

Nourish to Flourish

Integrative Medical Group Visit Programs for Post-Acute Sequelae of COVID-19

Week 5: Mood, challenging relationships, and health

Daily Agenda

- Grounding and Arriving Meditation
- Go around
- Home practice review
 - Unpleasant Events Chart
 - Food as Medicine, check in
- Mind-Body: Sitting meditation
- Breathing Exercise
- Bio-break
- Discussion: Challenging communications
 - The Challenging Communications Chart is located in the home practice section.
- Meditation: Loving Kindness Meditation
- Health topic: Approaches to Depression
- Self-care, survival plans, and mind-body awareness
- Poem
- Home practice
- Recipe

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Passive	Assertive	Aggressive
Your goal: to be liked	Your Goal: to communicate and be respected	Your Goal: to dominate or humiliate
Your feelings: <ul style="list-style-type: none"> • Anxious • Ignored • Disappointed • Resentful 	Your feelings: <ul style="list-style-type: none"> • Confident • Successful • In control • Self-respect 	Your feelings: <ul style="list-style-type: none"> • Controlling • Superior • Self-righteous • Embarrassed or selfish
Your non-verbal behaviors: <ul style="list-style-type: none"> • Using actions instead of words • Downcast eyes • Nodding • Looking uncomfortable 	Your Non-verbal behaviors: <ul style="list-style-type: none"> • Listening closely • Calm and assured manner • Eye contact • Relaxed expression • Communicating caring 	Your Non-verbal behaviors: <ul style="list-style-type: none"> • Showing of strength • Air of superiority • Taking a macho stance • Appearing tense or angry
Outcomes of these behaviors: <ul style="list-style-type: none"> • Avoiding unpleasant situations, conflicts, short-term tensions, and confrontation • Not taking responsibility for choices 	Outcomes of these behaviors: <ul style="list-style-type: none"> • Feeling good and respected by others • Self-confidence improves • Making your own choices • Relationships improve • Getting in touch with feelings 	Outcomes of these behaviors: <ul style="list-style-type: none"> • Getting anger off your chest • Feeling in control • Feeling superior
Others' reactions to this behavior: <ul style="list-style-type: none"> • They feel irritated • They feel frustrated • They think of you as a pushover 	Others' reactions to this behavior: <ul style="list-style-type: none"> • They respect you • They trust you • They value you 	Other's reactions to this behavior: <ul style="list-style-type: none"> • They feel hurt • They feel defensive • They feel humiliated • They feel angry • They feel resentful • They feel fearful

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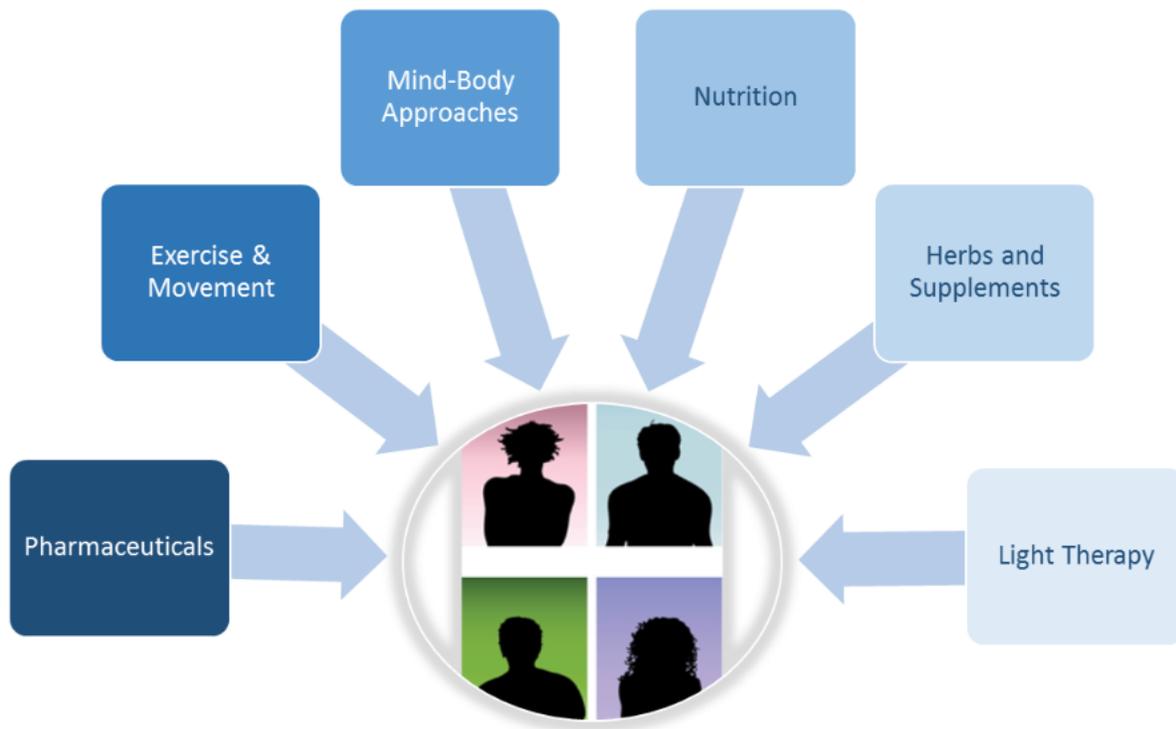
Approaches to Depression

What is depression?

- Depression is an illness that can interfere with a person's thoughts, feelings, behavior, and physical health. Everyone feels sad, "blue", or "down-in-the-dumps" at times. Depression is different. It can last for weeks, months, or years and greatly interfere with a person's life. The good news is that for some people, depression can be successfully treated.

How is depression treated?

- There are many approaches and types of treatment for depression.
- The treatment prescribed will depend on the level of depression (mild, moderate, or severe)
- Lifestyle and behavior changes (examples include: exercise and movement, nutrition, mind-body approaches, supplements).
 - Prescription medication
 - Counseling/talk therapy
 - Combination of lifestyle changes and prescription medication
- It is important to work with your health care practitioner to find the treatment that is right for you. We will focus on non-drug approaches to improving depression.



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What mind-body therapies can be used for depression?

- Mind-body approaches consider how the mind, spirit, body and behavior are connected to each other. Bringing our awareness to the present moment and noticing our thoughts, feelings and sensations can have a very powerful effect on our overall well-being. These mind-body approaches can include:
- **Exercise and movement** enhance the action of endorphins, chemicals that circulate throughout the body. Endorphins improve natural immunity and reduce the perception of pain. They may also serve to improve mood. How often or intensely you need to exercise to alleviate depression is not clear, but for general health, experts advise **getting half an hour to an hour** of moderate exercise, such as brisk walking, on all or most days of the week.
 - Regular exercise offers other health benefits, too:
 - Lowering blood pressure
 - Protecting against heart disease and cancer
 - Maintaining a healthy weight
 - Increasing strength and balance
 - Boosting self-esteem
 - Before starting any new exercise routine, it is important to consult with your health care practitioner. Possible exercises could include:
 - Walking
 - Lifting weights
 - Stretching
 - Jogging
 - Swimming/water aerobics
 - Yoga: a practice that unites the mind, body and spirit through a series of breathing exercises and holding various postures. There are many different styles of yoga and ways to adapt postures for everyone.

Tips:

- ✓ If you are new to exercising, begin slowly and over time increase your activity level.
 - ✓ Trying different kinds of exercise can help you discover one that you will enjoy; therefore you will be more likely to continue with your practice over time.
 - ✓ Group exercise can offer a fun and supportive environment for many.
 - ✓ Try not to get easily discouraged: results will build slowly over time, as you develop a routine over time.
- **Helping others and volunteering** can build connections with others and make a difference in your community.
 - **Art and music therapy** are ways of expressing thoughts through drawing, painting, clay, knitting and music, which is through to improve moods and raise self-esteem.

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- **Spiritual practices** can be helpful for many. This can take many different forms, uniting the individual with a sense of oneness and connectedness.
- **Light therapy/phototherapy** consists of concentrated doses of light at specific wavelengths and intensities. It is important to consult your healthcare provider before pursuing this therapy to see if it is the right fit for you.
- **Journaling:** Many individuals find that keeping a journal can be beneficial for depression. Some ways a journal may be positive:
 - Can help manage anxiety
 - Can promote stress reduction
 - Can help to prioritize problems, fears, and concerns
 - Expressing gratitude for positive experiences throughout the day
 - Can provide a space for positive self-talk
 - Can be used to identify negative thoughts and behaviors

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Poems

Go Among Trees and Sit Still

I go among trees and sit still.
All my stirring becomes quiet
Around me like circles on water.
My tasks lie in their places
Where I left them, asleep like cattle.

Then what is afraid of me comes
and lives a while in my sight.
What it fears in me leaves me,
and the fear of me leaves it.
It sings, and I hear its song.

Then what I am afraid of comes.
I live for a while in its sight.
What I fear in it leaves it,
and the fear of it leaves me.
It sings, and I hear its song.

After days of labor,
mute in my consternations,
I hear my song at last,
and I sing it. As we sing,
the day turns, the trees move.

- *Wendell Berry, from Sabbaths 1987 North Point Press*

Enough

These few words are enough
If not these words, this breath
If not this breath, this sitting here
This opening to the life
We have refused
Again and again
Until now
Until now

-*David Whyte*

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Healthy Recipe: Rainbow Slaw

This colorful, nutrient-packed dish offers many benefits for the immune system, digestion, and energy levels.

Ingredients (salad)

- 1 bunch of kale, thick stems removed and leaves thinly sliced
- 4 cups of cored and shredded red cabbage (one small head)
- 2 oranges, peeled and cut into slices (save ½ of an orange for the dressing)
- 1 small red onion, thinly sliced
- 1 large bell pepper, cored, seeded and thinly sliced
- 1/3 cup sunflower seeds



Photo credit: <http://www.wholefoodsmarket.com/recipe/rainbow-kaleslaw>

Ingredients (dressing)

- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh orange juice
- 2 tablespoons olive oil
- ½ teaspoon ground black pepper

Instructions

1. In a large bowl, combine kale, cabbage, orange segments, red onion, bell pepper, and sunflower seeds.
2. In a small bowl, whisk together mustard, olive oil, apple cider vinegar, and pepper. Pour over the kale mixture and toss to coat. Serve immediately or refrigerate for up to 2 days.

Health Benefits

- Apple cider vinegar has been used for centuries as a healing tonic for the body. Among its many benefits, it reduces inflammation externally and internally.
 - Tip: dilute a splash in 8 ounces of water to soothe the gastrointestinal tract, or add to salad dressing, like in this recipe.
- Colorful, raw vegetables possess strong anti-inflammatory properties while ensuring that you are getting a healthy range of vitamins, minerals, and disease-fighting antioxidants.
- Spare the salt: this nutritious and delicious dressing was made without added salt. Too much sodium in our diets can increase the risk of developing complications like high blood pressure, stroke, and heart disease.
 - Alternative: Experiment with herbs (dried or fresh), spices, and vinegars to make delicious and nutritious marinades and dressings.

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Home Practice

Mind-Body Practice

- Practice for 10 minutes or more, choose what interests you

Daily Life Practice

- Try practicing self-compassion in any difficult situations that may arise this week (How would you treat a friend dealing with what you're dealing with?)

Manual Activity

- Complete the challenging communications chart:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Describe the communication. Who was it with? What was it about?							
What did you really want from the person or situation? What did you get?							
What did the other person want? What did they get?							
How did you feel during and after this communication?							