Gratitude and Positivity: The Dynamic Duo in the Midst of the COVID-19 Storm

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Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!
Skills Building - Week #7

- Tune into your body’s hunger cues
- Integrate alternatives to food for calming stress/emotions
- Construct balanced plates when able
- Consider “Nutrient Density”
- Create a nutrition SMART goal
- Watch two cooking videos
There is a lot to feel negative about right now…

When 2020 hasn’t been your day, your week, your month, or even your year.

states opening back up like..

MAY THE ODDS FOREVER BE IN YOUR FAVOR.

Well it’s quarantine day, again...

This is fine.
Beware of News Fatigue: COVID-19 Negative Messaging

Ohio Tops 1M Unemployment Claims Over 6 Weeks Amid Virus

Survey Shows the COVID-19 Shutdown's Impact on Business

Coronavirus: Three more deaths, 2 in Franklin County, as DeWine calls for state hiring freeze, budget cuts

Ohio Sees 6 More Deaths, Passes 6,5000 COVID-19 Infections
Common Responses to COVID-19

- Difficulty sleeping
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs
- Increased levels of distress
- Feeling isolated
- Feelings of guilt
Gratitude

Helping people experience more positive emotions one thank you at a time

“In positive psychology research, gratitude is strongly and consistently associated with greater happiness” (Harvard Healthbeat)
Gratitude and the Self: Amplifying the Good Within
Kris Homan and Lisa Hosack

290 participants took part in a survey that explored gratitude and how it affected attitudes towards themselves.

Those who expressed more gratitude had higher levels of self-compassion and self-acceptance.
Gratitude Improves Heart Health

Effect of Gratitude on Cardiovascular Health Outcomes: A State of the Science Review
Lakeshia Cousin, Laura Redwine, Christina Bricker, Kevin Kip, & Harleah Buck

- Decreased diastolic blood pressure
- Lower heart rate
- Reduced hemoglobin A1C levels
- Identified gratitude as a possible preventative for cardiovascular disease

Efficacy of Cognitive Behavioral Therapy and Positive Psychology on Psychological Outcomes in Patients with Coronary Artery Disease: Systematic Review and Meta-analysis
Adrian V. Hernandez, Laura Casado, Ines Magan, Maria Rosa Jurado, Haley Barnum, Marta Redondo, & Hector Bueno

- Decreased anxiety
- Decreased stress
- Decreased depression

Improving mental health improves cardiovascular health
Gratitude Improves Relationships

Gratitude between patients and their families and health professionals: A scoping review

Maria Aparicio, Carlos Centeno, Carole Robinson, & Maria Arantzamendi

32 studies were reviewed

• Generates reciprocal gratitude
• Recognized across different cultures
• Promotes relationship formation
• Improves teamwork
• Decreases burnout
Gratitude Improves Sleep

The Impact of a Brief Gratitude Intervention on Subjective Well-being, Biology and Sleep

Marta Jackowska, Jennie Brown, Amy Ronaldson, Andrew Steptoe

119 young women were enrolled in a randomized 2-week gratitude intervention study.

Two weeks using the intervention had the following results:

- Increased Optimism
- Improved Sleep
- Improved blood pressure
Gratitude Improves Chronic Pain

Testing a Positive Psychological Intervention for Osteoarthritis

Leslie Hausmann, Ada Youk, Kent Kwoh, Said Ibrahim, Michael Hannon, Debra Weiner, Rollin Gallagher, & Acacia Parks

• Patients were assessed at one, three, and six-month intervals
• Patients in the positive psychology intervention group reported more improvement in symptom severity than the neutral group
• Gratitude is a tool for chronic pain management
Gratitude Increases Dopamine & Serotonin in the Brain
Ways to Practice Gratitude

• Write down 2 to 3 things you are thankful for each day
• Written thank you cards
• Phone calls
• Gratitude journal & board
• Read a gratitude quote
• Small tokens of appreciation
Apps for Practicing Gratitude

Gratitude Happiness Journal
I Am – Positive Affirmations
Grateful: A Gratitude Journal
365 Gratitude Journal
Nick Vujicic On Gratitude

“Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude.”
Today, I am Grateful for my Family & Character-Building Pugs as They Give me Unconditional Love
Let’s Practice Gratitude Now and For the Next 30 Days!

Today, I am grateful for……

1.
2.
3.
Do You Tend to Be Optimistic or Pessimistic?
The New Happiness Blue Zones
Costa Rica, Denmark & Singapore
and Boulder, Colorado
A Happiness Quiz

• Do you think life is short or long?

• Do you think life is hard or easy?
Three Keys for Happiness

Purpose, Passion and Pride

• To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)

• To enhance purpose, increase opportunities to use your strengths to achieve meaningful dreams and goals

Knowing your sense of purpose is worth up to 7 years of extra life expectancy!

• To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)
Change Your Thinking to Positive and Change Your Life
Remember to Practice Your Cognitive-Behavioral Skills
Daily Positive Affirmations Can Help with Positivity
Why Should I Practice Gratitude & Positivity?

*This Dynamic Duo is Prevention!*

- DEPRESSION
- ANXIETY
- CHRONIC DISEASE
Positive Psychology

Positive psychology is the scientific study of what makes life most worth living/meaningful; it enables flourishing through PERMA.

Engagement
The engaged life
‘FLOW’
We think & feel nothing when fully engaged

Relationships
Authentic, meaningful, life enhancing connections
The related life

Well-being theory
Goal: to increase FLOURISHING
Martin Seligman
2013

Positive emotion
Feeling good
Happiness
Satisfaction
Optimism
P

Achievement
The accomplished life
Goals
Success
Mastery
A

Meaning
Purpose
Passion
Contribution
Fulfilment
Belonging
Motivations
M

www.eyresandassociates.com.au
Why Positive Psychology?

• Evidence-based method for enhancing psychological wellbeing
• Decreases feelings of stress and depression
• Can be practiced with or without a professional
Stay tuned for Staying Well and Calm Part 2, Starting July 15th!

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Evidence-based tactics that work!
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: https://go.osu.edu/calmandwellsurvey8

This will be sent via email to all registrants. All recordings can be found at: https://u.osu.edu/keepcalmcovid19/recorded-webinars/
Final Motivational Words
Just “Do It!”
Follow me on twitter @bernmelnyk for more motivation