

WEBINAR & TELELEARNING SERIES



Mind and Body: A Winning Team in Stress Management

May 10, 2016

Presented by:



Teva Pharmaceuticals | Acorda Therapeutics

Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases

US Bank





THE POWER TO BE MORE THAN YOUR MS
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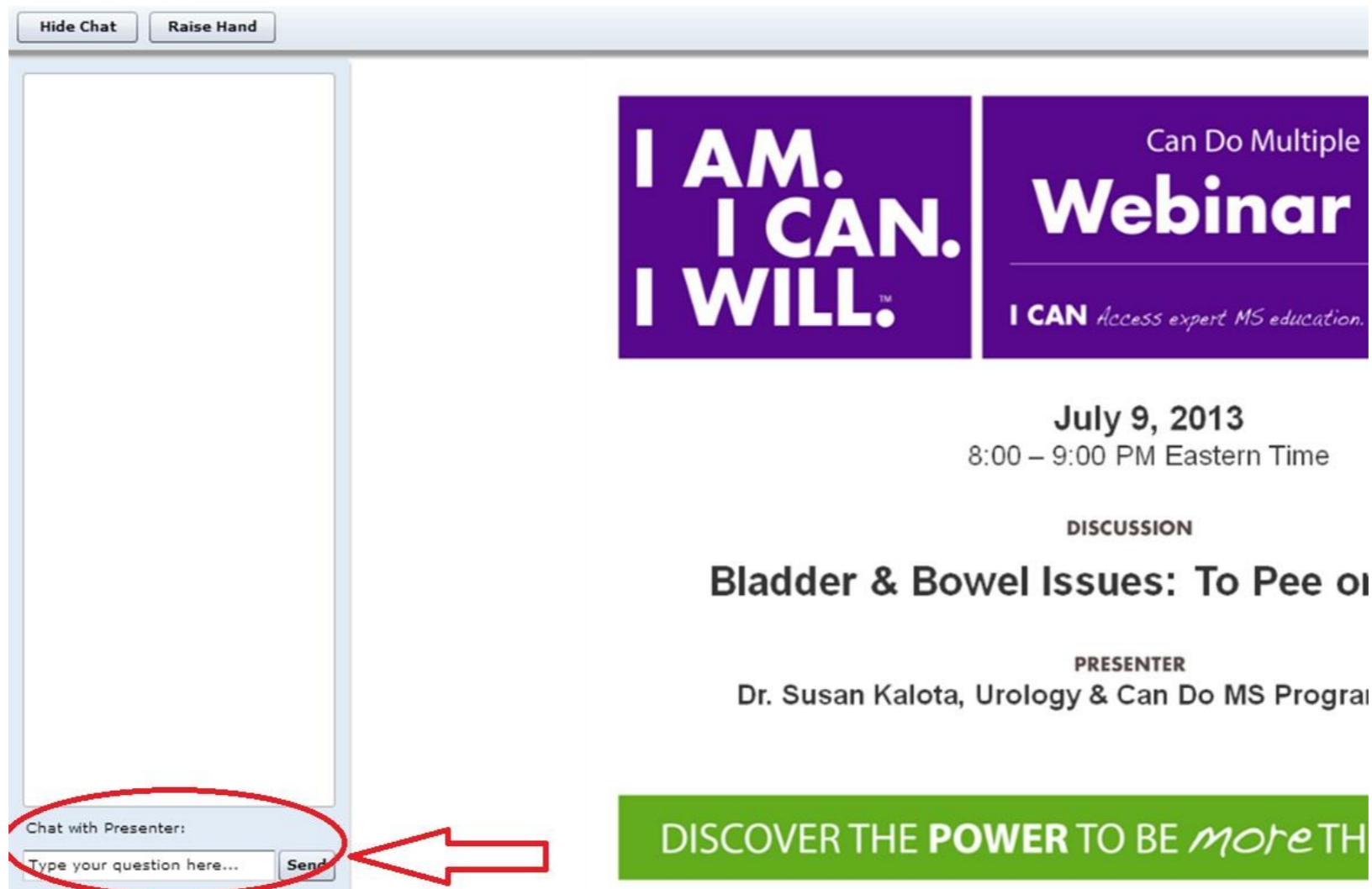


**National
Multiple Sclerosis
Society**



How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.



The screenshot shows a webinar interface. On the left is a chat box with a 'Hide Chat' and 'Raise Hand' button at the top. The chat box contains a text input field with the placeholder 'Type your question here...' and a 'Send' button. A red oval highlights the input field and button, with a red arrow pointing to it from the right. The main content area on the right features a purple header with the text 'I AM. I CAN. I WILL.™' and 'Can Do Multiple Webinar'. Below this, it states 'I CAN Access expert MS education.' The date and time are 'July 9, 2013 8:00 – 9:00 PM Eastern Time'. The topic is 'Bladder & Bowel Issues: To Pee or Not to Pee?' and the presenter is 'Dr. Susan Kalota, Urology & Can Do MS Program'. At the bottom, a green banner reads 'DISCOVER THE POWER TO BE more THAN YOUR DISEASE'.

David Engstrom, Ph.D., ABPP



**Clinical Health Psychologist
Scottsdale, AZ**

Sue Kushner, MS, PT



**Physical Therapist
Valencia, PA**

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**LIFE IS WHAT HAPPENS
TO YOU WHILE YOU'RE
BUSY MAKING OTHER
PLANS.**



John Lennon

*English musician,
singer and songwriter*

(1940-1980)

QuoteHD.com

What Is Stress?

- IT IS NOT WHAT HAPPENS IN YOUR LIFE
- IT IS A PSYCHOPHYSIOLOGICAL REACTION TO IDEAS ABOUT:
 - **TIME:** HOW DO YOU MANAGE TIME
 - **CONTROL:** DO YOU FEEL IN CHARGE?

**“ Stress begins in the mind,
but lives in the body”**

Mind / Body Connections

Mind-Body Example: How can your mind influence your body?

Body-Mind Example: How can your body influence your mind?

How do YOU Interpret Stress?

The personal impact your of stressors depends more on your perception than the actual stressors themselves

Threat vs. Challenge



Physiological Reactions

- **RAPID, SHALLOW BREATHING**
- **PERSPIRATION OR SWEATING**
- **RAPID HEART RATE**
- **MUSCLE CONTRACTION**
- **INCREASED BLOOD PRESSURE**
- **INCREASED ADRENALINE/ CORTISOL**
- **SLEEP CHANGES**
- **“FIGHT, FLIGHT OR FREEZE”**

What are Your Stress Reactions?

1) In Your Body:

- a) Tight, painful muscles
- b) Quick, shallow breathing
- c) Fast heart rate
- d) Frequent upset stomach

Physiological Reactions

- **Some of the negative reactions that the body exhibits are positive reactions when they result from exercise.**
- **See the similarities? But they are on opposite ends of the spectrum: helpful versus hurtful.**
- **May depend on how you react vs. how you respond**
- **Beware of the “slippery slope”**

Mind and Body DO NOT NEED TO BE ENEMIES!!!

Some think they mix like oil and water...

**BUT, they CAN and SHOULD mesh,
Intermingle, and augment each other.**

**We will show you
how they can
complement
one another versus
playing games with
each other!!!**



U.S. Surgeon General's Report on Physical Activity

- **Significant health benefits can be obtained by including a moderate amount of physical activity (30 minutes/day) on most, if not all, days of the week.**
- **Physical activity reduces the risk of many conditions including coronary heart disease, hypertension, colon cancer and diabetes mellitus.**
- **More than 60% of American adults are not doing enough physical activity in their lives. Of that amount, 25% are doing NOTHING AT ALL!!**
- **WE KNOW THAT WE NEED ACTIVITY IN OUR LIVES!!!**
- **MS makes that difficult (this is not a news flash!)**



MS and The Obvious Stress It Induces

- **Physical limitations**
- **Difficulty sleeping**
- **Cognitive challenges**
- **Financial strains**
- **Relationship challenges**
- **Bowel/bladder difficulties**
- **Fatigue**

Exercise Has Been Shown To Reduce Stress

- Needless to say, the thought of exercise can **INCREASE** stress for some
- Necessary to find exercises and activities that suit **YOU!**
- Take them from that **TOOLBOX**
- Have a variety of things that you can do depending on time, location, how you feel **THAT** day, etc
- Be prepared to overcome barriers - both psychological and physical
- *I need to add some citations here-Sue*



Benefits of Exercise

- **Clinical and basic science research show that lesions can be prevented and altered by exercise**
- **Can decrease depression and anger**
- **Can show improvements in cognition, neural plasticity, social interactions**
- **Can act as a neuro protective agent**
- **Can certainly improve function**

Combating Barriers To Exercise & Activity

- Fatigue
- Pain/altered sensation
 - Spasticity
 - Weakness
 - Stress
 - Time
- Accessibility
- Lack of sleep
- Lack of knowledge
- Lack of self confidence
 - Depression
 - Balance issues
- Bowel/bladder issues

Making Exercise Fit Into Your Lifestyle (Not Vice-Versa)

- **The stars do not have to be properly aligned for you to get nearly-daily activity**
- **Assess what works for YOU!!!**
- **WHAT do you like to do? What is REALISTIC?**
- **What fits into your day? What do you have access to around you?**
- **Alone? Group? Gym? Sponsored MS activity? With family/friends?**
- **THERE WILL BE CHALLENGES, but most of them are small enough to overcome.**
- **Take a minimalist approach to your routine. This is keep it from being overwhelming**

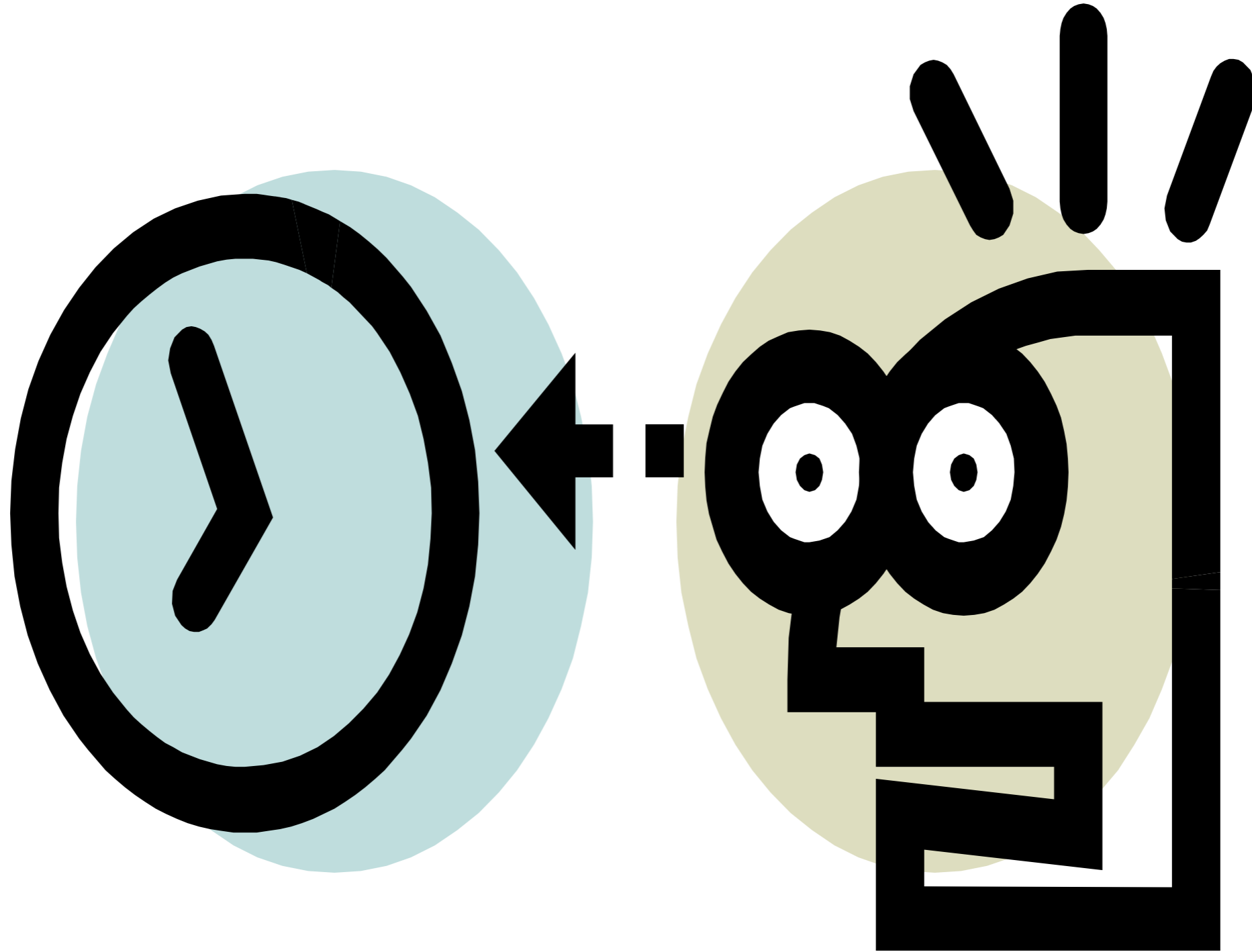
THINK OF OVERALL WELLNESS

- **Exercise/activity**
 - **Diet/nutrition**
- **Stress management**
 - **Spirituality**
 - **Leisure/fun**
 - **Adherence**
 - **Motivations**
 - **Sleep hygiene**
 - **Alcohol intake**
- **Relationship health**
 - **Ability to adapt**
- **Psychological health**
 - **Mindfulness**

What is Mindfulness?

- **Letting go of thoughts of the past and future**
- **Becoming aware of yourself and your immediate surroundings**
- **Being calm and being “present”**





Ideas About TIME

- **FOCUS ON FUTURE AND PAST**
- **REHASHING THE PAST**
- **PREDICTING THE FUTURE**
- **SUBJECTIVE VS OBJECTIVE TIME**
- **NON-MINDFUL STATES**
- **IMPATIENCE AND THE “TYPE A” BEHAVIOR PATTERN**



Ideas About CONTROL

- REALITY VS. PERCEPTION OF CONTROL
- WORRY ABOUT THINGS WE CAN'T CONTROL
- TRYING TOO HARD
- FEELING “OVERWHELMED”
- EXTERNAL LOCUS OF CONTROL:
FEELING LIKE A “VICTIM,”
BLAMING OTHERS

Manage Your Mind

UNHELPFUL THOUGHTS AND BRAIN CHATTER:

- **Rehashing the Past**
- **Labeling**
- **Mind Reading**
- **Disqualifying the Positive**
- **Exaggeration**
- **Misfortune Telling**

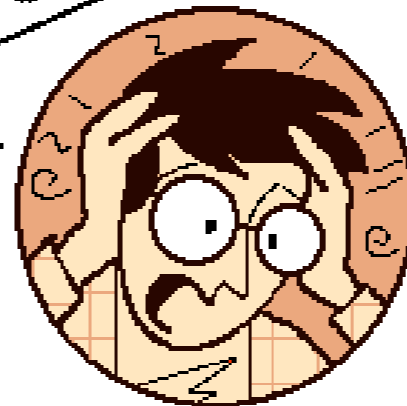
How Can You Dispute Unhelpful Thoughts?

- 1) How real is the threat?**
- 2) What are the chances that this will happen?**
- 3) How do I know that this will be the outcome?**

Bottom Line:

**DON'T BELIEVE
EVERYTHING YOU THINK!**

**I CAN'T
STOP
THINKING!!**



What are Your Stress Reactions?

2) In Your Mind:

- a) Dwelling on past events
- b) Misfortune telling
- c) Disqualifying the positive
- d) Exaggerating

ACTIVITIES THAT INCORPORATE MIND-BODY CONNECTIONS: YOGA

Yoga is a practice of breathing, postures, movements and meditation.

Benefits include:

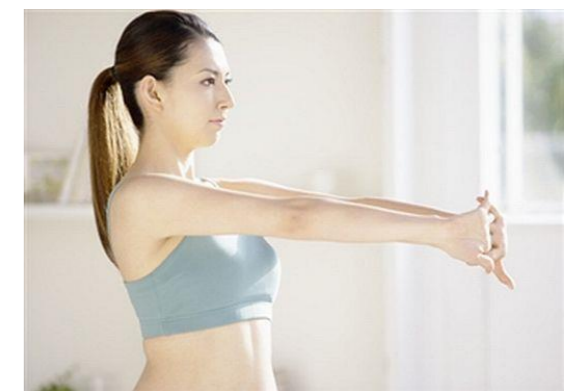
- **increased strength/flexibility**
- **increased balance and coordination**
- **increased body awareness/sense of well-being**
- **decrease muscle tightness/tension**
- **decrease fatigue/stress**
- **increased lung capacity**
- **increased ability to concentrate**



YOGA (con't)



- Number of types of yoga.
DO NOT get caught up in the nomenclature.
- **FIND ONE THAT FITS YOU!** More meditation? More movement? More breathing?
- Look for something that incorporates several or all of these qualities and one that you feel success in doing! A blend of science and art!
- If starting, may take a while to see results and get the “hang” of it. May need assistance
- Should be fun **AND** beneficial!
- **AVOID** “hot yoga”
- Class or DVD/app



OTHER POSSIBLE TYPES OF ACTIVITY/EXERCISE

- **TAI CHI:** slow, controlled movements, patterned. Focus on balance and coordination, while gaining some strengthening and flexibility. The intentionality of the practice incorporates mind/body connection.
- **MARTIAL ARTS:** can be modified. The required patterns and routines require concentration, again incorporating mind/body connection.
- **OTHER CLASSES:** Zumba, strengthening, sculpting, drumming, body sculpting, CIZE, aquatic classes, etc....all require focusing on instructor, class, movements, which enhance mind/body connection.

- **Other activities help to “clear your head”:**

Swimming laps, jogging or walking in the pool tend to relax not only the body, but the “brain chatter” that occurs. Water has a calming effect.

Think of the lull of the ocean!

ACTIVITIES (con't.)

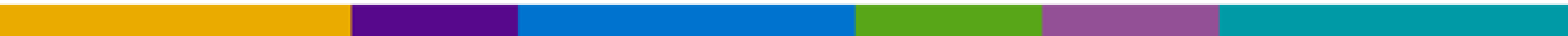
- **Aerobic activities are not only helpful for cardiovascular fitness, but they are good for stress relief. Walking, hiking (however modified it need be), biking (road or stationary bike), rowing, upper bike ergometer, following a DVD.**
- **Many find that getting out into nature is a wonderful way to reconnect with your body, your self, that “other you.”**
- **Meditation, though not rigorous, can work on core muscle strengthening and posture, which can help breathing.**
- **Make sure that you have a well rounded program that incorporates strengthening, flexibility, and coordination and aerobic activity.**
- **Incorporate balance into your life**



Looking for Balance in Your Life

THE THREE A's OF STRESS MANAGEMENT

- **AVOID** Needless stress
(e.g., not taking on additional responsibilities)
- **ALTER** Situations you can't avoid
(e.g., time management; partitioning time)
- **ADAPT** To things you can't avoid or alter
(e.g., put situation in perspective, slow down, use imagery or practice relaxation)



Manage Your Sleep

- **Protect your sleep time**
- **Ideal is 7.5-8.5 hours**
- **How do you know if you're sleep-deprived?**
- **Have an evening “ritual” of behaviors**
- **Try some light exercise 4-5 hours pre-bedtime**
- **If you awaken, use relaxation techniques**
- **Don't stay in bed longer than 20-30 minutes**

The Importance of Exercise

- **Even a little physical activity is the cheapest and best way to combat stress**
- **No matter what your physical condition, get an activity tracker**
- **Keep track of your daily activity**



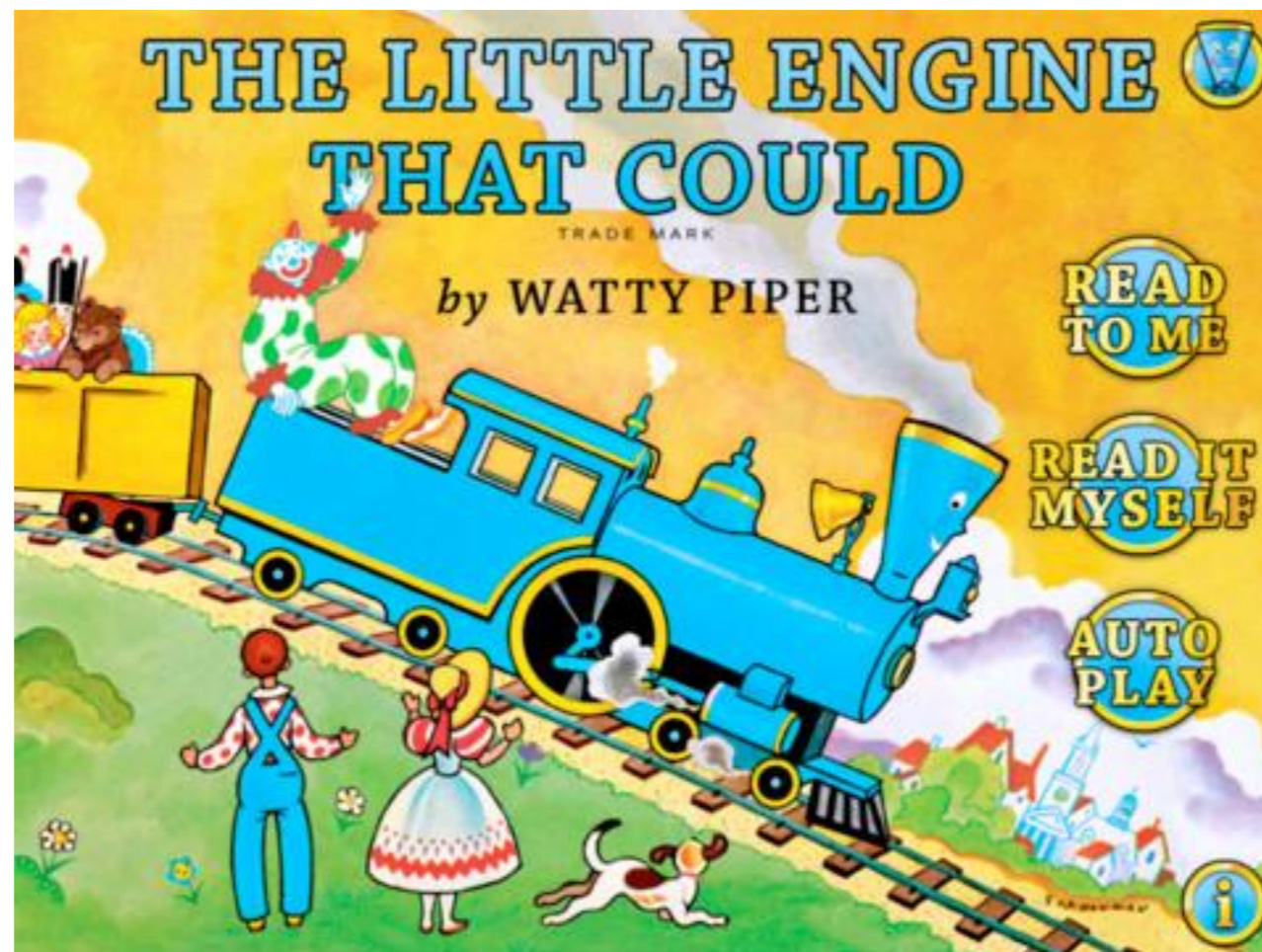
**The Trick is to Take Time to
Chill Out !!!**

TRY THESE PERSONAL TECHNIQUES

- **BODY SCAN**
- **BREATHING TECHNIQUES**
- **IMAGERY EXERCISE**
- **MINDFULNESS MEDITATION**

HOW CAN I GET IT DONE?!

Once I have gotten past my inertia, psych stuff, procrastination, self-doubting, etc...**NOW WHAT?**



PRACTICAL SPECIFICS

- **Examine your schedule using a critical eye**
- **Prioritize!!**
- **Find time of day that DOES NOT get interrupted. AND DONT ALLOW INTERRUPTIONS! Make it sacred.**
- **Delegate to others**
- **Break activity/exercise into small increments**
- **Be accountable to someone**
- **Go to a class/use a DVD/personal trainer**
- **Have clothes/equipment ready to go!**

MORE SPECIFICS

- **Seek professional help for an evaluation, suggestions and modifications**
- **Be consistent**
- **Find a facility or an area of your house that is conducive to relaxation, even if it is where you will be working out**
- **Calm, cool place**
- **Set the correct “mood”**
- **Free from clutter, excess noise, distractions and temptations**

EVEN MORE SPECIFICS

- **Make sure your program of exercise WILL help decrease stress, not add to it**
- **Emphasize mind and body working together, not battling it out!**
- **Have plans “A” and “B” on a daily basis to change program as situations arise**
- **MAKE YOURSELF A PRIORITY!!**
- **Everyday is a new day, a new start and a new opportunity**



Know
Your
Limits!

Healthy De-stressing Attitudes

- 1. Optimism**
- 2. Gratitude**
- 3. Forgiveness**
- 4. A Sense of Humor**
- 5. A Sense of Purpose**

Thank You!



David Engstrom, Ph.D., ABPP



Sue Kushner, MS, PT

Questions/Comments

Can Do MS Resources

e | NEWS
your best life update

Q&A

Can Do Library

Find these resources at www.MSCanDo.org.

National MS Society Resources

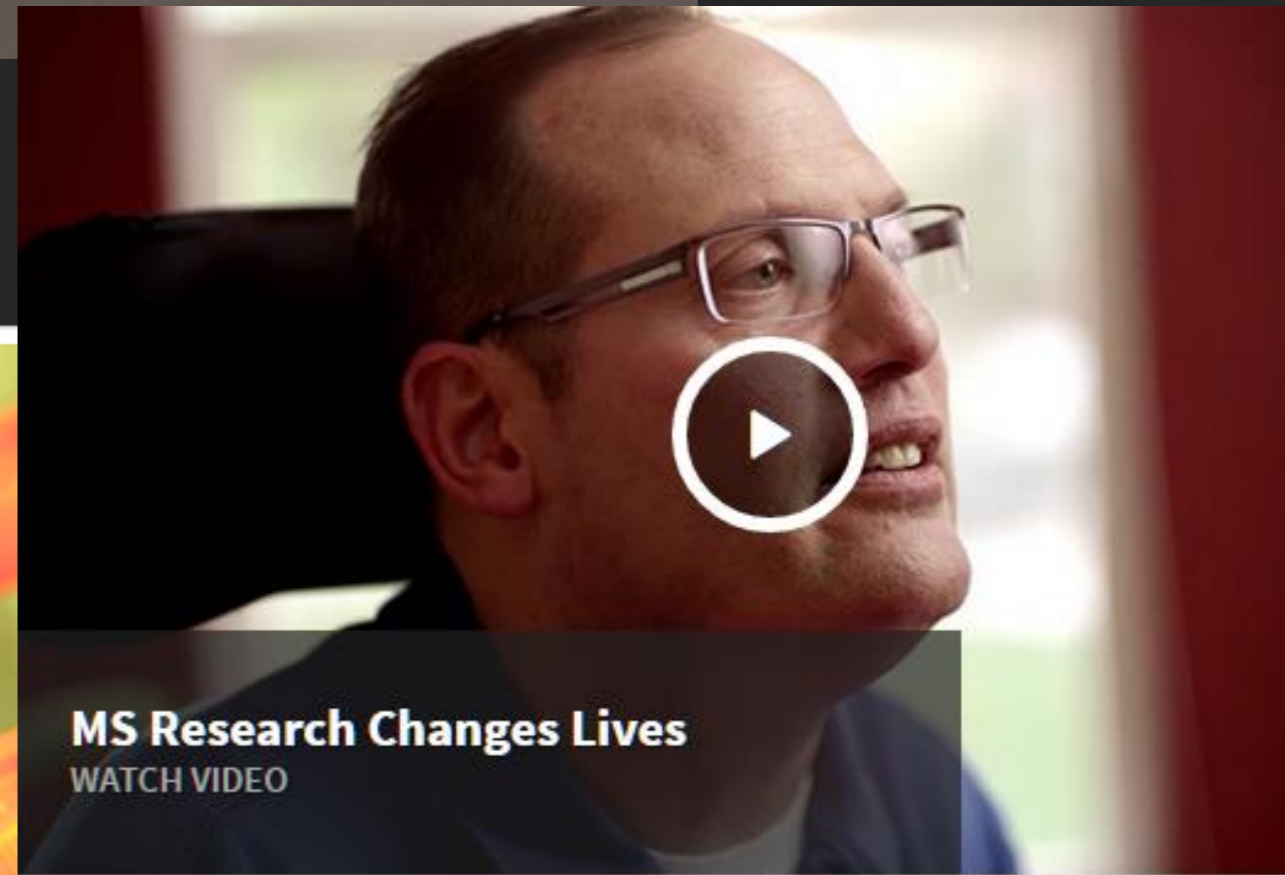
Research Directions in MS: Progress & Strategies

GENERAL INFORMATION



Research

Our Vision is a World Free of MS. We are a driving force of MS research and treatment to stop disease progression, restore function, and end MS forever.



MS Research Changes Lives
WATCH VIDEO



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Accessible Travel Basics: From Planning to Execution

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