

# Living Well with HIV: Using Your Mind to Manage Symptoms

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**Mount  
Sinai**

## The Institute for Advanced Medicine

As part of the Mount Sinai Health System, the Institute for Advanced Medicine (IAM) is a newly integrated organization that will provide comprehensive, state-of-the-art treatment to patients living with HIV/AIDS. We unite the Health System's outstanding physicians and staff from multiple disciplines into one integrated program that provides accessible, affordable, and expert primary and specialty care to HIV patients, and their friends and families throughout the New York metropolitan area. We have six fully integrated practice locations, so whether you are HIV positive or wanting to stay negative, we will help you.

### Find a practice location near you:

#### The Mount Sinai Hospital

##### Jack Martin Fund Clinic

17 E 102nd Street, 3rd floor  
New York, NY 10029

**Appointments:** 212-241-7968

[Get Directions](#)

##### Comprehensive Health Program

275 Seventh Avenue, 12th floor  
New York, NY 10001

**Appointments:** 212 604-1701

[Get Directions](#)

#### Mount Sinai Beth Israel

##### Peter Krueger Clinic

317 East 17th Street, 1st floor  
New York, NY 10003

**Appointments:** 212-420-2620

[Get Directions](#)

#### Mount Sinai St. Luke's

##### Morningside

390 West 114th Street, 3rd floor  
New York, NY 10025

**Appointments:** 212-523-6500

[Get Directions](#)

#### Mount Sinai Roosevelt

##### Samuels Clinic

1000 Tenth Avenue, Suite 2TT  
New York, NY 10019

**Appointments:** 212-523-6500

[Get Directions](#)

#### Mount Sinai

##### Spencer Cox Clinic

230 West 17th Street  
New York, NY 10011

**Appointments:** 212-523-6500

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# Mount Sinai IAM Resources

- ✓ Nutrition Counseling
- ✓ Peer Support & Training
- ✓ Nursing Care
- ✓ Pharmacy Services
- ✓ Violence Prevention
- ✓ Coming Home Program
- ✓ Support Groups / Education
- ✓ Clinical Trials
- ✓ Consumer Advisory Board
- ✓ Alternative Medicine
- ✓ Legal Services
- ✓ Primary Care for Adults and Children
- ✓ Specialty Care (Neuro, GI, Derm, Dental, GYN, Integrative)
- ✓ Social Work / Case Management
- ✓ Mental Health Program for Children and Families
- ✓ Treatment Adherence Support / Care Coordination
- ✓ Free Rapid HIV Testing
- ✓ Non-occupational post-exposure prophylaxis (nPEP)
- ✓ Pre-exposure prophylaxis (PrEP)

## **At the end of this workshop, participants will be able to:**

1. Describe cognitive techniques
2. Apply these simple techniques in a variety of settings
3. Explain these techniques to others who may benefit

# Living Well and Self-Management Education

Mount Sinai Institute for Advanced Medicine

## LIVING WELL

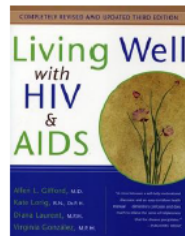
*Change How You Live with HIV*

*Living Well "gave me power to deal and live with HIV." – Past participant*

Living Well is a **FREE TWO DAY WORKSHOP** designed to help people living with HIV manage their health and stay active.

**Please join us for empowering presentations and peer-facilitated discussions on topics including:**

- HIV overview
- Disclosure
- Taking your medication
- Dealing with your emotions
- Relaxation and stress reducing techniques
- Managing your symptoms
- Healthier eating and exercising
- Communicating with your family and friends
- Partnering with your medical provider
- Practicing safer sex
- Substance use and safer using



Participants will receive a copy of the book *Living Well with HIV & AIDS*, a Certificate of Completion, and a MetroCard and healthy meal at each session.

**Dates & Times:** Monday, August 24, 2015 (10:00am-5:30pm)

Tuesday, August 25, 2015 (10:00am-5:30pm)

**Location:** Spencer Cox Center

230 West 17<sup>th</sup> Street, New York, NY 10011

Participants must attend the full 2 day workshop.

*Priority given to those who have not previously attended Living Well.*

Registration required. Seating is limited.

For more information or to register contact:

**Naomi Harris**

212-523-5954

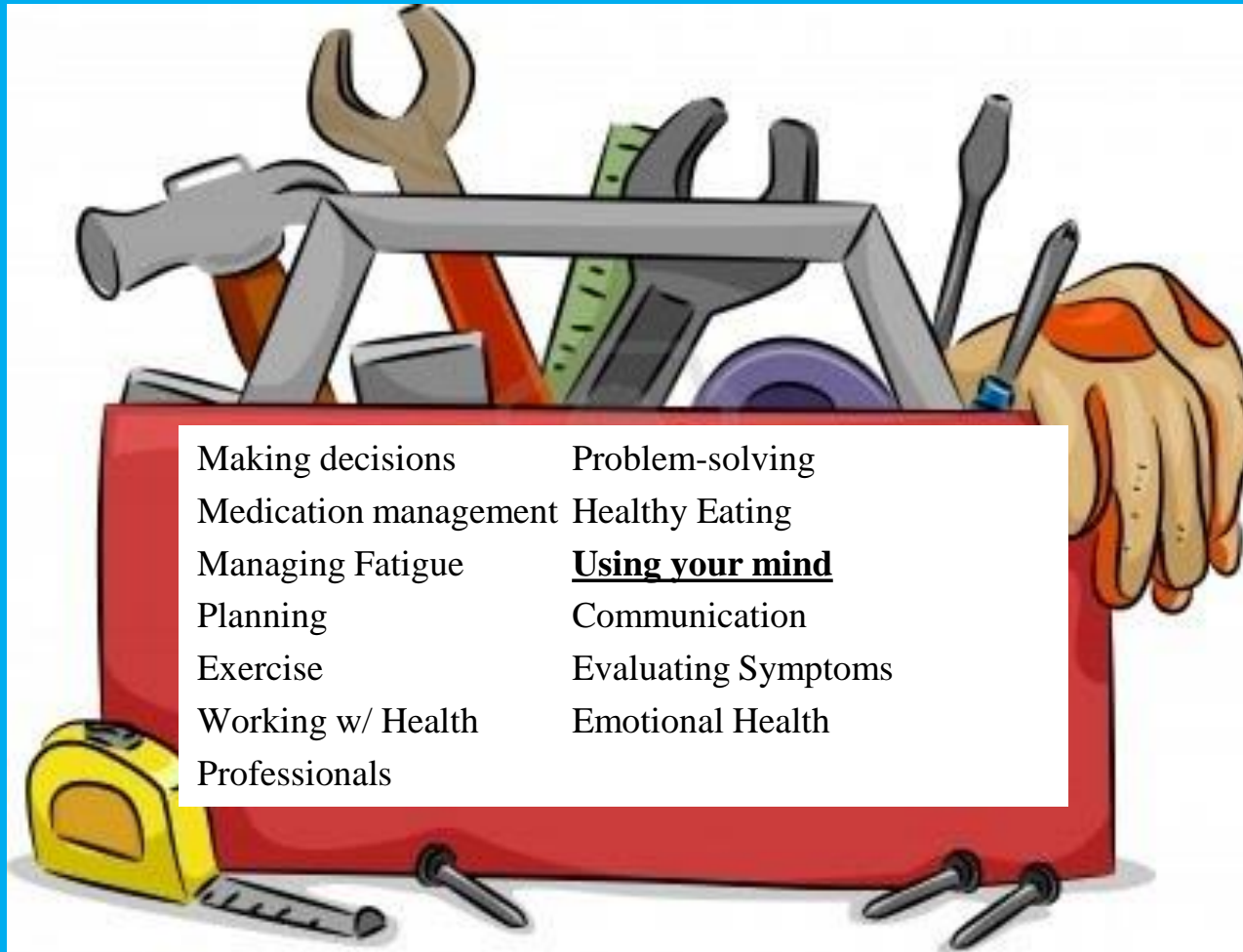
naoharris@chpnet.org



The purpose of HIV self-management education is for patients to assume an active and informed role in managing physical, psychological, and social aspects of their health.

The WHO includes self-management as a best practice to improve clinical care and outcomes for chronic conditions (World Health Organization, 2001).

# Self-Management Toolbox

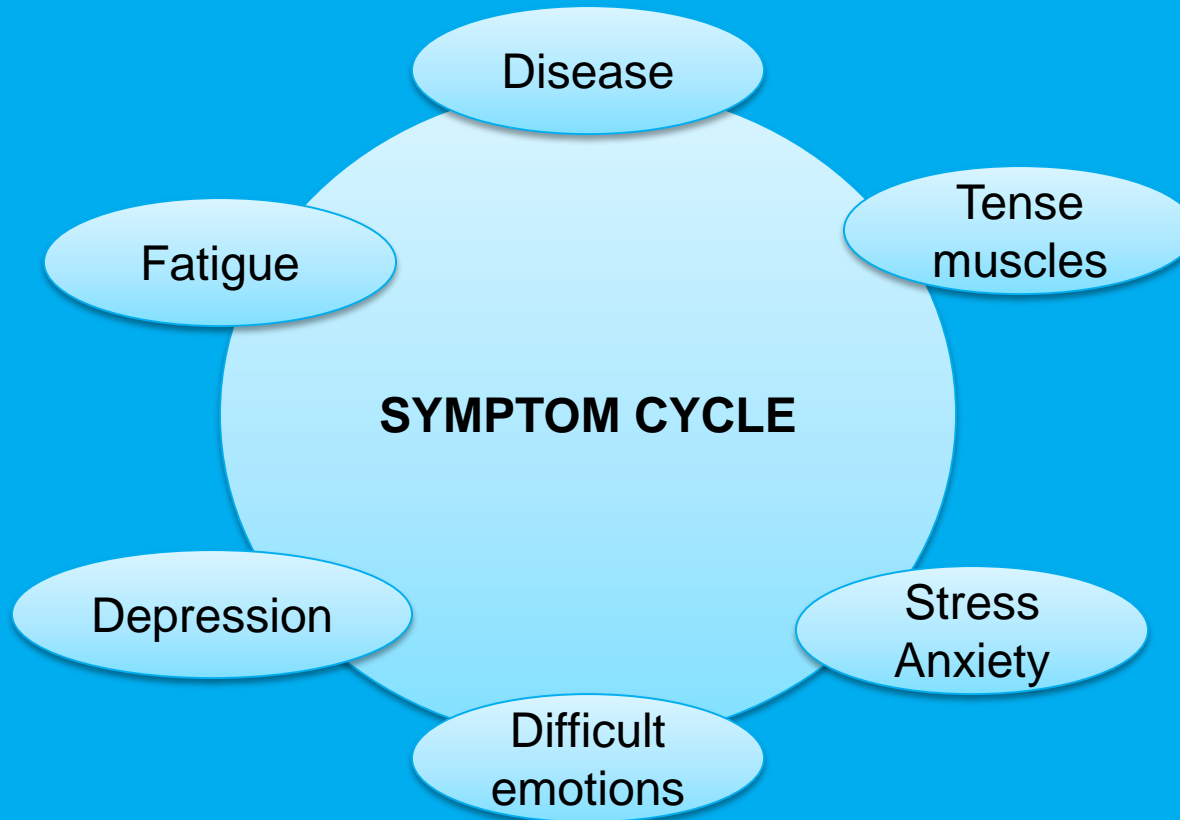


Making decisions	Problem-solving
Medication management	Healthy Eating
Managing Fatigue	<b><u>Using your mind</u></b>
Planning	Communication
Exercise	Evaluating Symptoms
Working w/ Health Professionals	Emotional Health

# The Mind-Body Connection

- Our minds and bodies are connected.
- Our minds can influence our bodies.

# The Symptom Cycle

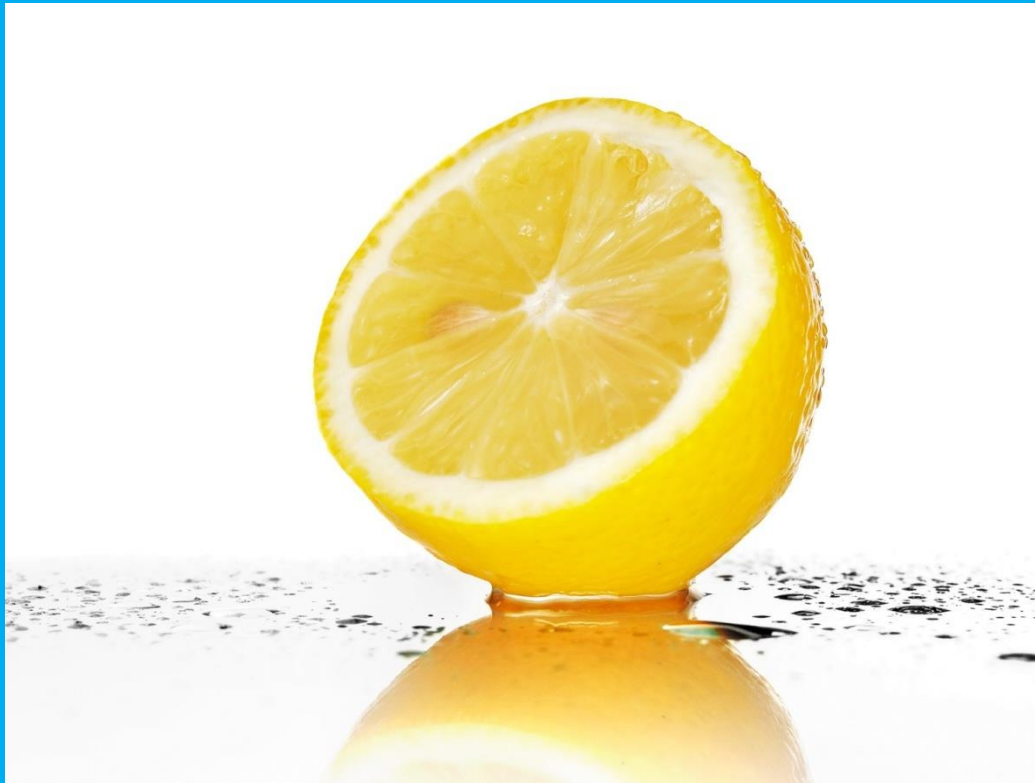




**Break the symptom cycle by using your mind**



# Let's experiment



# Mind and Body



Prayer



Meditation

# Thinking Techniques

1. Short-term distraction
2. Progressive Muscle Relaxation
3. Guided imagery
4. Mindfulness Meditation
5. Breathing techniques

# Techniques

Try different techniques to find the ones that work best for you.

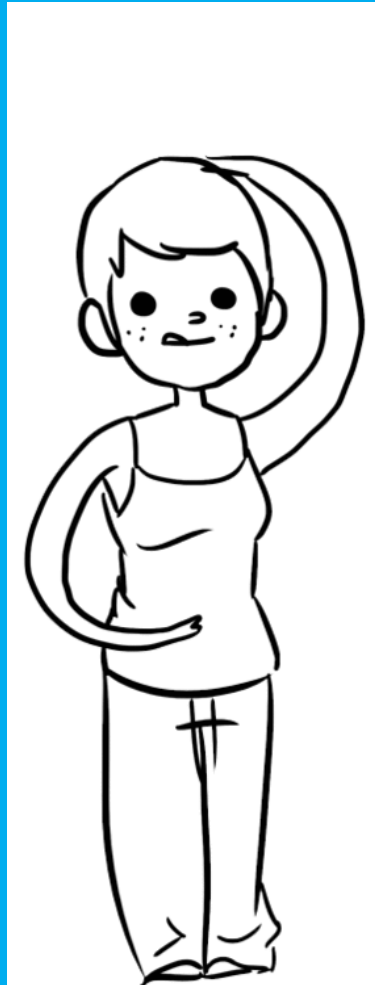
Like a muscle, the more you practice the stronger your mind becomes.

# Thinking Techniques

Short term distraction

It's difficult for the mind to focus on two things at once.

# Divided Focus Experiment





# **Distractions: Why They Work**

Distractions work because if we focus our minds on something else, the symptom will feel less intense.

# Short-term distraction

Trouble falling asleep



# Short-term distraction

Short activities that cause pain or discomfort



# Short-term distraction techniques

1. Counting backwards by threes
2. Trying to think of all the words to an old song
3. Thinking of an animal for each alphabet letter
4. Trying to recall the details of an old story or joke

# Thinking Techniques

## Progressive Muscle Relaxation

# Progressive Muscle Relaxation

In order to relax, one must know how it feels to be tense, as well as relaxed.

# Progressive Muscle Relaxation

Make yourself comfortable

# Thinking Techniques

Breathing techniques



# Relearning how to breathe



Children naturally breathe primarily into their bellies.



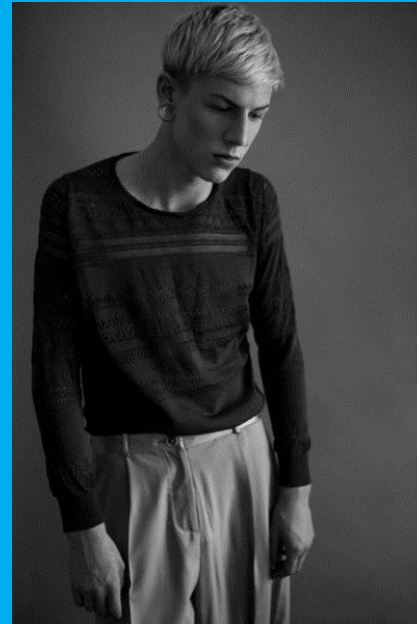
With stress and anxiety, we breathe more into our upper chests.

# Our breathing and emotions

Many of us do not breathe in the best, most natural way.



Shallow breathing +  
anxiety



Slouching, stifled breathing

# Belly (diaphragmatic) breathing

1. Shoulders back and relaxed
2. Place one hand on your belly, one on your upper chest.
3. Breathe in through your nose & into your belly.
4. Exhale slowly through pursed lips.
5. Exhale should be twice as long as inhale.



# Benefits of belly breathing

1. Better breathing efficiency, so you can breathe with less effort.
2. Promotes calmness and relaxation.
3. Helps to soothe and slow down emotions like anxiety, anger.

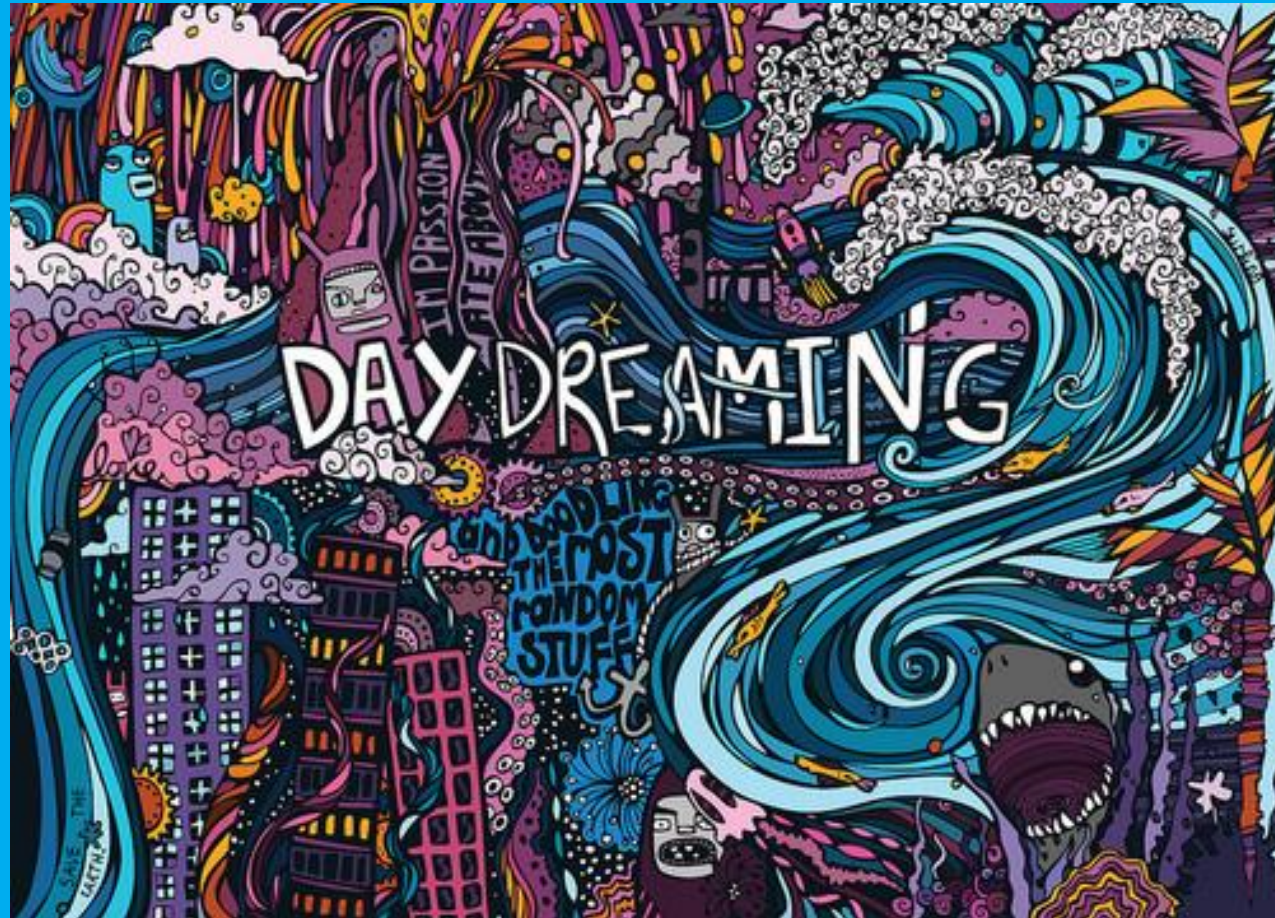
# Belly Breathing with ELMO!

[https://www.youtube.com/watch?v=\\_mZbzDOpyIA](https://www.youtube.com/watch?v=_mZbzDOpyIA)

# Thinking Techniques

Guided imagery

It's like a guided daydream



# Benefits of guided imagery

1. Helps take the mind off discomfort.
2. Transports us to a peaceful, relaxing place.
3. Relaxation helps manage fatigue.
4. Relaxation improves circulation by warming hands and feet.





**Let's practice!**

Cell phones on silent, please.

# Brainstorm

Where could you apply these techniques?

What other distraction techniques can you think of ?

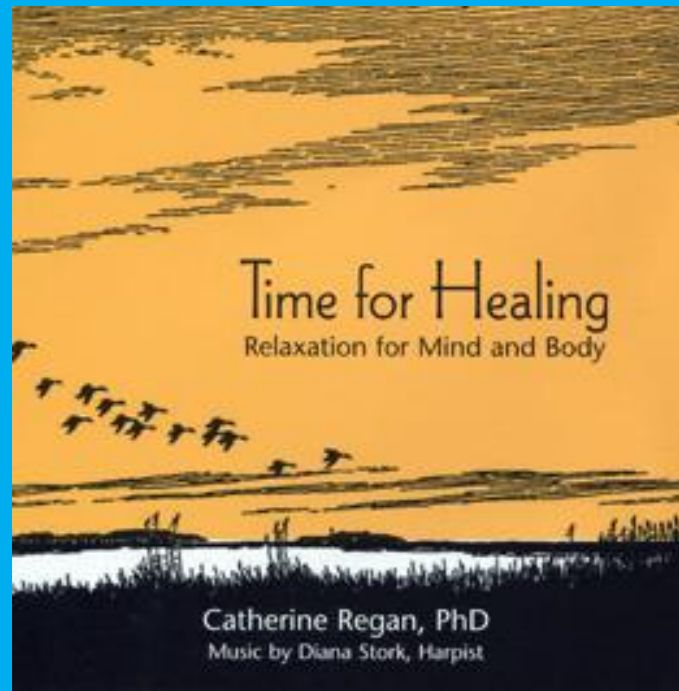


“Mental” vs. “Physical”

# Closing

1. **Our minds are powerful and can help us manage our symptoms.**
2. **Self-management techniques should not have negative effects.**
3. **Don't give up.**
4. **Give yourself several weeks to practice .**

**And you can practice at home!**



# Questions?





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