HEALTH FOR A CHANGE

Kentucky Inspired: Bringing Justice Back to our Bodies

November 12, 2020

To address the unmet health needs of Kentuckians

Foundation for a Healthy Kentucky’s MISSION

By

• Developing and influencing policy
• Improving access to care
• Reducing health risks and disparities
• Promoting health equity

And VALUES...

✓ Integrity
✓ Respect
✓ Effectiveness
✓ Leadership
✓ Collaboration
✓ Policy Equity
TODAY: Survey Via Email

- Give your feedback
- Suggest future topics
- Only 3 minutes


JOIN THE COALITION FOR A SMOKE-FREE TOMORROW

www.healthy-ky.org
BRINGING JUSTICE BACK TO OUR BODIES

BREATHE, BEAT, BRAIN, BODY

YOU AS THE PRIMARY SUBJECT

BRAIN
WE ARE ALL STORYKEEPERS
BEAT
SELF CARE IS THE NEW HEALTH CARE
BREATH
TAKES CARE OF YOU
BODY
BOTTOM UP EXPLORATION

I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
AS I BREATHE, I HEAL, I TRANSFORM MY LINEAGE & LEGACY

3 TYPES OF STRESSORS
(ALL STRESS IS NOT CREATED EQUAL)

ACUTE

PSYCHOLOGICAL

CHRONIC
E-motions, Stress, and Trauma Get Locked/Blocked In the Body

Brain, Look!

Not Now! Can't you see I'm Busy?!
MODELS:
TRIUNE
QUADRUNE
EMBODIED

REPTILIAN
(INSTINCT)
MAMMILIAN/LIMBIC
(EMOTIONAL)
HUMAN/NEO-CORTEX
(RATIONAL)

BRAIN BASICS

• BRAIN IS OUR BODYGUARD
• IT FUNCTIONS ON AN EFFICIENCY MODEL
• THE BRAIN IS IN EVERY CELL OF THE BODY

we must take responsibility for our brain, breath and health
EFFECTS OF CONSTANTLY ELEVATED STRESS HORMONES

- Memory and Attention Problems
- Irritability
- Anxiety
- Lack of Sleep/Sleep Disorders
- Addictions/Obesity/Heightened Cortisol

Shift in perception & imagination - lose capacity to let our minds play - without imagination, we have no vision.

Changes not only how we think & what we think about but also the capacity to think.
NEUROPLASTICITY

- Bi-directional incline/decline ability to change throughout a person’s life
- Structural - brains ability to change structurally due to learning
- Functional - brains ability to move functions from a damaged area of the brain to and undamaged area

BRAIN ACTIVITIES TO ACTIVATE THE RELAXATION RESPONSE

- LEFT/RIGHT TAP
- BREATHE GROUND SETTLE
- IMAGES & MIRROR NEURONS (RELEASE YUMMY HORMONES)
  (WE PRACTICED THIS)
  (ROCK THE REPTILE STOPS PRODUCING STRESS HORMONES)

LETS CONSIDER THE BREATH, STRESS, AND SOCIETY RIGHT NOW

- COVID 19... A PANDEMIC, DISEASE THAT AFFECTS THE BREATH
- SYSTEMIC RACISM... A PANDEMIC, DISEASE THAT AFFECTS THE BREATH
- THE FIRES IN THE WESTERN REGION AFFECT THE BREATH
CHRONIC STRESS & TRAUMA IS KILLING SOME OF US MORE THAN OTHERS - ALL RELATED TO THE BREATH

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<thead>
<tr>
<th>Condition</th>
<th>Black Americans More Likely</th>
<th>White Americans</th>
<th>Comparison</th>
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<tbody>
<tr>
<td>Asthma</td>
<td>16 times more common</td>
<td>3 times more</td>
<td>5.6 times more likely to suffer kidney disease</td>
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<td>Stroke</td>
<td>Kill 4 times</td>
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<td>2.5 times more likely to suffer a limb amputation</td>
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<tr>
<td>Diabetes</td>
<td>60% more</td>
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<td>Sarcoidosis</td>
<td>3 times more</td>
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<td>Diabetic nephropathy</td>
<td>5.6 times more</td>
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ENDORPHIN
THE PAIN KILLER
Laughter
- Essential Oil
- Dark Chocolate
- Exercise / Dance
- Mind / Body Movement - Yoga
- Conversation with a good friend

OXYTOCIN
THE LOVE HORMONE
Listen to music
- Play with a baby
- Hold hands with someone
- Hug someone
- Give a compliment
- Play with a pet

DOPAMINE
THE REWARD CHEMICAL
Get some rest
- Take a cold shower
- Visit a new place
- Make your bed
- Celebrate small wins

GOOD HORMONE (CHEMICAL MESSENGERS) HACK
SEROTONIN
THE MOOD STABILIZER
Meditate
- Sunlight
- Walk / sit in nature
- Eat less processed sugar
- Practice gratitude
- Swim
- Cycle

I NOTICE
I SENSE
I FEEL
I ANALYZE
I RECONCILE
WE ALL CAME HERE AS LOVE
SOME OF US ARE JUST HAVING A
TEMPORARY DEVIATION FROM
LOVES PERFECTION

STAY IN TOUCH
FOR QUESTIONS AND
FEEDBACK