

## Reconnection-Shifting Out of Shame and Into Empowerment, Purpose and Vitality

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### Learning Objectives

- Understand the significance of the mind-body connection
- Learn practical strategies to shift out of negativity and into possibility
- Obtain resources for mindful eating, moving and sleeping
- Gain practical tools and ideas to help parents, individuals and the community support people with ADHD
- Identify measures for support and sustainability through coaching best practices



### Cigna Study- May 2018 (\*1)

- **Nearly half** of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent).
- **One in four** Americans (27 percent) rarely or never feel as though there are people who really understand them.
- **Two in five** Americans sometimes or always feel that their relationships are not meaningful (43 percent) and that they are isolated from others (43 percent).
- **One in five** people report they rarely or never feel close to people (20 percent) or feel like there are people they can talk to (18 percent).

### Cigna Study- May 2018 (\*1)

- **Only around half of Americans** (53 percent) have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family, on a daily basis.
- **Generation Z (adults ages 18-22) is the loneliest generation** and claims to be in worse health than older generations.
- **Social media use alone is not a predictor of loneliness**; respondents defined as very heavy users of social media have a loneliness score (43.5) that is not markedly different from the score of those who never use social media (41.7)

### What is Disconnection? How Did We Get Here?



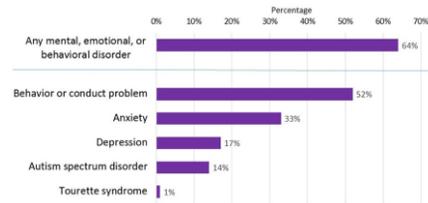
### Disconnection

- Nearly one in five U.S. adults lives with a mental illness -44.7 million (National Institute of Mental Health, 2016)
- Britons aged 14-24 believe that Facebook, Instagram, Snapchat and Twitter have detrimental effects on their wellbeing including exacerbated anxiety and depression, deprived them of sleep, exposed them to bullying and created worries about their body image and "FOMO" (Royal Society for Public Health, 2017)
- Depression is the leading cause of disability and affects more than 300 million people across the globe (World Health Organization, 2018)
- Suicide rates increased in nearly every state from 1999 through 2016; more than 30% in half of states since 1999. (CDC, 2016)

## ADHD

- About 60 percent of children with ADHD in the United States become adults with ADHD; that's about 4 percent of the adult population, or 8 million adults. (\*2)
- Less than 20 percent of adults with ADHD have been diagnosed or treated, and only about one-quarter of those adults seek help. (\*2)
- Approximately 9.4% of children 2-17 years of age (6.1 million) had ever been diagnosed with ADHD (CDC, 2016)
  - Ages 2-5: Approximately 388,000 children
  - Ages 6-11: Approximately 2.4 million children
  - Ages 12-17: Approximately 3.3 million children

## ADHD- Children and Co-occurring Conditions (\*3)



## Mind Body Connection

*"We view a person's physical, mental and social health as being entirely connected," said David M. Cordani, president and chief executive officer of Cigna. "It's for this reason that we regularly examine the physical, mental and social needs of our people and the communities they live in. In analyzing this closely, we're seeing a lack of human connection, which ultimately leads to a lack of vitality – or a disconnect between mind and body. We must change this trend by reframing the conversation to be about 'mental wellness' and 'vitality' to speak to our mental-physical connection. When the mind and body are treated as one, we see powerful results."*

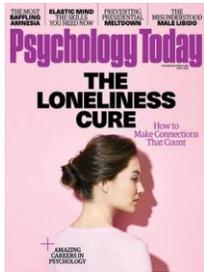


## Mind Body Connection

- Our gut ecosystem is our second brain, and comprises some 100 million neurons, more than the spinal cord (\*4)
- Our minds affect our bodies and our bodies affect our minds
  - Dr. Emoto's experiment on H2O molecules; Fritz Strack's study on emotions and facial expressions (\*5)
- Chronic pain has been linked to psychosomatic causes; mind can produce or exacerbate physical symptoms (\*6)
- Ethan Kross study- same parts of the brain are activated during social rejection as with physical pain (\*7)

## How Do We Address the Disconnection Epidemic?





### What Can We Do?

- Enhance social support; improve social skills; increase opportunities for social interactions; reach out and touch someone
- Practice mindful living- meditation, yoga, conscious living, deep breathing, forest bathing/time in nature, reduce screen time, practice gratitude, journal/self-reflection
- Talk about it; work with an ADHD coach
- Change your mindset by addressing limiting beliefs, thought patterns and behaviors
- Address your basic needs- sleep, nutrition, physical movement, etc.



### A Deeper Dive into Nutrition (\*8)

- Address nutritional deficiencies (i.e.- Omega 3 fats, EPA, DHA, Tryptophan, Vitamin B6, Vitamin D, Vitamin A, Vitamin E, Zinc, Beta Carotene, Magnesium)
- Eliminate inflammatory foods such as gluten, dairy, soy, corn, eggs and processed sugar
- Eat prebiotic and probiotic foods to support gut health
- Eliminate environmental toxins (test for mercury, lead, etc.)
- Eat whole and unprocessed foods (free of additives, sugars and trans fats)

### How Can Professional Coaching Play a Role?



### What Do You Perceive? (\*9)



Keep your **thoughts positive** because your thoughts become your words.

Keep your **words positive** because your words become your behavior.

Keep your **behavior positive** because your behavior becomes your habits.

Keep your **habits positive** because your habits become your values.

Keep your **values positive** because your values become your destiny.

- GANDHI





## Developing the Brain (\*8)

Focus on balance

- Work on weaknesses!
- Do NOT reinforce strengths too often

Give the brain sensory input – get back to basics!

- Senses
  - Taste, smell, eyes, ears, touch

Movement

- Motor
- Rhythm/timing
- Balance



## The Steps of Development (\*8)



## Support Developmental Growth Daily (\*8)

Brain Balance Recommends-

Limit screen time

- Birth 18 months: NO screen time (limit to video chatting)\*; play, learn, grow!
- Age 4-18: 1 hour on weekdays; 2 hours on weekends

Eat meals as a family routinely

- Eat at home (monitor healthy nutrition)

Daily routine suggestions:

- Play outside
- Allow planned free time
- Limit toys that "think" for the child
- Move, Move, Move



## Research

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9. Martin Seligman (2018) PERMA and the building blocks of well-being, *The Journal of Positive Psychology*, 13:4, 333-335, DOI:

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- Ibrainandbody <https://ibrainandbody.com/left-brain-vs-right-brain/>