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

PLACE YOUR AWARENESS ON YOUR HEART

IMAGINE THAT YOU ARE BREATHING THRU YOUR HEART SPACE – JUST A LITTLE SLOWER AND A LITTLE DEEPER

SEND THIS FEELING OUT TO FAMILY, FRIENDS, COLLEAGUES, THE WORLD … AND BACK TO YOURSELF

LET YOURSELF SMILE

BRING TO MIND SOMEONE/ SOMETHING THAT YOU TRULY APPRECIATE - ARE GRATEFUL FOR - FEELS GOOD

• REPEAT PRN

• PRIMARY RESOURCE: INSTITUTE OF HEARTMATH. WWW.HEARTMATH.ORG

Eleanor Vogt RPh, PhD, UCSF
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.
The Electromagnetic Field of the Heart
What IF today, we were just grateful for everything?
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=y087sbBRQWY](https://www.youtube.com/watch?v=y087sbBRQWY)

[NY Taxi](https://www.youtube.com/watch?v=rCyJwPHD9vg)

[100,000 coherent kids initiative](https://www.youtube.com/watch?v=rCyJwPHD9vg)
SOFT BELLY
• Power of the Exhalation
• Alphabreaths
  https://www.youtube.com/watch?v=Dnvn6t51TyQ
• Stillpoint
The Still Point Creates Balance Within You
YOUR BODY HEARS EVERY WORD YOU SAY....

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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 or
https://www.youtube.com/watch?v=025PhGoO0eM&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
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)
“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!
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

• * HeartMath Institute. www.heartmath.org/research; also 100,000 Coherent Kids Initiative
• * U of Pennsylvania Positive Psychology Center www.ppc.sas.upen.edu/index.html
• * The Center for Mindfulness, U Mass Medical School. www.umassmed.edu/cfm/
• * Cuddy, A. www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

• For more reading recommendations/resources please contact: eleanor.vogt@ucsf.edu