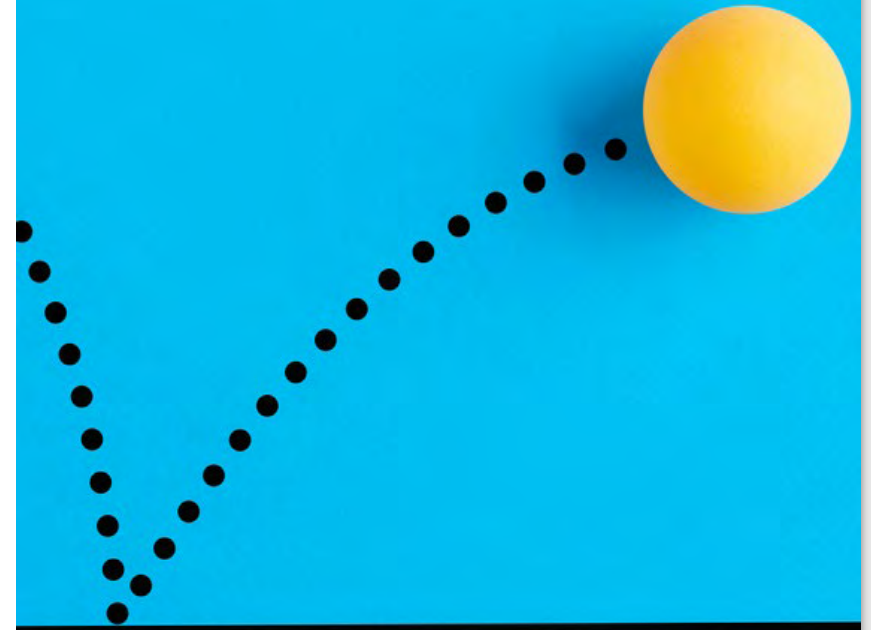


# THRIVE:

7 Keys to a More Vibrant,  
Resilient & Impactful Life



DR. SUSAN BIALI HAAS MD









# GUITARRAS DE LUNA





KEY #1

Connect with  
**CREATIVITY & PASSION**

# Reconnecting with Passion & Creativity

- A strong identity + sense of belonging foster resilience
- Remember a time you were happiest
- Notice what makes you envious
- Live it like a treasure hunt





What's something that you loved to do, during a particularly good season in your life?

How might you reconnect with it?



## KEY #2

Optimize the quantity &  
quality of your SLEEP.

# Sleep: Get a Good Night's Rest

- Key driver of mental health, physical health and performance
- Most people req. 7-8 hours  
(know what you need)
- “Modest night-to-night reductions in sleep...predict day-to-day increases in anxiety.”\*

\* Overanxious and underslept. Ben Simon E, Rossi A, Harvey AG, Walker MP (UC Berkeley). *Nature Human Behavior* 2020 Jan; 4(1):100-110.



# Sleep:

## Get a Good Night's Rest

- Cognitive Behavioral Therapy for Insomnia (CBT-I)
  - "stimulus control" – don't stay in bed
  - avoid excess napping (15-30 min ok)
- Optimize circadian rhythms
  - consistent routine
  - morning light exposure
  - exercise (aim for 10K steps+)
- Wind down
  - lights
  - activities
  - avoid stress



# Sleep: Get a Good Night's Rest

- Be aware of caffeine use
- Be careful with alcohol
- Get off screens and phones (or reduce exposure)
  - Harvard study\*
  - “night shift” (iPhone) or similar setting
  - turn down screen brightness
  - blue light blocking glasses

\*Chang AM, Aeschbach D, Duffy JF, Czeisler CA. *Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness.* Proc Natl Acad Sci U S A. 2015 Jan 27;112(4):1232-7.



## KEY #3

Choose FOODS that boost  
your BRAIN and MOOD.

# The Brain Health Food Guide

“The guide is based on studies of adults 50 years of age and older who changed their diet and found these benefits:

After four months of eating well...

They performed as if they were *nine years younger* on tests of reading and writing speed.”

(Baycrest.org)

Which Foods  
Help the Brain?



**BRAIN HEALTH**  
FOOD GUIDE



# The Brain Health Food Guide

## Highlights:

- Leafy greens daily
- Veggies 4+ /day
- Fruit 4+/day
- Fish 3x/week
- Berries 3x/week
- Walnuts 4x/week
- Stay hydrated
- Foods to avoid (e.g. sugar, refined grains, red meat, high fat dairy, processed foods, desserts)

Which Foods  
Help the Brain?



**BRAIN HEALTH**  
FOOD GUIDE





## KEY #4

Leverage the power of  
**MIND-BODY MEDICINE**  
to counteract stress and improve health .

# Mind-Body Medicine: Physiological Stress Reduction

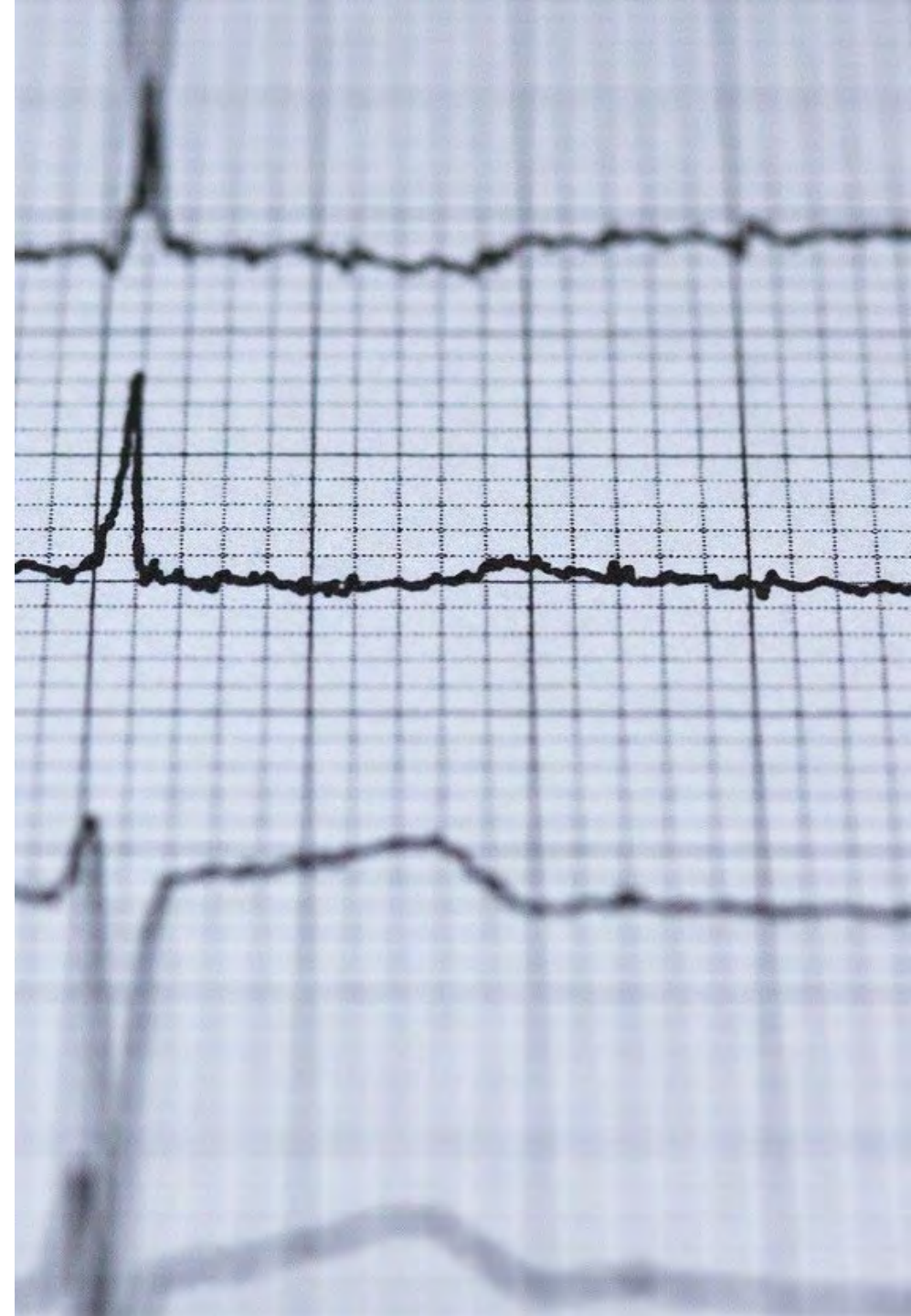
Dr. Herbert Benson (Harvard):  
The Relaxation Response

“Use the mind to shut off the mind”  
(Break everyday train of thought)

10-20 min: 24 h impact

*“RR” activities =*

*breathing / yoga / tai chi / stretching /  
meditation etc.*



# Mind-Body Medicine: Physiological Stress Reduction

Two Steps in Relaxation Practice:

- 1) Repetition (word, breath)
- 2) Passive return to focus



# Why I do this

- 20 min/day x 5 days = Improve brain executive function
- 8 weeks = Growth in brain structures
- Genetic changes: metabolism, inflammation, health
- Mental health: Less anxiety, better mood, stable emotions
- Focus: concentration, creativity, problem-solving
- Free apps: [UCLA Mindful](#), [Insight Timer](#)

KEY #5

Incorporate  
**MINDFULNESS PRACTICES**  
into your life

# mind·ful·ness\*

1. the quality or state of being conscious or aware of something.
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a **therapeutic technique**.

*\*Lexico.com (Oxford)*

# “Micro” Technique: The 4-6-8 Breath

- Breathe in through nose (4 count)
- Hold (6 count)
- Breathe out via mouth or nose (8 count)







## KEY #6

Know what brings you JOY.

A close-up profile of a woman with her eyes closed, blowing on a dandelion seed head. The background is a soft-focus green field with many dandelion seeds floating in the air, creating a dreamy and joyful atmosphere.

Have FUN.  
Seek out JOY.  
It matters.

**ACTIONS:**

Try SOMETHING NEW.

CELEBRATE.

Know what you LOVE.

(List 5 things)

What are 5 things that  
you LOVE?



## KEY #7

Connect with what gives your life  
**MEANING & PURPOSE.**

# Meaning & Burnout

*Krok, D. Archives of Psychiatry & Psychotherapy 2016*

Can meaning buffer work pressure? An exploratory study on styles of meaning in life and burnout in firefighters

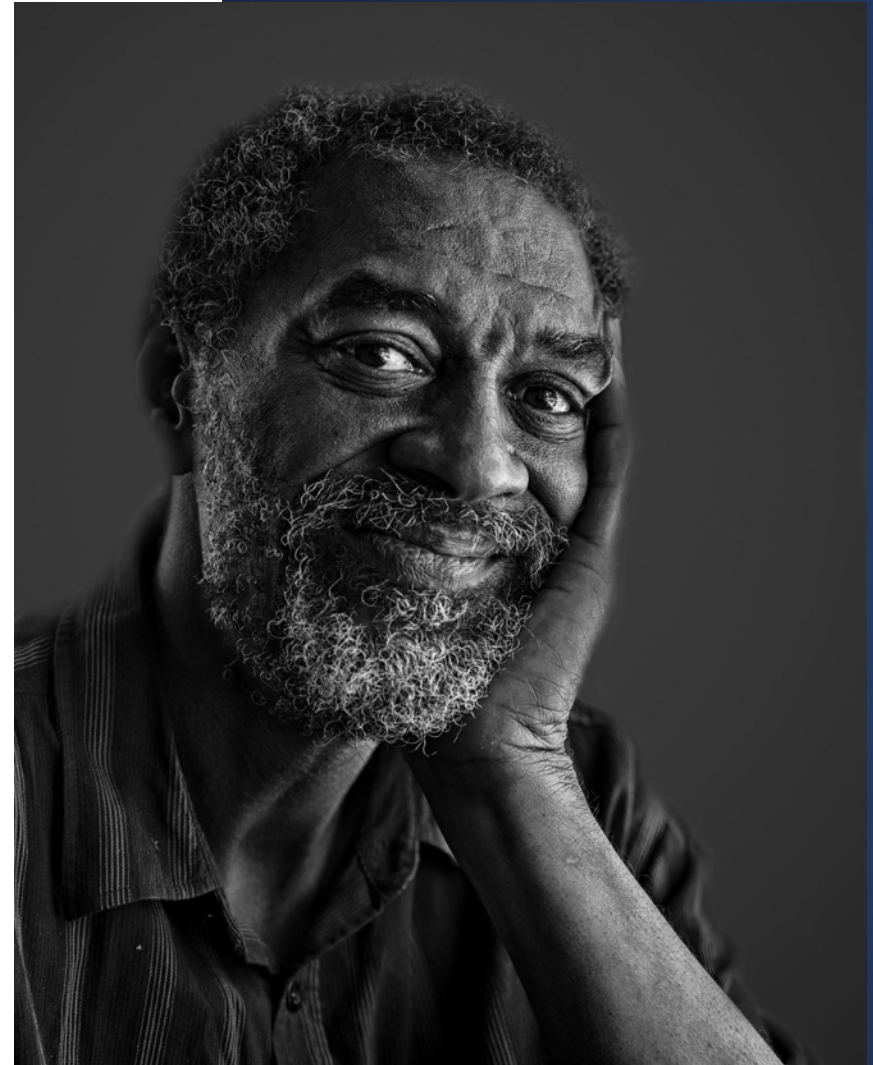
**“Individuals who experience meaning in life...are characterized by:**

- less feelings of being emotionally overextended and exhausted by work (*emotional exhaustion*)
- less impersonal and detached responses to various aspects of the job (*depersonalization*)
- more feelings of personal accomplishment, competence and efficiency at work (*efficacy/accomplishment*)

# How do we define “meaning” in life?

- A sense of your comprehension of the world around you
- Your investment in a **self-concordant** purpose
- Pursuit and attainment of worthwhile goals

(Krok, D)

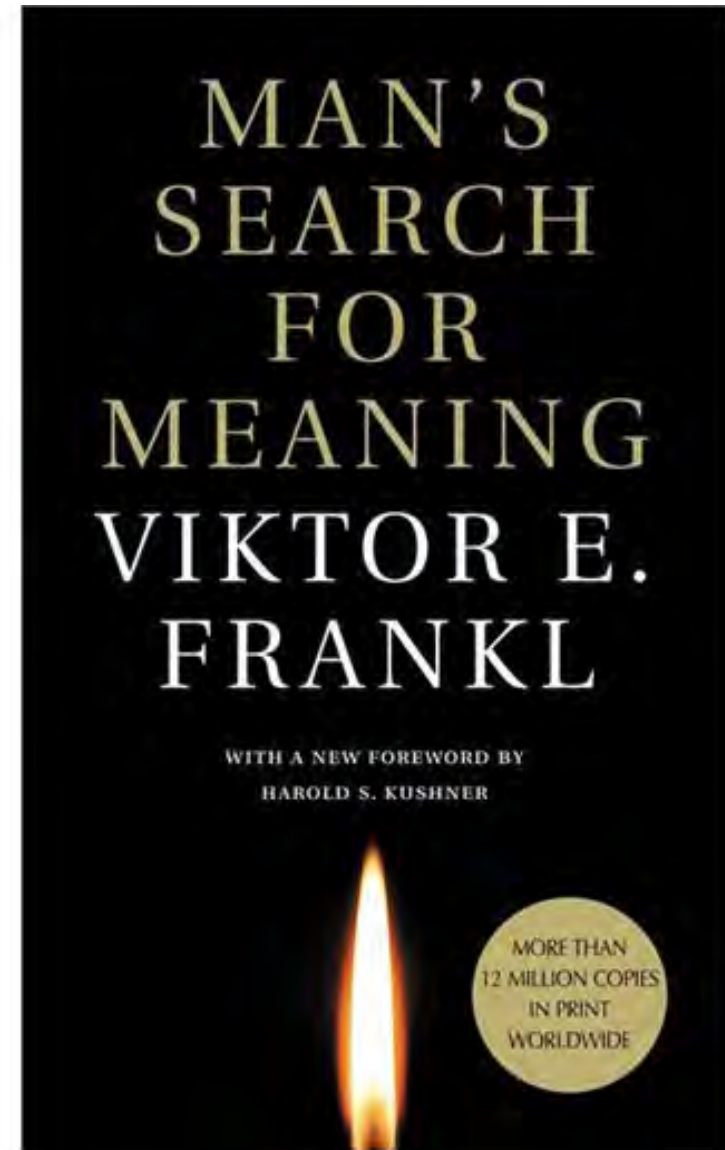


# How do we create meaning?

Dr. Viktor E. Frankl

3 Ways to find meaning:

- In what you **create or give to the world** through your work or leisure time
- In your **relationships** with others
- In choosing your **attitude toward suffering** (courage, dignity in face of difficulty/loss)



1) What is something that gives you a sense of meaning or purpose, in your *personal life*?

2) What is something that gives you a sense of meaning or purpose, in your *work*?





# Thank you.

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