

Rejuvenate Your Life: Freeing Yourself From Chronic Unhappiness

What does it mean to rejuvenate? What does rejuvenation have to do with freedom? What about happiness?

How are you feeling? Now, and in general?

What is depression? How is it diagnosed?

Sad mood, Despair, Hopelessness, Guilt, Worthlessness, Anxiety
Loss of Energy, Appetite, Pleasure, Interest
Exhaustion and Changes in sleep- insomnia or can't get out of bed
Diminishing ability to Focus, Concentrate, or use Memory
Suicidal Ideation
Unrelated Aches and Pains-80% unexplained
Types: Major Depressive Disorder, Bipolar Disorder, Post Partum Depression

What is anxiety? How is it diagnosed?

Cognitive- Worry, Ruminations, Obsessions, Inaccurate Conclusions
Behavioral- Avoidance, Rituals, Excessive Safety Behaviors
Physiological- Shakiness, Muscle Tension, Restlessness, Sweating,
Cold Hands and Feet, Palpitations, Dry Mouth, Lightheadedness,
Dizziness, Initial Insomnia, GI Upset, Frequent Urination
Types: GAD, Social Anxiety, Phobias, OCD, Panic Attack, PTSD

What are some of the biological causes for these conditions?

Genetics
Medical Problems -Depression-Cancer, Stroke, Parkinson's
Anxiety-Loss of Tactile Stimulation before 4 mo, Fetal Alcohol Syndrome,
Increased Cortisol 2nd/ 3rd Trimester, Reactive amygdala
Medications- Drug/Alcohol Abuse, Steroids, Hypertensive drugs
(depression), Anticancer drugs, Decongestants & Asthma meds(anxiety)
Rule Out for Depression- Anemia, Chronic Fatigue, Diabetes, Thyroid
Disease. Rule Out for Anxiety- Endocrine problems, Heart Disease,
Meniere's disease

What are some of the social factors that contribute to this distress?

Depression- Loss of Social/Family Systems- Death, Divorce, Loss of
Work, Care for a Ill Family Member, Isolation
Anxiety- Loss of Support Emotionally or Materially

How do psychological factors contribute to anxiety and depression?

Early Abuse or Abandonment- Learned Helplessness, Negative Self

talk, Habitually Unhealthy Expression of Emotions especially anger and neediness, Accommodation to False Self- unresolved thoughts not processed create dissonance

History of Depression- 1st -50% recurrence, 2nd 80-90% recurrence

Anxiety- Perceptual bias and Extreme Attachment to outcomes creates unconstructive suffering, "If only ..." "things should be a certain way"

How do we get out of this unhappiness?

Sleep- Guardian of Brain, Slow wave sleep- decr. With Caffeine, Alcohol (Minimal impact Sonata, Ambien, Lunesta, Rozerem)
OK to take melatonin.5mg good after 6pm, Benadryl 25-50 mg, Watch out for Apnea, Menopause,

Exercise- Long term effect Incr. Deep Sleep, Decr. Stress Reactivity, Incr. BDNF- Brain Derived Neurotropic Factor- Incr. Dendrites, Neuro. Repair, Protects from Cortisol

Exposure to sunlight-10,000Lx 30-40 min/day

Social Support- Calming, Distracting, Affirming, Problem Solving, Material and Mechanical Support

Diet- Complex Carbs, Protein, Regular meals, Caffeine (less than 250mg/day)

Vitamins, Herbs and other supplements see handout

Medication- Antidepressants, Inderal, Tranquilizers, BuSpar
50% respond to drugs, 70% depression recurs when meds stopped

Inpatient Treatments-ECT, Transcranial Magnetic Stimulation, Vagus Nerve Stimulation

Cognitive Therapy- Beliefs about Event affect Mood
Event--Interpretation--Reaction.....Most Useful Effect with SSRI's
Neurological connection between Mood and Negative Thought

Loss/Separation/Rejection/Defeat----harsh negative thought----feelings----physical reaction----fatigue/insomnia/aches/pains----
decre. Activity that nurtures self

Mindfulness Based Therapies- Decr. Risk of Relapse by 50% with 8 week program especially with Hx Recurrent Depression

Do you have any habitually negative thoughts about yourself? Do you actually believe them? Are they always true? What happens internally when you believe these thoughts? Who would you be or what would your life be like if you didn't believe them?

Share with a partner. Then talk about how might you protect yourself from these thoughts?

How do you nurture yourself? How do you honor your heart? Who is the little kid inside you?

Share with a partner

How do you process emotions in your life?

How do you experience emotions in your body?

Information processing Problem in Depression and Anxiety

Priorities of thought and attention

Sort and Determine what to do

Recall previous Experiences

Fixation of thoughts that made you unhappy

Beliefs attached to sadness

Uncaring Unloved Cold Worthless Hopeless

Sadness Awkward Clumsy Stupid Failure

What are the triggers that recreate anxiety or depression in your life?

What have you found helpful to diminish the triggering stimulus?

How does mindfulness influence psychological health?

Cultivate open-mindedness---Experience yourself in a dome and listen to the sounds pass over

Develop patience—Thoughts come and go, Feelings come and go---these pass like clouds in a sky, thoughts falling off a conveyor belt

Consider compassion for yourself—Teflon mind, Serene Half Smile, Loving the Little Kid inside

Offer gentle persistence—Puppy Training for the mind

What does the history of mindfulness suggest in our approach to emotional health?

2500 Buddha

1850 Thoreau/Contemplation/Walden Pond

1900 William James; Buddhism studied by everyone

1940 Jung- Tibetan Book for the Dead

1960 Fromm- Buddhism and Psychotherapy

1971 Ram Dass; "Be here now"

1979 Jon Kabat Zinn—MBSR/Center for Mindfulness

Pain disorders Stress Related Disorders

- Eating Disorders Psoriasis
- Cancer Patients Panic/Anxiety
- 1985 Techniques taught in Medical Centers
 - Meditation, Body Scan, Hatha Yoga
- 1993 Dialectical Behavioral Therapy -DBT
 - Mindfulness, Interpersonal Skills, Emotional Regulation, Distress Tolerance----Decr. Suicide and Hospitalization
- 1999 Steve Hayes—Acceptance & Commitment Therapy—ACT
 - Striving to control makes things worse—Chinese Finger Trap
- 2000 Teasdale, Segal, & Williams -Decrease Relapse by 50%
 - Mindful stretching
 - Mindful Breath, Body, Sounds, Thoughts
 - 3 Minute Breathing Space
 - Mindfulness Every Day

What is mindfulness? What is NOT mindfulness?

Mindfulness is a concept—“Sati” in Pali (spoken Sanskrit), awareness, attention, remembering

Psychological context- Awareness of Present Moment with Acceptance

Mindfulness is NOT

- | | |
|-------------------------|--------------------------------------|
| Being on Autopilot | Being lost in fantasy/Past or Future |
| Rushing Thru Activities | Spilling when not attending to it |
| Becoming emotionless | Withdrawing from Life |
| Seeking Bliss | Escaping Pain |

Mindfulness can help us to

- See things as they are rather than how we want them to be
- Increase our attention to be present with choices
- Increase our ability to act skillfully
- Enrich our experience of the richness in the moment

What are some mindfulness techniques?

Awareness

- Slow down- greater detail, antidote for hurried culture
- Observe and Concentrate- Stabilizing Attention- choosing an object and follow it closely (example: breath, contents of mind, TM mantra, less suffering- “Puppy training” for the mind.

Present Experience

- Inner Focus and Outer Focus-allows identification with the moment rather than the narrative.(example: walking meditation, nature meditation, mountain meditation)

Acceptance

Using the body and breath as a resource-body is a resource where you can inhabit the present moment especially with difficult emotions

Loving Kindness ---Meta

May I feel safe and protected

May I be happy and content

May I be healthy and strong

May I be peaceful and at ease

Three Minute Breathing Exercise- out of automatic, into present

Awareness- acknowledge thoughts, feelings, body "that is how it is right now"

Gathering- focus on breath, in and out

Expanding- spacious awareness beyond breath, body sense, whole body breathing

How can you use mindfulness techniques to help yourself?

Aware of Self with increased relaxation

Explore inner States softly

Body as resource, especially when mood negative

Thoughts and feelings are not facts

Behavioral change more creative, less automatic

Examples- pain, compulsive behavior, conflict in relationships, anxiety, panic, grief

What will you do to support yourself in reclaiming your right to be happy when you leave today? Who will you ask to support you?