

Self-Care & Preventing COVID Burnout

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Sari Asher Center for Integrative Cancer Care “Sari Center”

Our mission is to integrate complementary therapies with medical treatment to enhance the quality of life for all persons affected by cancer through a multidisciplinary approach that strengthens the mind, body, and spirit.

Patients & Caregivers

Nonprofit, sliding-fee scale

Assessment, Navigation, Education, & Supportive Therapies

Integrative & Supportive Therapies

Acupuncture

Counseling & Support Groups

Therapeutic Massage, Reflexology, Manual Lymphatic Drainage

Medical Hypnotherapy

Yoga

Mindfulness & Meditation

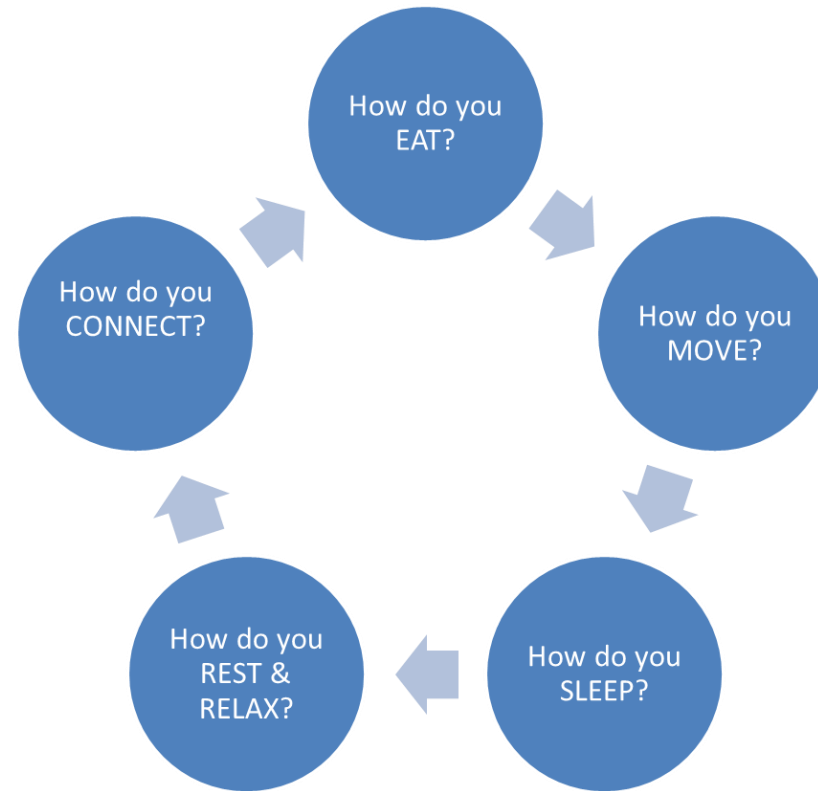
(Energy medicine: Healing touch, Reiki)

Primary Sources

Radical Remission (2014) & Radical Hope (2020), Dr. Kelly Turner – Researcher & NYT best-selling author, <https://radicalremission.com/>

The Blue Zones (2010), Dan Buettner – Founder & National Geographic Fellow, NYT best-selling author, <https://www.bluezones.com/>

5-Factor Wellness



How Do You Move?

EVERY day something – goal 30 mins, park farther out, take stairs, walk while on phone calls

At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous/week

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

Strength Training - the muscle you are working to fatigue-meaning you can't lift another repetition, at least 2xs/week <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

Lymphatic flow – exercise, rebounder, MLD -Massage for most factors

Releasing negative emotions- “move them out”, promote positive

How Do You Sleep?

Goal is 6-8 hours – critical for cellular function & healing, autophagy, DNA repair

Sleep Hygiene – preparing, routine

Environment – temperature, sound, comfort

Working with YOUR Circadian rhythm

How Do You Rest & Relax?

Stress Reduction: sleep & rest cycles critical to brain & cellular function, concerted effort to promote positive hormone flow (rest & digest)

Relaxation Response, H. Benson – slowing breathing rate, relaxing muscles, and reducing blood pressure

AWARENESS – mindfulness of body and mind, body scan

20-40 minutes/day ideal – ANY better than none, “Practice”

How Do You Connect?

Socially: We need to be a part of a group biologically, for survival

Blue Zone data show more important than diet & exercise combined

Spiritually: Nature and beyond...

Develop community - book club, church, workout crew, reach out, create rituals

How Do You Eat?

Whole-food, plant-based diversity, GBOMBS, nutrient dense

Hydration: beverage choices

Reduce/Eliminate: artificial, processed, let's talk about sugar

Microbiome: 2nd brain, immune function, feed your “wee beasties” well

Mindful Eating: Sitting, slowly-chew 30 x/bite, with gratitude, intermittent fasting

Bringing it All Together

Interrelated- feed each other, integrative, come at it from every angle

Doesn't have to be more time, changing the way you do things

Routine & ritual that incorporate multiple factors

Improved immune function & overall Quality Of Life!

Q & A

BE WELL,
THANK YOU!

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