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Professional Resiliency & Personal Wellness

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“If you should treasure the future, look to the past.”

- Confucius
Why is Chinese Medicine Important?

• “To eat and exercise to prevent is more important than to heal. A good physician will treat an illness before it happens.”

  The Yellow Emperor, 2nd Century B.C.

• “When a symptom shows, the illness has been inside the body for a long time.”

  The Yellow Emperor, 2nd Century B.C.
Chinese Philosophy: Wellness Pointers...

Ten Ways to Good Health:

• Less alcohol, More Tea.
• Less Meat, More Vegetables.
• Less Salt, More Vinegar.
• Less Eating, More Chewing.
• Less Words, More Action.
• Less Greed, More Giving.
• Less Worry, More Sleep.
• Less Driving, More Walking.
• Less Anger, More Laughter.
Pain & Symptom Management with Traditional Chinese Medicine (TCM)

• Treat the root as well as the symptoms
  – (eg. Head aches)

• Treat the person and not the disease
  – (eg. Head Aches)

• Treat the person based on their response
  – (eg. Back Pain)

• The Gardener vs. the Auto Mechanic

• “Dig the well when you are not thirsty”
The History of Work-Life Balance?

• Coined in U.K. 1895, U.S. 1980

• U.S. Weekend (Leisure): 1926 Henry Ford, 1929 Amalgamated Workers, 1940 legislated in U.S.

• Media, Research Articles, Books:
  • “- IZE yourself to balance”
    – Prioritize: Family, Career, Community
    – Exercise: Work-out buddies, Walking Clubs
    – Strategize: Happiness Projects, Down-time, Leisure
The Work-Life Balance and Happiness?

- In anthropology, the definition of happiness is to have as little separation as possible between your work and your play.

- “Do what you love, and you never have to work a day in your life.”
Important Work-Life Balance
Role of Health Care Professionals, Supervisors, Colleagues, Parents

• Docere: Doctor Heal Thyself
• The Most Important Person in the Room
• You are your own Best-Selling Author: How to Encourage, Inspire & Teach by Example a Healthy Work-Life Balance
  – Cultural
  – Individual
  – Know Your Work/Life DNA/Fingerprint
“If you should treasure the future, look to the past.”

-Confucius
“If you should treasure the future, look to the past.”
-Confucius

“Know your enemy and know yourself, and you can fight a 100 battles and win them all.”
--The Art of War
What is your Work-Life Balance?

Balance is the Key to Life
What we can learn from other cultures about Wellness & Balance?

• China
• Italy
• Shakespeare
Daily Wellness in China

– *Daily Self-Care/Exercises- Teach Patients: 5-10 minutes* (parks, escalators, office, gym, home)

– *Chi-Qi-Ki-Prana: Energy!*
  • Patty Cake Exercise
  • Energy Shower Exercise
  • Arm Swing Exercise
Daily Wellness in China

Ear Acupressure:

• Self-body massage each day - teach patients
• “My eyes are strained” - rubbing the ear-lobe!
• Apex for Allergies, Lobe/Brain, Spine = Spine
• Back Pain: Spine of the Ear
Daily Wellness in China

- Henry and Hong Kong
- **Acupressure:**
  - Yin Tang “Bright Hall”
  - circular finger pressure or rub with the heel of hand
  - Benefit: Calms the mind, reduces mental anxiety.
  - 5-10 minutes per day
Work-Life Balance in Asia

Japan & Singapore & Foot Acupressure/Reflexology:
- Big Toe (Brain),
- Arch (Digestion) &
- Medial Aspect of Foot (heel to toe) spine
Work-Life Balance in China

- **Acupressure the 4 Gates- LI-4 & Liv-3**
  - Large-Intestine 4: *He Gu* (*Joining the Valleys*)
  - Acupressure: with opposite thumb, in and out movement, (2-5 minutes).
  - **Benefits**: pain relief, headaches, sore throat, colds.
Work-Life Balance in China

• Acupressure the 4 Gates - LI-4 & Liv-3
  - Liver 3: Taichong (Greater Rushing)
  - Acupressure: In & out 2-5 minutes (often sore).
Military Hospital Employees

- Surveys completed after first-time and repeat visits (n=2,756 surveys) indicated that most participants after acupuncture or acupressure sessions agreed or strongly agreed they felt more relaxed (97.9%), less stress (94.5%), more energy (84.3%), and less pain (78.8%).

Headache

• Migraine (without aura)

  Auricular Acupuncture (AA) over Sham AA.
  \( p<0.001 \) VAS scores. \( N=94 \) (Allais G, et. al. Neurol Sci. 2011)

Cochrane Review:

  Acupuncture is an effective and valuable option for patients suffering from migraine or frequent tension type headache.

  (Schiapparelli, et al. Neurol Sci. 2011)
Case Study-24 year old F

- Subjective:
  - Painful periods, before and during 1st day of menses with clotting
  - Focal HA over left eye
  - Premenstrual diarrhea and craving for sweets
  - Acne before menses
Liver Qi and blood stagnation overacting on the Spleen and creating heat

- Acupuncture - Liver 3/LI-4
  - Move the liver and blood
  - Tonify the spleen
  - Clear heat

- Diet
  - Lemon water
  - No cold or dairy foods
Work-Life Balance in Asia

– Go Green Vegetables! Go Green Tea!

– Rub Kidneys after Exercise!

– Fall/Winter Tea: Cinnamon, Honey, Hot Water

– Anti-Stress Tea: Fresh Lemon & Hot Water (relieve stagnations/pain)
Work-Life Balance in Italy

- **Italy**: Maurizio the elevator attendant. “*Gli美国人 vivano per lavorare. Noi Italiani lavoriamo per vivere!*”
- Children eat lunch and dinner at home
- Leisure Activities are with the family.
- To relieve stress? One word: *Calcio*! (*Soccer*)
- “Work to live or live to work?”
WWSS?

- Deus ex machina......

- WWSS= What Would Shakespeare Say about work-life balance?
Work-Life Balance, Lessons from Shakespeare

“Absence from those we love is self from self - a deadly banishment.”

- William Shakespeare, The Two Gentlemen of Verona

Translation: ..spend quality time with loved ones.
Work-Life Balance, Lessons from Shakespeare

“And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.”

- William Shakespeare, As You Like it, Act II, Scene 1

Translation: …enjoy nature, walk, reflect, take it easy, and learn nature’s lessons.
Work-Life Balance, Lessons from Shakespeare

• “A fool thinks himself to be wise, but a wise man knows himself to be a fool.”
  - William Shakespeare, Measure for Measure

Translation: ....keep learning always.
Work-Life Balance
Lessons from Shakespeare’s Hamlet

“And this above all else, to thine own self be true.”

-Shakespeare, Hamlet, Act 1, Scene 3

Translation: No need for translation...
Be the change you wish to see in the world. -Mahatma Gandhi

• Better academic and health care teams?
  - be a good team player

• Better employee motivation?
  - be a motivated supervisor

• Better work-life balance?
  - balance your own & inspire
“The Journey of a 1,000 miles begins with one step.”

--Tao Te Ching
Be the change you wish to see in the world.
-Mahatma Gandhi

• 3 Steps to Wellness and Resilience from the past:

  • Disease Free:
    ‘Dig the well when you are not thirsty.’ Chinese Proverb

  • Vitality & Wellness according to Shakespeare:
    • “..to thine own self be true.”
    • Find the “Tongues in trees.”
    • “A Wise man knows himself to be a fool,” Keep learning always.

  • Pain Free:
    • Movement and Lemon Water promote the smooth flow of qi.
THANK YOU

Questions:
Chinese Medicine & Work/Balance Discussions

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