

Basic Certificate in Palliative Care
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Week-05
Lecture 07: Self Care

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This is week number 5, lecture number 7. I am going to talk on self-care. This lecture has been prepared by Dr. Yashwant Joshi and myself, Dr. Geeta Joshi is going to present it.

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self care...



- *May you be happy.*
- *May you be healthy.*
- *May you be free from internal and external harm.*
- *May you experience love, joy, and wonder just as it is.*
- *May you have ease of the day.*

Self-care means may you be happy, may you be healthy, may you be free from all the tension and stress, may you be experience the love joy in your life and may you have a easy day.

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What does self care look like for you...

- Self-compassion
- Reframing
- Gratitude and appreciation
- Humor
- Financial goals
- Time for yourself
- Sleep
- Food
- Aligning with your values

“The practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress”

What does self-care look like for you? Self-care is the practice of taking an active role in protecting one's own well-being and happiness in particular during periods of stress. So self-care is caring for yourself, not only we do care for our physical aspect of our body,

taking bath, combing hair or putting on nice clothes and other things, eating good food but we do not care about our mental health, our emotional health, our social health, our psychological health and our spiritual health. So caring for you as a whole, as a holistic care of yourself, you can say it is a self-care. Particularly this is required when you are in stress and stress is always in life, day in and out.

So self-care includes self-compassion, we talk about compassionate care to our patients but the same compassionate care is also required to yours, for yourself. It includes reframing, includes the feeling of gratitude and appreciation, it includes the humor in your life, it includes achieving the financial goals, self-care includes having some time for yourself, it includes good sleep, good food and aligning with your values.

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Exercise regularly much has been said in previous lectures, exercising, giving exercise to body stimulates your mind, your psychology.

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2. Smile For Ever & Be Happy!



Smile forever and be happy, smile is the best expression which relieves stress.

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When are we happy?

- When we are in the present.
- When we get what we want AND when we want what we have.
- When we have slept.
- When we have eaten well and consistently.
- When we have manageable work loads.
- When we have healthy connections to others.
- When we are kind.
- And many more reasons...

(Aaker, 2010)
(Hansen, 2008)

So when you are happy, you are happy when you are in present, neither we are thinking about past or we are worrying about future.

When you get what you want then you are happy. When you have slept well, morning your mind is so cool, empty, empty of thoughts and very you feel fresh, you always feel, oh today I am feeling fresh and sometimes the whole night you sleep but the morning you are more tired than ever. You are happy when you have eaten well and consistently on your favorite food at least. When you have managed workload, you have finished all the work in office today, no work at home, so you feel very happy. When we have healthy connections with others and when you are kind and when you help somebody and when you have more, there are so many reasons to be happy.

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How do you increase your happiness?

• <https://www.youtube.com/watch?v=RP4abiHdQpc>

708 TUTORIALS JAMES A. M. A.
MARCH 10, 1928

**THE JOURNAL OF THE
AMERICAN MEDICAL ASSOCIATION**

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SATURDAY, MARCH 10, 1928

LAUGHTER AND HEALTH

Dr. James J. Walsh, eminent as a medical historian, has written a sermon on the old saying "Laugh and grow fat." In his book the genial doctor attempts to establish laughter as a major item in preventive medicine. There are chapters concerning the effects of laughter on all the different organs of the body as well as on the mind and on the practice of surgery. The main theme in all these chapters is that laughter stim-

greater movements of the abdominal viscera, the same effects are produced in the mooing of the cow, the howling of the dog, the braying of the donkey, and the cough and the cry of the human species. On this basis, even the sneeze is not to be sneered at on the health program. There is, indeed, a kernel of truth in the author's theme—laugh and grow fat—not that it is healthy to grow fat but that it is conducive for continued health to be of a cheerful disposition and thus avoid the injurious physiologic sequelae of the opposite mental states. It is beyond the range of sound information to assert that mechanical movements of the diaphragm stimulate the thyroid, the parathyroid, the thymus, the liver, the pancreas or the suprarenal glands. There is no evidence to this effect and the probabilities are to the contrary. If Dr. Walsh is right in his interpretation of the health factors in laughter as being the mechanical movements of the internal organs, the passing of the old fiver is a public health calamity. Indeed, one might confidently anticipate that the curve of human life will ascend as a consequence of the loss of this efficient and almost universal vibrator.

In the chapter on laughter and the lungs, Dr. Walsh assumes that laughter increases the tidal air (that is,

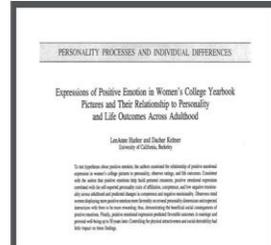
How to increase your happiness? This is very old journal article and it talks about laughter and health. So laughter is the best medicine as is said by in a English proverb. So smiling and laughing are the best things to for the self-care.

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Duchenne Smile Vs “Say Cheese”

Voluntary and involuntary contraction from two muscles:

- The zygomatic major (raising the corners of the mouth) and the orbicularis oculi (raising the cheeks and producing crow's feet around the eyes)
- Limbic system vs. motor cortex



When you laugh naturally and when you say cheese during the photography, there are two different things and one should keep in mind the natural laughter has got more rewards to yourself.

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3. Meditate & Bring Peace of Mind!



Third point meditation that brings peace to your mind.

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Benefits of Meditation

- The primary health benefit from meditation practices appears to be a general shift in the autonomic nervous system that decreases sympathetic tone and increases parasympathetic tone.
 - As the parasympathetic system is stimulated, heart rate and breathing slow, stress hormones decrease, blood vessels dilate, and digestion is facilitated.
- Depression
 - Anxiety
 - Sleep
 - Immune Function
 - Cortisol Levels
 - Decision Making
 - Coping

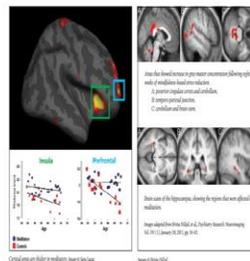
PMR (2016)

Meditation is wonderful things and let me tell you it need not be meditation go on for half an hour or one hour or something like that. Even meditating for 10 minutes in the morning, 5 minutes in afternoon and 5 minutes before going to sleep will have wonderful effect on your body and mind. It will alleviate depression, anxiety, it will give you good sleep, it will enhance your immune function, your cortisol level and decision-making power and coping mechanism. So these are the benefits of meditation.

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The Brain of Meditators

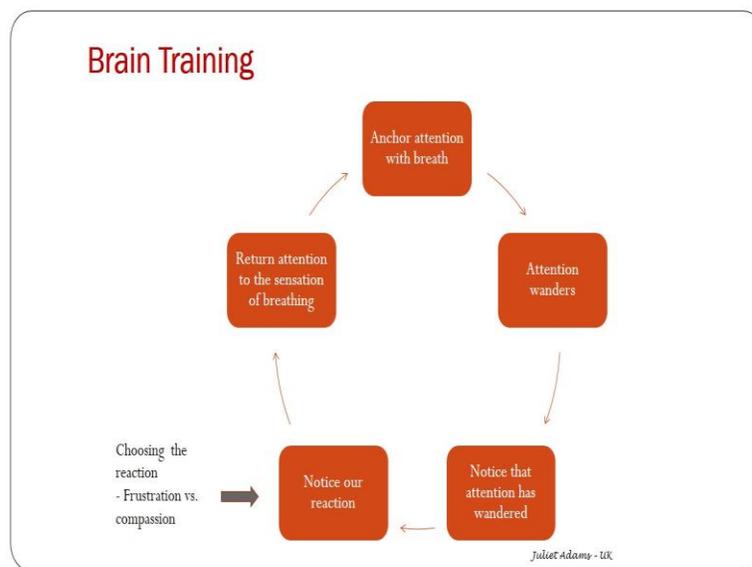
- Hippocampus – increased gray matter
 - Governs learning and memory
 - Decreased in depression and PTSD
- Amygdala
 - Decreased gray matter
 - Smaller amygdala
 - Participants had less reported stress



So the brain mediators which are stimulated during meditation are hippocampus which governs the learning and memory and decrease in depression and other psychological problem.

Another is amygdala, decreased gray matter and smaller amygdala and participant had less reported stress when you meditate.

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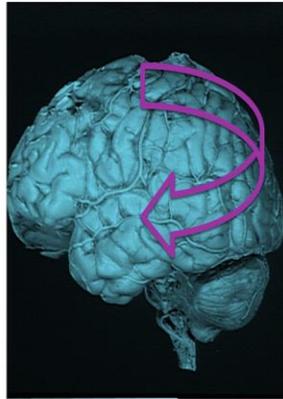


Meditation will train your brain. Here you are focusing either on your breath or your own thoughts or your particular object or your particular part of your body. So off and on your brain gets distracted, it doesn't follow the same path. So again you become aware of it and again you bring your attention back to your breath.

So this is the way you are training your brain to think, focus on a particular line or focus on a particular activity and that really helps this type of training is required for your brain.

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The Mindful Brain – Physiology



- Gray Matter
- Limbic System
- Autonomic Nervous System
- Implications for the adolescent brain

Lager (2005).
Hubelshagen (2008).
Harari (2009).
Hofel (2012).
Murtakani (2012).
Adams (2013).
Singer (2013).
Singer (2015).

Meditation will stimulate the limbic system because of that you will feel there will be a feeling of well-being and you are constantly aware about your thought and mindfulness and it is a it will act as a magical cure, as a enlightenment and as a burden.

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MINDFULNESS

- **As a magical cure**
- **As enlightenment**
- **As a burden...**



- Paying attention on purpose, in the present moment, and nonjudgmental, to the unfolding of experience moment to moment.

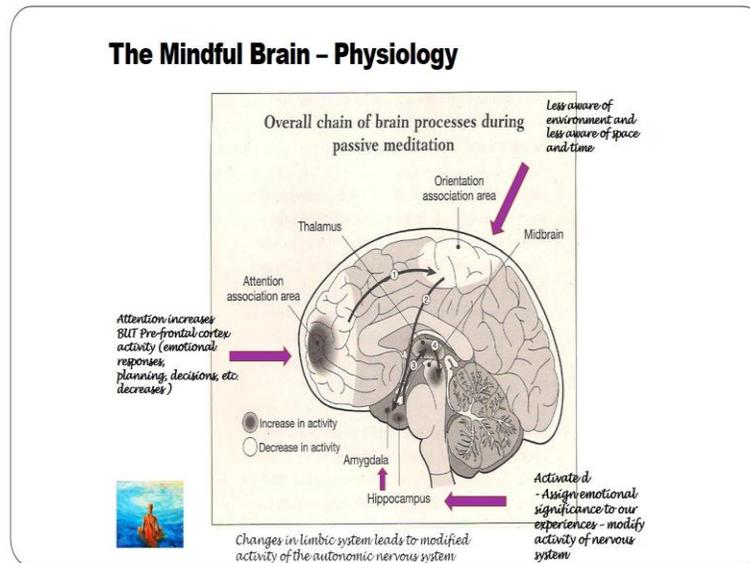
Jon Kabat-Zinn

- You can use your mind to strengthen the structure of your brain.

Dan Siegal

So paying attention on purpose in the present moment and non-judgmental to the unfolding of experience moment to moment. You can use your mind to strengthen the structure of your brain by doing meditation.

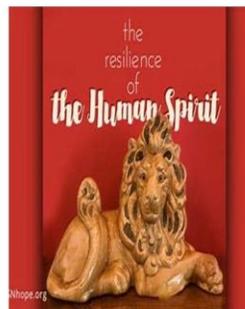
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So mindful brain will bring changes into the limbic system which leads to modified activity of the autonomic nervous system and this will decrease the stress, anxiety, depression and all such thing and there will be feeling of well-being.

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4. Understanding Resilience!



“It is the process & outcome of successfully adapting to difficult or challenging life experiences. Especially through mental, emotional, and behaviour flexibility and adjustments to external and internal demands.”

Fourth point for self-care is understanding resilience. What is resilience? It is the process and outcome of successfully adapting to difficult or challenging life experiences,

specially through mental, emotional and behavior flexibility and adjustment to external and internal demands.

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So resilience is the capacity to recover quickly from difficulties and toughness. So there will be so many difficulties in life off and on but how often, how quickly you come out of this difficulty and put yourself back to your routine, a normal life that is called resilience.

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Body has a wonderful resilience even if there is a wear and tear in the body it gets healed over a period of time and body is back to the shape and function.

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Similarly nature has resilience in spite of all the odds it can grow and this plant can grow anywhere under the unfavorable circumstances as well and resilience at work.

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You can have resilience at work if you are working very living very authentically, building a good network of the frame colleagues and friends, managing stress, finding your calling and maintaining your perspective and interacting with and cooperative with everybody. Then this will increase the resilience at work means you will be able to perform more and more even if there is a setback you will come out of it immediately and you will be back to your normal routine and your work.

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Resilience & Self-Compassion

- Fear of failure
- Fear of inadequacy
- Disappointing...
colleagues, friends,
family
- I am trying... and that is good
- I am a good... parent,
friend, sibling, colleague,
etc.
- I love my family and I don't
have to show it in just one
way.

So what are the signs of resilience and self-compassion that I am trying, you are always trying to come out of it. Then you are telling yourself I am good.

So this is you are good to parents, friends, siblings, colleagues etc. and I love my family and I don't have to show it in just one way.

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Resilience & Reframing

- The “black cloud”...bad things are happening to you.
- Why are all the difficult patient’s drawn to me?
- Language frames our thoughts and thoughts frame our language
- I’m going to block time for activities
- Think how horrible it would have been if that kid hadn’t told me about her suicidal thoughts.

Resilience and reframing I am going to block time for activities. Reframing out of the routine you reframe that you are able to take out some time for other activities. Think how horrible it would have been if the kids hadn't told me about her suicidal thought.

So language frames our thoughts and thoughts frame our language.

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Resilience & Appreciation and Gratitude

- Gratitude journal
- Performing kind acts and writing it down
- Deliberately make connections during the day with colleagues and with patients.
- Use humor; look for something particular or unusual in the patient’s room; or notice the patient’s birth date or age.

Resilience and appreciation and gratitude, gratitude journal means you make a diary, write down what are the things you feel gratitude about at the end of the day and

performing kind acts and writing it down will really motivate you to do something better for others and this will increase the resilience means this will bring an inner strength in you because of which you will come out of on any odd situation if it is if at all arise in your life.

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Learn, Share & Enjoy!



Always be open to learn, share and enjoy.

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So these are the references to learn more about self-care. I am sure you will be able to find them on a website or in journals which are written over here and self-care is most important for everyone not only healthcare professional but every student, employees and particularly employees working in corporate sector who are working 24 by 7. Thank you very much.