

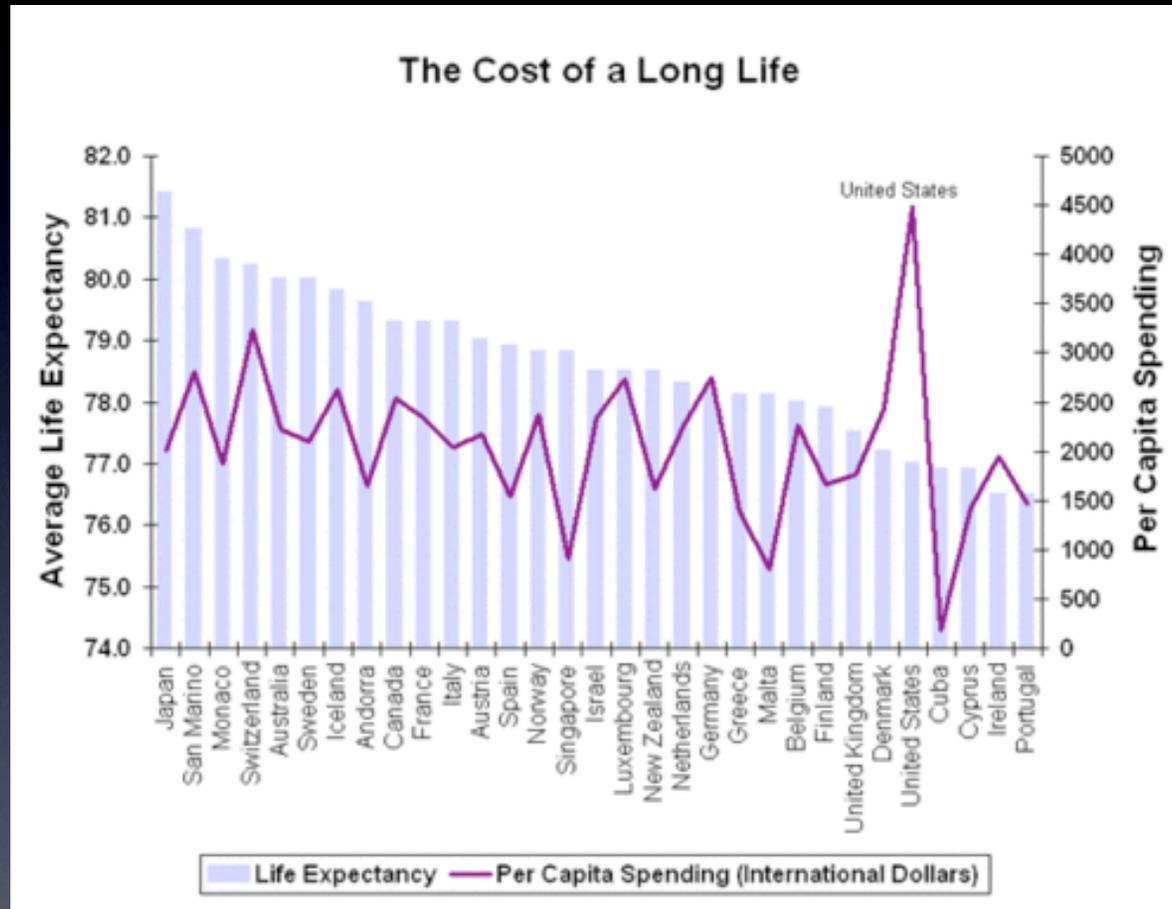
[www.BetterME.us](http://www.BetterME.us)

# Mental & Social Fitness...

...the missing ingredients on the road to wellness

James E. Blessman, MD, MPH  
Assistant Professor WSU  
Medical Director City of Detroit  
[jblessman@me.com](mailto:jblessman@me.com)  
[www.BetterME.us](http://www.BetterME.us)

# The Challenge



<http://bigpicture.typepad.com/comments/2008/01/odd-chart-of-th.html>

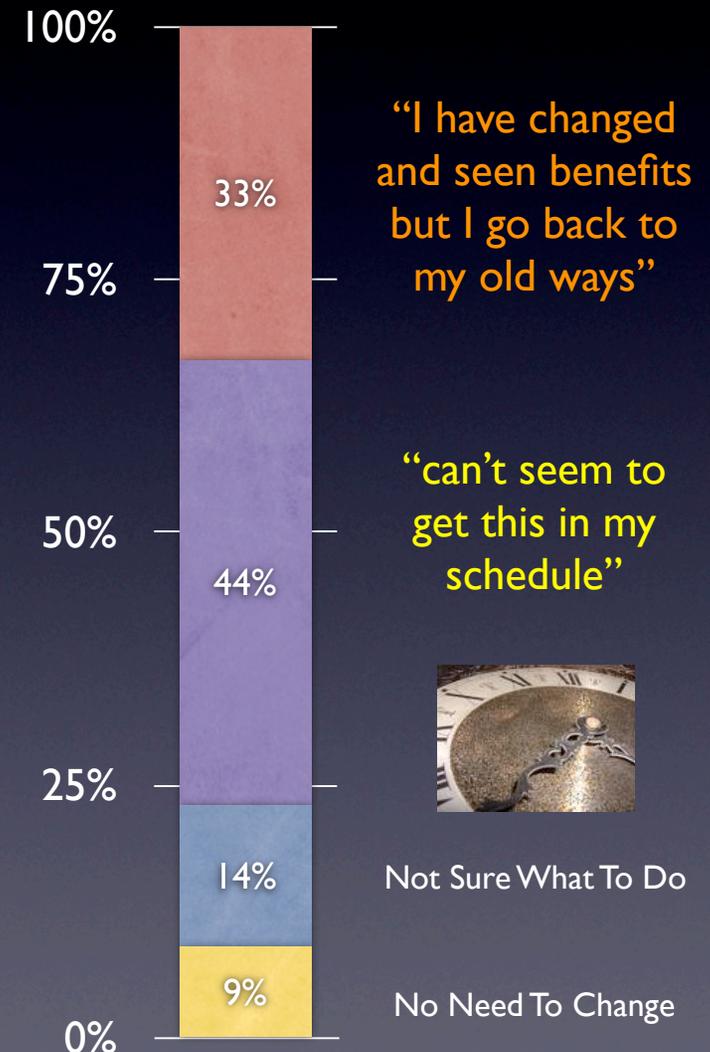
# Health Survey

Surveyed 359

Insurance	100%
Normal Weight	33%
Obese	36%

## Results - "RDA Not Met"

Ø 7.5 Hours of Sleep	58%
Ø Two Fruits	58%
Ø Three Vegetables	69%
Ø One Dark Vegetable	44%
Ø 30 Minutes of Exercise	46%
Ø Strength Training	70%



# “Unnatural Causes”



Perceptions of  
Control over Destiny  
“Stress”

# THE ANATOMY OF ANXIETY

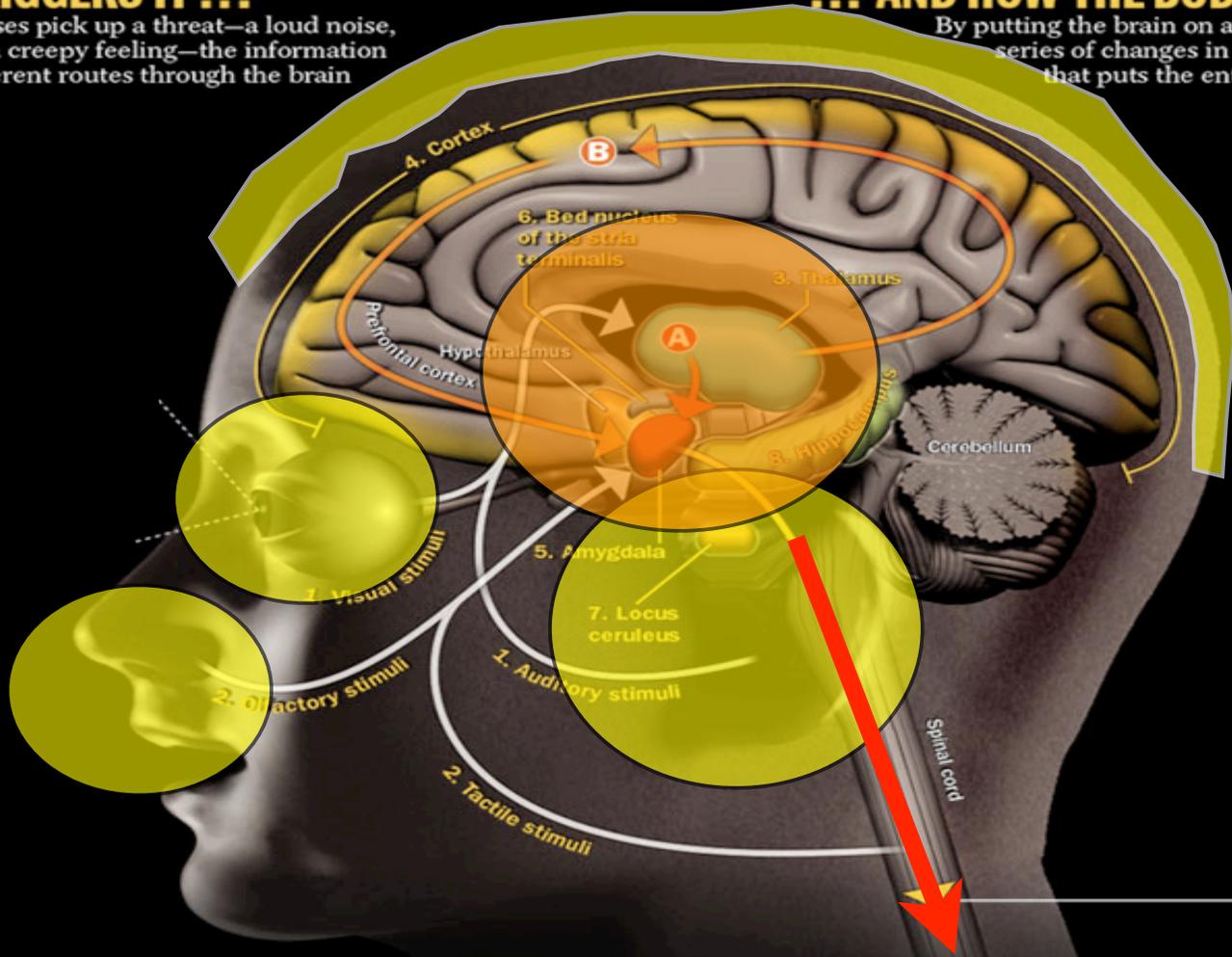
TIME Diagram by Joe Lertola.  
Text by Alice Park

## WHAT TRIGGERS IT ...

When the senses pick up a threat—a loud noise, a scary sight, a creepy feeling—the information takes two different routes through the brain

## ... AND HOW THE BODY RESPONDS

By putting the brain on alert, the amygdala triggers a series of changes in brain chemicals and hormones that puts the entire body in anxiety mode



### STRESS-HORMONE BOOST

Responding to signals from the hypothalamus and pituitary gland, the adrenal glands pump out high levels of the stress hormone cortisol. Too much cortisol short-circuits the cells in the hippocampus, making it difficult to organize the memory of a trauma or stressful experience. Memories lose their context and become fragmented



### RACING HEARTBEAT

The body's sympathetic nervous system, responsible for heart rate and breathing, shifts into overdrive. The heart beats faster, blood pressure rises and the lungs hyperventilate. Sweat increases, and even the nerve endings on the skin tingle into action, creating goose bumps



### FIGHT, FLIGHT OR FRIGHT

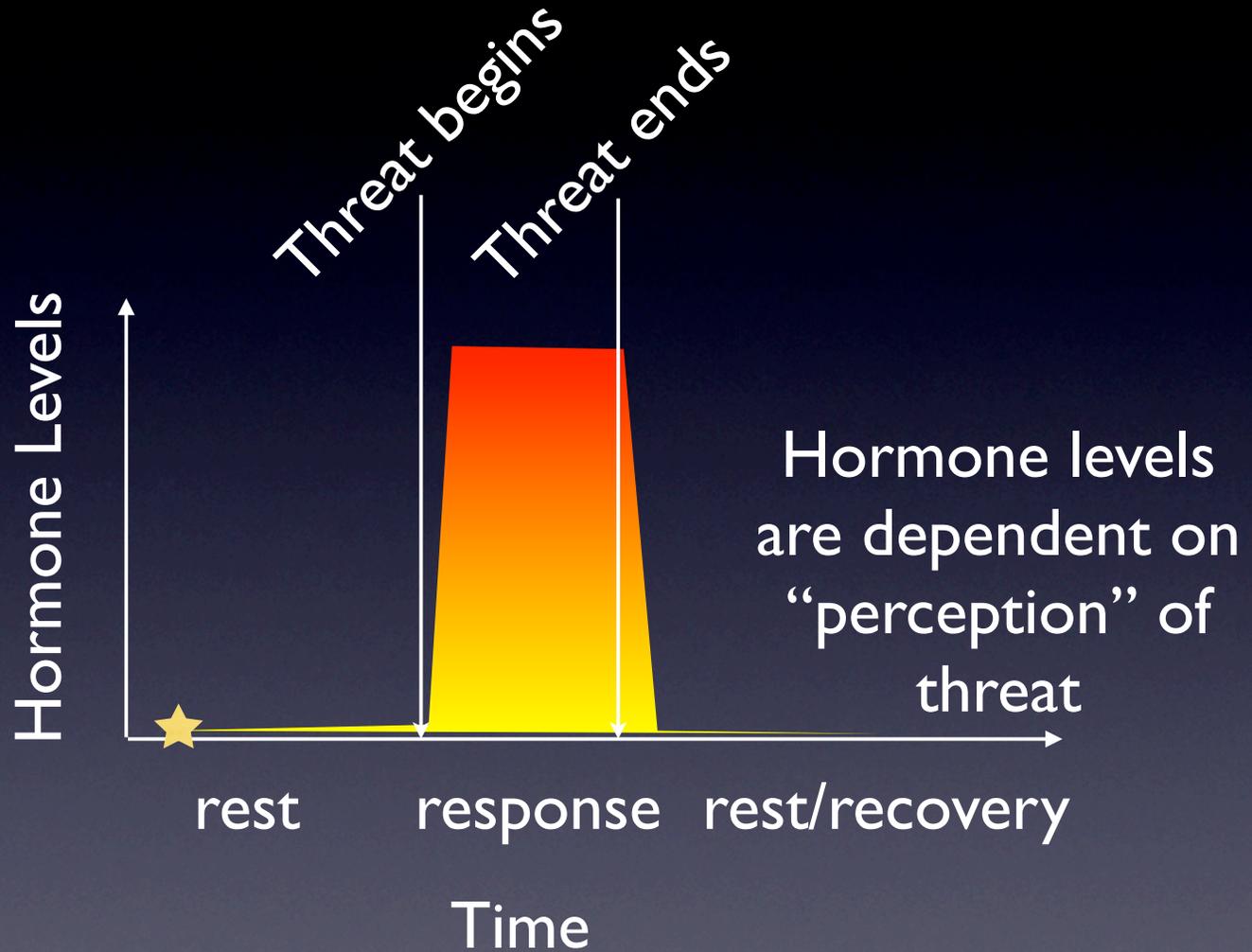
The senses become hyperalert, drinking in every detail of the surroundings and looking for potential new threats. Adrenaline shoots to the muscles, preparing the body to fight or flee



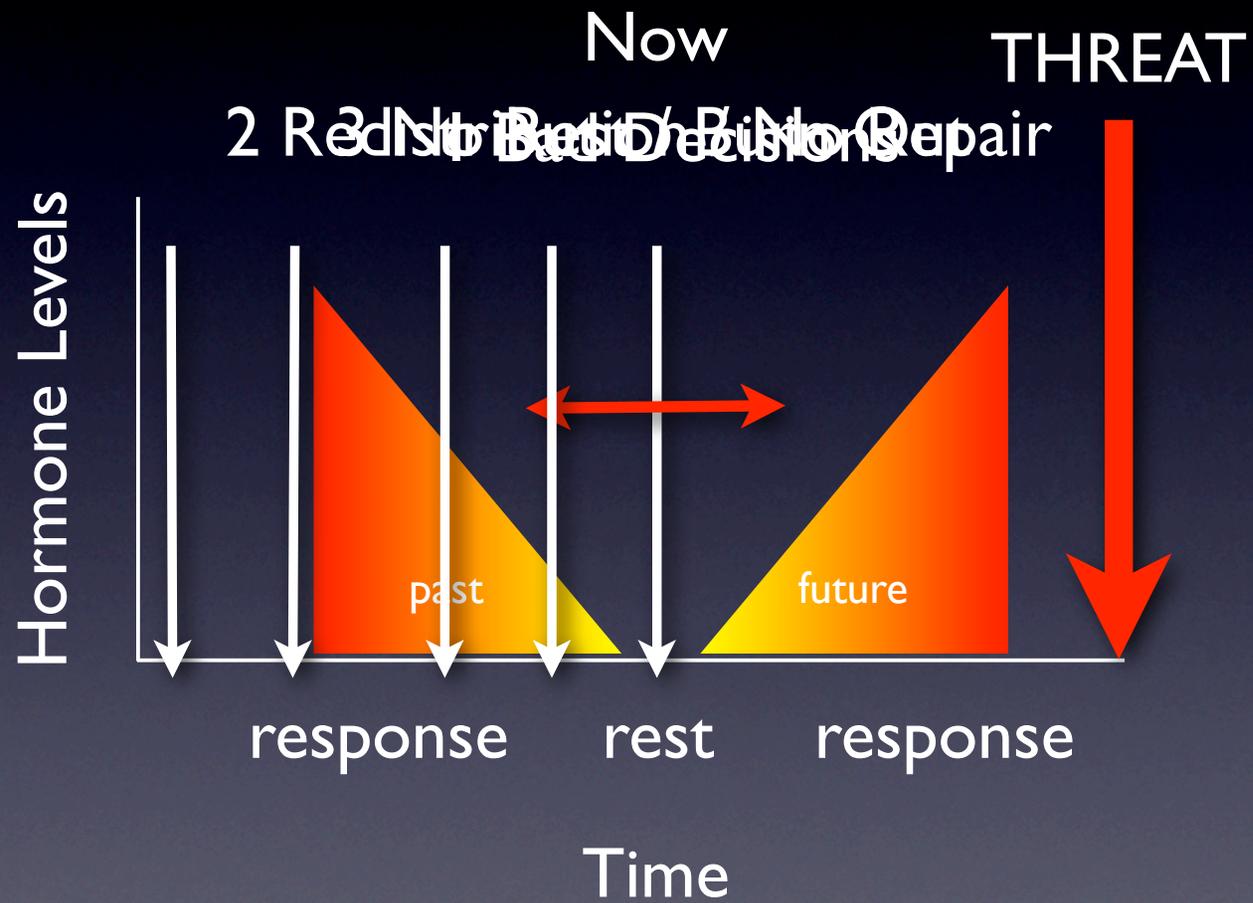
### DIGESTION SHUTDOWN

The brain stops thinking about things that bring pleasure, shifting its focus instead to identifying potential dangers. To ensure that no energy is wasted on digestion, the body will sometimes respond by emptying the digestive tract through involuntary vomiting, urination or defecation

# “Stress 101”



# Stress 101



PAST

cbt

forgiveness therapy

problem solving

FUTURE

words

pictures

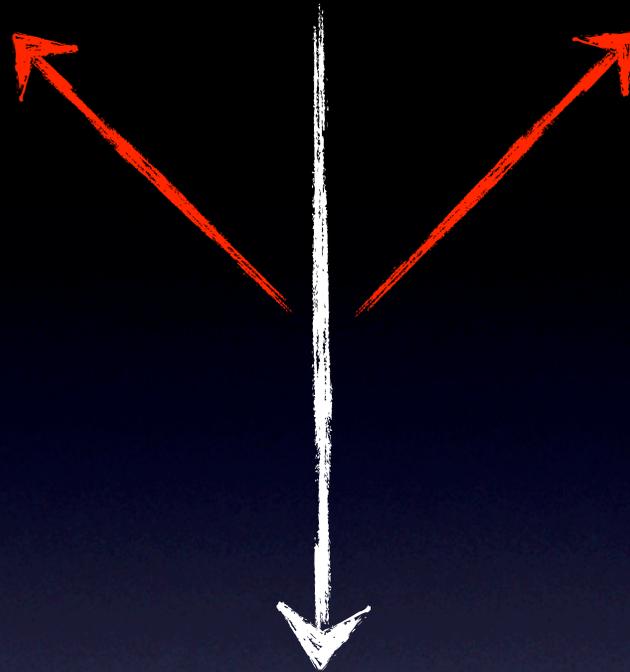
active imagery

PRESENT

breathing

body awareness

mindful "life"



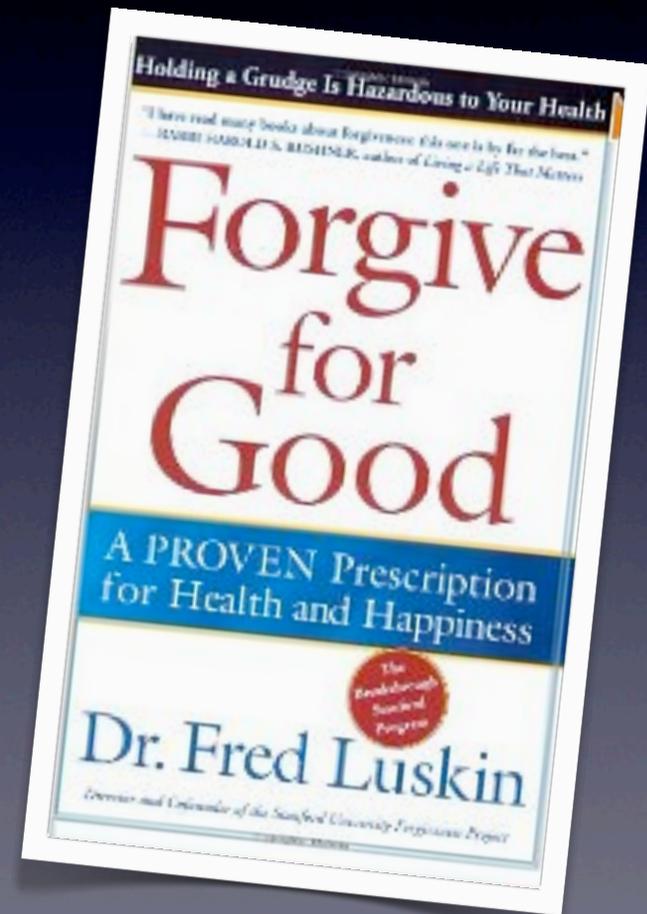
Dennis, A. R., Bhagwatwar, A., & Minas, R. K. (2012, January). **Play for Performance: Using Computer Word Games to Improve Test-Taking Performance.** In System Science (HICSS), 2012 45th Hawaii International Conference on (pp. 98-107). IEEE.

- 61 College students were to be assess on a cognitive ability test.
- Treatment groups: **primed** with words supporting
  - **achievement**; win, leader, strive, aspire, scholar, genius, award, honor
  - **neutral**: worker, break, room leaves, bench, dirt, dwell, table
  - **8 minutes gaming** then cognitive test
- Outcome: **improvements verbal and cognitive reasoning** which equated to a 50-60 point improvement in SAT score



Lin, Wei-Fen; Mack, David; Enright, Robert D.; Krahn, Dean; Baskin, Thomas W., *Effects of Forgiveness Therapy on Anger, Mood, and Vulnerability to Substance Use Among Inpatient Substance-Dependent Clients*, *Journal of Consulting and Clinical Psychology*, Vol 72(6), Dec 2004, 1114-1121. doi: 10.1037/0022-

- Pts: 14 with substance abuse
- Treatment groups: Random assigned to 12 week FT, or standard drug
- Outcome: Treatment group with greater improvement in anger, depression, anxiety, self-esteem, forgiveness, and vulnerability to drug use. Remained at 4 month follow-up



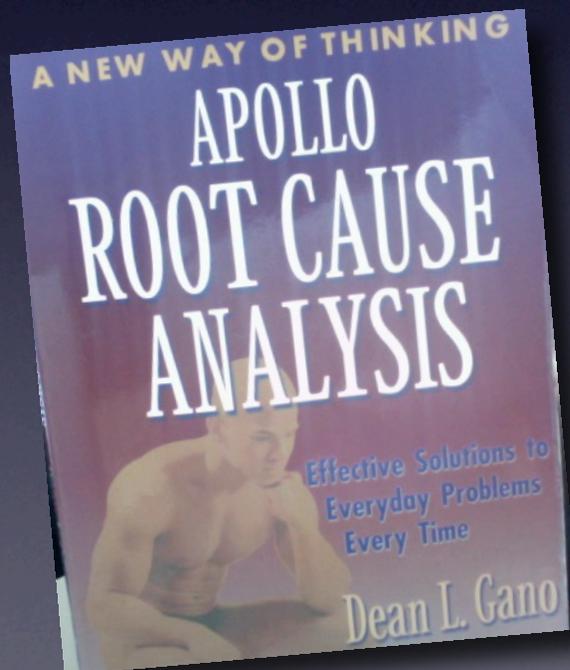
mindfulness is part of the rx

Laurence M Mynors-Wallis, **Randomized controlled trial of problem solving treatment, antidepressant medication, and combined treatment for major depression in primary care**, BMJ 2000, 320:26

- Pts: 151, aged 18-65
- Treatment groups: PS by MD, by Nurse, Combined, Medication.
- Outcome: @ 50% at 12 weeks, @60% improved at 1 year.
- Conclusion: as effective a medication, nurse or MD, combination no better. No non-treatment
- Other studies note behavioral therapies in the 40% range.



# Apollo Root Cause Analysis



<http://www.realitycharting.com>

“rc simplified”

*“Things just don’t happen, they are made to happen”*

*...John F Kenedy*

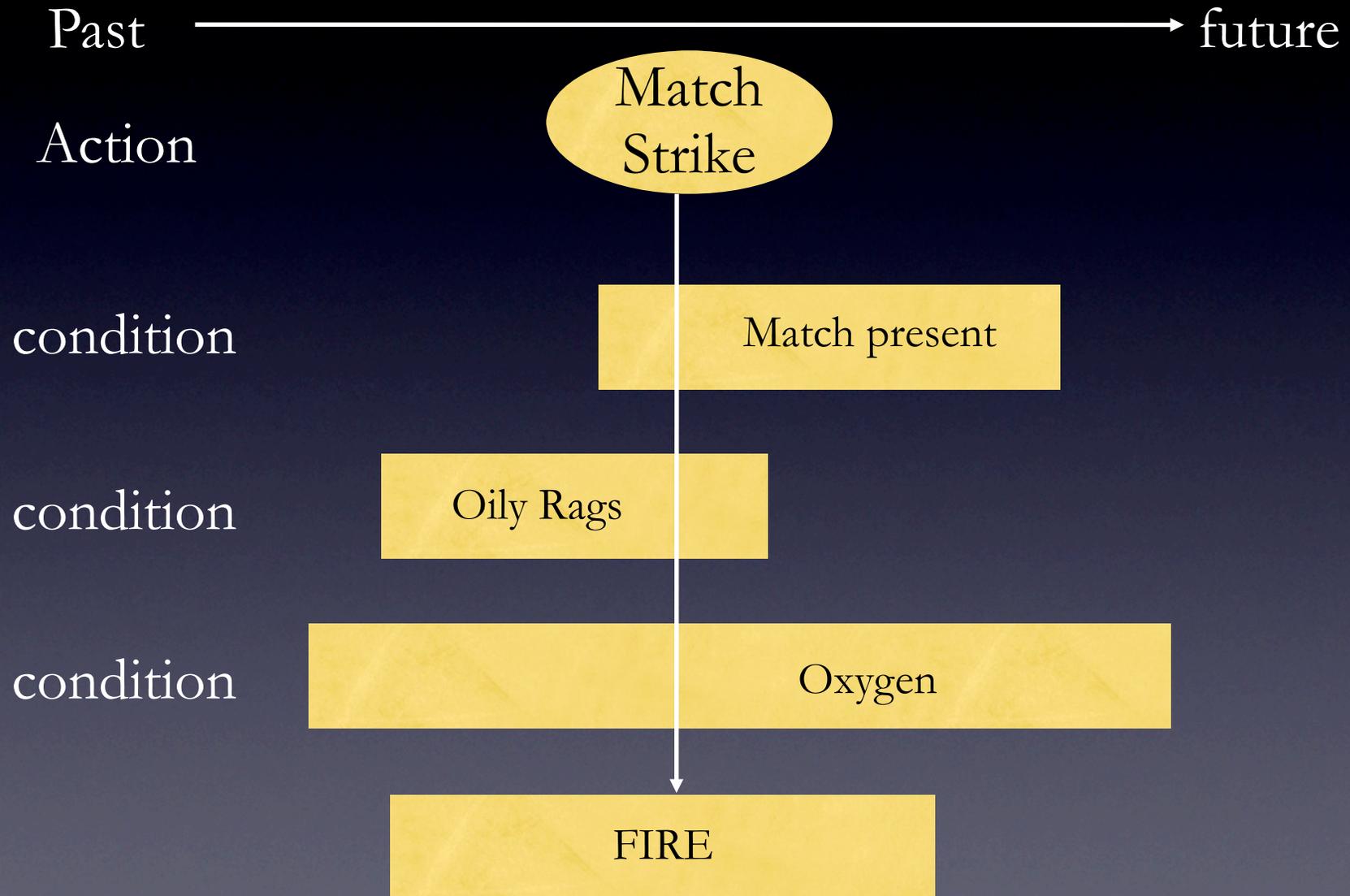
# Background

- **20% effective problem solvers:**
  - Incomplete Problem Definition
  - Causal relationships not identified
  - Focus on solutions before problem adequately assess
- **Other problem solving pitfalls:**
  - Stop too soon
  - Need to place blame (also lose control)
  - Root Cause Myth
  - Story Telling

## Principles

- Cause and Effect are the Same
- Part of a Continuum
  - Infinite causes / effects therefore infinite solutions
- Effect has action and condition causes
- Must occur in same time and space

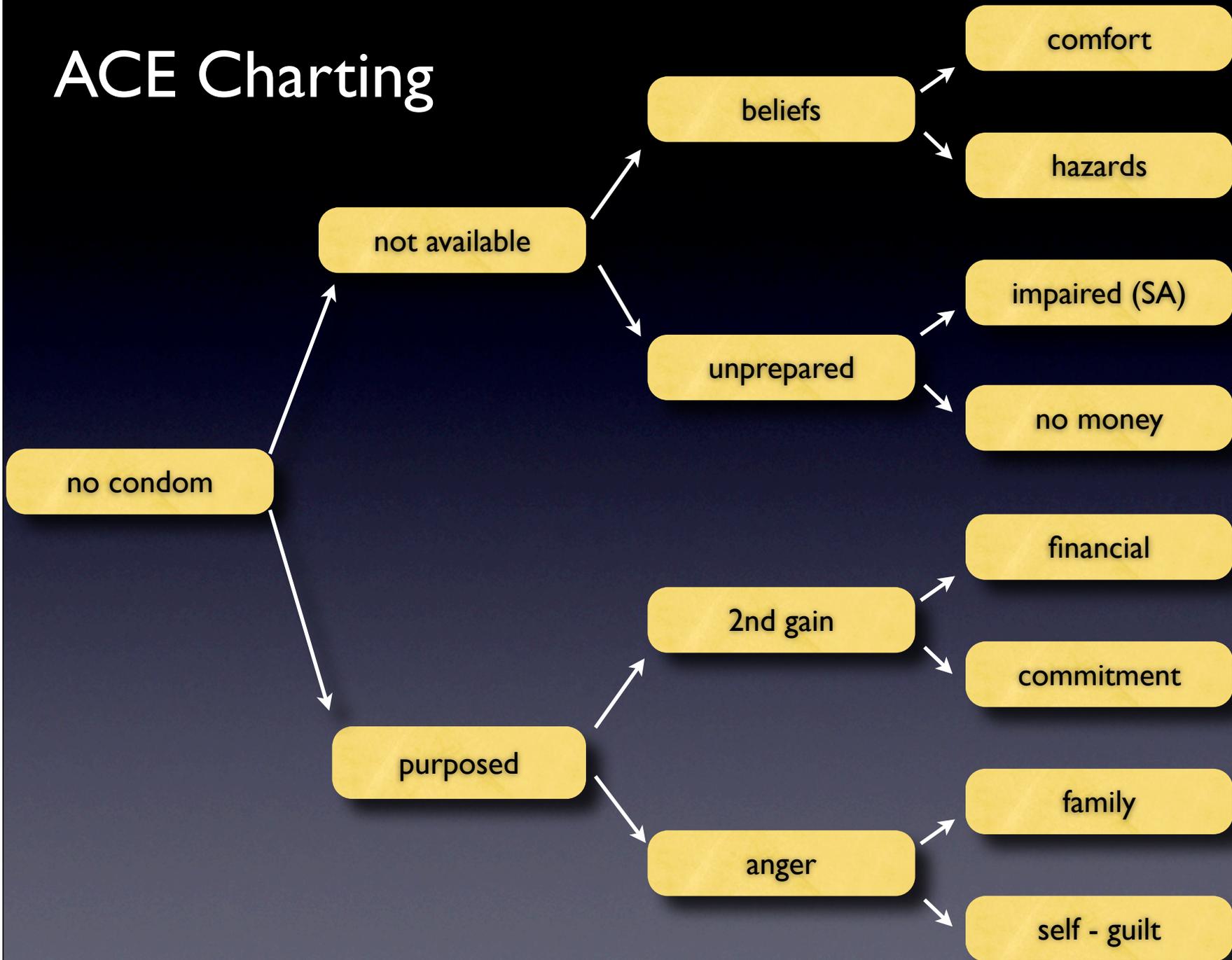
# Must Exist in Same Time



# Analyze Problem with “Appreciable Understanding”

- Define the problem
  - What, when, where, **significance (cost, frequency, safety, health, productivity, service)**
- Create ACE chart - Ask Why with Primary Effect
  - “Cause by” with one square loop and end with ? (people / equipment / policy / change)
  - Action (**noun - verb**) and condition (**noun “exist”**) cause for each effect
  - Attach evidence below each cause (sensed > inferred > intuition-reason > emotional)

# ACE Charting

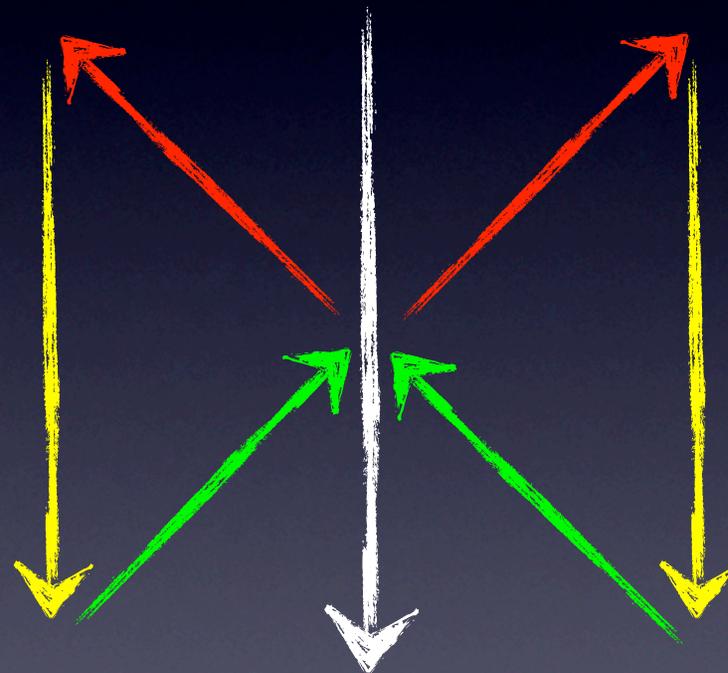


Forgiveness

Love

Hope

Courage



Peace, Wisdom, Power

chaotic flight  
like life  
guided by  
wisdom

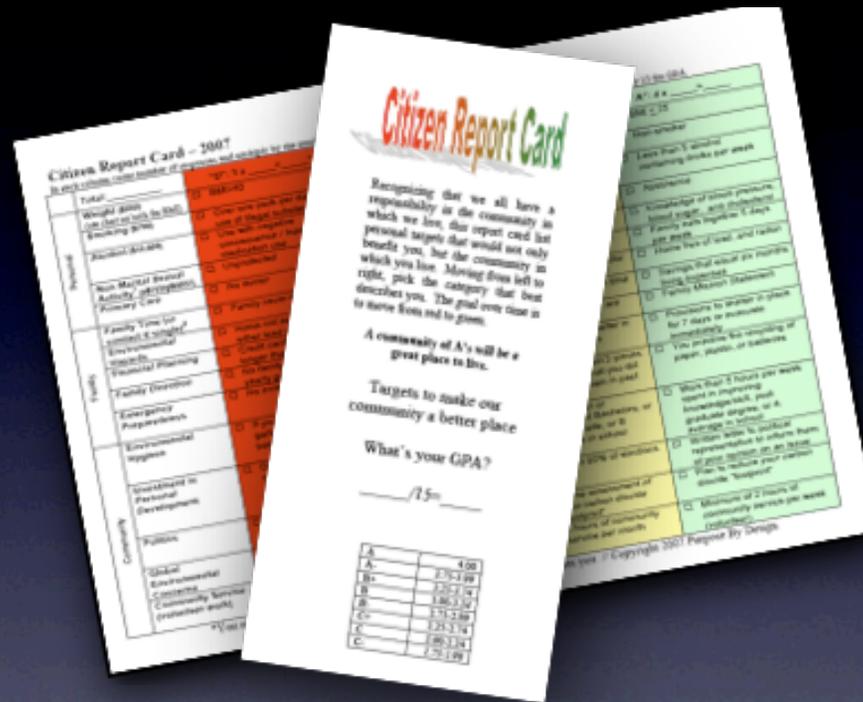


symbolic of  
transformation

spreads beauty with light touch that is hardly noticed

# Social Fitness

Nutrition...



Exercise...

**mental fitness:** a state of emotional and psychological well being, in which an individual is able to use his cognitive and mental capabilities to function in society, and meet the ordinary needs of society.

**social fitness:** a state of social well being, in which an individual is able to use his social capabilities to function in society, and meet the ordinary needs of society.

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SEARCH

By state

Current year

By zip code

By group

Counter : 18



*I saw a quote that said "no single drop recognizes its contribution to the flood". The implication of this statement is that while we are individuals, we do contribute in some way to the whole.*

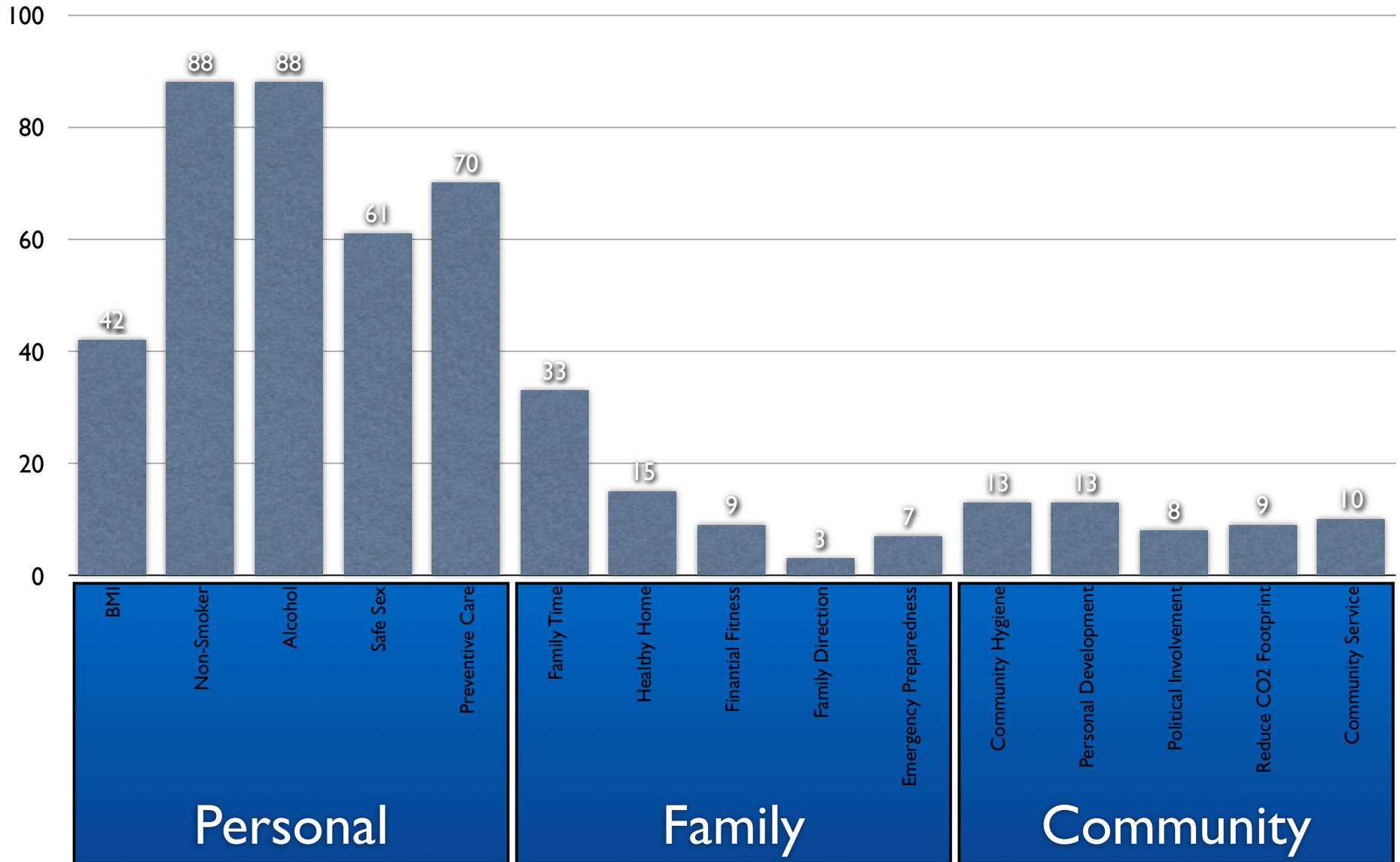
*Do you ever wonder about how the choices you make impact those around you? Whether you have or not, consider scoring yourself on the **Citizen Report Card**, a tool that will help you reflect on this notion, and have you thinking about some of the things you do. You will likely get some ideas on changes you can make to better yourself, your family, and your community.*

*In taking the survey, it is hoped that you will be inspired to improve your score, and share the insights of your journey with*



# 217 Surveys

■ Percent of the group that gets an "A"



# What would it feel like to live in a city where...

- People are free from *addictions* to cigarettes, alcohol, food, and drugs...
- Families regularly broke break and discussed where they are and where they are going...
- People picked up two pieces of garbage they did not throw down (when they saw it, which becomes a rare event), and regularly look for ways to live in harmony with their environment...
- People regularly volunteered their time to help others (and themselves)...
- People recognized that there are no ordinary events, and have found a way to live life fully.
- A city full of butterflies :)



# The “Ask”

- The Method
  - Create Your Butterfly
    - list out fears and frustrations, and identify the neutralizing questions and images
    - Use positive emotions prior to problem solving
  - Join the journey, and share yours
    - [www.BetterME.Us](http://www.BetterME.Us) feedback
    - LinkedIn Group BetterME.Us