Living Well
Christine Gianchetta Nguyen
Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.

SAMHSA’s Working Definition of Trauma
Dr. Vincent Felitti  Dr. Robert Anda
Kaiser Permanente-Center for Disease Control

The relationship between traumatic experiences in childhood and adult health risk behaviors and health conditions.

21 States and 14 Countries
Listening-Acceptance-Follow-up

Years of study prove life style changes improve long-term health.

Adverse Childhood Experiences Scale (ACE’s)
When we are no longer able to change a situation – we are challenged to change ourselves.

Victor E. Frankl
Man’s Search for Meaning

Change the Biology of Hopelessness to a Biology of Hope
What is Self Care? How do you practice it? Why?

Promote Health
Survivorship
Healthy Attachments

Seek wellness based care.

The body keeps score.

Redemption: the opportunity to make things better.
When we listen with our hearts and our minds we need to understand the possible effects the hearing will have on us and, consequently, on those we love.

People who experienced a lot of stress but did not view stress as harmful were no more likely to die. In fact, they had the lowest risk of dying of anyone in the study, including people who had relatively little stress.

Kelly McGonigal
How to Make Stress your Friend

Allowing Others to Give Voice to Their Stories
There is no greater agony than bearing an untold story inside you.

--Maya Angelou
Increase in:

- Job Satisfaction
- Resilience
- Optimism
- Social Connections

Why Focus on Self-Care?
<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Prevalence</th>
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<tbody>
<tr>
<td>Illicit Drug Use</td>
<td>17,000</td>
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<tr>
<td>Sexual Behaviors</td>
<td>20,000</td>
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<tr>
<td>Firearms</td>
<td>29,000</td>
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<tr>
<td>Motor Vehicle Accidents</td>
<td>43,000</td>
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<tr>
<td>Toxic Agents</td>
<td>55,000</td>
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<tr>
<td>Microbial Agents</td>
<td>75,000</td>
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<tr>
<td>Alcohol Consumption</td>
<td>85,000</td>
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<tr>
<td>Poor Diet/Physical Activity</td>
<td>365,000</td>
</tr>
<tr>
<td>Tobacco</td>
<td>435,000</td>
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</tbody>
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McGinnis JM1, Foege WH. *JAMA*

**Actual Causes of Death in US**
Individuals who maintain hopefulness for the future are likely to have more favorable outcomes after exposure to traumatic stressors.
Feeling alone in your reactions and experiences.
Creating or exaggerating stressors.
We know we cannot fight or flee.
Time in survival mode is draining emotionally, mentally and physically.
Seeing adversity as a threat instead of a challenge.
Isolating keeps us from strengthening our support system.
Feeling buried keeps you from creating optimism and seeing new possibilities.

Barriers To Self Care
Shortened life span.
Higher medical needs/costs.
Emotional regulation challenges.
Depression.
Anxiety.
Dissociation.
Aggressive behavior.
Self harm.
High risk behaviors.
Early onset disease.

Lack Of Self Care: The Risks
Some Secrets to Living Your Life Well

...realize the widespread impact of trauma and understand potential paths for healing;

What are The Blue Zones?
Lesson One: Move Naturally
Be active without having to think about it.

Inconvenience Yourself
Have Fun - Keep Moving
Walk—Walk—Walk—Walk—Walk
Make a Date
Plant a Garden
Enroll in a Class
Move Purposefully 30 Minutes A Day x 5
Stand on one foot while brushing teeth/dishes
Lesson Two: Har Hachi Bu
Painlessly cut calories by 20 percent.

Serve and Store—Fill Dish and Be Done
Make Food Look Bigger
Use Small Vessels
Make Snacking a Hassle
Buy Smaller Packages
Give Yourself a Daily Reminder—Weigh In
Eat More Slowly and Earlier
Focus on Food—Just Eat
Have a Seat—Eat Purposefully

☞ M&M Study: 1 Pound=137 ½ Pound=71
Lesson Three: Plant Slant
Avoid Processed food.

Eat Four to Six Fruit and Vegetable Servings Daily—Place them where you can see them, enjoy.

Limit Intake of Meat—Ensure Protein
Lead With Beans—Protein Plus
Eat Nuts Every Day—1.5 oz. Daily
Stock Up—Nuts/Fruit/Vegetables Everywhere
Lesson Four: *Grapes of Life*

Drink red wine in moderation. Grape juice, home-made fruit based beverages.

Recent study on the health impacts related to drinking warm drinks:

- Ritual
- Connection with Others
- Breathing Space and Time
- A Time of Day to be Anticipated
- Moment of Reflection
Lesson Five: Purpose Now
Take time to see the big picture.

Craft a Personal Mission Statement:

Chris: For me happiness is the ability to thrive in my own life. In order to do this I strive to build close and meaningful relationships, maintain the necessities which bring a feeling of stability and security into my world and that of my family, participate in meaning filled work, both on and off the job, and allow time which is critical to creating spiritual, emotional and physical health.

Connect With Others
Develop Close Friendships
Learn Something New
Know Why You Wake Up Each Morning—Plan de Vida
Immerse Fully In An Activity—Flow and Purpose
Do Something Complex Regularly
Lesson Six: **Downshift**
Take time to relieve stress.

- Reduce the Noise—Be Aware of Electronics
- Socialize—Go Out of Yourself Regularly
- Be Early—Give Yourself 15 Minutes
- Take Time to Appreciate Your Daily View
- Meditate—Begin with 10 Minutes
- Create Your Own Sanctuary

- Reduces Chronic Inflammation: Alzheimer’s Disease, Atherosclerosis, Diabetes, Cardio Vascular Disease.
Lesson Seven: **Belong**
Participate in a spiritual community.

- Be Involved In A Larger Community
- Focus On Your Well-Being
- Explore a New Tradition
- Be Part of Something
- Just Go—Once a Month Gathering
  - Sing
  - Volunteer
  - Take Positive Action

A forced schedule of self-reflection allows decompression, stress relief. Take time to sit quietly—less likely to engage in harmful behaviors. A larger social network creates higher self-esteem, deeper self-worth, higher positive expectations, and greater peace of mind.
Lesson Eight: Loved Ones First
Make family and friends a priority.

Put Family/Friendships First – Invest Time
Establish Rituals – Purposely Celebrate
Get Closer – A Smaller Home
Create a Family Shrine
Ensure “We-ness”

Families and Friends represent the highest degree of social network and protection from isolation.
Lesson Nine: **Right Tribe**

Be surrounded by those who share your values.

- **Identify Your Inner Circle**—Plan Time Together
- **Be Likable**—Not a Grump In the Bunch
- **Create Shared Interests and Activities**
- **Encourage Frequent Visitors**

It is easier to adopt good habits when everyone around you is practicing them.
Have A Reason To Wake Up Every Morning.

Life Is Short, Don’t Run So Fast You Miss It.

Work To Create Friendships
Our beliefs about time and how we choose to spend it can be a powerful expression of our passions and our priorities.

What activities bring you the most joy?

What is most important to you?

Is there an issue or cause that you care deeply about?

How much time each week do you spend on what you care most about?
Have lunch out everyday… out from behind your desk.

Have no-phone zones and times during your day.
Do something you enjoy every day. 15 minutes
Take time for complete silence. 10 to 20 minutes

Do things that are just good for you…take a meandering walk, chat with a friend or neighbor, drink water, and eat healthier.

Beth Schill

Focus on Balance
Chris has worked for the State of Utah for 16 years. She began her service with the Department of Community and Culture where she spent four years working on homelessness across the State. Prior to her state employment she was a Case Manager and Foster Parent Recruiter/Trainer for Southeast Asian Refugee Unaccompanied Minors, Pregnancy Counselor, and Emergency Services Program Manager for Catholic Community Services of Utah. She spent three years working for the Housing Authority of Salt Lake City managing and leading the Self Sufficiency Program and Transitional Housing Program for women and children leaving domestic violence situations. At the Division of Services for People with Disabilities she focused on housing issues and managed the Statewide Community Services Program team. Chris served the Division of Child and Family Services as a Training Manager. She focused on trauma education, domestic violence, poverty, safe and affordable housing and teens transitioning for adulthood. Chris is now the Medicaid State-Wide Housing Coordinator, where her focus is on affordable, safe, stable homes for the people served by the Department of Health.

Chris completely enjoys adventures, reading, learning, growing things, seeing new places, crocheting, camping and just being outside when the sun comes up, goes down, and all times in between. If she is with her husband, children, grandchildren and friends it just makes it all the better.

Presenter Bio