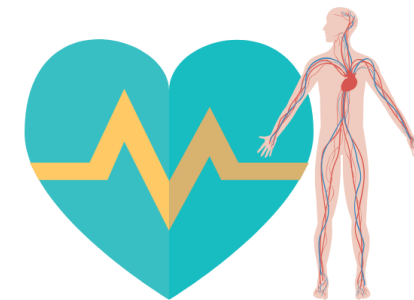
- Appreciation, gratitude, caring, positive stories



- Centered, focused, satisfied, relaxed, "I am enough"



- Resilient



- *credit: E. Vogt, RPh, MEd, PhD, UCSF School of Pharmacy*



?

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Google





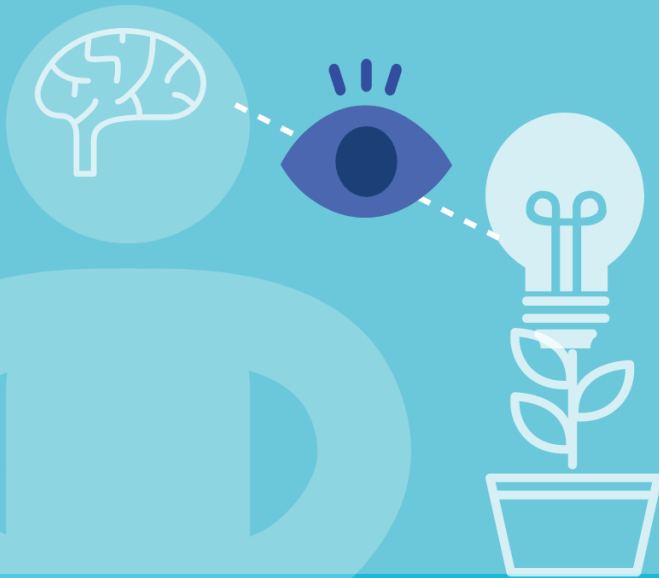




**1**

## NOTE THAT...

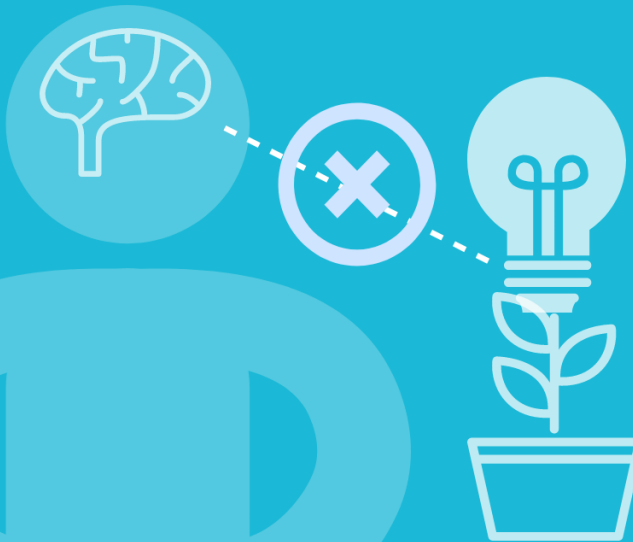
You can **OBSERVE**  
your thoughts



**2**

## THEREFORE...

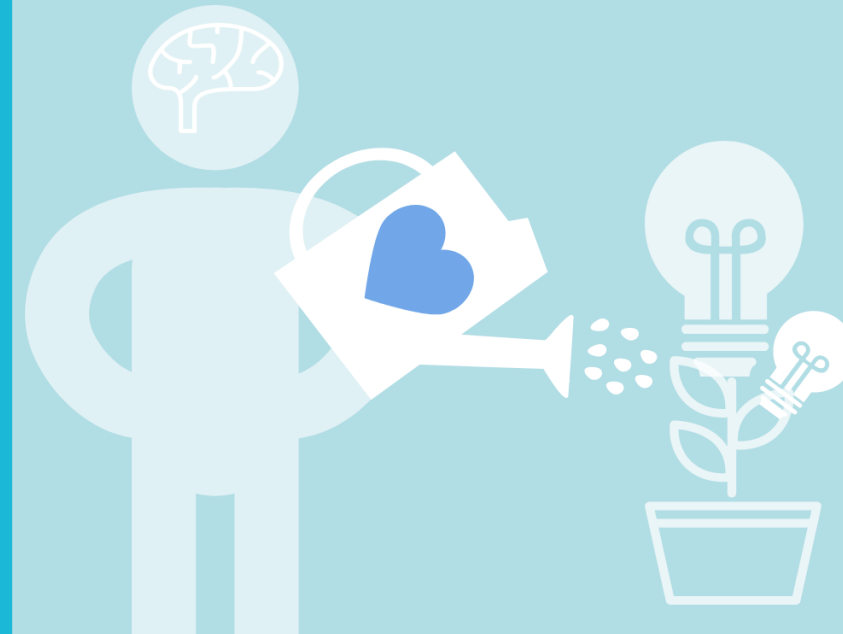
You **ARE NOT** your  
thoughts



**3**

## AND...

You can **CHANGE**  
your thoughts





# The Brain Changes with Meditation

- *1) you can train your brain to change*
- *2) the change is measurable*
- *3) new ways of thinking can help us.*
  
- **Increased Cortical Thickness** = more cognitive flexibility; improved executive function and (planning, problem solving, emotion regulation) and increased learning and memory
- **Decreased Amygdala size** = reduces “emotional reactivity”
- **Enhanced Network Connections** = increased attention, concentration

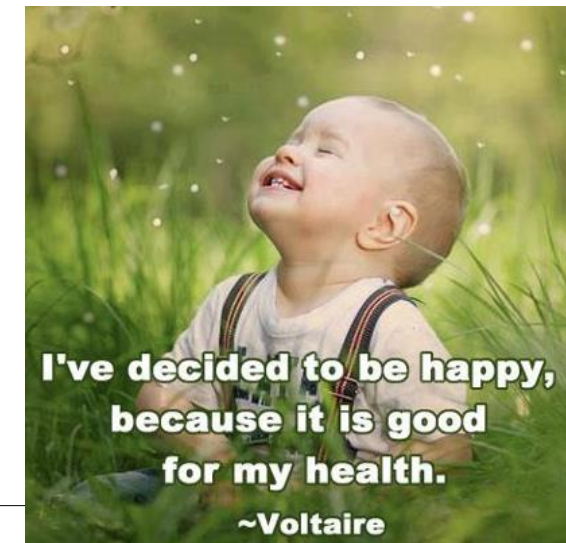




# What's our point?

OVERWHELMING EVIDENCE shows us that....

- Feeling GOOD is GOOD for us (physical/mental status is optimized)
- Feeling BAD (chronically) is BAD for us (physical/mental status compromised)



# The Bottom Line

**“Stress is harmful, except when it isn’t.”**

McGonigal, K. *The Upside of Stress – Why Stress is Good For You and How To Get Good At It.* 2015, p.219.



# OTC Medicine

*NO FORMULARIES, NO PRIOR AUTHORIZATION, NO INSURANCE, NO PAYMENT, NO RECORDS!*

With our  
coaching, our  
counseling  
and our  
caring

WE are the  
medicine too!



**PHARMACISTS**  

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**PROVIDE CARE**

# Small Group Questions

*The best way to own this material is to share it with our family, friends, colleagues and patients.*

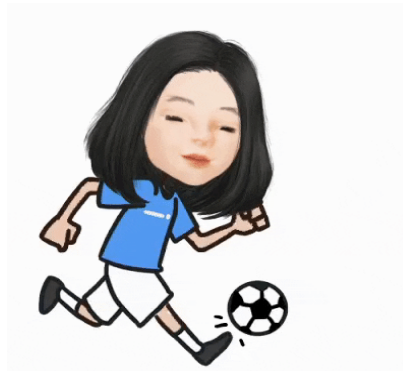
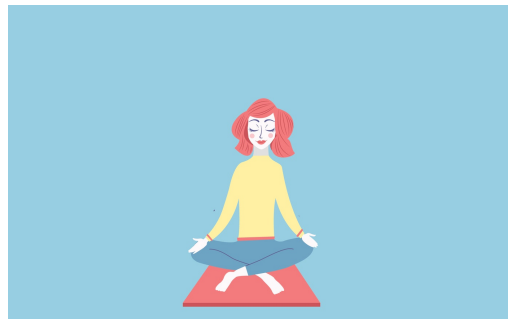
- *How can we do this?*
- *Are you already doing this?*





# Resiliency Resources

Our Stories – Appreciation – Breathing – Meditation/Mindfulness – Movement – Community





**“The last of human freedoms  
is to choose one’s attitudes.”**

**-Victor Frankl**



# References

- \*McGonigal, K. *The Upside of Stress – why stress is good for you and how to get good at it.* New York: Avery Penguin Random House: 2015.
- \* Lipton, B. *The Biology of Belief.* Carlsbad, CA: Hay House, 2011.
- \* Blackburn E & E. Epel, *The Telomere Effect.* New York: Hachette Book Group, 2017.
- \* HeartMath Institute. [www.heartmath.org/research](http://www.heartmath.org/research); also 100,000 Coherent Kids Initiative
- \* Guarneri, M. *The Heart Speaks.* . New York: Simon and Schuster, 2006.
- \* U of Pennsylvania Positive Psychology Center [www.ppc.sas.upen.edu/index.html](http://www.ppc.sas.upen.edu/index.html)
- \* The Center for Mindfulness, U Mass Medical School. [www.umassmed.edu/cfm/](http://www.umassmed.edu/cfm/)
- \* Cuddy, A. [www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are](http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are)
- For more reading recommendations/resources please contact: [eleanor.vogt@ucsf.edu](mailto:eleanor.vogt@ucsf.edu)