Manage Stress
reduce pain | improve focus

Mind-Body for Stress Reduction

Sian Cotton, PhD
Professor, Depts. of Family and Community Medicine & Pediatrics, UC College of Medicine
Director, UC Health Integrative Medicine & UC Center for Integrative Health and Wellness

Susie McDonald, MA
Program Manager, UC Mind-Body Resilience Program
Senior Research Assistant, Dept. of Family and Community Medicine, UC College of Medicine
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

Balogun et al., 2002; Deary et al., 2003; Dyrbye et al., 2010; Lloyd et al., 2002; Neumann et al., 2011; Shanafelt, 2003, 2012
Mind-Body Techniques

- Meditation
- Biofeedback
- Yoga & Tai Chi
- Breathing Techniques
- Imagery
- Autogenic Training (self-hypnosis)
- Exercise
- Group Support

https://nccih.nih.gov/health/mindbody
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”

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

<table>
<thead>
<tr>
<th>Institution</th>
<th>Programs Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Georgetown University School of Medicine</td>
<td>medical students, residents, law school</td>
</tr>
<tr>
<td>University of Cincinnati</td>
<td>medicine, allied health, nursing, pharmacy, CCM, DAAP, law</td>
</tr>
<tr>
<td>Oregon Health and Sciences University</td>
<td>medical students</td>
</tr>
<tr>
<td>University of Washington</td>
<td>medical students</td>
</tr>
<tr>
<td>University of Vermont</td>
<td>medical students</td>
</tr>
<tr>
<td>University of North Dakota Medical School</td>
<td>medical students</td>
</tr>
<tr>
<td>Charite University Medical School, Germany</td>
<td>medical students</td>
</tr>
<tr>
<td>University of Essen-Duisenberg Medical School, Germany</td>
<td>medical students</td>
</tr>
<tr>
<td>University of Liverpool, UK</td>
<td>medical students</td>
</tr>
<tr>
<td>Texas College of Osteopathic Medicine</td>
<td>medical students</td>
</tr>
<tr>
<td>Stanford University, Anesthesia Residency Program</td>
<td></td>
</tr>
<tr>
<td>University of Western States</td>
<td>chiropractic and other CAM professions</td>
</tr>
<tr>
<td>Oregon College of Oriental Medicine</td>
<td>acupuncture and DAOM</td>
</tr>
<tr>
<td>Mid-Sweden University, Sweden</td>
<td>nursing students</td>
</tr>
<tr>
<td>Ben Gurion University School of Nursing, Israel</td>
<td>faculty retreat</td>
</tr>
</tbody>
</table>
# Mind-Body Skills Program

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

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation/Introduction &amp; Drawings I</td>
<td>Autogenic Training/Biofeedback</td>
<td>Sitting Meditation</td>
<td>Walking Meditation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Guide Imagery</td>
<td>Journaling</td>
<td>Movement Meditation</td>
<td>Forgiveness Meditation</td>
<td>Drawings II Closing</td>
</tr>
</tbody>
</table>

Almost 200 students have participated at UC.
Student Outcomes

Mindfulness

Empathy

Positive Affect

Resilience

Perceived Stress

Negative Affect

*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)
Manage Stress
reduce pain | improve focus

Please Visit our Website
http://www.med.uc.edu/integrative/student-faculty-wellness/mind-body-skills

Contact
Susie McDonald, UC Mind-Body Program Manager
513-558-5999 or susan.mcdonald@uc.edu

THANK YOU!