

The Connection Between Mental and Physical Health

John W. Seymour, PhD, LMFT

Professor Emeritus and Distinguished Faculty Scholar

Minnesota State University, Mankato

Illness does not ask.
It demands.

Marie Seren Cohen, Ph.D. (1999)

Mental and Physical Health Connection

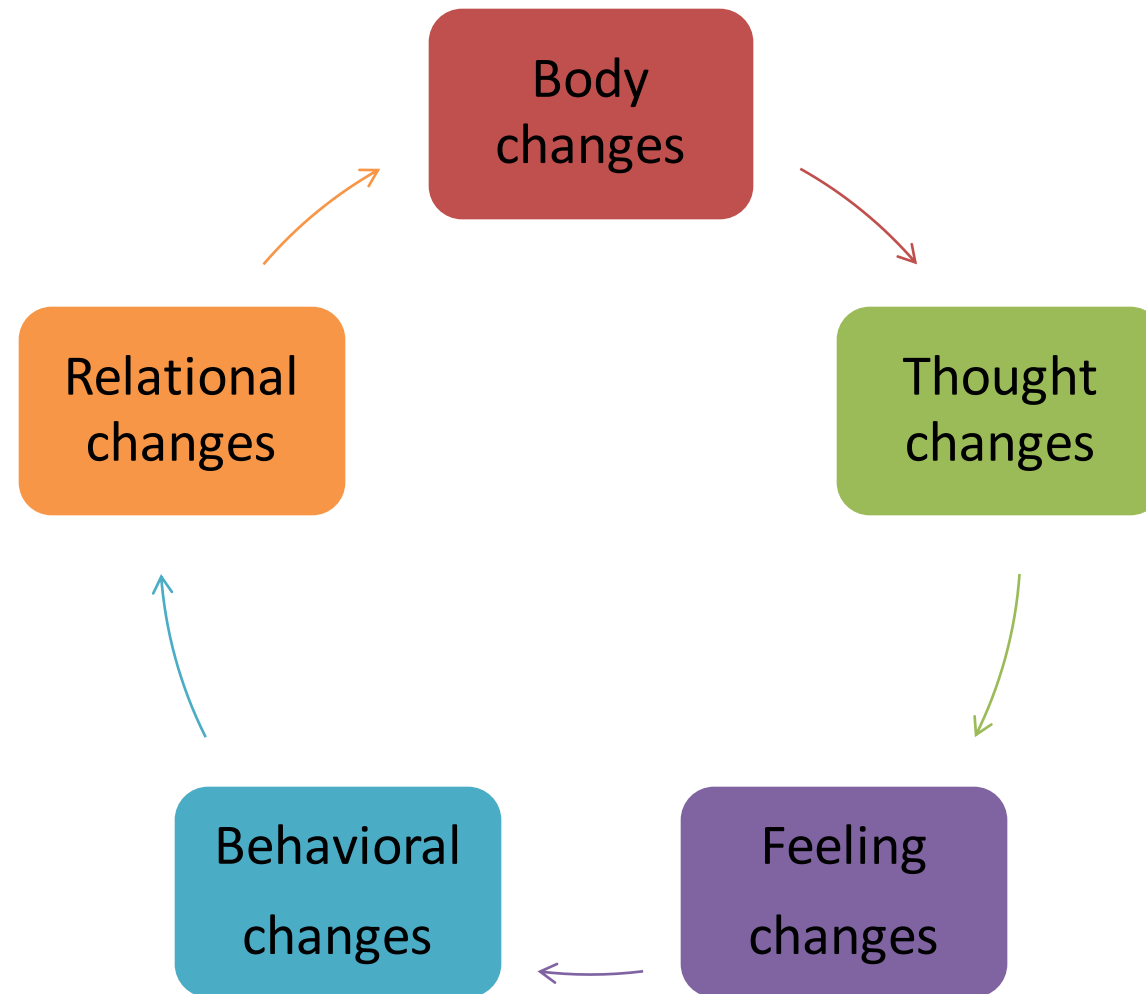
- Stress:
 - Body's response to any demand placed on it
- Resilience:
 - Ability to withstand and rebound from disruptive life challenges
- You
 - Practical approaches to self-care

STRESS:

What makes living with PI so stressful?

- Invisible illness
- Difficulty in understanding the disease
- Unpredictable
- Requires regular treatments
- Expensive
- Additional diagnoses over time
- Genetic concerns
- Sense of loss of control
- Fatigue
- Disruptive to personal and family life

How health and mental health symptoms worsen



RESILIENCE:

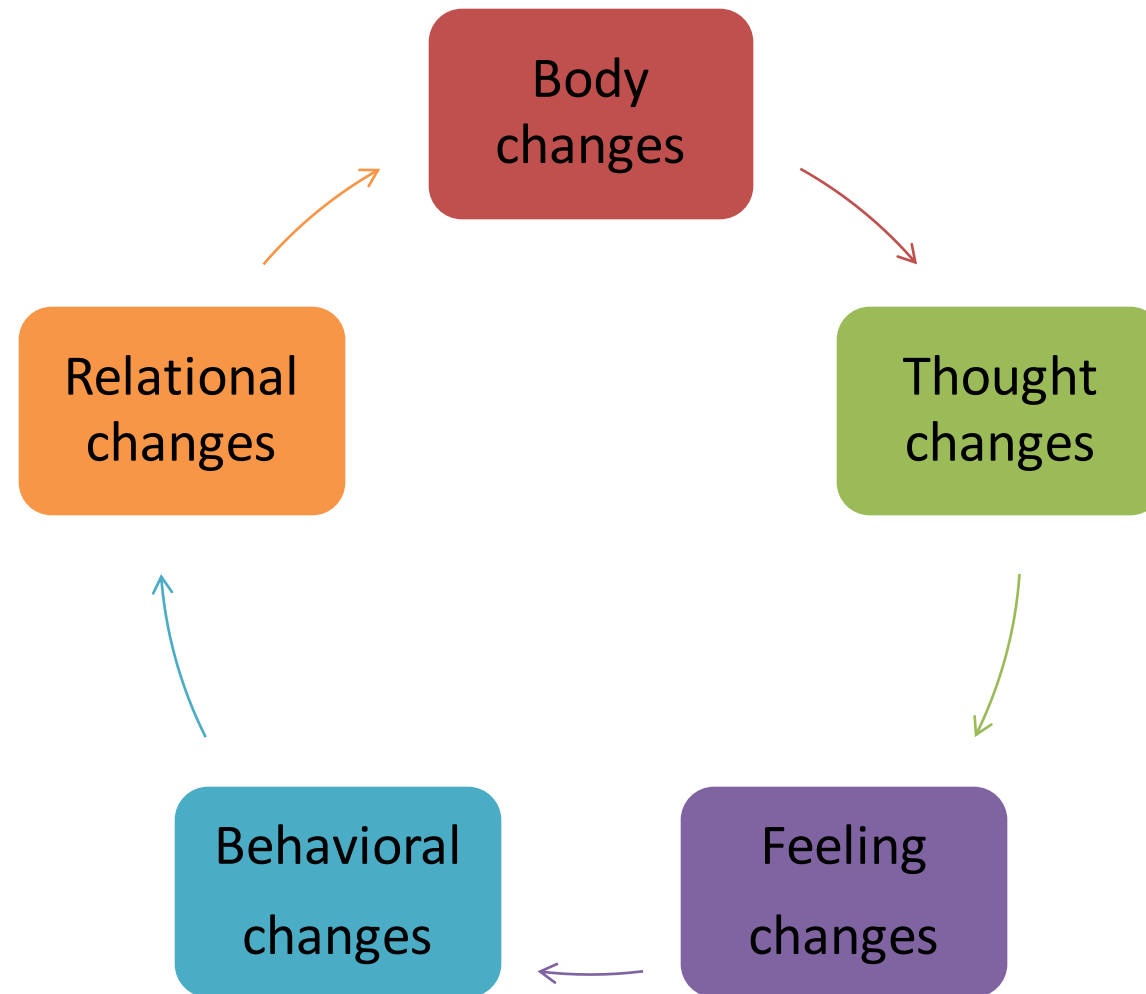
Developing skills for living with PI

- Basic Resilience Formula:
 - Reducing the Risk Factors
 - Increasing the Protective Factors
- Other Guiding Principles:
 - Accurate information
 - Early intervention
 - Trusting relationships

YOU (and Team Zebra)

1. Reducing anxiety and increasing problem solving
2. Reducing self-blaming
3. Reducing blaming by others
4. Reducing isolation and enhancing attachments
5. Increasing self-esteem and self-efficacy
6. Increasing creative play to foster creative problem solving
7. Enhancing nurturing relationships beyond the playroom
8. Learning to make meaning of life's experiences

How health and mental health symptoms improve



R_x Care for your body

- Sleep hygiene
- Regular physical activity
- Nourishing food
- Consistent medical treatment
- Meditation and mindfulness strategies

Body
changes

R_x Care for your thoughts

Thought
changes

- Manage your incoming messages
- Manage your incoming messengers
- Meditation and mindfulness strategies
- Spiritual resources

R_x Care for your feelings

Feeling
changes

- Remember to play!
- Expressive and creative arts
- Journaling
- Have a range of entertainment
- Meditation and mindfulness strategies

R_x Care for your behaviors

Behavioral
changes

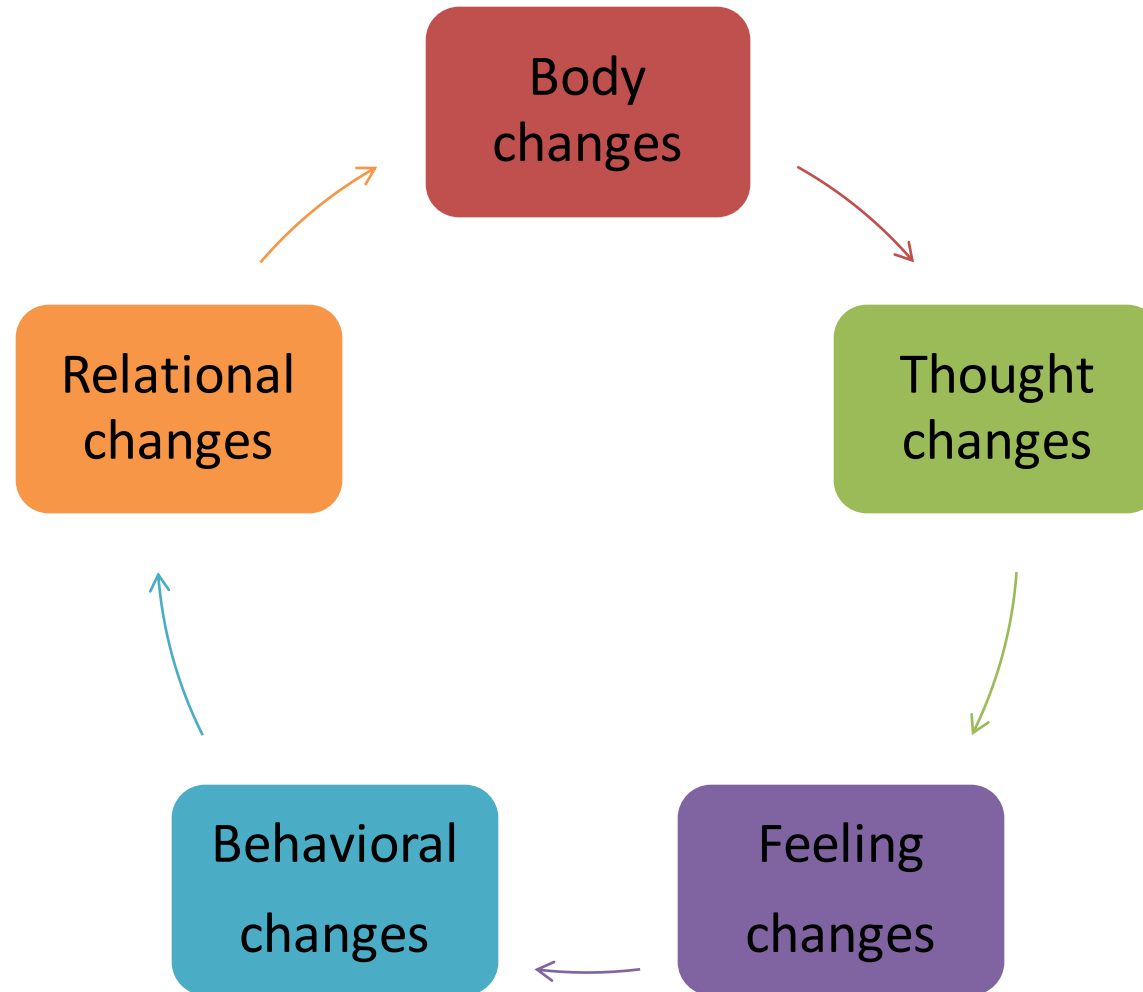
- Plan behaviors for each change area
 - Body
 - Thoughts
 - Feelings
 - Behavior
 - Relationships
- Set Goldilocks goals for your behaviors

R_x Care for your relationships

Relational
changes

- Help family and friends to understand how to be supportive with your PID
- Care for others
- Set limits with difficult people

What's your R_x for the rest of today?



The logo for the Immune Deficiency Foundation (IDF) features a stylized blue 'i' and 'D' on the left, with a white outline for the 'D'. To the right of the logo, the words 'Immune Deficiency Foundation' are written in a blue, sans-serif font, stacked in three lines.

Immune Deficiency Foundation



Questions
and
comments?

Resources for Team Zebra

- Immune Deficiency Foundation
 - www.primaryimmune.org
- Mental Health America
 - www.mhanational.org

PI Conference

PRIMARY IMMUNODEFICIENCY **IN FOCUS**