

Building Resilience

Strategies that *Work* to Manage Depression and Stress



It's a matter of perception so there's not a one-size-fits-all solution.

Depression is a common correlate of inflammatory illness

A triple whammy:

- situational
- inflammatory cells in brain pathway
- drug /medication induced

You can't just "shake it off"



The Effects of an Anti-inflammatory Diet in Myositis Patients

Rose Mary Istre, MA
Kimberly Wilhoite, BS

University of Houston-Clear Lake

Advising Faculty:

David Malin, PhD
Beth Hentges, PhD
Pilar Goyarzu, PhD
Terry Dupler, PhD

Origins of this study

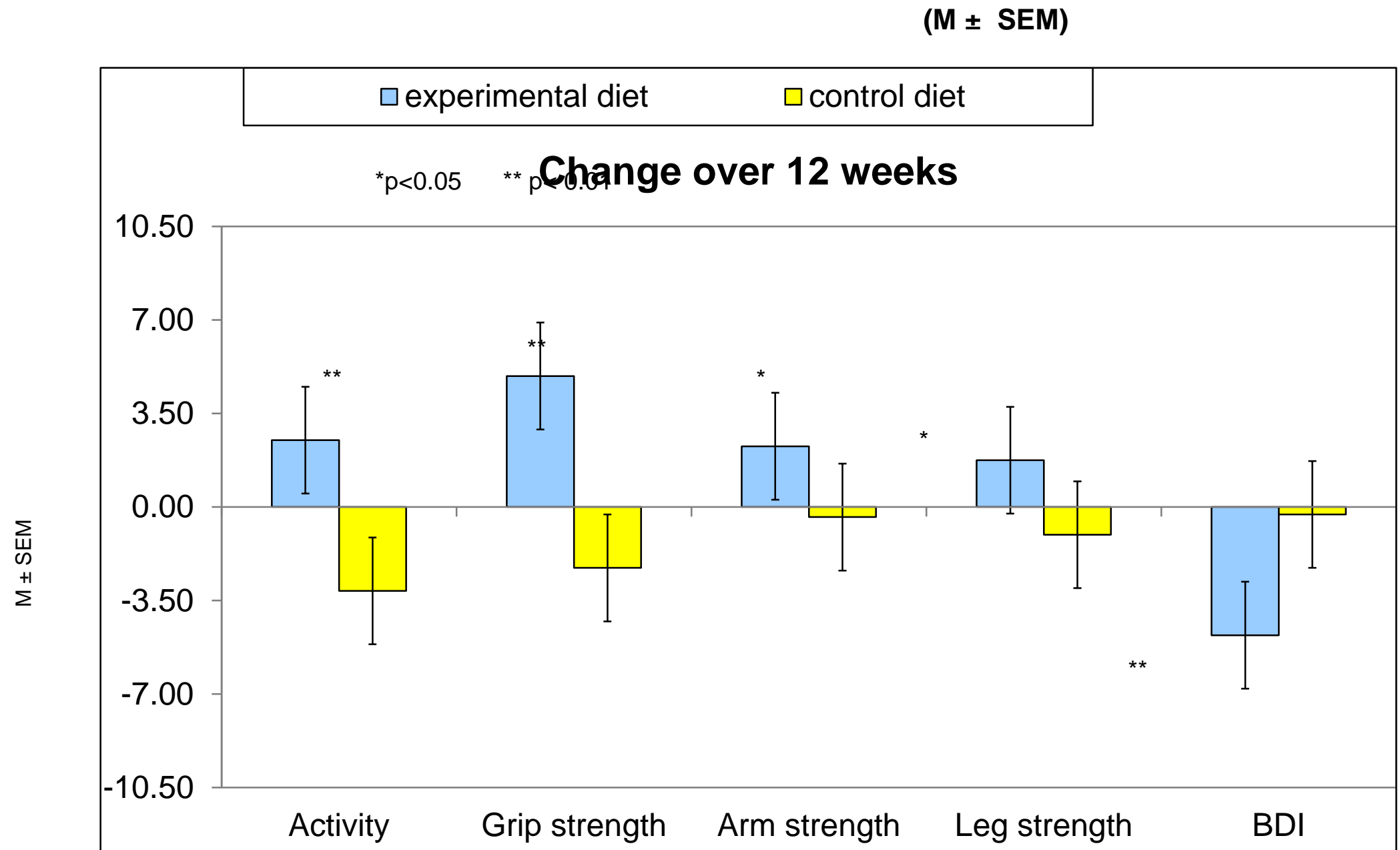
- Anecdotal evidence
- Need for a systematic, controlled study



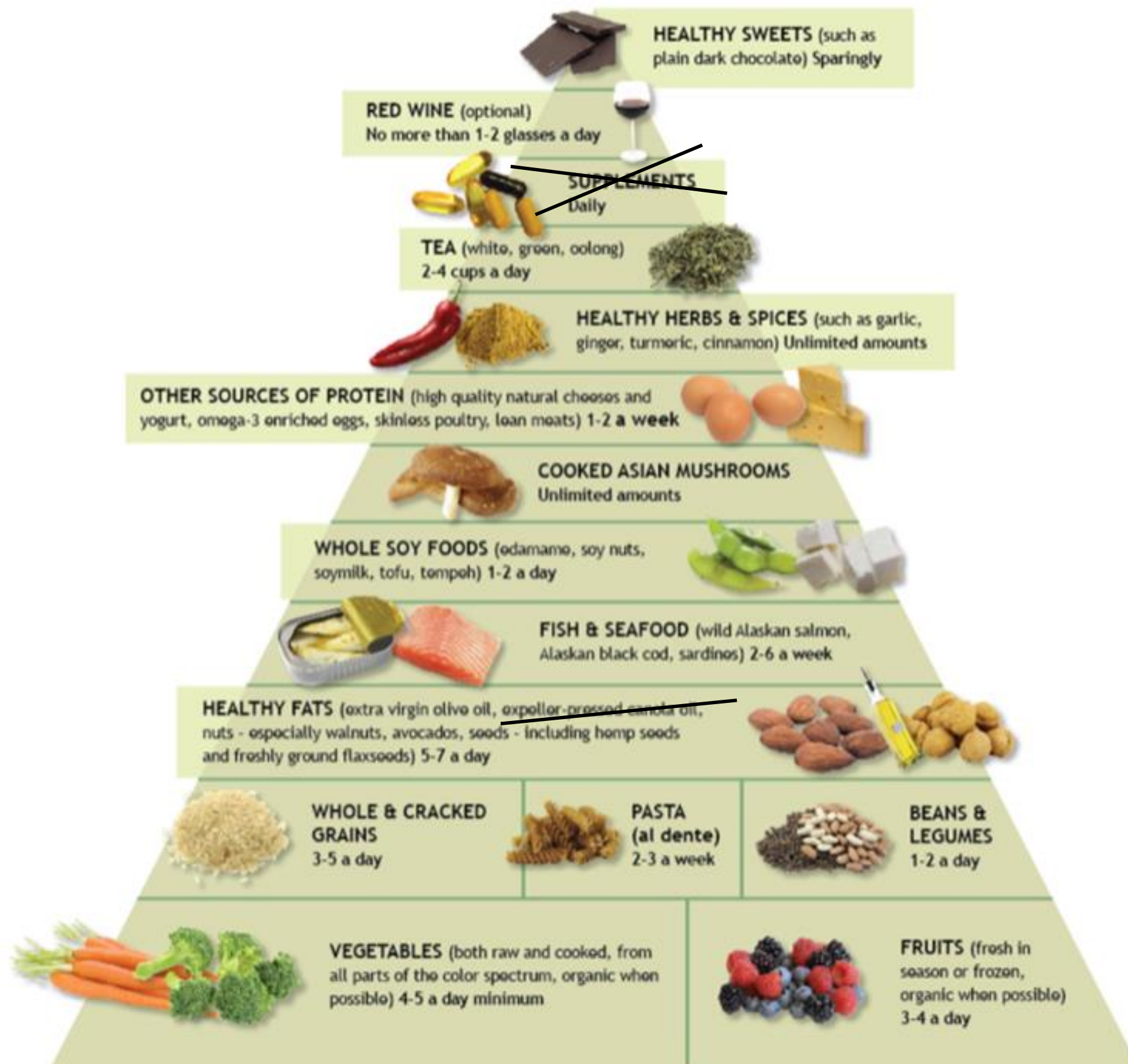
Hypothesis:

An anti-inflammatory diet would have an effect on the inflammatory process in myositis patients, leading to an increase in muscle strength and a decrease in depression, resulting in an improvement in patient functioning.

Assessment at twelve weeks (from baseline)



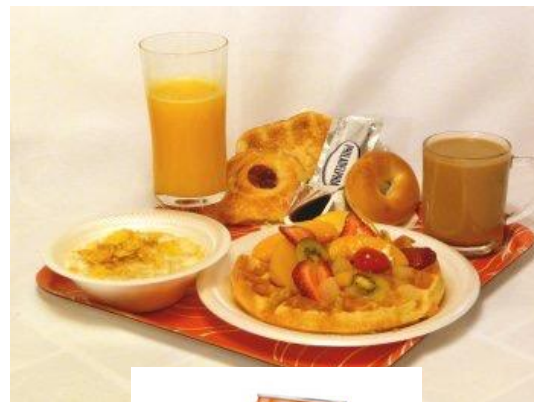
Dr. Weil's Anti-Inflammatory Food Pyramid



Eliminate:

Junk food:

- Soft drinks, dense white carbs, candy, desserts, pastries – high glycemic foods including cold cereals
- Fast foods, fatty fried foods
- Processed foods, deli meats, prepared boxed food



Add:

Foods high in antioxidants

- Colorful vegetables and fruits

Foods high in Omega-3 fatty acids

- Oily fish, nuts, grains



VS

We cultivate a taste for this:

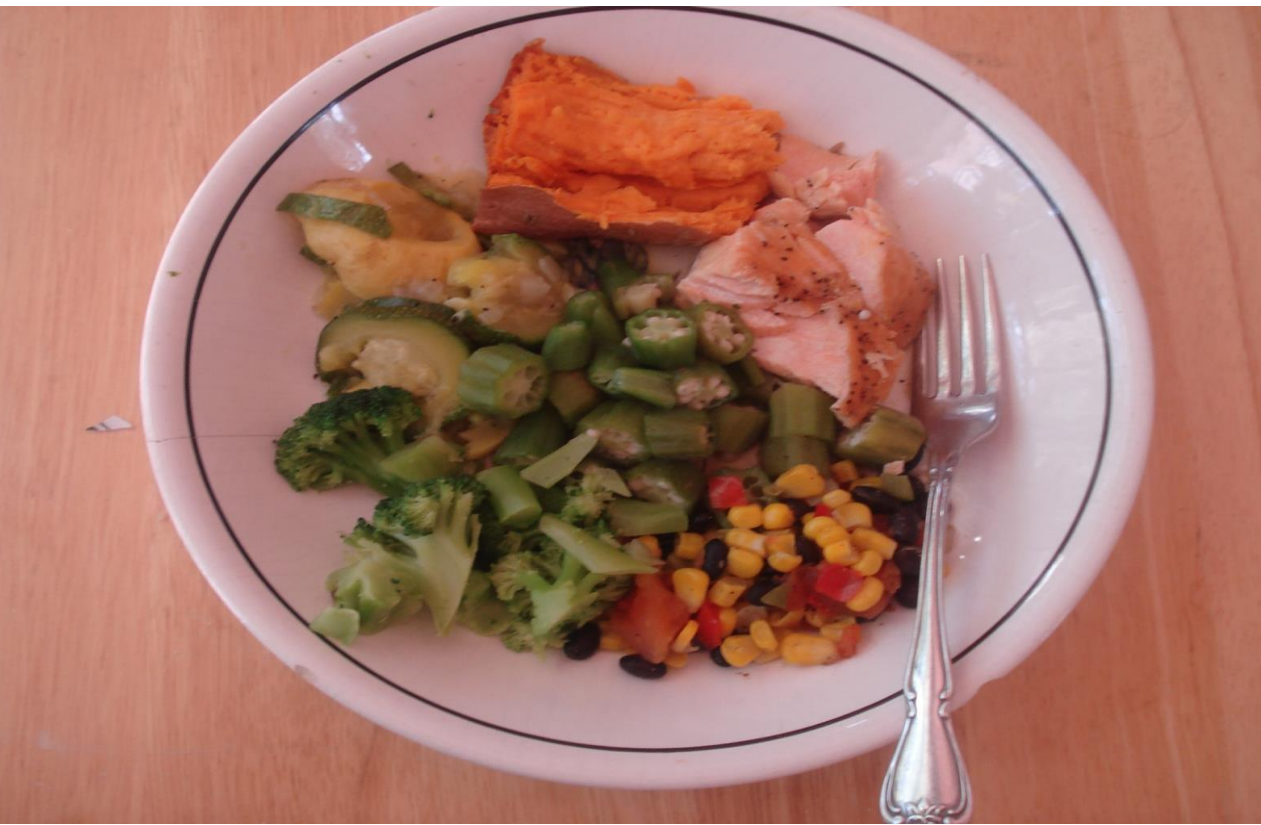


Foods high on the glycemic index notoriously increase inflammation



this is
what I have
for breakfast
every single
day.

When we should be designing
and appreciating this:





Objections to anti-inflammatory diet:

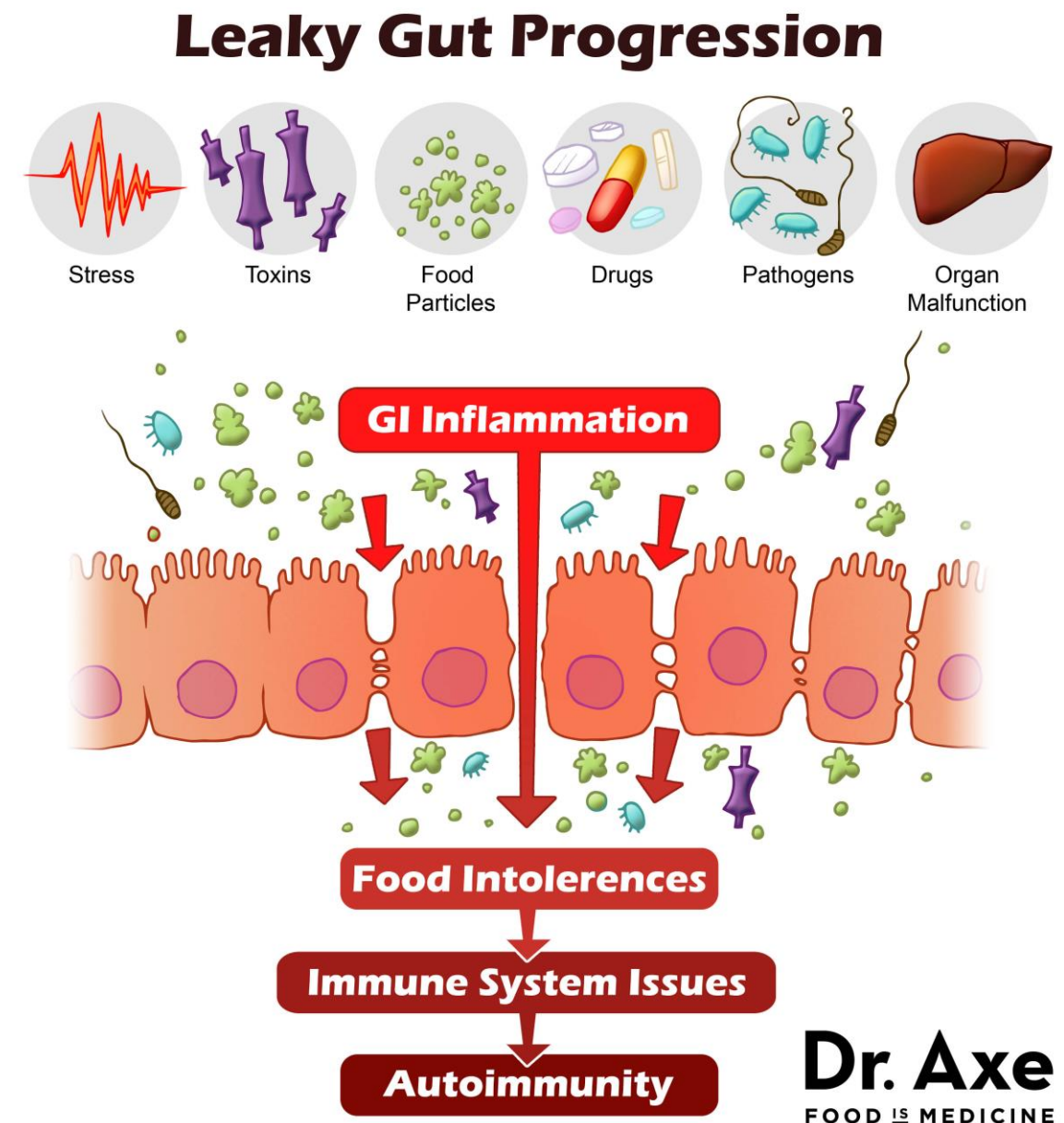
- It's expensive - no it's not
- It takes lots of time-no it doesn't
- I don't like such healthy foods - I prefer sweets...

s, pesticides, additives... is there anything left to eat?? Keep in mind many of these

A word about “leaky gut”

Is your stomach “depressed”?

- nutrients are absorbed through a semipermeable lining of the gastro tract (small intestine), when the lining is disrupted, substances that are usually blocked may enter causing an inflammatory reaction
- depression is no longer viewed as as a disorder solely in the brain (nothing works in isolation)
- need for restoration of microbiome- balancing micrbiome may lower risk of depression



Probiotics and Prebiotics

Probiotics are those “good bacteria” in our microbiome

There is an observed increase in inflammatory diseases with a decrease in bacteria that maintain gut health (in nature)



Prebiotics serve to feed the probiotics (fermented foods)

***Caution** when using bacterial supplements in immune suppressed patients



FODMAP diet for IBS

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo <small>Note: if fruit is dried, eat in small quantities</small>	vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme	cereals gluten-free bread or cereal products bread 100% spelt bread rice oats polenta other arrowroot, millet, psyllium, quinoa, sorgum, tapioca	milk lactose-free milk*, oat milk*, rice milk*, soy milk* <small>*check for additives</small> cheeses hard cheeses, and brie and camembert yoghurt lactose-free varieties ice-cream substitutes gelati, sorbet butter substitutes olive oil	tofu sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol' honey substitutes golden syrup*, maple syrup*, molasses, treacle <small>*small quantities</small>



Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon sweeteners fructose, high fructose corn syrup large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice honey corn syrup, fruisana	milk milk from cows, goats or sheep, custard, ice cream, yoghurt cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta	vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta fruit custard apple, persimmon, watermelon miscellaneous chicory, dandelion, inulin, pistachio	legumes baked beans, chickpeas, kidney beans, lentils, soy beans	fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)



- developed by Australian researchers who showed: short-chain carbohydrates are poorly absorbed in the small intestine and rapidly fermented by bacteria in the gut. The production of gas by these bacteria is a major contributor to symptoms.
- many quality studies have supported great improvement in many patients allowing successful drug-free management of symptoms through diet in many patients.
- not a lifetime diet
- can be tailored to individual patient with the guidance of an expert



About IBS

International Foundation for
Functional Gastrointestinal Disorders

Stay Connected

Through:

- this conference
- support group meetings
- family
- close friends
- church or faith based group
- media
- blogs
- meetings of interest
- community activities ...

**DO NOT BECOME
ISOLATED.**



Exercise

You have to keep moving!

- walking
- easy does it Yoga
- water exercise - maybe just play
- Tai Chi
- exercise DVD from TMA



You don't have to “want to”, you just “have to”

Meditation and Breathing



- focus on breathing in and out, clearing the mind
- slow steady breathing and relaxation is incompatible with anxiety

Some techniques:

breathe in and out to a slow count

abdominal breathing

alternate nostril breathing

progressive relaxation

guided visualization



Gratitude

“The seeds of despair can’t take root in a grateful heart”— Joel Osteen

- Studies have shown that simple gratitude exercises can reduce depression, increase feelings of well-being and have long-lasting effects

I opened two gifts
this morning.
simplereminders.com
They were my
eyes.



Simple Reminders
SIMPLEREMINDERS.COM

Mindfulness and Self-Compassion

Mindful Self-Compassion was developed by Kristen Neff, PhD and Christopher Germer, PhD, combining the skills of mindfulness and self-compassion, and providing a ***powerful tool for emotional resilience.***

What you resist persists,
lean into acceptance and
comfort yourself as you
would a friend

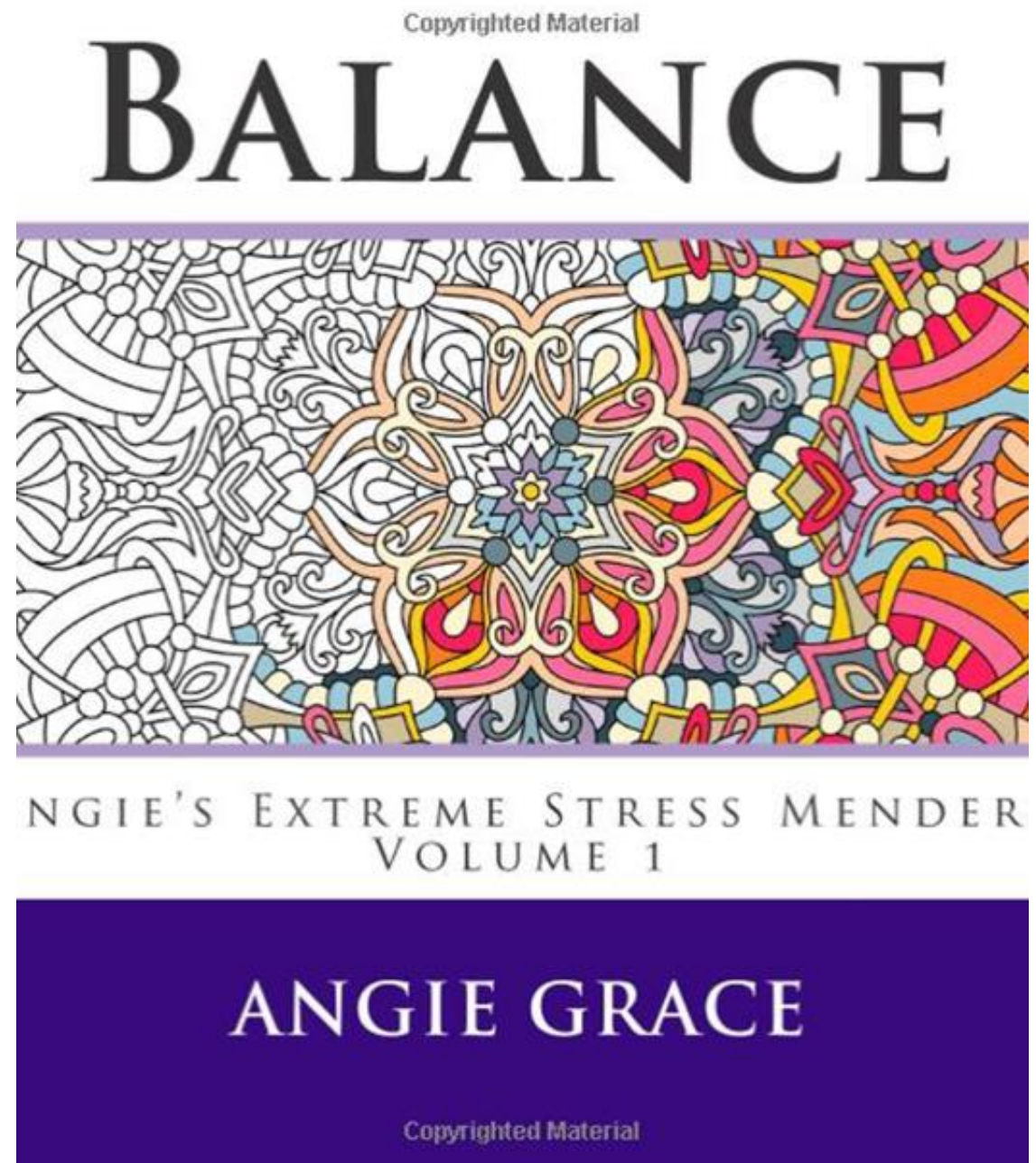
Breathing and meditation
exercises facilitate MSC



Music and Art Therapy

Can soothe your soul

Learning something new generates new brain pathways and promotes brain health



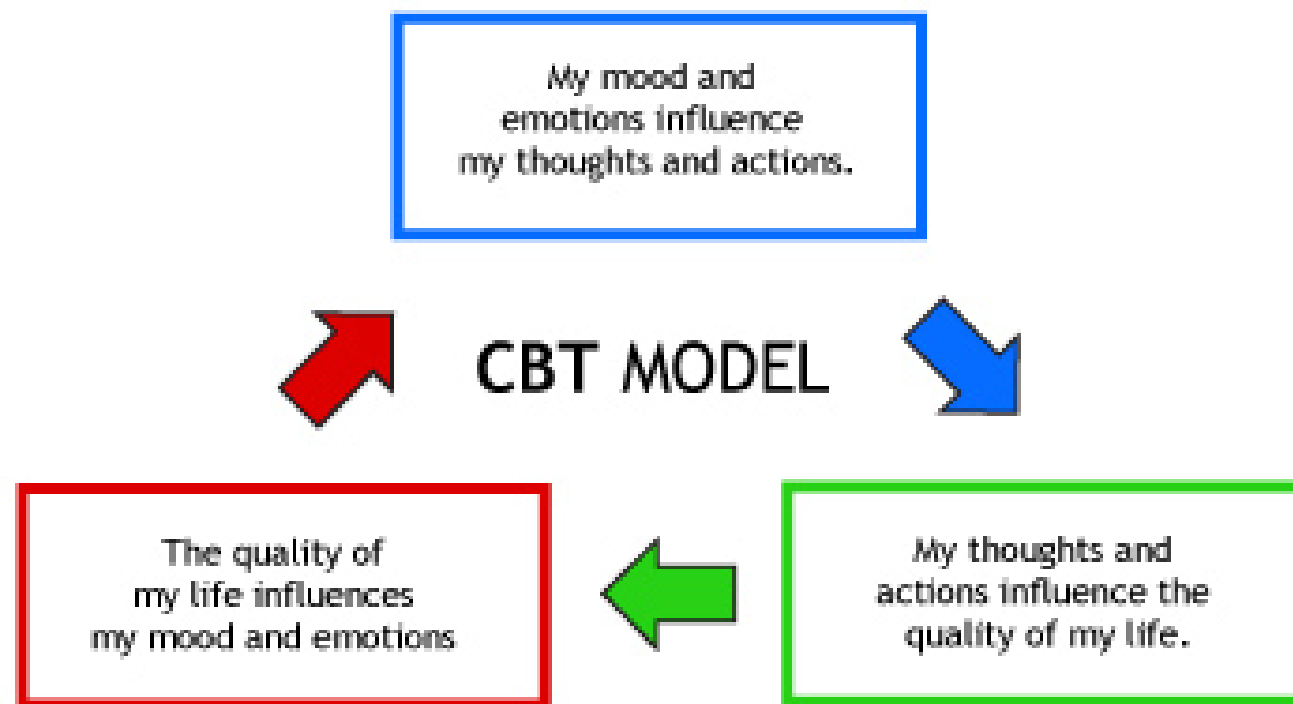
Pet Therapy

But not everybody should
get a horse



CBT Cognitive Behavior Therapy

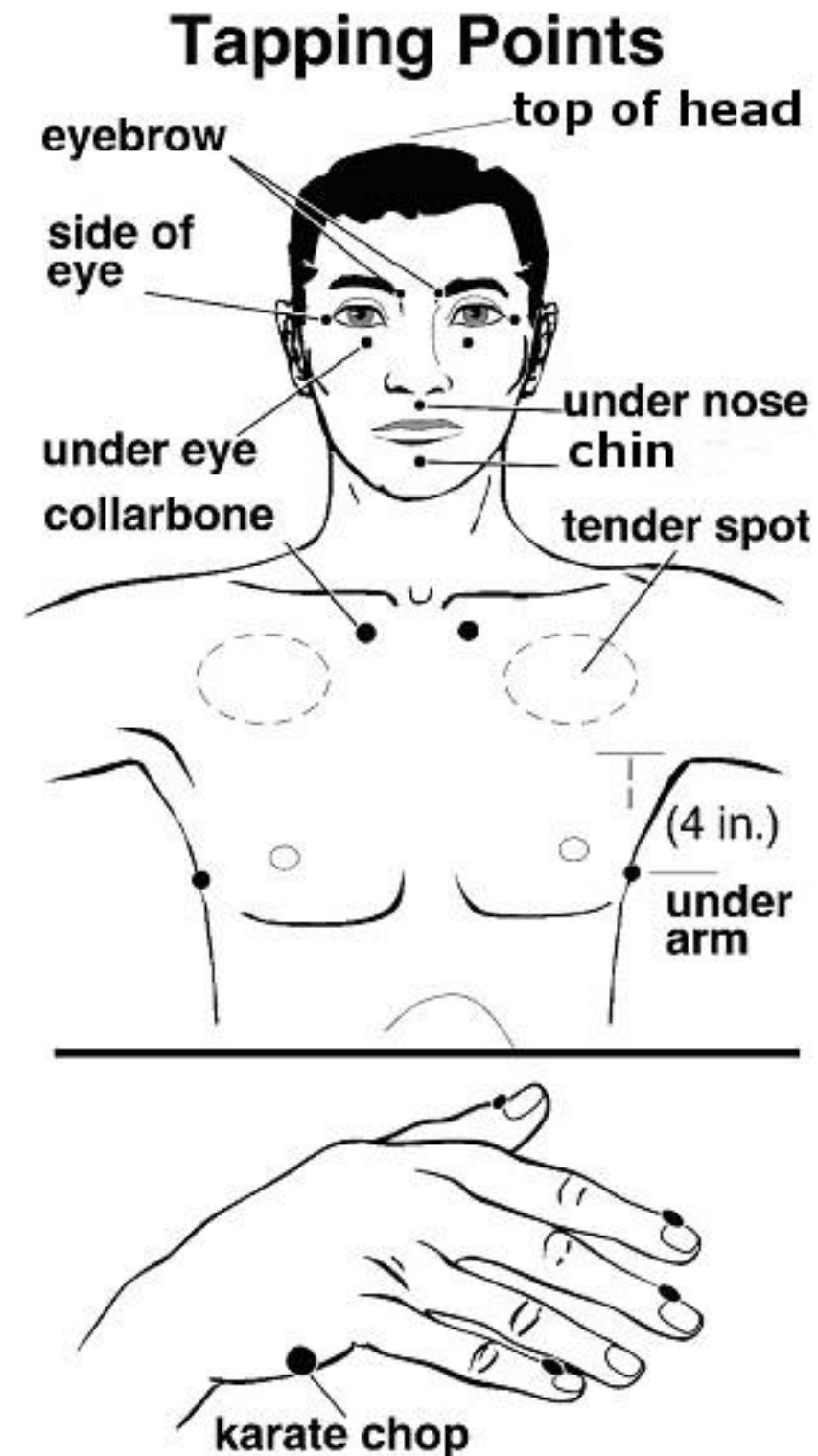
you don't have to believe what your mind tells you



The Tapping Solution

aka EFT - Emotional Freedom
Technique

- applying “psychological acupressure” kinda like acupuncture but without needles
- seems to effectively address a range of issues from pain, anxiety, stress, fear, weight, finances
- any issue, negative or positive
- easy to use, can be done anywhere





Laughter!



- Increases oxygen intake for the lungs , brain and circulation
- releases “feel good” endorphins and serotonin
- reduces blood pressure
- works the “core muscles”
- promotes emotional and social connections
- relieves STRESS

Try Laughter Yoga!



Other Assorted Ideas

- suck on a raisin—seriously?!
- edmr -move your eyeballs! - maybe
- TMS- magnetic stimulation therapy - FDA approved!
- biofeedback - computer programs with graphics!
- clean out a drawer
- watch fish swim
- watch a funny movie
- read for fun and inspiration
- find 5 things to see, 4 things to touch, 3 things to hear, 2 to
- notice the beauty in dust particles dancing in the sunlight...

TIPS TO HELP WITH AN **ANXIETY** ATTACK

- Look around you.
- Find *five* things you can **see**, *four* things you can **touch**, *three* things you can **hear**, *two* things you can **smell**, and *one* thing you can **taste**.

This is called grounding. It can help when you feel like you have lost all control of your surroundings.

**PLEASE RE-POST, IT COULD REALLY
HELP SOMEONE IN NEED**



NEVER GIVE UP!