Put Prevention Into Practice: Enjoy a Healthier You!

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At the end of this presentation, participants will be able to:

1. Explain the connection between self-care and day-to-day effectiveness.

2. Create positive emotional experiences intended to boost the immune system.

3. Demonstrate “everyday” strategies to reduce the cumulative impact of allostatic load.
Psycho-neuro-immuno-endocrinology:
A bio–psycho–social approach to health and disease (Zachariae, 2009).

*Meditation Example:*
Calms the mind and changes the brain–signaling connections. It also increases the protective myelin around the axons in the anterior brain. This dynamic pattern of white–matter change in the anterior cingulate cortex is the part of the brain network related to self–regulation (Curtin, 2016).
A Cherokee Legend
The Time is NOW!
Autonomy

Purpose

Mastery
Nutrition
“Comfort Food”

- Research has shown comfort food intake can stimulate the endogenous opioid release, which results in decreased activity of the hypothalamic–pituitary–adrenal axis.

- **Translation**: Reduced stress response!

Comfort Food is not typically “healthy” food and is associated with hypertension, obesity, and diabetes (Cullen, Hatch, Martin & Sheppard, 2015).
Rate Your Plate
Do you:

___ 1. Consider nutrition when you make food choices?
___ 2. Try to eat regular meals (including breakfast), rather than skip or skimp on some?
___ 3. Choose nutritious snacks?
___ 4. Try to eat a variety of foods?
___ 5. Include new-to-you foods and snacks?
___ 6. Try to balance your energy (calorie) intake with your physical activity?
___ 7. Eat at least 6 servings of grain products daily?
___ 8. Eat at least 3 servings of vegetables daily?
___ 9. Eat at least 2 servings of fruit daily?
___ 10. Consume at least 2 servings of milk, yogurt, or cheese daily?
___ 11. Go easy on higher fat foods?
___ 12. Go easy on sweets?
___ 13. Drink at 8 or more cups of fluid daily?
___ 14. Limit alcoholic beverages (no more than 1 daily for a woman or 2 for a man)?
If you scored.....

- 24 or more – Congratulations!!!
- 16 – 23: You are on track.
- 9 – 15: You sometimes eat smart, but not enough to be at your best.
- 0 – 8: For your health, you would be wise to rethink your overall eating style
## Size Matters

<table>
<thead>
<tr>
<th>SERVING</th>
<th>SIZE of....</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. meat, poultry, or fish</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>1 cup mashed potatoes</td>
<td>Fist</td>
</tr>
<tr>
<td>1 cup fruit</td>
<td>baseball</td>
</tr>
<tr>
<td>1 medium potato</td>
<td>computer mouse</td>
</tr>
<tr>
<td>1 medium orange, peach or apple</td>
<td>tennis ball</td>
</tr>
<tr>
<td>1 tsp. butter</td>
<td>Tip of your thumb</td>
</tr>
<tr>
<td>1 TBLS peanut butter</td>
<td>ping pong ball</td>
</tr>
<tr>
<td>1 oz. cheese</td>
<td>Four dice</td>
</tr>
</tbody>
</table>
Use these “handy” guides for easy measuring:

- **Fist** (1 cup)
- **Palm** (3 ounces)
- **Thumb** (1 ounce)
- **Thumb Tip** (1 tsp.)
- **Handful** (1-2 ounces)
Stress Management
Any stimulus that can tax or exceed the sources of adaptation of an individual or social system.

Some stress improves performance

Other times demands are excessive with physical & mental repercussions

Goulart, T., Guido, A., DaSilva, Bublitz & Grazziano, 2015
Stress Management –

- Alter one’s thinking
- Avoid stress
- Adapt to stress
- Accept stress
- *Use techniques that can adjust the biochemical response to stress*

DeNisco & Barker (2016)
Allostasis = the way we maintain physiological stability– changing our internal “milieu” by matching to environmental demands. (Flight or Fight)

Allostatic Load = expands the theory of allostasis by applying it to the cause and effects of chronic stress

- Neuroendocrine, immune, metabolic, cardiovascular and cognitive functioning
- The effects of adverse or difficult working conditions may not surface until later in life – a reality that will strain society further as boomers retire and age.

1. Do you eat on the run?
2. Are you plagued by a rundown feeling and frequent illness?
3. Are you too tired to exercise?
4. Do you have difficulty sleeping or staying asleep?
5. Do you have difficulty saying “NO?”
6. Do you feel out of control of your life?
7. Do you eat or drink or smoke when you are nervous?
8. Do you skip meals to loose weight?
Total Score:

- 0 – 10 Congratulations!
- 11 – 25 Average
- 26 – 48 CHANGE NOW!
Most nurses are aware of measures to maintain a healthy lifestyle, but identify exhaustion and lack of time as barriers to activities that are health enhancing (Nahm et al., 2012).

1. Sit up and breathe
2. Shoulder shake
3. Mindfulness
4. Smile
Food For Thought

GOD,

- Grant me the **SERENITY** to prioritize the things I cannot delegate,
- The **COURAGE** to say no when I need to,
- And the **WISDOM** to know when to go home!
What is your favorite?
TED TALK: physiology and meditation

https://www.youtube.com/watch?v=d88Q-15W_AI
Long hours at a desk, hunched over a computer.....
2 minute help for neck pain
Positive Thinking & Humor
Cultivate

- Associate with positive people
- Spirituality
- Find at least one interesting idea or concept
- Ask questions!
- Keep your own list of achievable goals
- Daily affirmations

_______________

TEXAS A&M UNIVERSITY
CORPUS CHRISTI
Intention is a very powerful part of nursing. (Young, 2007)

Experience of laughter

- serum cortisol levels
- the activation of T-Lymphocytes
Exercise
Take 20 minutes for this...
Sit & Be Fit
Exercises

- Waist twists
- Crisscross/up
- Chair sit-ups
- Ankle Circles
- Bicycle/March
- Backward Lunge
- Lift Off

Torkelson (1999)
Sleep
Non-Pharmacologic Sleep Strategies

- Routine bed times and awakening times
- Bedtime routines
  - Relaxation handout
- Bedroom atmosphere
- Napping 30 – 45 min
- Exercise
- AVOID
  - Caffeine
  - Alcohol
  - Heavy-spicy or sugary foods

For the Health of it!
Commitment to you!

I will
Celebrate your own health daily!
References


References – continued


