

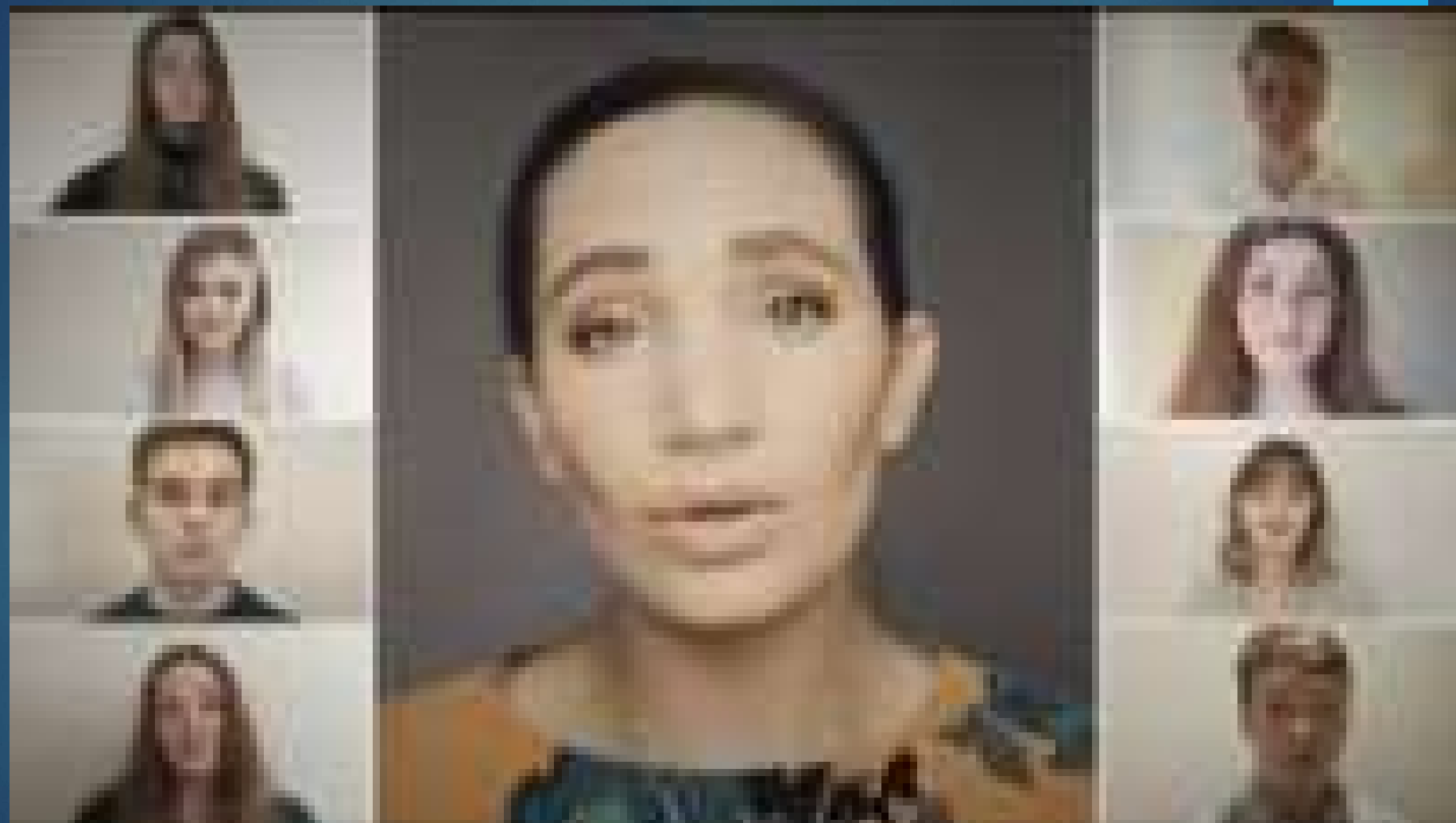


Cultivating a Life of Meaning

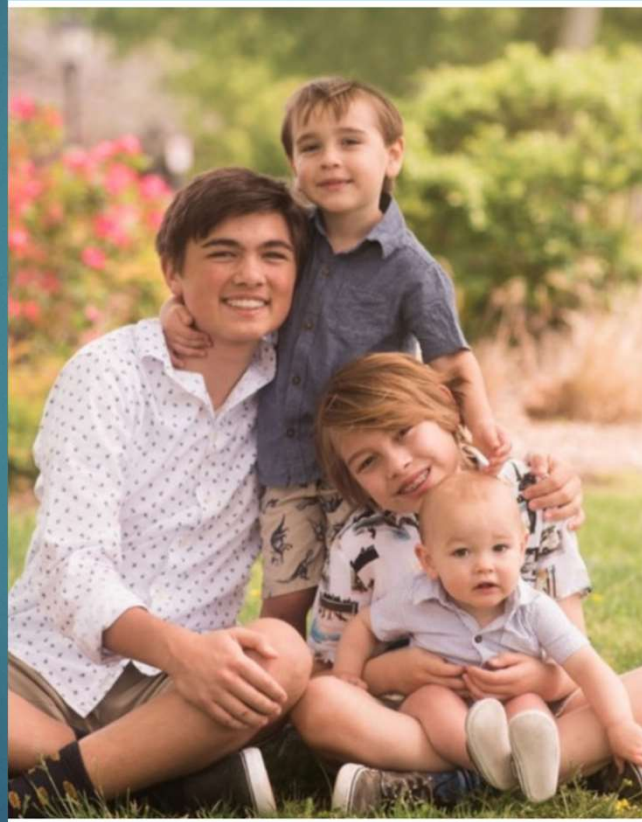
KIM A. SCHWARTZ

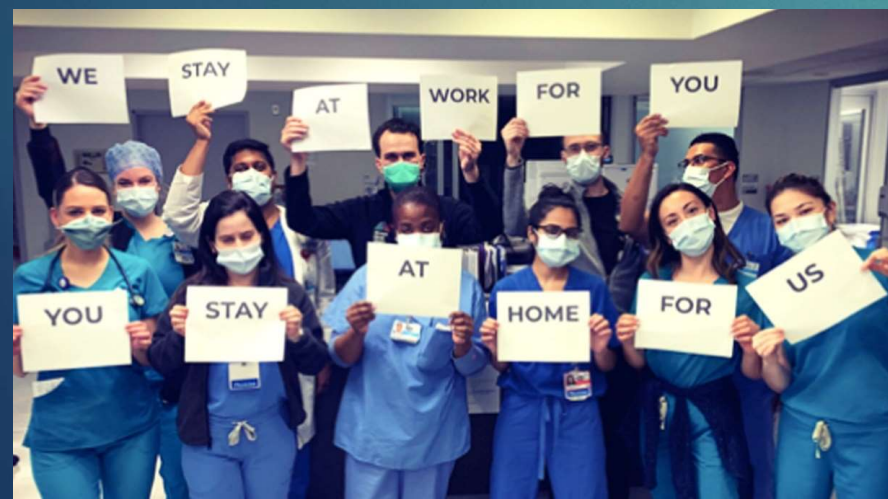
CHIEF EXECUTIVE OFFICER


ROANOKE CHOWAN COMMUNITY HEALTH CENTER



What you love







“No amount of sophisticated technology can do what health professionals have done these past few months — offered care with uncertain evidence, sat with the dying, comforted family members from afar, held one another in fear and grief, celebrated unexpected recoveries, and simply showed up. We have asked and expected clinicians to show up in ways they were never trained to do. No one has been trained in how to emotionally manage months of mass casualties. No one has been trained on how to keep showing up despite feeling feckless on the job. No one has been trained how to keep regular life afloat at home and anxiety at bay, while working day after day with a little known biohazard.”

And what is often protective in instances of such widespread trauma, if you will, has been taken from us in this pandemic: connection. Our nervous systems know touch. They know closeness and a hug. And to not be able to do those things when people are really hurting has been a huge loss, and there's much grief there.

-Christine Runyan, PhD, Psychologist and Professor, Dept. of Family Medicine and Community Health University of Mass Medical School

Christine Runyan — What's Happening in Our Nervous Systems? | The On Being Project



Symptoms of stress to our nervous systems:

- ▶ More impulsive
- ▶ Moody
- ▶ Rigid in our thinking
- ▶ Irritable
- ▶ Lash out more readily
- ▶ Isolation

Why Mindfulness?

- ▶ Pain Relief
- ▶ Stress Management
- ▶ Reducing Anxiety and Depression
- ▶ Bias Reduction
- ▶ Cognitive Improvements

The critical element in meditation practice is beginning again. Everyone loses focus at times, everyone loses interest at times, and everyone gets distracted over and over again. What is essential, and also incredibly transforming, is realizing that we have the ability to begin again, without blaming or judging ourselves, without thinking we have failed, without losing heart, we can, and need to, constantly be beginning again.

- Sharon Salzberg, Meditation Teacher –
author of Lovingkindness



Resources:

- ▶ InSight Timer
- ▶ Calm
- ▶ Head Space
- ▶ Omega Institute
- ▶ Kripalu Yoga Center
- ▶ MBSR University of Massachusetts – Mindful Leader

Gratitude



THE SCIENCE OF
HAPPINESS

Gratitude



- ▶ You now have the opportunity to write a thank-you note to that person you thought about ... right now!
- ▶ Commit to a phone call or mailing your thank-you note within the next 48 hours

Gratitude Is A Gift You Give To Yourself

- Decreased depressive symptoms and increased feelings of well-being ^{5,1}
- Improved psychological well-being ⁶
- Improved working memory ²
- Improved sleep ³
- Improved immune system function ⁴
- Improved relationships ⁵
- Improved coping with emotional upheavals ⁶



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3.de Moor, C., Sterner, J., Hall, M., et al. (2002). A pilot study of the effects of expressive writing on psychological and behavioral adjustment in patients enrolled in a Phase II trial of vaccine therapy for metastatic renal cell carcinoma. *Health Psychology*, 21, 615-619.

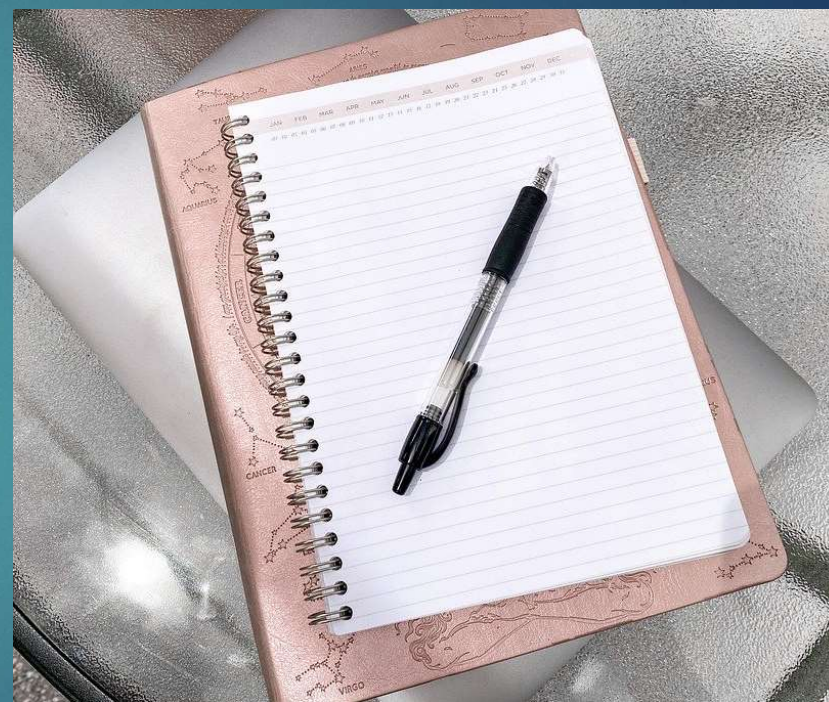
4.Petrie, K.J., Booth, R.J., & Pennebaker, J.W. (1998). The immunological effects of thought suppression. *Journal of Personality and Social Psychology*, 75, 1264-1272.

5.Slaticher, R.B., & Pennebaker, J.W. (2006). How do I love thee? Let me count the words: the social effects of expressive writing. *Psychological Science*, 17, 660-664.

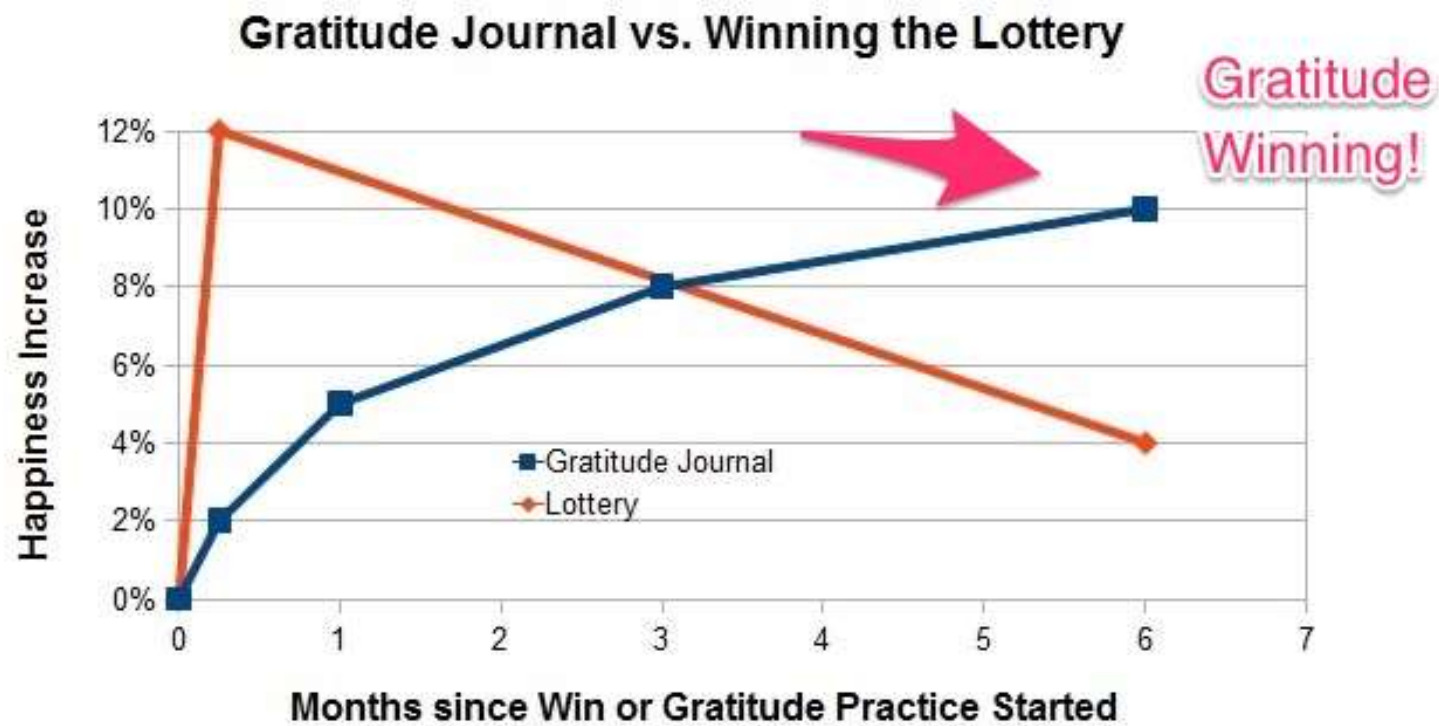
6.Barclay, L.J., & Skarlicki, D.P. (2009). Healing the wounds of organizational injustice: examining the benefits of expressive writing. *The Journal of Applied Psychology*, 94, 511-523.

Gratitude Journaling

- ▶ Writing/photographing
- ▶ Only 3-4 days a week
- ▶ Reflect on something you are grateful for, for a few minutes.



Gratitude Journaling Science





Pablo Casals, world renowned cellist





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