



Taking Time for Wellness in a Busy Life: Gratitude

CANA Wellness Committee reach us at info@canainc.org

CRNAs---Chuck Griffis Dianna Heikkilla Carlos Camara Jewell Morris Amanda Farris

NARs--- Trin Hong, Jenna Fong, Hannah Gaharan, Chloe Ballo


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CANA Wellness Committee

- Our job: teach and learn about wellness to help CANA members understand about the importance of taking care of their unique selves—we all get too busy and forget to do that.
- Reach us at info@canainc.org
- Be a sympathetic ear. Wellness member CRNAs happy to listen and refer to appropriate mental health resources. NARs happy to talk to NARs, and share experiences, and lend a sympathetic ear from a fellow "sufferer".
- If you or a colleague have an issue with SUD, feel free to contact us, and call the AANA Helpline 800-654-5167---staffed 24/7 with addiction medicine specialists from Parkdale Center

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Learning Objectives

- ▶ Discuss the concept of gratitude and its relationship to well-being
- ▶ Develop methods of incorporating wellness training into our busy lives
- ▶ Relax and meditate on gratitude with a guided visualization exercise

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BUSY LIVES


Can dad live alone....

The mortgage

Need more money....

The kids

The vacation

Will he ever get that wound closed????????

Flying in every direction.....

The patients

The husband

The bills

Should Mom be driving....

This surgeon is NUTSSSSSS

The wife

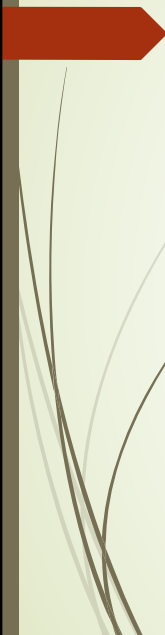
What's that funny pain in my...

What did he just say to me?

The partner

My lovely...colleagues.....

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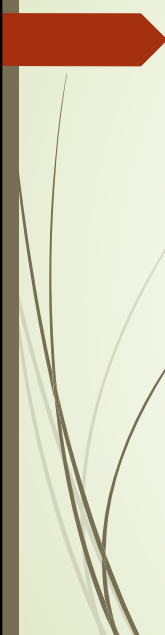
W E L L N E S S---but WHEN in my life?

- ▀ Meditate
- ▀ Deep breathe
- ▀ Exercise
- ▀ Yoga
- ▀ Stretch
- ▀ Laugh
- ▀ Massage
- ▀ Vacation

Gosh, if I do all this wellness stuff, when do I actually have time to ---

LIVE MY LIFE????

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But what if....

- ▀ We choose two “wellness things”, that can be done anywhere, anytime?
- ▀ Deep breathing→you can take a deep breath anywhere, in any setting
- ▀ Meditate→believe it or not, you can meditate anywhere, anytime in any setting. For any length of time. (maybe not when we’re doing anesthesia) 😊

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Breathing Meditation

OK

So lets try, right here, right now.

Everybody...pause for a moment.

Please, just for a moment, silence those phones [just for a MOMENT!!!]

Get into a comfortable position.

We're going to do the 4 count breathing exercise---four counts in, 4 counts hold the breath, 4 counts exhale, and I'll count for you.

Close those little eyes of yours.....follow my voice---

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So why... Deep breathing, meditation and GRATITUDE today?

- Deep Breathing
 - Stimulates receptors in bronchi increasing vagal tone
 - Heart rate decreases, BP decreases
 - Cortisol and epinephrine levels drop
 - Blood vessels dilate
- Psychological Effects
 - Distraction from stressful events
 - Decreases flight or fight response
 - Calming effect

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Meditation--- aka Mindfulness-Based Stress Reduction

- Mindfulness-based stress reduction (MBSR) --- a variety of actions that seek to reduce stress by re-directing attention and body responses
- Engaging in a mental exercise such as concentrating on breathing, or focusing on an idea, to reach an altered level of consciousness
- Meditation is known to combat stress, and activate the parasympathetic nervous system¹
- Meditation is known to have positive health effects: lower BP; enhances immune function; treats acute and chronic pain^{2,3,4}


¹Nijjar et al., 2014 ²Gu & Zhu, 2018 ³Cherkin et al., 2022 ⁴Cresswell et al., 2012

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Not feeling gratitude today....

- What if I'm just not feeling it?
- Guess what: you're allowed to have your feelings
- Chuck's doggie died a few weeks ago. Somebody in this room is likely worrying about elderly parents---why aren't they answering the phone? Somebody's got problems with money, mortgage, an unfriendly work colleague, or that one kid. (The rest are ok, but that ONE K I D!!!)
- If you are not in the gratitude way of feeling today, that's OK. We ask you to honor those not-so gratitude feelings alongside some grateful thoughts with us here today, if you can. Do your best. We all understand.

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Gratitude

Why talk about gratitude?

This emotional **state** and **trait** influences psychological and physiological health.

Related to well-being

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What does gratitude mean to you? What are you thankful for?

Write down one sentence to share in a bit.


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Gratitude---moves with us

ONE DEFINITION of GRATITUDE

Act of appreciating what is valuable and meaningful to oneself.....As we move through this challenging life seeking well-being

- More definitions? It's complicated!
 - Emotional **state**
 - Attitude
 - Habit
 - Moral virtue
 - Personality **trait**



<https://www.dreamstime.com/photos-images/life-journey-not-destination-quote.html>
<https://www.studentwellbeingblog.com/post/six-key-elements-of-psychological-wellbeing>

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Lets talk about **Well-being**

STATE

- The **state** of being comfortable, healthy or happy

of

Me

Myself

And I

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Components of Well-being

Six Key Elements of Psychological Wellbeing

- Autonomy**
To make your own decisions about how you think and behave and pursue freely chosen goals that have genuine value.
- Self-acceptance**
To accept your strengths and weaknesses and to be understanding and nonjudgmental of yourself
- Competence**
To have knowledge, skills and the ability to solve problems and accomplish worthwhile tasks
- Personal Growth**
To be open to learning and new experiences that broaden your horizons and fulfil your potential
- Healthy Relationships**
To develop caring, trusting and supportive connections with others
- Purpose in life**
To have a sense of direction and value and find satisfaction in setting and achieving goals



Conceptualised by Steve Race
(Manager, Student Wellbeing Service, University of Sheffield)
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<https://www.studentwellbeingblog.com/p/2017/06/16/six-key-elements-of-psychological-wellbeing/>
U Sheffield, Sheffield, South Yorkshire, UK

The University of Sheffield Student Wellbeing Service - Wellbeing Wheel

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Gratitude Supports Well-being

Gratitude as a **state**¹ of being, is temporary, in response to a rewarding situation.

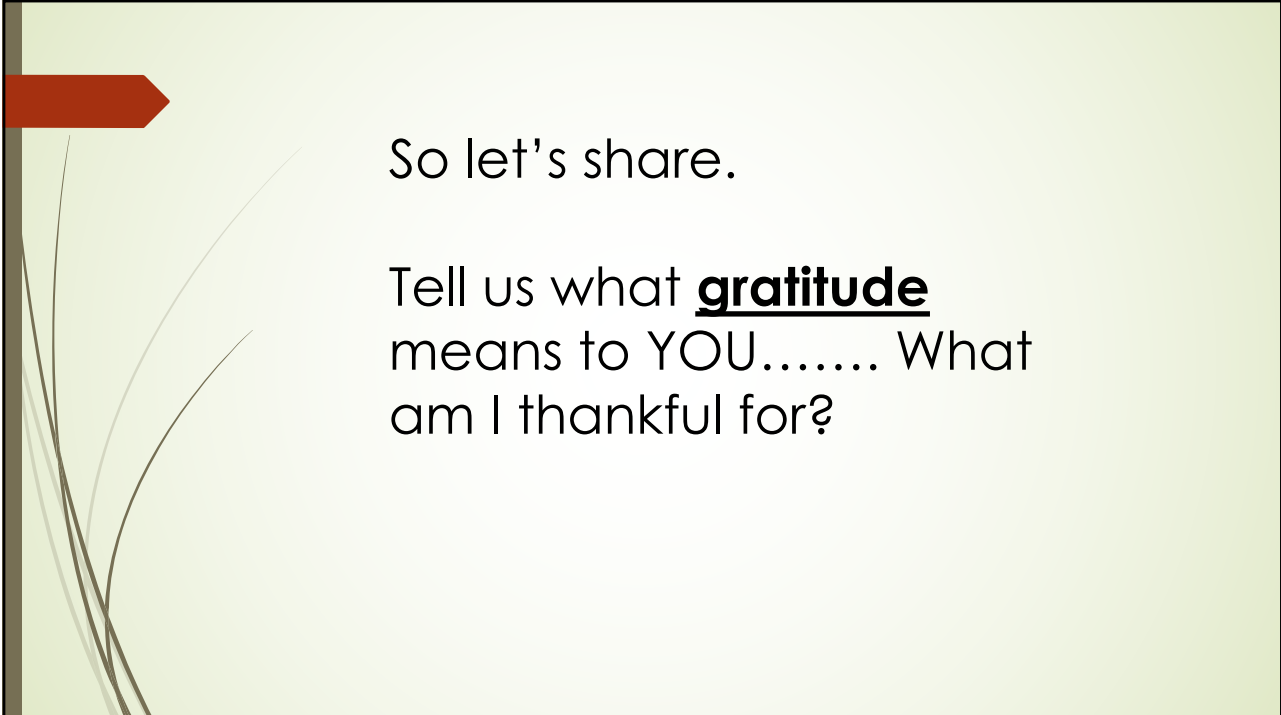
Gratitude as a **trait**² is an enduring personality characteristic.



Gratitude is a foundational concept that supports many aspects of well-being.

¹State is a *fleeting* condition, comes and goes
²Trait is a *stable* condition persisting over time

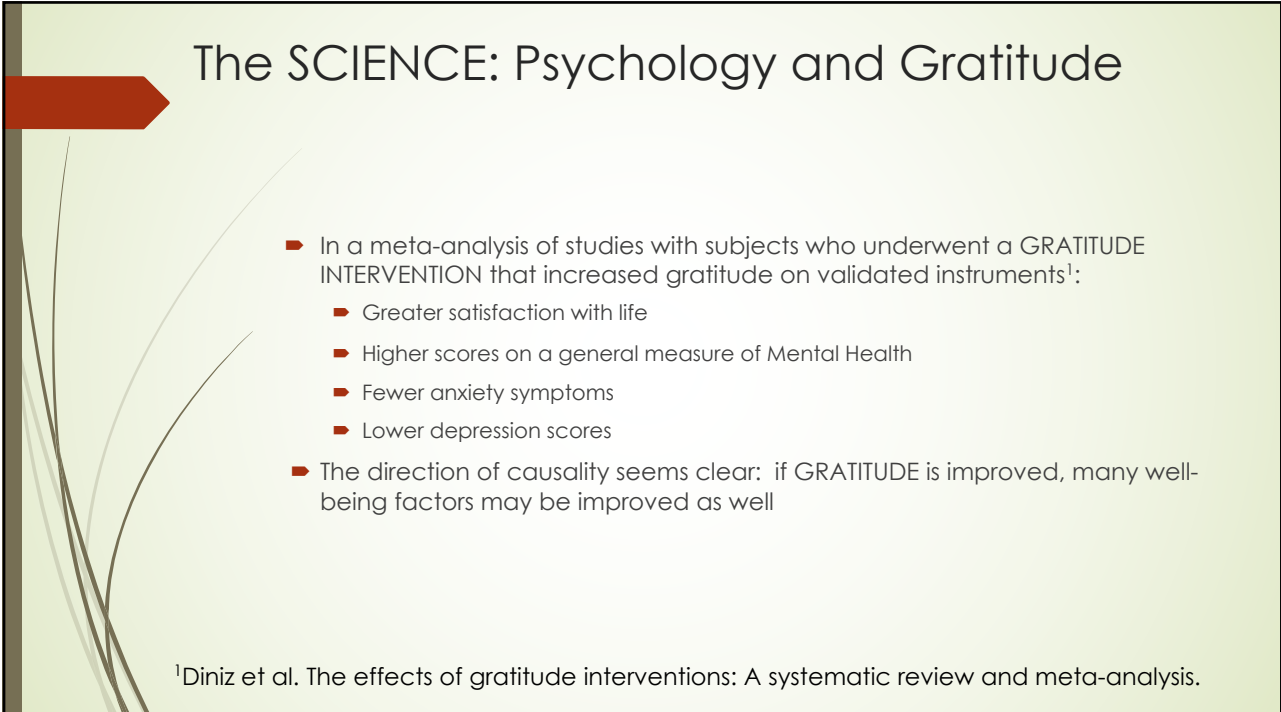
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So let's share.

Tell us what **gratitude** means to YOU..... What am I thankful for?

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The SCIENCE: Psychology and Gratitude

- In a meta-analysis of studies with subjects who underwent a GRATITUDE INTERVENTION that increased gratitude on validated instruments¹:
 - Greater satisfaction with life
 - Higher scores on a general measure of Mental Health
 - Fewer anxiety symptoms
 - Lower depression scores
- The direction of causality seems clear: if GRATITUDE is improved, many well-being factors may be improved as well

¹Diniz et al. The effects of gratitude interventions: A systematic review and meta-analysis.

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More Psychology and Gratitude

- Gratitude is associated with positive behaviors and emotions^{1,2}
- AND---Positive emotional states are associated with
 - Enhanced self-regulation
 - Resilience
 - Self motivation
 - Reduced stress
 - More ability to get things done
 - Greater vitality

¹Kyeong et al. Effects of gratitude meditation on neural network functional connectivity and brain-heart coupling
²Hill et al. Examining the pathways between gratitude and self-rated physical health

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The SCIENCE: Gratitude and Neurophysiology

- In a two-group quasi-experiment¹ of 32 healthy adults—2 states were created→
- Gratitude state: visualizing parent, loving message vs Resentment state: visualizing enemy or disliked person. fMRI and HR compared between groups.
- fMRI demonstrated altered activity in prefrontal cortex and limbic centers from baseline during both interventions
- HR lowered in gratitude state and elevated in resentment state
- Researchers concluded these emotional states altered functional connectivity in brain centers (CNS effect) and affected autonomic tone (PNS enhanced)

¹Kyeong et al. Effects of gratitude meditation on neural network functional connectivity and brain-heart coupling

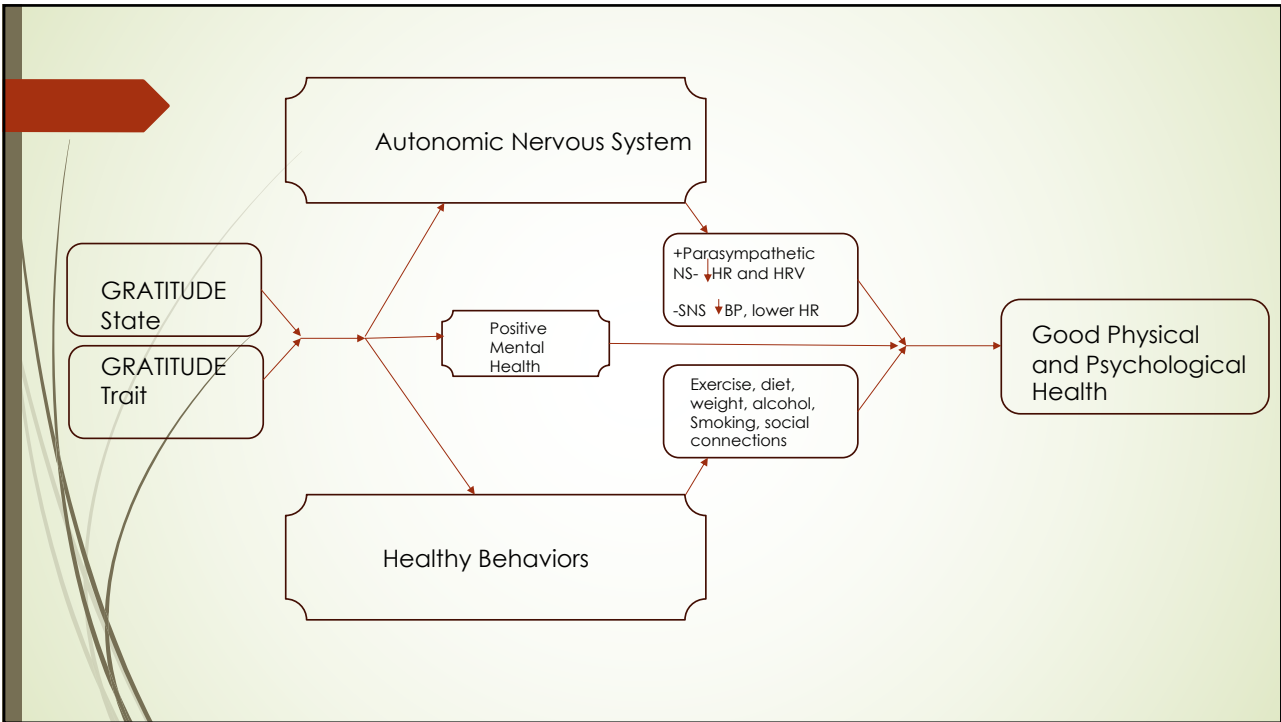
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Science: Gratitude, Cardiovascular Risk, Physical Health—Adult studies


- Individuals with dispositional gratitude (trait) had lower triglyceride levels, related to lower alcohol consumption, healthy diet and less smoking¹
- A Gratitude "state" was found to **decrease** BP/stress response to acute experimental stress, with a protective effect²
- Another study (same researchers) found **increased** BP response to experimental stress with higher gratitude³ --- reflecting complex relationships between perceived mental states, behavior and responses to stress
- Correlational observational study⁴ revealed positive relationships between self-reported instrument scores on gratitude (predictor variable); mediators were psychological health, willingness to seek help, and healthy activities; and physical health (outcome variable)

¹Harento et al.,2022; ²Gallagher et al., 2020; ³Gallagher et al., 2021; ⁴Hill et al., 2013

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Agreed--
Gratitude is
good stuff!

So... Think of the one thing
you are most grateful for
right here and now

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Opportunities for Mindfulness Based
Stress Reduction in Busy CRNA Lives

- On the way into the hospital or ASC, just pause, take a deep breath and think how lucky you are to have this job
- At days end, drop off last patient in recovery---reflect on the service you provided these people today
- In the break room--before lunch, be thankful for your food and friends
- As you walk up to your door, pause a moment---again, deep breath, be grateful for your family and that you have a roof over your head
- These are all moments of gratitude we can enjoy in our busy lives

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Thanks everybody!
Hope you enjoyed our class.

Be well and happy out there.

We're here if you need us.

CANA Wellness Committee


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