



Manage Stress
reduce pain | improve focus

Mind-Body for Stress Reduction

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What is the **Problem?**



Law School stressors:

- Work/life integration
- Academic demands
- Highly-competitive environment
- Financial constraints

Which lead to high levels of **Stress** and **Burnout**...

Professional

- More likely to commit errors
- Negative impact on co-working relationships
- Decreased empathy
- More unprofessional behaviors

Personal

- Increased substance use
- Reduced quality of life
- Emotional exhaustion
- Depersonalization
- Low sense of personal accomplishment

“Burnout is a response to chronic stressors that wear on a person over time—not acute ones such as a big event or a big change”

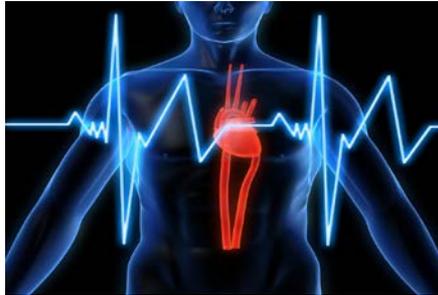
- Christina Maslach, PhD

Mind-Body Techniques

Meditation



Biofeedback



Yoga & Tai Chi



Breathing
Techniques



Imagery

Autogenic Training
(self-hypnosis)

Exercise

Group Support

Efficacy of **Mind-Body Medicine**

There is considerable **scientific evidence** that **mind-body therapies** are beneficial for many health problems:

- Headaches
- Insomnia
- Anxiety/Depressive Symptoms
- Stress
- Chronic low back pain
- Disease/Treatment-related symptoms

Effects of Mind-Body

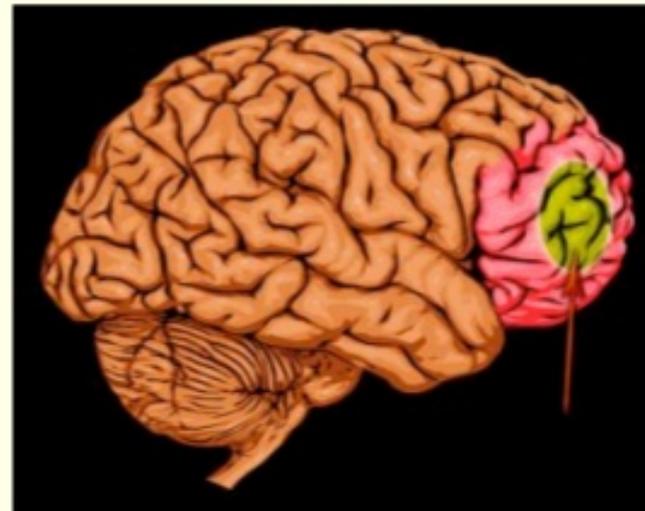
- **Physiological Effects**
 - Decrease in hypertension
 - Decrease in heart rate
 - Decreased levels of cortisol
 - Reduced sympathetic arousal
 - Strengthened immune system
 - Reduced levels of pain

“Physiology of de-stress”

Structural Change

Holzel, et al. (2011) **Mindfulness practice leads to increases in regional brain gray matter density**. *Psychiatry Research: Neuroimaging*; 191 (1): 36

MR images of participants' brain structure were taken two weeks prior to and immediately following an eight week mindfulness based stress reduction program



Increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection. Participant-reported reductions in stress also were correlated with decreased grey-matter density in the amygdala

Effects of Mind-Body

- **Psychological Effects**
 - Reduced stress level
 - Decreased anxiety
 - Decreased depression
 - Improved confidence and concentration
 - Increased peace of mind, optimism and self-worth

“Psychology of de-stress”

More Colleges are Focusing on Teaching Students in

Mind-Body Medicine



Georgetown University School of Medicine **medical students, residents, law school**



University of Cincinnati (**medicine, allied health, nursing, pharmacy, CCM, DAAP, law**)



Oregon Health and Sciences University (**medical students**)



University of Washington (**medical students**)



University of Vermont (**medical students**)



University of North Dakota Medical School (**medical students**)



Charite University Medical School, Germany (**medical students**)



University of Essen-Duisenberg Medical School, Germany (**medical**)



University of Liverpool, UK (**medical students**)



Texas College of Osteopathic Medicine (**medical students**)



Stanford University, **Anesthesia Residency** Program



University of Western States (**chiropractic and other CAM professions**)



Oregon College of Oriental Medicine (**acupuncture and DAOM**)



Mid-Sweden University, Sweden (**nursing students**)



Ben Gurion University School of Nursing, Israel (**faculty retreat**)

Mind-Body Skills Program

9-week course teaches students adaptive stress management skills using mind-body techniques to foster **self-awareness** and **self-care**



Week 1

Orientation/
Introduction &
Drawings I

Week 2

Autogenic Training/
Biofeedback

Week 3

Sitting Meditation

Week 4

Walking Meditation

Week 5

Inner Guide
Imagery

Week 6

Journaling

Week 7

Movement
Meditation

Week 8

Forgiveness
Meditation

Week 9

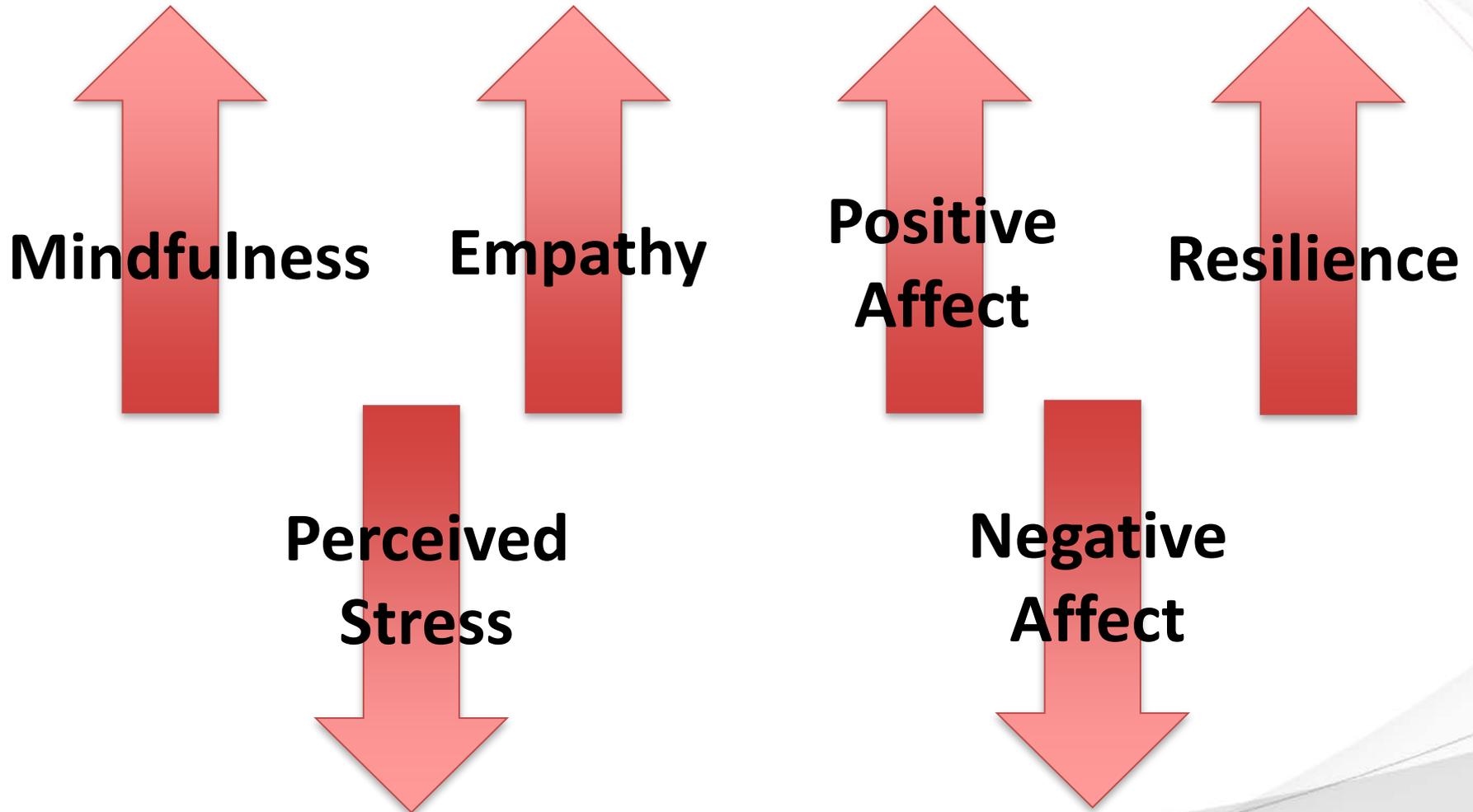
Drawings II
Closing

Almost 200 students have participated at UC

Mind Body Skills Facilitators



Student Outcomes



*as compared to peer controls

How has this course helped you?

It has helped me to slow down. Not to make such rash decisions or take rash actions. I can appreciate and recognize the present much better. I can also just be calm and meditate and focus on my own breathing.

...school has this way of making you doubt your abilities and has this attitude that if you aren't perfect then you aren't good enough. This course taught me to accept who I am and that I don't need to be perfect. Once I stopped stressing over the need to make no mistakes and recognized that I might need help I saw my grades increase exponentially - I rarely was getting average and now I'm at the average or above it.

What would you tell other students?

Do it. Put all preconceived notions, skepticism, and worry aside and do it. You'll see a side of [other] students you may not have known was there. You'll gain a sense of community and place that you won't even know you needed. It is wonderful.

Take this workshop. If you do one thing with your time take this workshop. You owe it to yourself and all the people you care about in your life. Some of things you learn in this course may not be your thing, but I guarantee you some of things you learn will be things that stick with you for the rest of your life. It will change the way you think about and approach stressful situations, I would be very surprised if at the end of it, you weren't a happier, more laid back person.



UC Law Mind-Body Skills Course (Fall)

co-facilitators Nancy Oliver & Sean Mangan
open to 10 UC Law students (2Ls and 3Ls)



UC Law Mind-Body Skills Course (Spring)

co-facilitators Chris Bryant & Rachel Smith
open to 10 UC Law students (2Ls and 3Ls)

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Please Visit our Website

<http://www.med.uc.edu/integrative/student-faculty-wellness/mind-body-skills>

Contact

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THANK YOU!