Agenda

- Wellness
- Stress Management
- Exercise
- Challenges to healthy wellness
  - Tobacco use
- Get started with easy practices
Wellness

DEFINED

An active process of becoming aware of and making choices toward a more successful existence.

- National Wellness Institute

The quality or state of being in good health especially as an actively sought goal.

- Merriam-Webster
Wellness

- Wellness
  - An integrative holistic medicine approach that treats the body and mind as a whole rather than as separate entities.

- Individualized vs. Generalized
  - It’s a state of being not a state of doing.
Stress

A physical, mental, or emotional factor that causes bodily or mental tension. Stresses can be external or internal.

- Stress response is instinctive; coping is learned
- Symptoms include:
  - Chronic depression
  - Anxiety
  - Physical illness
  - Increased pain
  - Reduced energy

93% of all illnesses requiring a doctor visit are stress related

Stress Management

DEFINED

Refers to the wide spectrum of techniques and psychotherapies aimed at controlling levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.
Stress Management

TECHNIQUES

- Guided Imagery
- Progressive Muscle Relaxation (PMR)
- Biofeedback
- Meditation
- Tai Chi
Stress Management

GUIDED IMAGERY

The use of relaxation and mental visualization to improve mood and/or physical wellbeing.

Positive mental imagery can promote relaxation and reduce stress, improve mood, control high blood pressure, alleviate pain, boost the immune system, and lower cholesterol and blood sugar levels.

http://medical-dictionary.thefreedictionary.com/guided+imagery
Stress Management

PROGRESSIVE MUSCLE RELAXATION

Teaches you how to relax your muscles through a two-step process:

- **Step One** - systematically tense particular muscle groups in your body
- **Step Two** - release the tension and notice how your muscles feel when you relax them
Stress Management

BIOFEEDBACK

Electronically monitor a normally automatic bodily function to train a person to acquire their voluntary control of that function.
Exercise

**BENEFITS**

- Reduce symptoms of depression and anxiety
- Control stress
- Increases blood flow to brain
- Regenerates nerve cells in brain
- Healthy recovery activity to occupy time
- Positive influence of peers
- Enhance self esteem
Exercise

FACTS AND STATS

- Lifestyle choice versus fitness plan
- 60% rule
- Enjoy the activity
- Don’t be a scale addict
- No such thing as spot reduction
- Be wary of fad diets associated with exercise
- Gym myths
Tobacco Use and Addiction

TOBACCO USE HARD FACTS AND STATS

- Includes smoking, chewing, and e-cigarette usage
- Leading cause of preventable death in the U.S.
- 42,000 deaths attributed to secondhand smoke
- Nicotine is the addictive element in tobacco
- Tobacco reaches the brain in less than 10 seconds when inhaled
- Cigarettes comprise 4,000 chemicals; 40 are carcinogenic (cancer producing)

480,000 DEATHS PER YEAR
Tobacco Use and Addiction

TYPES OF SMOKELESS TOBACCO

- Chewing tobacco Comes in the form of:
  - Loose leaf – cured, typically sweetened
  - Plug – cured tobacco leaves pressed together to form a cake or plug
  - Twist – cured tobacco leaves twisted together like a rope

- Snuff is finely ground tobacco that can be:
  - Moist – cured and fermented tobacco processed into fine particles
  - Dry – fire-cured tobacco in powder form
  - U.S. Snus – moist snuff packaged in ready-to-use pouches

- Dissolvables are finely ground tobacco pressed into shapes:
  - Lozenges – pellets or tablets
  - Orbs – small mints
  - Sticks – toothpick-like
  - Strips – thin sheets that dissolve like breath strips
Treating Tobacco in Treatment

- Between 80% and 95% of alcoholics smoke
- Smoking kills more Americans than all the other drugs COMBINED
- 12 month abstinence rates improved from 17% to 48% when patients either didn’t use nicotine or discontinued use
- How Nicotine dependence differs from other addictions:
  - Less stigmatized
  - More socially acceptable
  - Not typically seen as a treatment priority
- Some cases not identified as addiction
- Relapse rate is about 93%
- Pharmacological interventions improve abstinence rates by 50%
  - Chantix
  - Wellbutrin
  - Nicotine patch
  - Nicotine lozenges/gum
  - Nasa
  - Gum
Healthy Practices

- Establish an exercise routine – 15-30 minutes 3-4 times per week
- Incorporate other stress reduction techniques into your routine
  - Mindfulness
  - Meditation
  - Guided imagery
  - Muscle relaxation
  - Yoga
- Healthy eating practices
- Keep it simple
THANK YOU

Questions?

TO LEARN MORE

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