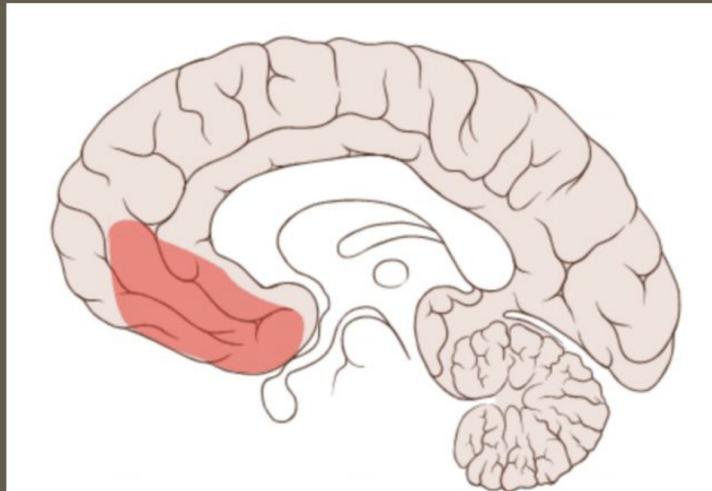


**LEANING IN: CULTURE, FAITH AND
SPIRITUALITY FOR RESILIENCE**

Lisa R. Fortuna, MD, MPH, M.Div

Vice-Chair/Chief of Psychiatry
Zuckerberg San Francisco General Hospital

WHY WE ARE WIRED TO CONNECT



- There's a region of the brain called “medial prefrontal cortex” that essentially sits between your eyes.
- This region has been shown again and again to be activated when a person is reflects on themselves.

--Matthew Lieberman
Scientific American , October 22, 2013

WIRED TO CONNECT

- If you think about your favorite flavor of ice-cream, precious personal memories, or consider aspects of your personality (e.g. Are you generous? Are you messy?) you are likely to recruit this brain region



WHAT BECOMES PART OF US



- Rather than being a sealed vault that separates us from others, that same part of the brain is activated when we consider the values others impart to us.
- This socially-influenced understanding of self helps us to connect to the same kind of beliefs and values as those of the people around us
- Things known to us through culture and relationships--how we have been cared for—are comforting and organizing in times of stress

Imparting respect and honoring dignity of others

Relationships

Being with people you love and trust

Cultural Connections

SUSTENANCE FROM OUR CULTURAL
AND CAREGIVERS' WISDOMS

RITUALS & PRACTICES

Remembering those whose wisdom has been imparted to you

Practices

Predictability

Food

Values

RESILIENCE VS. RISK

Resilience

- Connecting with family, community culture
- Ancestral wisdom
- Comfort in practices and patterns
 - Meals, rituals, shared activity
- Messages of support and connection—belonging

Risk

Culturally marginalized and disparaged
Isolated
High levels of trauma and emotional disconnection
Limited resources--Homelessness, poverty
Stress Overloaded

CULTURALLY RELATIONAL COMFORT

What are the practices, ways of being that come from your culture, your upbringing that sustain you during stress?

How can you intentionally connect with others to sustain this for yourself and support others?

What are the practices, rituals and rhythms which are sustaining for you? What creativity might be found there and share?

SPIRITUAL PRACTICE

- Whatever **interrupts** the momentum of **work, worry, and woe**, (regulating)
- Whatever **magnifies** the center of deep **knowing** and **deep love** within you
- Whatever **strengthens your connection** with what really matters
- Whatever brings your stress into the presence of **steadiness with yourself and with others**

SPIRITUALITY PRACTICE

Anything you do, wholeheartedly, that takes you to the **deeper place**.

- Meditating, praying, or reading some sacred text.
- Singing, or dancing, or yoga or running (playing)
- Reading, or writing (sharing stories)
- Walking in the woods looking at moss (gardening)

Dr. James Finley
contemplative practitioner and clinical psychologist



Strengthening your connection, being flexible yet knowing at the roots we are interconnected



SPIRITUAL PRACTICE

- What are the values or spiritual practices that you can lean into when under stress?
- How might these fortify you throughout the day, over time and keep you connected?

Endurance is more than being patient and waiting; it is not passive but active engagement with a situation...Endurance comes from realizing we are part of something beyond ourselves and beyond this frightening season.

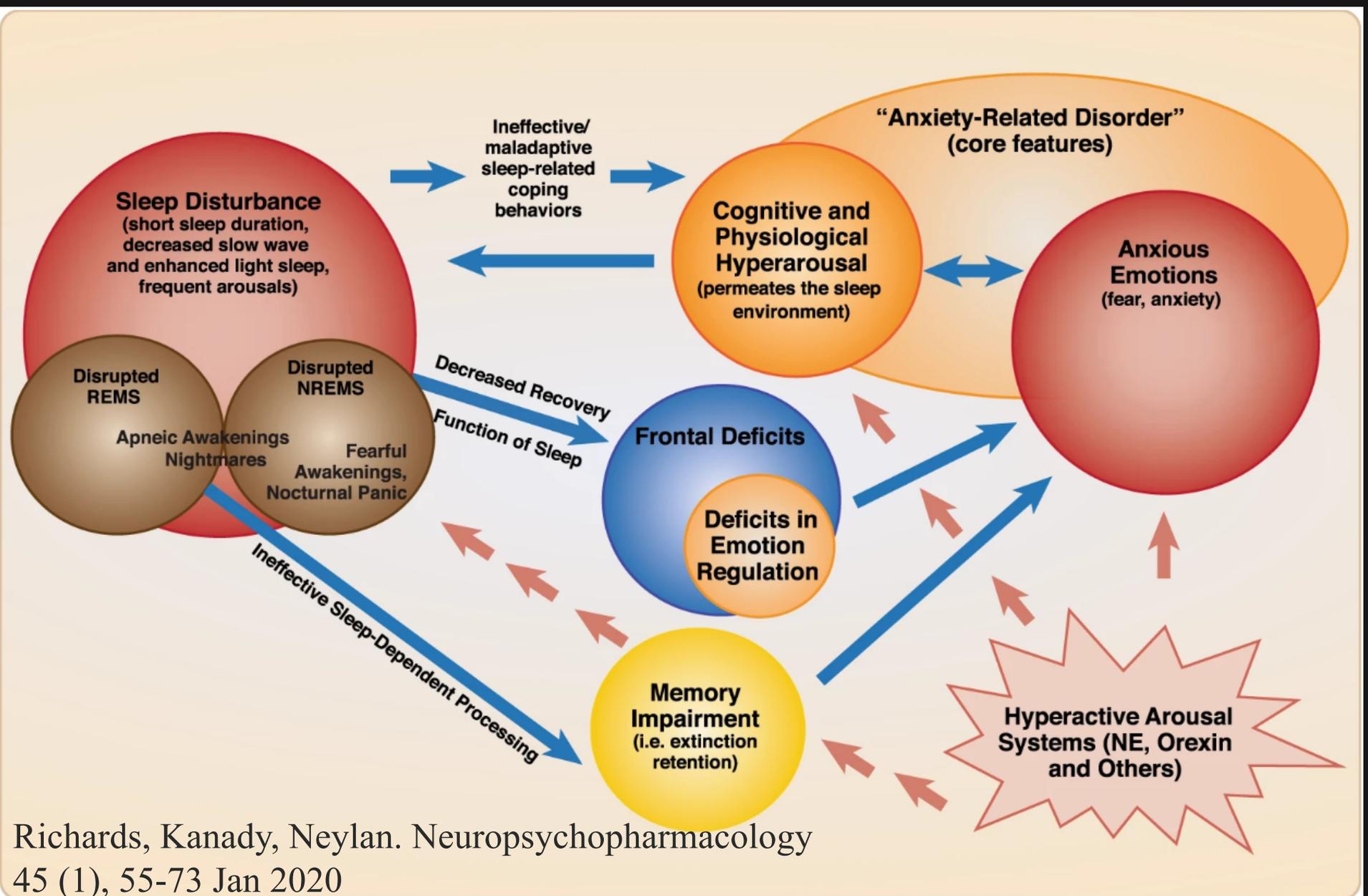
--Bishop Gayle Harris—Episcopal Diocese of MA

How Good Sleep Can Promote Resilience

Thomas C. Neylan, M.D.

Thomas.Neylan@ucsf.edu

Sleep and PTSD



Richards, Kanady, Neylan. Neuropsychopharmacology
45 (1), 55-73 Jan 2020

Prior sleep problems and risk for PTSD and Major Depression after motor vehicle collision (MVC) in the AURORA study

- 666 AURORA participants completed self-report assessments in the ED and at 2 and 8 weeks after MVC.
- Primary Outcomes: 8 week PTSD and MDE
- Predictors: pre-MVC sleep characteristics in the 30 days before the MVC
- Control Variables: Demographics, pre-MVC PTSD and MDE, and MVC features

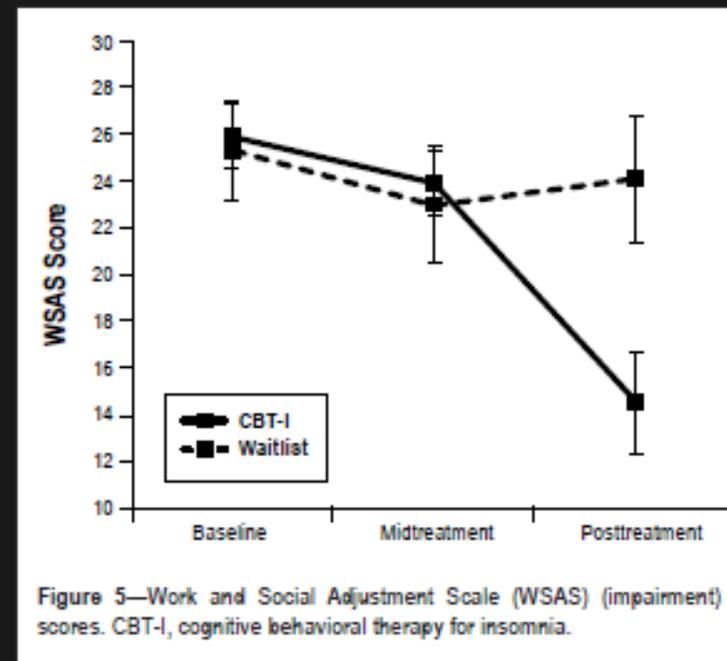
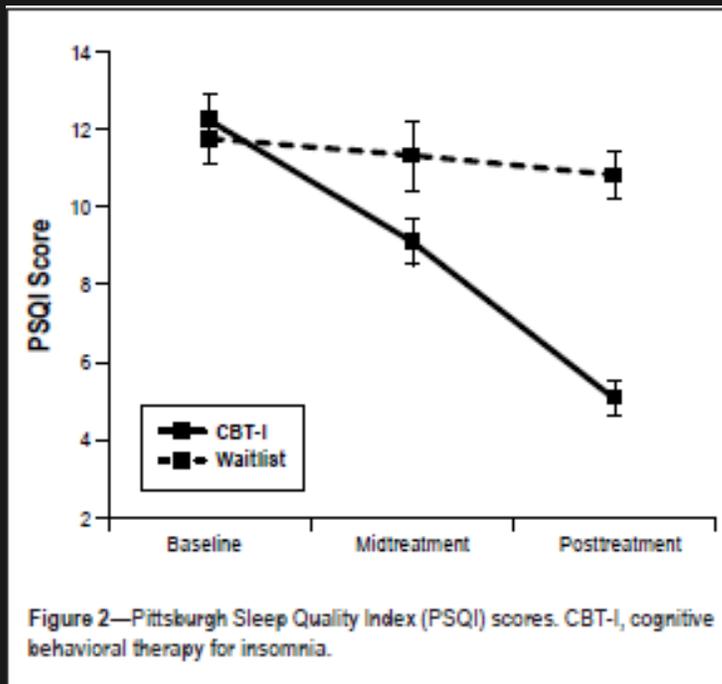
Results

- Prevalence estimates were 42.0% for 8-week PTSD and 27.2% for 8-week MDE.
- Pre-MVC sleep disturbance (insomnia, nightmares, sleep stress reactivity) strongly predicted both 8-week PTSD & MDE.
- Simulations suggest that eliminating sleep disturbance or blocking their causal effects would reduce 8-week PTSD and MDE by one-third.

Cognitive Behavioral Therapy for Insomnia in Posttraumatic Stress Disorder: A Randomized Controlled Trial

Lisa S. Talbot, PhD^{1,2}; Shira Maguen, PhD^{1,2}; Thomas J. Metzler, MA¹; Martha Schmitz, PhD^{1,2}; Shannon E. McCaslin, PhD^{1,2,3}; Anne Richards, MD^{1,2}; Michael L. Perlis, PhD⁴; Donn A. Posner, PhD⁵; Brandon Weiss, BA¹; Leslie Ruoff, BS¹; Jonathan Varbel, BA¹; Thomas C. Neylan, MD^{1,2}

¹San Francisco VA Medical Center, San Francisco, CA ²Department of Psychiatry, University of California, San Francisco, CA; ³National Center for PTSD, VA Palo Alto Health Care System, Palo Alto, CA; ⁴Department of Psychiatry, University of Pennsylvania, Philadelphia, PA; ⁵Department of Psychiatry and Human Behavior, Brown University, Providence, RI



Emotional Well-Being and Coping During COVID-19

Maintaining good sleep

Sleep is a pillar of health. Getting enough sleep keeps your immune system strong. It is also crucial for helping you mentally cope during this uncertain time. That said, it is completely natural to experience more disturbed sleep during this pandemic - including difficulties falling asleep, staying asleep, or waking earlier than you are used to in the morning. You may also find yourself feeling more fatigued than usual. Below are some tips to help your sleep in this challenging time.

Aric Prather, PhD

Create a “COVID-19 free” wind down

Before going to bed, it is important to unplug and ready yourself for a restful night. The first thing to do is to say goodbye to all COVID-19-related news. We suggest:

- 1-2 hours prior to bed, unplug from email, news, and anything else that creates a busy mind and begin focusing on creating a calm, relaxing environment. Say goodbye to COVID news; trust that it will be there in the morning.
- Turn down the lights and do things that are relaxing. Relaxing activities vary by person, but often include reading, listening to music, or a [meditation audio](#).
- Avoid alcohol close to bedtime and discontinue caffeine after noon.



Keep a regular sleep schedule

Maintain a regular wake up time. If possible, also try to get some direct sunlight in the morning. Together, these will help regulate your circadian rhythm.

Don't toss and turn in bed

If you are unable to fall asleep or wake up and can't fall back to sleep, don't toss and turn in bed for longer than 15-20 minutes. Get out of bed and do something relaxing until you feel sleepy and then go back to bed.

Make your bedroom a shrine to sleep

Be sure to keep your bedroom dark, quiet, and cool.

Mind your day to protect your night

What you do during the day can have a big effect on your night. Working from home affords convenience, but also may lead to more sedentary behavior and napping. Napping can eat away at your sleep drive, making it harder to fall asleep at night. Inactivity can similarly lead to lighter sleep and less feelings of restoration in the morning after a night of slumber.

HELPING CHILDREN AND TEENS— ESPECIALLY THOSE WITH CHALLENGES

STEPHEN P. HINSHAW

UC SAN FRANCISCO AND UC BERKELEY



OPENING THOUGHTS

- **1. It would take far too long to begin to recapitulate parenting practices... and developmental issues for kids of all ages...and 'what to do'**
 - **Especially during this unprecedented time of change**
 - **Our Department website (and UCSF Health site) have increasing links to valuable information (kudos to Elissa et al.)**

- **2. Acknowledge our Department's sense of community at this time**
 - **Especially for those of us wondering how best to parent, right now, while struggling with job duties, front-line issues, security of income, and all the rest**
 - **For those of you with young children, the task is enormous**



IT'S TRITE BUT TRUE...

- ***Put on your own oxygen mask before securing those of your kids***
 - **At a time like this, kids are acutely attuned to what adults in their lives are doing...and the emotions they're expressing...more than what words are being spoken**
 - **I know this from personal experience**
 - **Growing up in a home with serious mental disorder but, in the absence of words (because of professionally enforced silence), I was acutely attuned to what wasn't said**
- **More than ever, work-life balance is crucial**
 - **That is, if you can even tell what's a weekday and what's a weekend right now...**
 - **What's essential *now*? What can wait?**
 - **What are your kids learning about patience...and your availability?**
 - **How to manage your own emotions—and emotion coach—when the balance is teetering each day?**



WHAT HAPPENS TO US UNDER STRESS... OR IN UNPREDICTABLE TIMES?

- **We resort to our ‘trait-like’ selves**
 - Structure can help us be more ‘situational’—but without it, we ‘fall back’
- **Same undoubtedly true for parenting**
 - Speaking from experience: I probably tend to be more democratic/permissive these days, with our one remaining at-home teen
 - Kelly, more democratic/structured....
 - Because that’s each of our ‘baselines’
- **Know thyself...stay attuned....and be willing to give ground/shift**
 - Even small shifts may be welcome from kids of all ages
 - The challenge now is not unlike the Blitz in London—staying with family members is adaptive, even if in the line of fire



WHAT ABOUT KIDS WITH CHALLENGES? BEHAVIORAL/EMOTIONAL/NEURODEVELOPMENTAL

- *We've grown as a field from the parent-blaming models of a generation or two ago*
- *Yet certain kids are unusually sensitive to environment and context*
 - Assurance-seeking for kids already anxious
 - Worry for kids already on depression spectrum
 - Disrupted routines for kids with autism-spectrum disorders
 - Too-close proximity for kids with externalizing behaviors
- **Orchids vs. dandelions (thanks, Tom Boyce)**
 - I.e., those kids who particularly depend on optimal environments
- **Our lab's work on kids with ADHD, unusually responsive to authoritative parenting in terms of development of peer competence**



Punishment Rigid
autocratic Obedience Status
Because I said so
Authoritarian
I'm the Boss Rules Directive Structure

High standards enabling flexible
guidelines supportive
Authoritative
assertive Democratic
Self-regulation

Low distance uninterested
Uninvolved
neglectful absent passive

High warmth, supportiveness
You're the Boss *appeasement* no guidelines
Permissive
Non-directive Over-involved lenient
blurred roles indulgent

Behavioural control: demandingness
High
Low

Low High

PARENTING INFLUENCES ON POSITIVE PEER STATUS

HINSHAW ET AL. (1997, *CHILD DEVELOPMENT*)

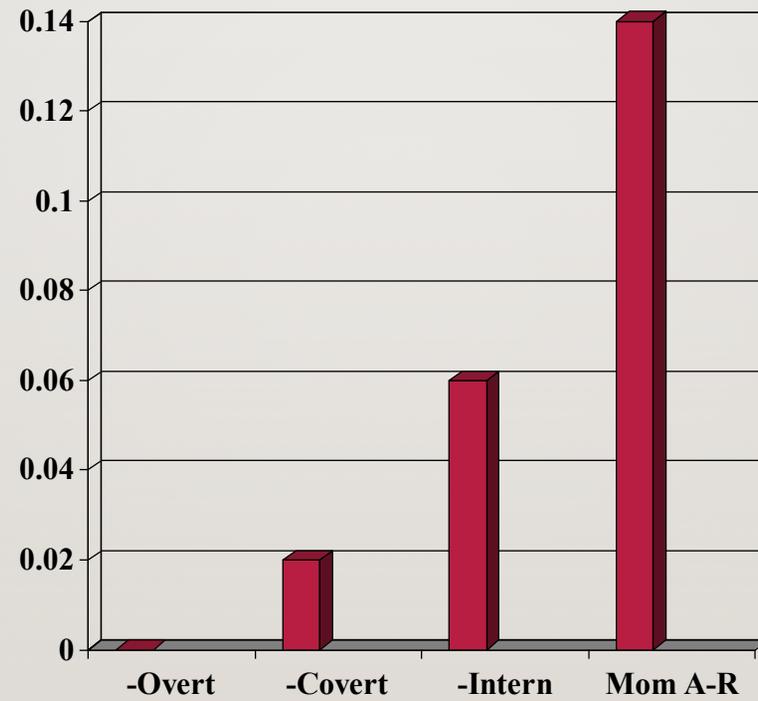
- **Ideas About Parenting** (Heming et al., 1989)
 - 3 factors = Authoritarian, Authoritative, Permissive
- **Authoritative Factor: 15 items**
 - *Warmth, Limits, Autonomy Encouragement--e.g.,*
 - “I encourage my child to be independent of me”
 - “I expect a great deal of my child”
 - “I have clear, definite ideas about childrearing”
 - “Raising a child is more pleasure than work”
 - “When I am angry with my child, I let him know”
 - “I reason with my child regarding misbehavior”



FINDINGS

- **Primary parents ADHD sample: lower on Authoritative (ES = .75)**
 - Yet variance in ADHD group equivalent to comparison group's
- **Tested predictive power of parenting factors, overt/covert ASB, and internalizing behaviors to positive peer sociometrics**
 - Neither Authoritarian nor Permissive beliefs predicted peer nominations, but Authoritative beliefs did so
- **Prediction applies only to ADHD group (beta > .35)**
 - For comparisons, beta = .00.
- **See also Harold et al. (2013, 2019) in large UK adoption samples**

EXPLAINED VARIANCE IN POSITIVE PEER NOMS



APPLICATIONS TO RIGHT NOW?

- **All bets are off in COVID era, right?**
 - **How to maintain routine for kids with ASD, who 'require' structure?**
 - **How to be firm, warm, and responsive for kids with ADHD, when all sense of household routine is invented afresh every day?**
 - **How to model positive coping for kids replete with rumination, anxiety, and dread?**
- **Trade-off, share**
 - **Hard to do without extended families; hard to do if nutrition is a core issue in the home**

FINALLY, SOCIAL DISTANCING

- **Clearly, this is essential RIGHT NOW, especially given our late start**
- **But what a term!**
 - **“Social distance” first used in 20s by sociologist Robert Park**
 - **Early 30s: Bogardus creates “social distance scale”**
 - **Racial prejudice: how ‘close’ would you choose to be....**
 - **Same county...neighborhood...project... go out with...let your daughter marry?**
- **Social distance is what stigma-related investigators hope to REDUCE**
- **Will we get used to/accept social distance vs. ethnic racial minority groups and or people with mental/neurodevelopmental disorders post-COVID?**
- **Replace with terms like ‘physical distance’ or ‘spatial distance’?**
 - **NY Times just beginning to do so**



CAN WE MAINTAIN PHYSICAL DISTANCE... YET MAINTAIN OUR SPECIES' CRUCIAL NEED FOR SOCIAL CONTACT?

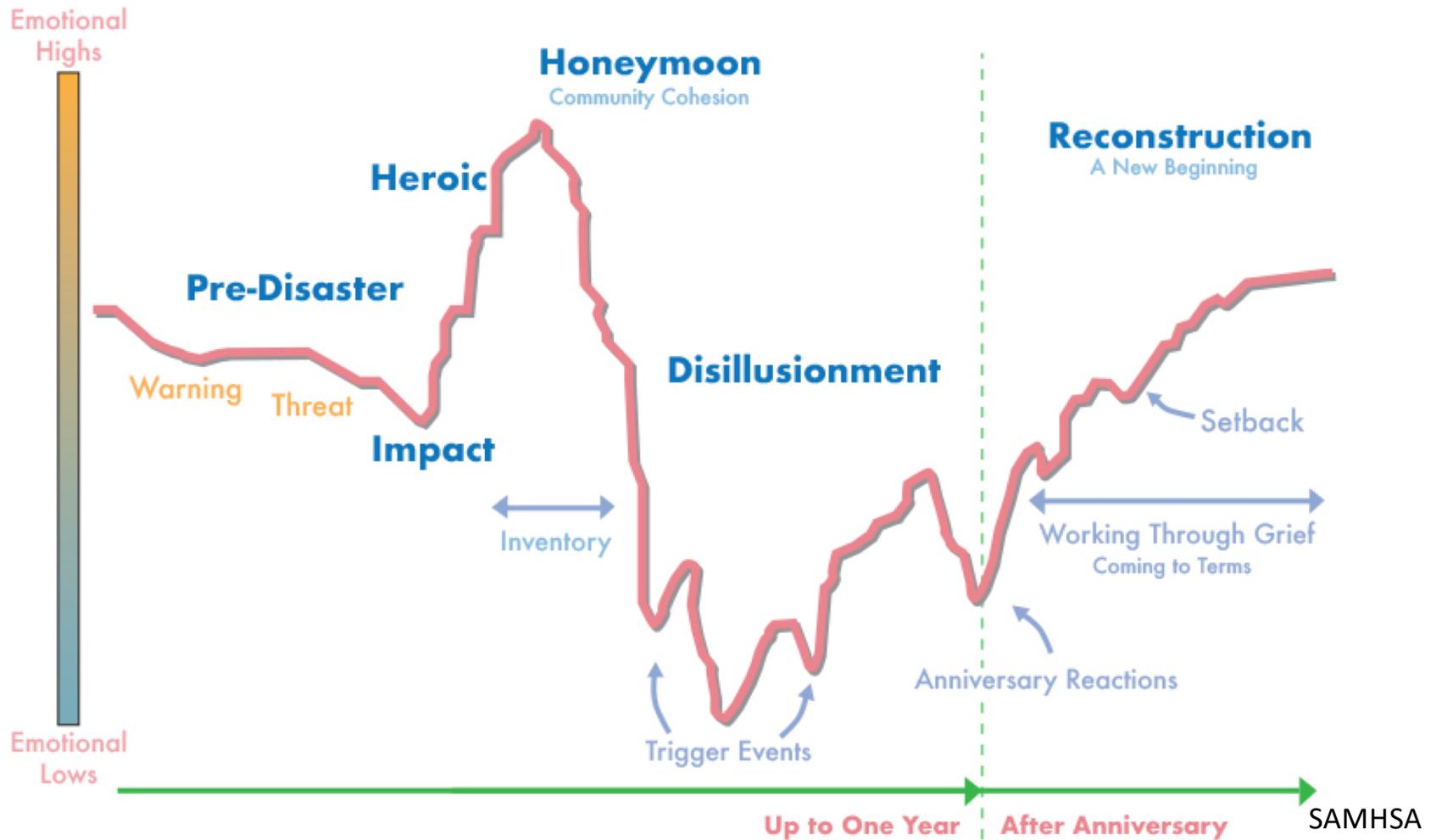
- **Perhaps our biggest challenge, moving forward...**
 - **With particular relevance for racial/ethnic and mental illness-related distance, stigma, and even hatred?**

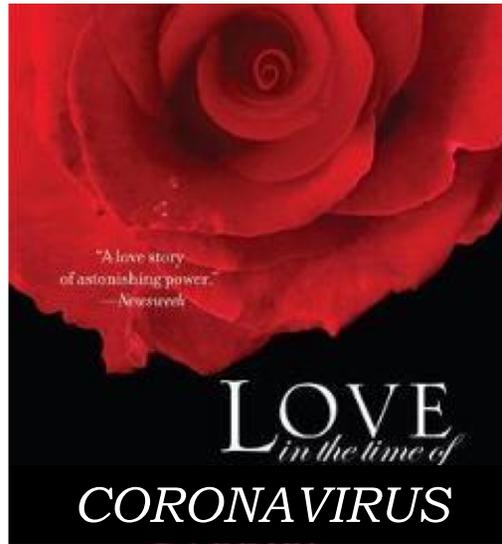


Ways of being mindful for stress resilience

Elissa Epel, PhD
**Professor, Department of Psychiatry
& Weill Institute for Neurosciences**

Emotional Phases of a disaster





*UCSF is devoted at every level to serving the public,
to reduce suffering*

Mindfulness means “seeing clearly”

- Attention is our gateway to experience
- Mindfulness is paying **attention, intentionally, with a kind attitude**
- Can regulate inner experience, all else is changing
 - **SUFFERING** = Pain X Resistance
(wishing things were different)
 - suffering = Pain X Acceptance
(allowing experience, with kindness)

Chin et al (2019) “Psychological mechanisms driving stress resilience in mindfulness training: A randomized controlled trial.” Health Psychology

Crosswell et al, 2019, Mind wandering and stress, when you don't like the present moment, Emotions



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1528-3542/19/\$12.00

Emotion

<http://dx.doi.org/10.1037/emo0000548>

Mind Wandering and Stress: When You Don't Like the Present Moment

Alexandra D. Crosswell, Michael Coccia, and Elissa S. Epel
University of California, San Francisco



Crosswell, et al *Emotions*, 2019

What's your self care plan?

- Maintaining balance of stress and restoration
- What are stress triggers? What are safety cues?
- Routine is the infrastructure of relaxation
 - How can you build in more restoration to your daily schedule?
- Communal effort—who can help you? Who can you help?



stress cues

safety cues

Short practices for Stress Resilience (safety cues)

- What can you add?
 - Positive social connections, gratitude, being a loving presence
 - Focus attention on sensory experience (app)
 - Breathing 4:8 (4:6:8)
 - Self compassion break
- When and Where?
 - Schedule in breaks (Bookends of day)
 - Nature (attention restoration)
 - Start off meeting with silence



stress cues

safety cues

Resources for well being at psych.ucsf.edu



- **Emotional Resilience Webinars** (DOP & UCSF Alumni Association)
- **Well-Being Guide** for UCSF community (Seeking Help, Apps, online practices, videos)
- Expansion of access to mental health clinical care (staff, students, faculty, patients)

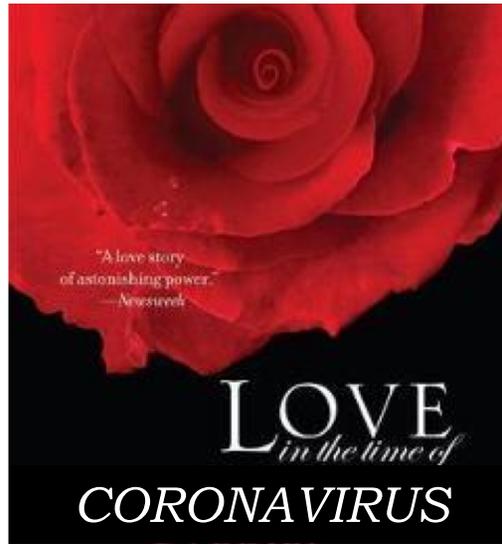
Emotional Well being Webinar Series



- ***Emotional first aid***, 4/9 (Lisa Fortuna, MD, Bruce Perry MD)
- ***Healing moral distress, reducing burnout***, 4/16 (Roshi Joan Halifax, PhD)
- ***Supporting our youth***, 4/30 (Dan Siegel, MD)
- ***Making stress work for you***, 5/7 (Wim Hof, Ashley Mason, PhD)
- ***Compassion based strategies***, 5/14 (Thubten Jinpa)
- ***Resilience to Traumatic Stress: When the Body Keeps the Score***, 5/21 (Bessel van der Kolk, MD)
- ***Relationship conflict to harmony***, 5/28 (Esther Perel, PhD)

Thoughts about work? Examine your goals

- Not a time for “productivity porn” and the guilt that it inspires
“That is denial and delusion. The emotionally and spiritually sane response is to prepare to be forever changed.”
- Abandon “high performance” and embrace the authentic:
 - compassion, humility, curiosity,
 - letting go of expectations, accepting what is here now
- Adopt tiny goals, with a big commitment to safety and psychological security
 - This shift will allow you to return to a new normal within the crisis



We are all in this together