

Restoring Resilience for Young Adults

*Blending Science and Wisdom to
Sustain a Healthy Mind, Mood and
Heart*

Henry Emmons, MD

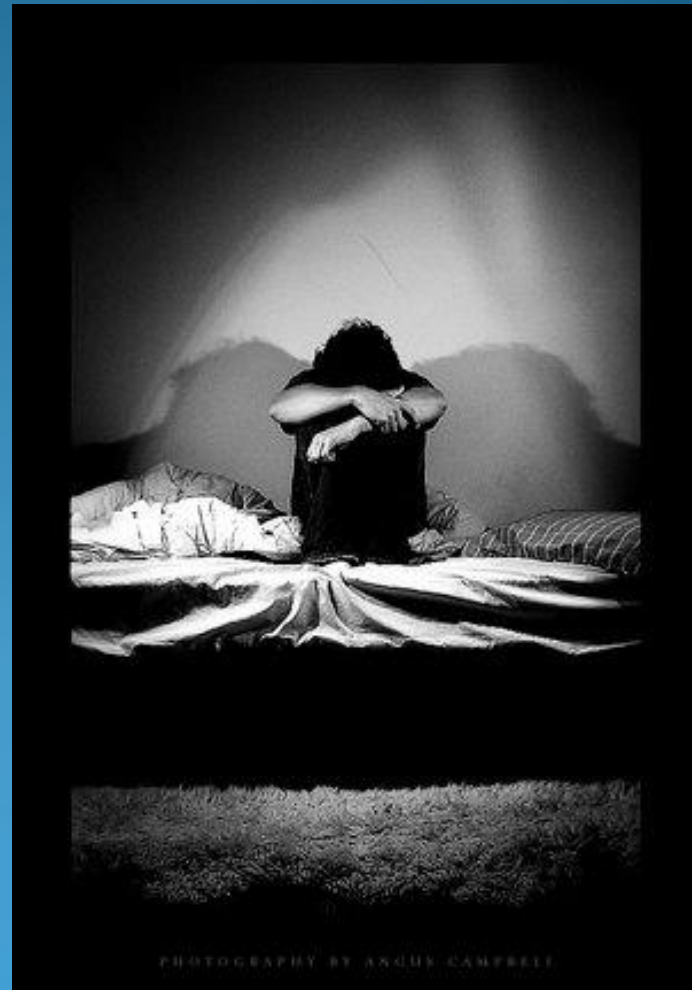
www.partnersinresilience.com

The Erosion of Resilience

1/3 of college students had trouble functioning in past year due to depression

- 1/2 felt overwhelming anxiety

- 1/3 are taking psychotropic meds



Minnesota Healthscores

- How are we doing with depression treatment?
- 115 Minnesota clinics measured PHQ-9 scores:
 - Treatment indicated if score >9
 - Remission if score <5 at 6 months
- Best rate of remission: 29%
- Only 16 clinics have $>20\%$ remission. Average is 8%

Source: mnhealthscores.org

Treating Depression/Anxiety

We can do better!

- Depression and anxiety are complex conditions.
- They require more complex, sophisticated solutions.
- Patients want to know what they can do for themselves.

Resilience Training Study

- A non-randomized trial design was used to:
- To determine the feasibility of conducting the Resilience Training (RT) program in working employees of Allina Hospitals and Clinics.
- To assess whether an 8-week RT intervention reduces depressive symptomology, anxiety, stress, quality of life, and work productivity in employees compared to wait list group.
- Evaluate if the wait list group improves after receiving RT.

RT Study Design

- The first 20 eligible employees were assigned to Immediate RT (n=20) and the second 20 employees were assigned to the control group (n=20).
- Outcomes included self-report questionnaires for depressive symptomology (PHQ-9), quality of life (SF-12), perceived stress (PSS), anxiety (STAI), healthy lifestyle (HPLPII) and workplace productivity- presenteeism (WPAI).

Psychology of Mindfulness Groups

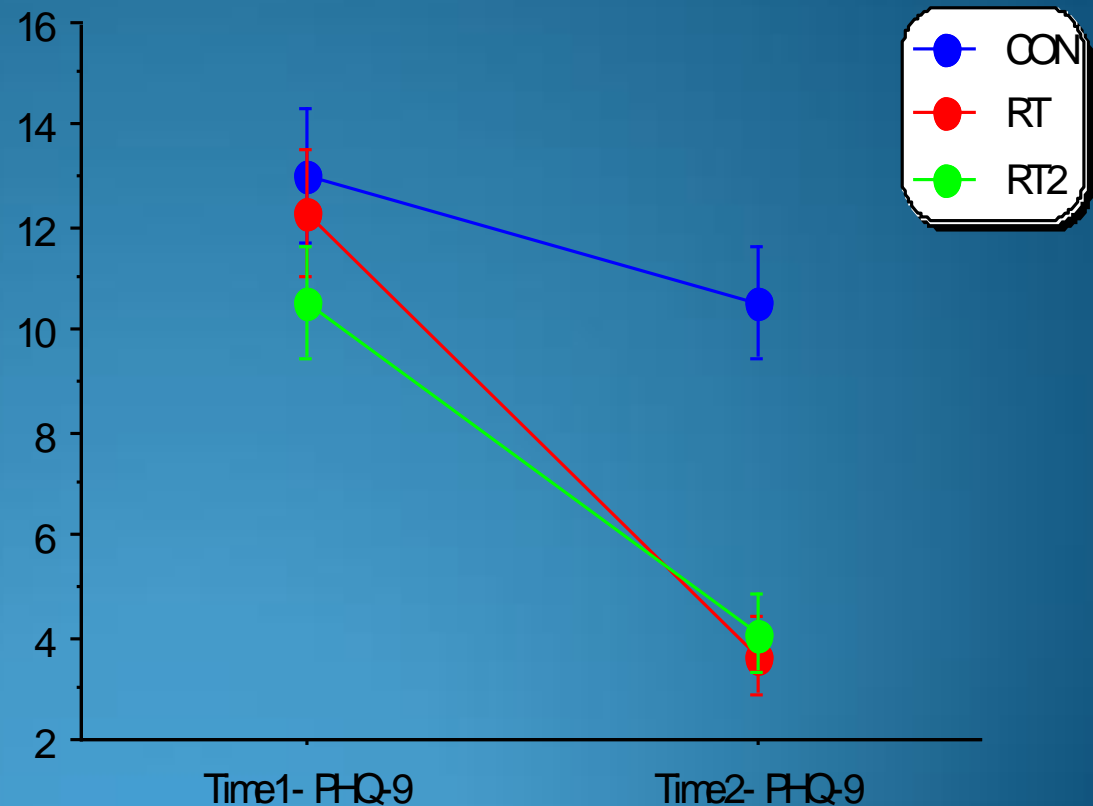
- 8 Week Group meets 2 ½ hours per week
- 16-18 participants
- Not a replacement for therapy
- A skills-based program
- Creating a circle of trust



RT Study Results: PHQ-9 (Patient Health Questionnaire-9)

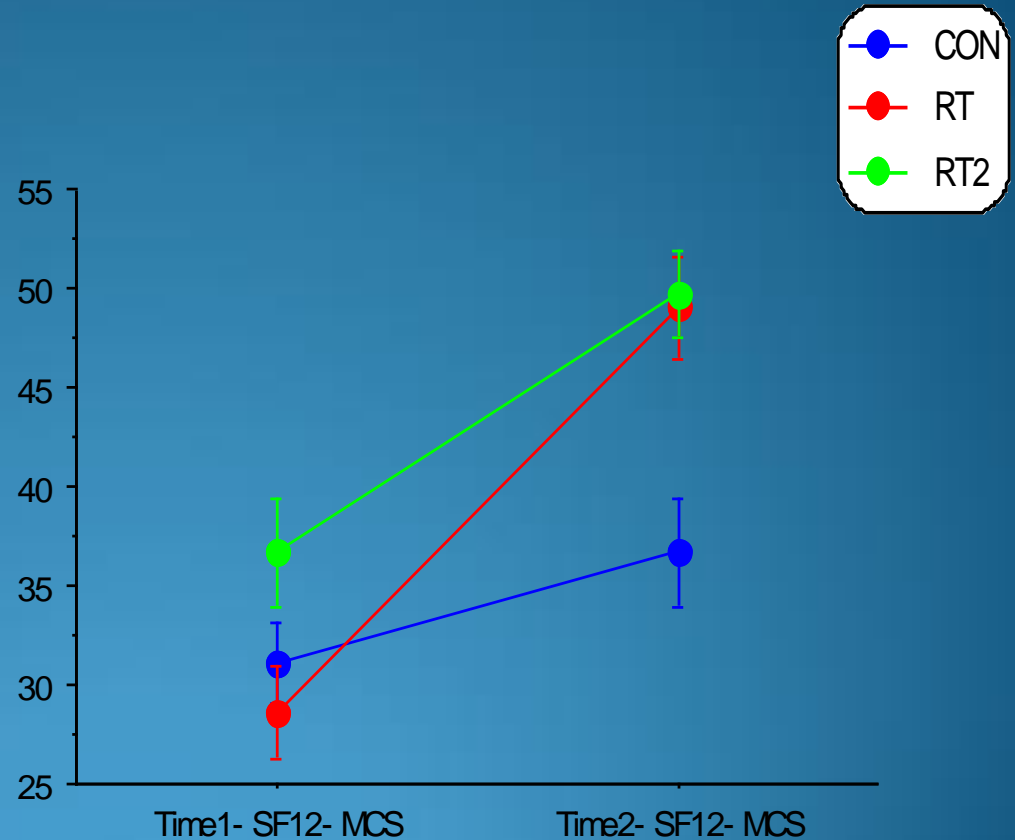
Analysis between RT vs control indicates a significant improvement for RT. More than 60% of employees achieved remission of their depression without the addition of any medications.

When control receives RT (now called RT2), we observed identical improvements.



RT Study Results: Quality of Life

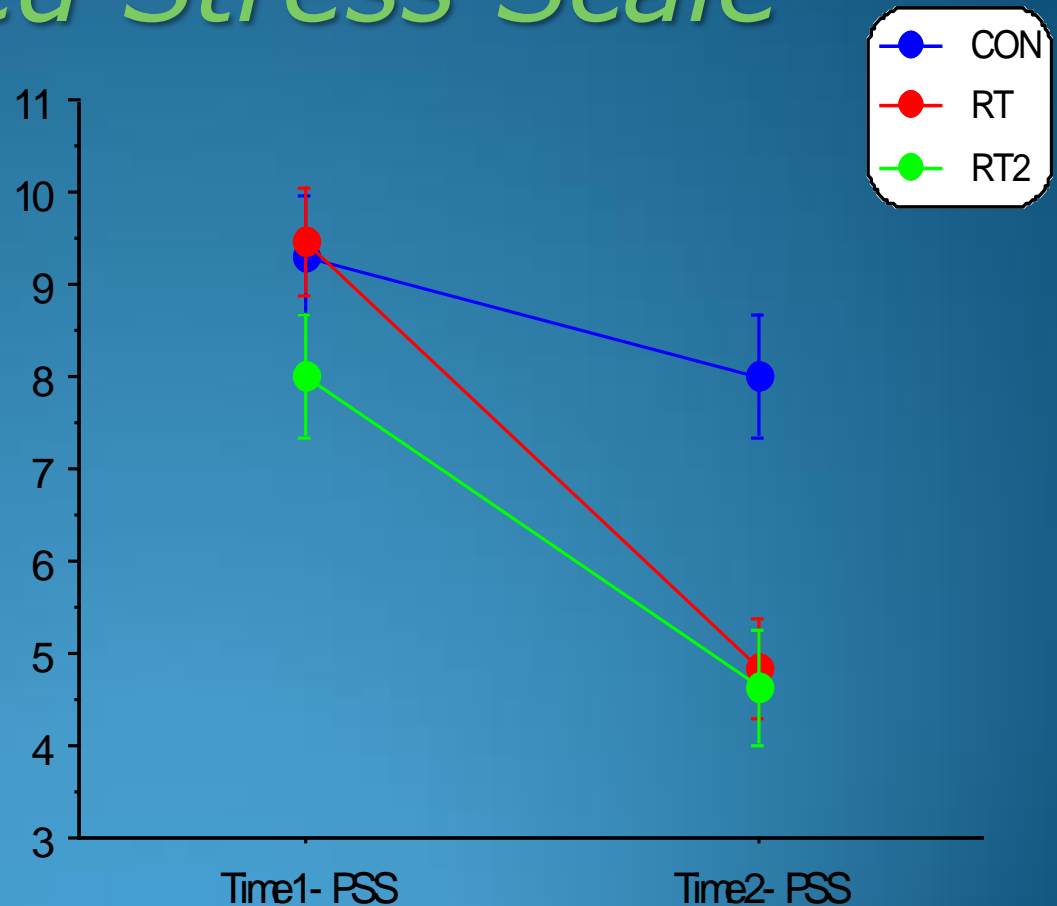
RT vs control indicates a significant improvement for RT on mental subscale of SF-12.
RT2 had identical improvements.



RT Study Results: Perceived Stress Scale

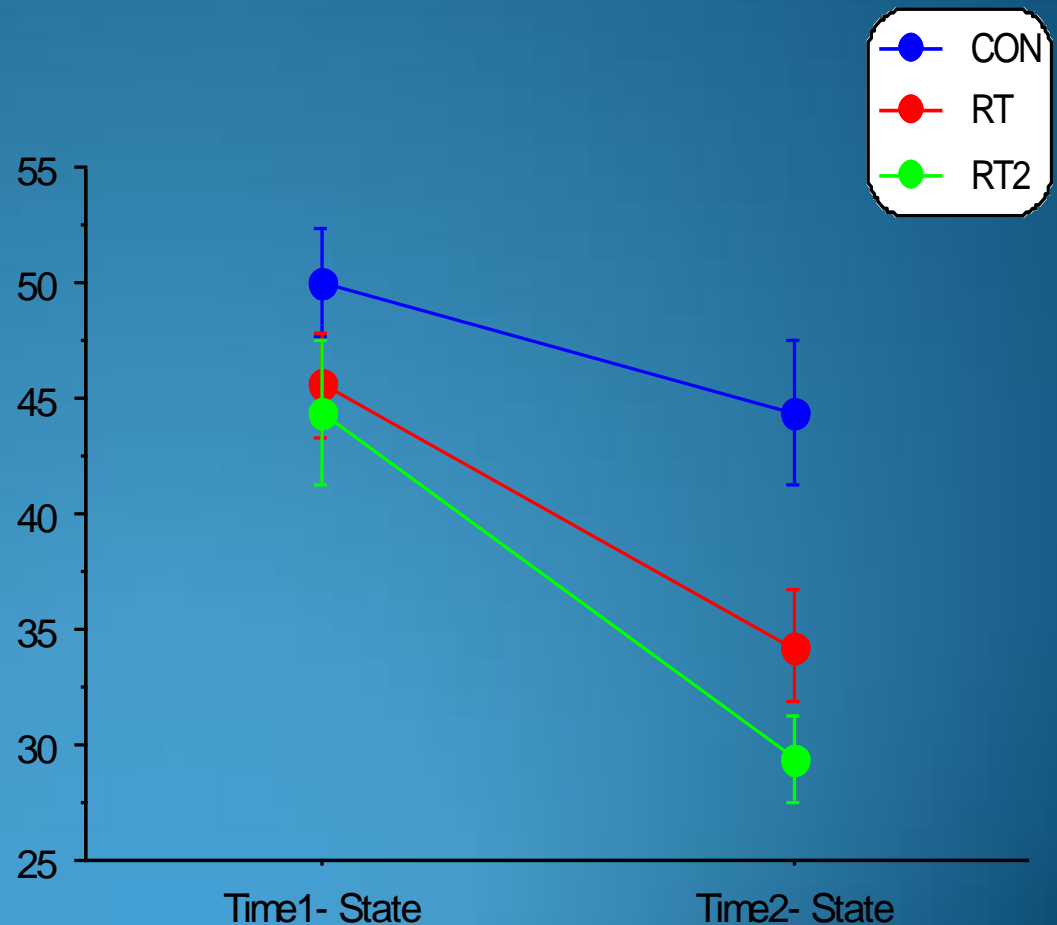
The RT groups reported a more significant decrease: 8.8 to 4.7 (less than 6 considered ideal).

RT2 had identical improvements.



RT Study Results: Spielberger's State Trait Anxiety Inventory

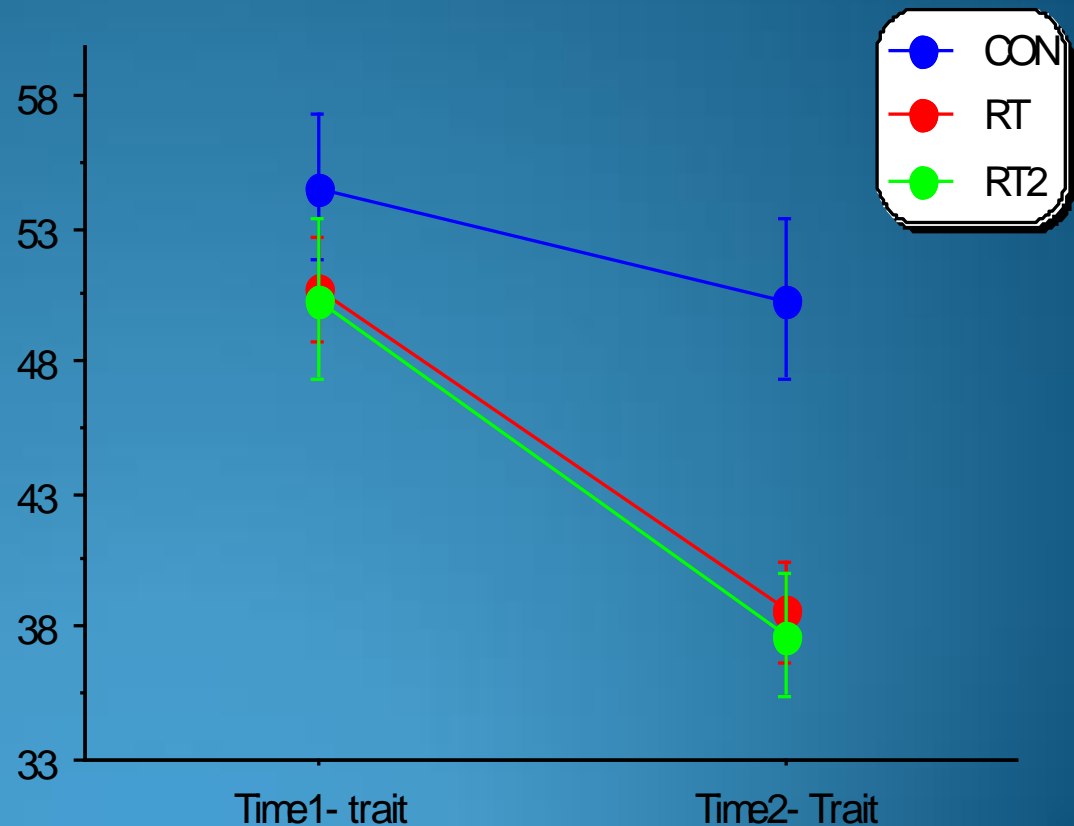
RT vs control indicates a significant improvement for RT on State Anxiety.
RT2 had identical improvements.



RT Study Results: Spielberger's State Trait Anxiety Inventory

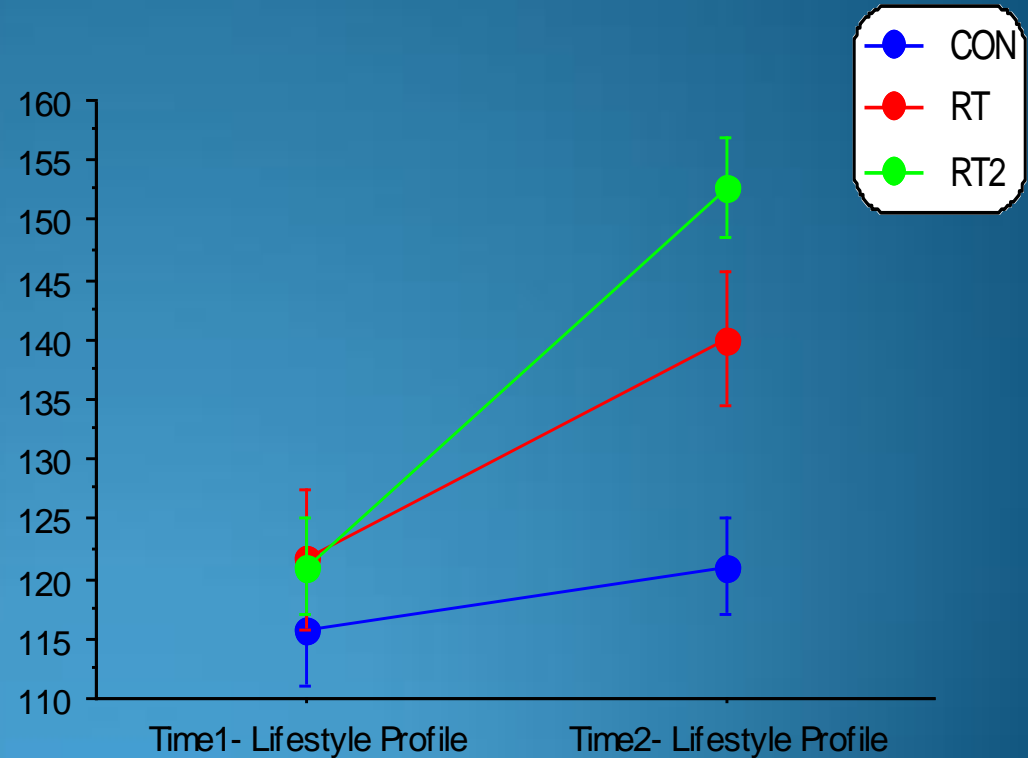
The RT groups scores decreased from 45.1 to 32.0 (less than 38 is considered ideal) on Trait Anxiety.

RT2 had identical improvements.



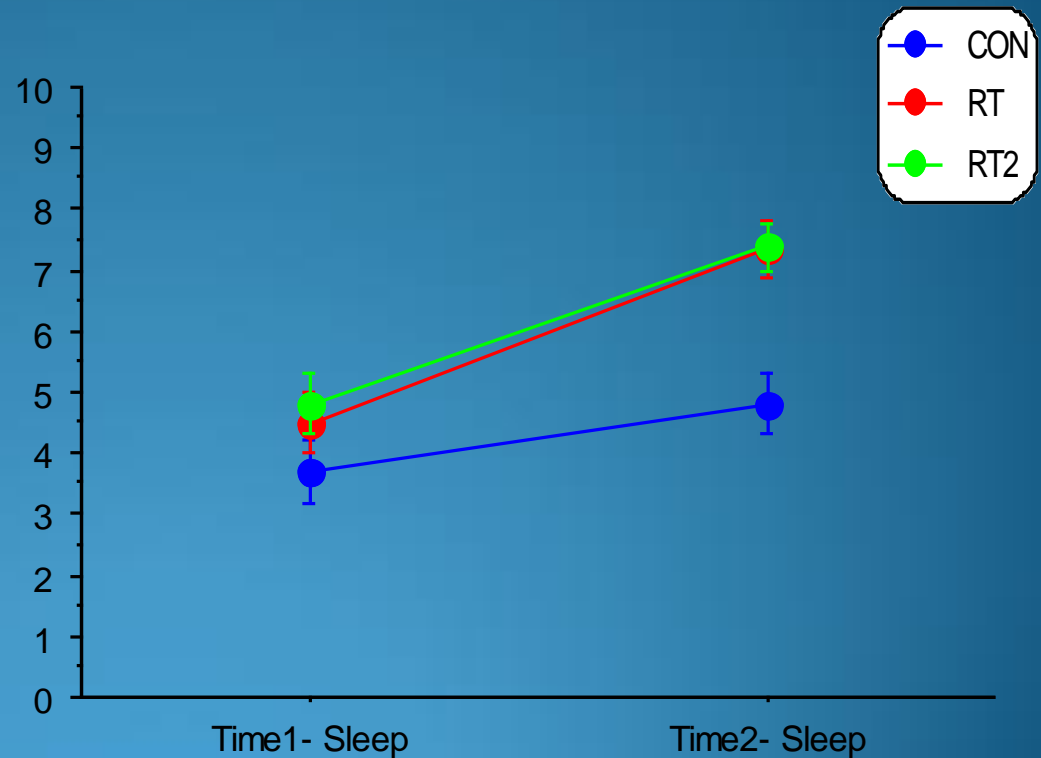
RT Study Results: Health Promoting Lifestyle Profile

RT vs control indicates a significant improvement for RT on Healthy Lifestyle profile. RT2 had identical improvements.



RT Study Results: Sleep Quality (0-10 scale)

RT vs control indicates a significant improvement for RT on sleep question. RT2 had identical improvements.

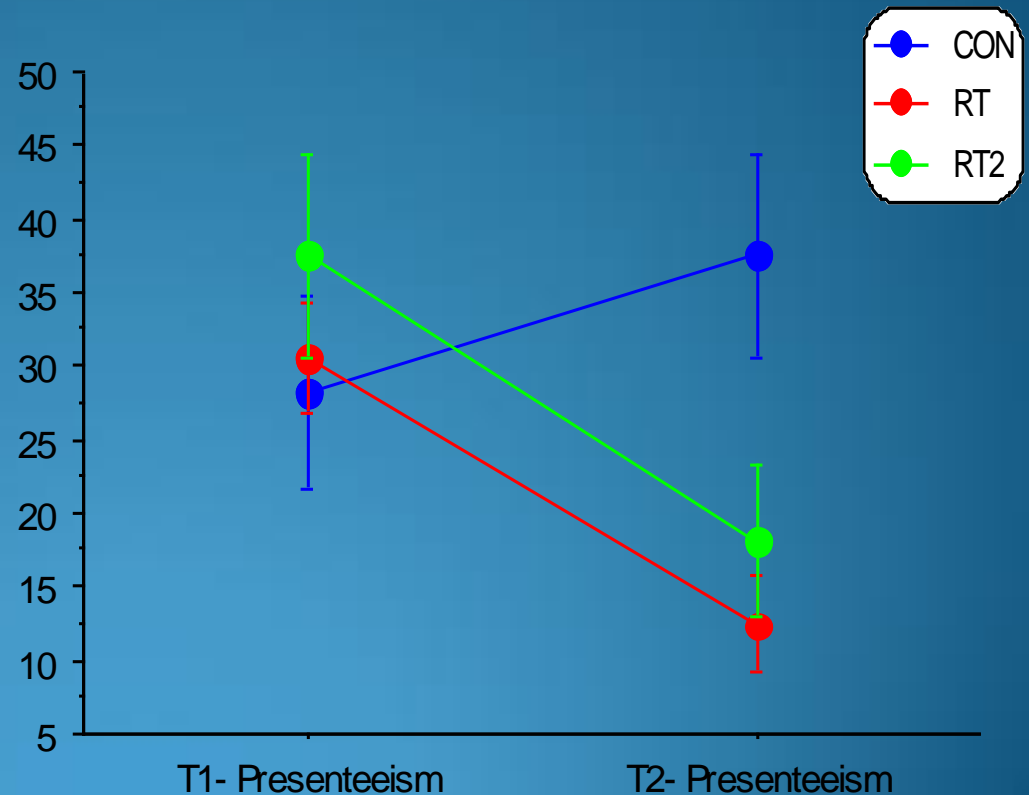


RT Study Results: Work Productivity and Activity Impairment Questionnaire

RT group versus control demonstrates an improvement in the % time of self-reported presenteeism by over 50%.

Results from RT2 mirror the improvements of the RT group.

Return on investment of 2.42 (\$2181 saved/\$900 spent per participant)



Resilience

Keeping the
container full.



The First Root of Resilience: Balancing Brain Chemistry

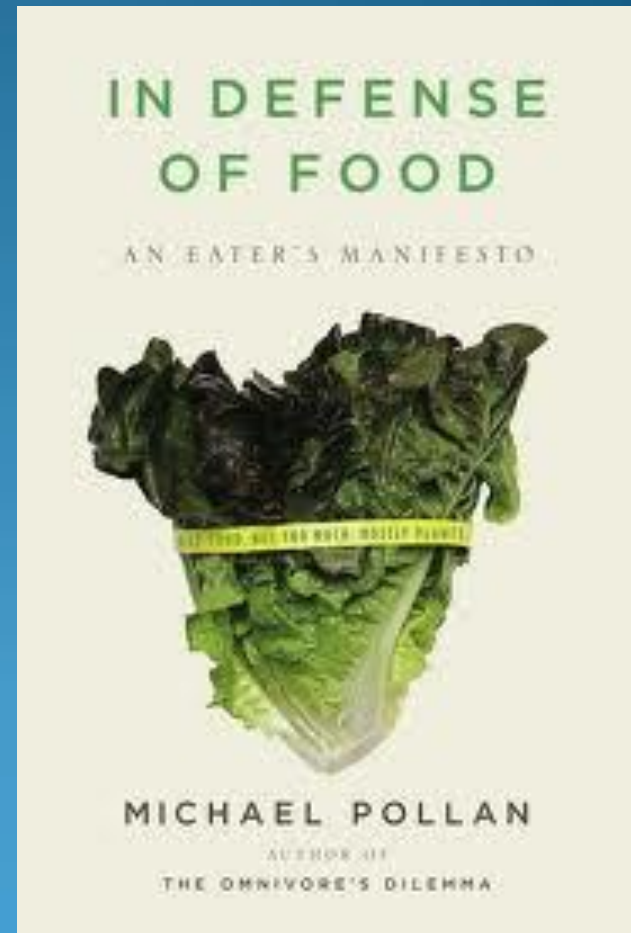
Eating
healthier will
ALWAYS help
you feel better.



A Resilient Diet in 7 Words

“Eat food.
Not too much.
Mostly vegetables.”

-Michael Pollan



The Second Root of Resilience: Managing Energy

*"The energy of the mind is the essence
of life."*

-Aristotle

Exercise Guidelines: Adults

- **Weekly minimum exercise:**
 - At least 2 ½ hours of moderate-intensity aerobic activity per week
 - OR 75 minutes of vigorous-intensity aerobic activity per week
 - PLUS muscle-strengthening activity on at least 2 days per week

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Moderate Exercise Improves Depression Parameters in Treatment-Resistant Patients With Major Depressive Disorder

- 150 patients with >9 months TRD, failed on 2+ meds
- 30-45 min walking at least 5 days per week
- Compliance: participation in at least 50% of walks
 - 91% compliance rate
- Intervention group improved in all depression parameters
 - 26% achieved remission vs. 0% in control group
 - Those more heavily medicated were less likely to respond

Mota-Pereira J et al, J. Psych Res, March, 2011

For The Exercise-Resistant: "Non-Exercise"



- Any movement of daily living
- Burns calories
- Tones muscles

The Third Root of Resilience: Aligning with Nature

*"Sometimes the cure for restlessness
is rest."*

–Colleen Wainwright

Why Zebras Don't Get Ulcers...

Because they
don't suffer from
chronic stress



...But People Do

"We've evolved to be smart enough to make ourselves sick."

-Robert Sapolsky



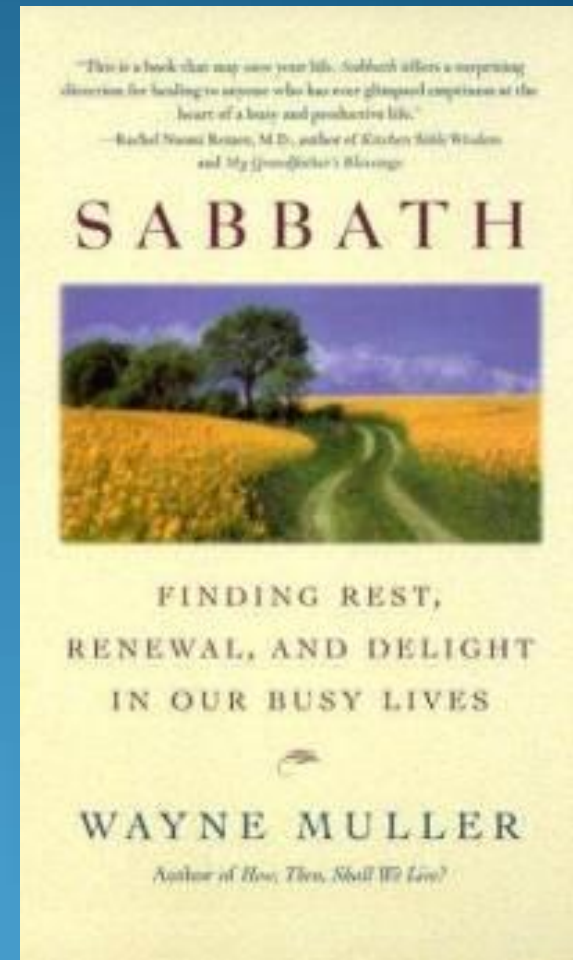
Resilient Sleep

- Sleep problems are a common trigger for mental illness
- There is no way to recover fully unless sleep improves



Restoring the Inner Self

"Sabbath is more than the absence of work...it is time consecrated with our attention, our mindfulness...listening to what is most deeply nourishing."



The Fourth Root of Resilience: Calming the Mind

We are what we think.

All that we are arises with our thoughts.

With our thoughts we make the world.

- The Dhammapada

Neuroplasticity

5 Finger Keyboard

- 2 hours daily for 2 weeks
- Corresponding growth in motor area
- Second group: Practiced the movement in their minds

The Fifth Root of Resilience: Skillfully Facing Emotions

*"Let everything happen to you:
beauty and terror.
Just keep going. No feeling is final."*

-Rilke

Adventitious Suffering

Some suffering is inevitable

The Second Arrow



The Sixth Root of Resilience: Cultivating A Good Heart

*"Love is the great
work*

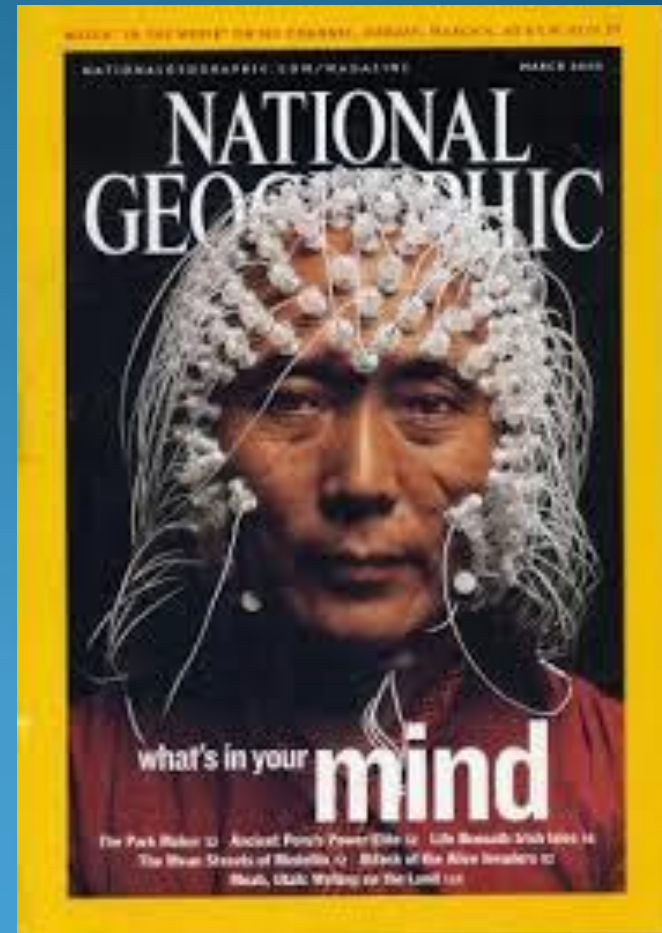
*Though every heart
is first an
apprentice...."*

-Hafiz

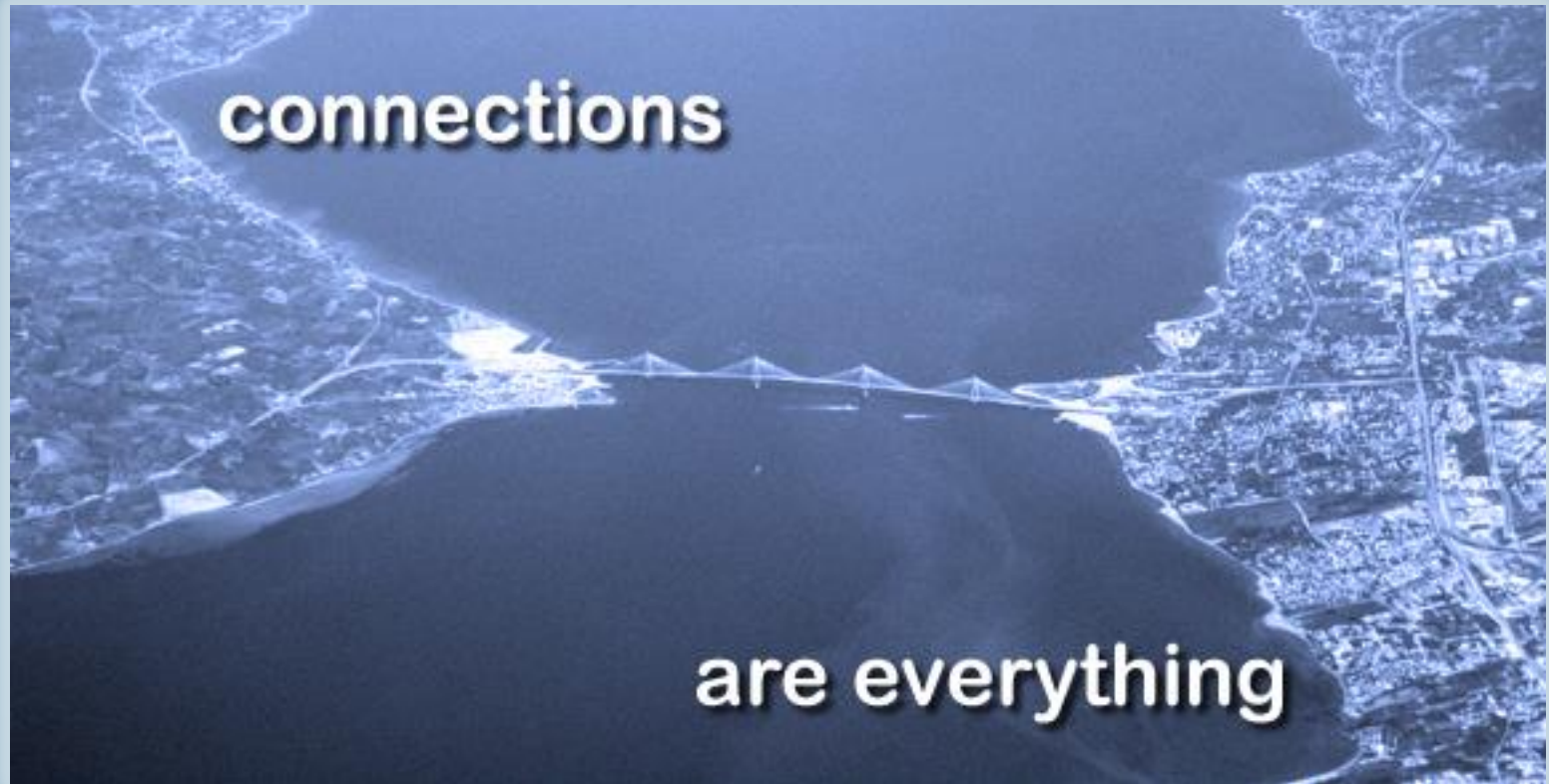


Practicing Compassion

- *"Be kind. Everyone you meet is fighting a great battle."*
- -Philo of Alexandria



The Seventh Root of Resilience *Creating Deep Connections*



What Does Everyone Want?

*"We can live
without religion
and meditation,
but we cannot
survive without
human affection."*

-The Dalai Lama

