

Energy Gain Wisdom:

Strategies for Maximizing Support and
Emotional Wellbeing for Caregivers &
Patients

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Psychological Flexibility

choosing to respond in a practical way to move forward with what is important to me even if it is challenging or difficult or requires a shift in perspective.





Message
d'amour des
dauphins

- Children see nine dolphins. Their minds are not concerned with such things as love making, sex and so on....
- Can you see the nine dolphins.....or the loving couple....?
- So if you don't discover the nine dolphins it's just giving evidence how " bad" you are thinking....?

It's a marathon

- Managing “chronic” illness
- Stress can be ongoing and additive
- Illness is not the only source of stress
- Emotional responses to illness are normal: no one can be a hero 100% of the time
- How do you stay in it for the long haul?



How to refill your cup?



Practice: Energy Sources/ Drains*

- Make a personal list of energy sources/drains
- For each category identify one energy source and one energy drain
- Develop a detailed behavior procedure to
 - increase one energy source
 - decrease one energy drain.
- Be specific and use the brain storming procedure.
- Implement daily and observe how your energy slowly increases

*From: Gorter, R. & Peper, E. (2011). *Fighting Cancer A Nontoxic Approach to Treatment*. Berkeley: North Atlantic books, 197-200.

Energy Gains and Energy Drains

Energy Gain	Energy Drain
Laugh on the phone with a friend	Thinking about the basement
Short walk in the fresh air	Doing dishes
Deep breathing relaxation	Moving boxes in garage
	Arguing with relative

How did you feel this morning?

How many of you felt totally happy and were looking forward to the day when you woke up? Just like when you are in love?



http://en.wikipedia.org/wiki/Major_depressive_disorder



<http://www.sherylstanton.com/Langleys2TrueCauseofYourProblemsandHowtoEliminateThem.html>

Energy Gain: Let go of the *Struggle*

- Change what you can but accept what you can't
- Moving toward acceptance is a process
- Flexibility allows us to make peace with what is
- Acceptance: Whatever you did you did the best you could have done.

**Struggle over the uncontrollable
or what's in the past is an
ENERGY DRAIN**



Run video file: Natural is better

Meaningful action is healthy!

News Flash!

A functional genomic perspective on human well-being

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To identify molecular mechanisms underlying the prospective health advantages associated with psychological well-being, we analyzed leukocyte basal gene expression profiles in 80 healthy adults who were assessed for hedonic and eudaimonic well-being, as well as potentially confounded negative psychological and behavioral factors. Hedonic and eudaimonic well-being showed similar affective correlates but highly divergent transcriptome profiles. Distinct blood gene expression signatures associated with

have distinct physiologic consequences (although table 13, 31, and 31 provide some initial explanations).

In the present study, we examined the biological implications of hedonic and eudaimonic well-being through the lens of the human genome—a system of ~21,000 genes that has evolved fundamentally to help humans survive and thrive (i.e., be well) (52). Previous studies have found that circulating immune cells

Appreciation Homework

Do a gratitude visit*: Appreciation

- Remember someone who did something enormously important for you and that changed your life in a positive direction and you never properly thanked the person. Do the following:
 - Write a 300 word testimonial
 - Call them on the phone and ask them that you like to visit,
 - Visit them and read them the testimonial
- From:
http://www.ted.com/index.php/talks/martin_seligman_on_the_state_of_psychology.html

Energy Gain Wisdom

What Grandma always said

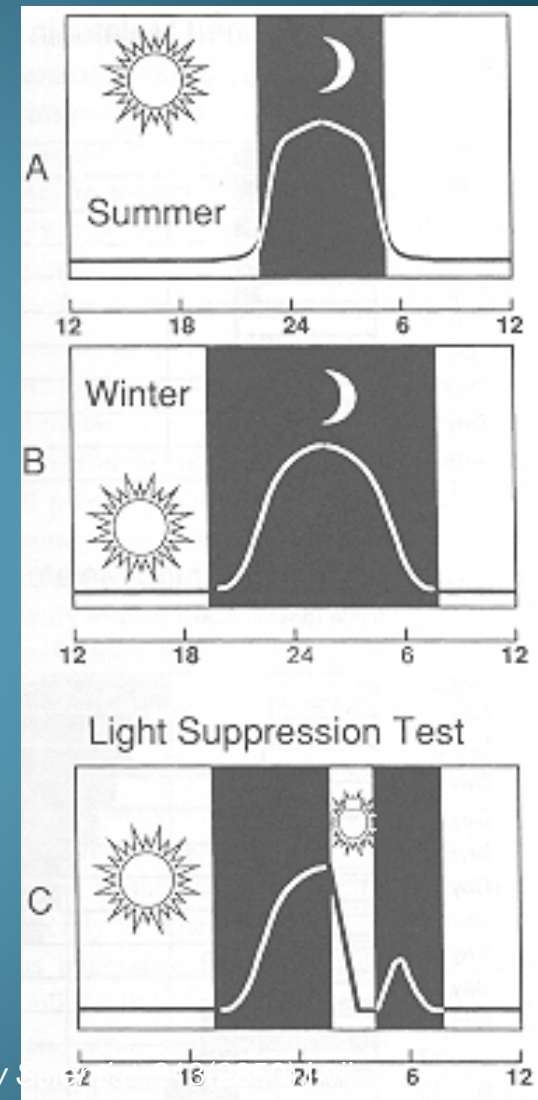
- Eat, sleep and exercise
- Did I say eat?
- Be kind and helpful
- Have some fun
- Get fresh air
- Do things on a schedule
- Say your prayers
- Be yourself
- Spend time with the family
- **Laugh!**

Diurnal Rhythms

- Light/dark
- Meals
- Activity outdoors
- Full Spectrum Light
- Quiet evening activity
- Avoid blue light at night



Remember exercise & light help with both sleep and fatigue



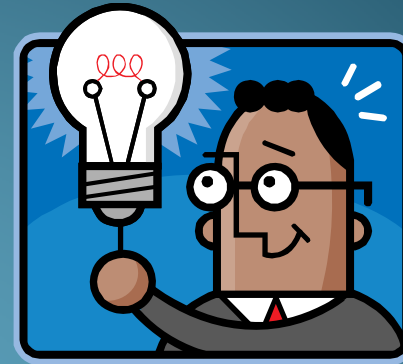
From: Dijk, D & Winsky-Sommerer R. (2012). Sleep, *New Scientist Instant Expert* 20. *New Scientist*, 227(1500), 20-21. <http://www.newscientist.com/data/images/archive/2850/28503001.jpg>

From: Sack, R. L., Blood, M. L., Hughes, R. J., Lewy, A. J. (1998) Circadian-Rhythm Sleep Disorders in Persons Who Are Totally Blind. *Journal of Visual Impairment & Blindness*, 92, (3), 144-150.

Get Outside



Daytime LIGHT



It helps with sleep too!

Research by Dr. Ancoli-Israel at UC San Diego found that **daily exposure to bright light reduced fatigue considerably** in cancer patients undergoing chemotherapy.

Outdoor light even on a cloudy day is bright enough to have a therapeutic effect. You just need 10-15 minutes.

Movement Practice

- Back massage with partner
- How did your energy change?
 - Energy increased?
 - Energy decreased?
- How did your mood change?
 - More positive?
 - More negative?

**Touch and connection are
energy gains!**

Positive Emotions

- Did you know that positive emotions can boost your immune system?
- Keeping a list of things you are grateful for is one proven strategy for increasing positive emotion.

Gratitude can
refill your cup!



There's an APP for
that!
GRATITUDE 365
from itunes

Sharing a positive experience from illness

- Think back to a time when you experienced something positive and share with person next to you.
- E.g. unexpected kindness from a stranger

Energy Gain: Get out of your head

It is normal for the mind to spiral into worry and warn us with thoughts of impending doom

Mindful practice: thank your mind for doing it's job but don't get too involved. (it is like noticing the neighbors are gossiping but you keep raking your yard)

What you can do: Increase Energy

- Muscle arm testing: hopeless, helpless, powerless versus empowered
- Positive/negative memories recall with collapse versus erect position
- I have to, must versus I choose or I have not taken the time

How to refill your cup?



Relaxation is an energy gain!



- Helps mood and sleep.
- Good response to symptoms.
- Reduces pain, anxiety, and fatigue.
- Relaxation's mind-body effects also benefit endocrine and immune system functioning.
- Allow body and mind to fully relax for 10 to 15 minutes every day.
- Try deep breathing, imagery, meditation, yoga, mindfulness

What you can do: Breathe

- Observe breath holding: look right/left
- Slow diaphragmatic breathing
- Breathing with weight on abdomen
- Exhale to exertion and anticipated pain
- Stroke down arms and legs while exhaling
- Project goodwill

Stroking down the legs



From: Gorter, R. & Peper, E. (2011). *Fighting Cancer A Nontoxic Approach to Treatment*.
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Breathing with weight on stomach



From: Gorter, R. & Peper, E. (2011). *Fighting Cancer A Nontoxic Approach to Treatment*. Berkeley: North Atlantic books
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What you can do

Mindful muscle relaxation

- Tightening and letting go
- Breathing with touching down arms and legs
- Comparison body sensations

Relax Anywhere Anytime

QR: Quick Relaxation

- Smile inwardly or outwardly
- Breathe in
- Picture a peaceful place
- Say silently a peaceful word/phrase
- Exhale calm
- Allow feeling of relaxation to flow from head, down shoulders, body and feet

(Adapted from Stroebe, 1985)

Others have Energy to Share!

Ask for Help and Accept it

- Relying on others is a new challenge.
 - Practice asking for help.
- You might not always know what you need.
- Helpers might not know what you need.
 - Make a list of what you need. Get some help to do it.
- Appoint a spokesperson to manage your helpers.
- The most helping person may be someone unexpected.
- The chance to care for you is a gift to those who truly love you.
- Return the favor in ways that you can.

Don't Go it Alone



Don't Go it Alone

- Seek out resources to help with each of these tips.
- Ask your medical team for direction.
- Work with a psychologist, social worker, chaplain or other counselor trained to work with people with medical illnesses.
- If you are feeling depressed or just can't seem to pull yourself together, get help right away through your doctor or local mental health clinic.

Resources

- <http://www.caringforcarcinoid.org/>
- <http://www.thenetalliance.com>
- <http://norcalcarcinet.org>
- <http://www.cancersupportcommunity.org/>

UCSF Psycho-oncology 415-353-7019

<http://cancer.ucsf.edu/psycho-oncology/>

Erik Peper Phd epeper@sfsu.edu

<http://www.peperperspective.com>

<http://www.biofeedbackhealth.org>

1-800-813-HOPE
CancerCare.org

1-888-793-9355
Cancer Support Helpline

"This important, innovative book offers hopeful strategies to improve your immune function so your strongest ally in the war on cancer is maximally mobilized." —**KATHI KEMPER, MD, MPH, FAAP**, Caryl J. Guth Chair for the Center for Integrative Medicine, Wake Forest University School of Medicine and author of *Mental Health, Naturally; The Holistic Pediatrician; and Addressing ADD, Naturally*

Fighting Cancer presents the Gorter Model, an integrative, nontoxic approach to cancer treatment that focuses on the body's intrinsic capacity for healing. Developed by Robert Gorter, MD, PhD, who in 1976 recovered from Stage IV testicular cancer using these techniques and no chemotherapy or radiation, and based on self-experience, extensive research, and decades of clinical practice, the treatment consists of mobilizing the immune system with fever therapy (hyperthermia), inoculation with immune cells, the use of the botanical mistletoe, supportive nutrients, and diet and lifestyle changes.

Fighting Cancer offers a clear overview of the model, the research behind it, and strategies for strengthening natural immunity. Emphasizing stress reduction and minimizing toxic exposure, the authors provide practical guidance for patients about questions to ask doctors after diagnosis and advice for evaluating options, gathering information, and getting second opinions. Included are powerful testimonials from patients—most of whom have outlived their prognosis and, in some cases, achieved complete and sustained remission.

"In a thoughtful manner, Robert Gorter and Erik Peper offer cancer patients new options that are useful adjuncts to conventional treatment.... This is a book every patient should read." —**KENNETH R. PELLETIER, PhD, MD(hc)**, professor of Medicine, University of Arizona and UCSF Schools of Medicine and author of *New Medicine: Integrating Conventional and Alternative Medicine*

"This long-awaited guide from two masters of integrative medicine gives people the choice to participate in their own healing." —**DIANNE M. SHUMAY, PhD**, clinical psychologist and assistant clinical professor, Helen Diller Family Comprehensive Cancer Center, UCSF

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GORTER
PEPER

Fighting
CANCER

"This book provides important information and options that empower individuals to make wise therapeutic decisions when faced with the dreaded diagnosis of cancer."

—**LARRY DOSSEY, MD**, author of *Healing Words* and *The Power of Premonitions*

Fighting CANCER

A Nontoxic Approach to Treatment

Discover a powerful system that involves no chemotherapy

Gain new insight into cancer and cancer therapies

Learn strategies to boost your immune system naturally



ROBERT GORTER, MD, PhD
and ERIK PEPPER, PhD

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