



# Healing from the Physical & Mental Damages Caused by Substance Abuse

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# Introduction and Objectives

This presentation will inform participants about healing from the physical and mental damages caused by substance abuse.

The objectives are:

- \* Physical & mental damages caused by substance abuse.

- \* The healing qualities and importance of various vitamins and nutrients in addiction recovery.

- \* The ways in which physical activity and regular exercise can combat addiction triggers and curb cravings for substances as well as contribute to overall feelings of wellbeing.

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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**



# What are the physical and mental damages?

- ▶ Physical dependence
- ▶ Psychological dependence
- ▶ Low self esteem
- ▶ Physical health issues
- ▶ Brain chemistry working improperly
- ▶ Support systems not intact
- ▶ More????

# Recovery



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The Substance Abuse and Mental Health Administration (SAMHSA) offers this definition:

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“Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life.”

# Evaluation

**SUD and length of time**



**Seriousness of the SUD and  
mental homeostatis**



**Now let's move on and look at  
what comes next**

# SAMHSA's definition of Wellness

## ► What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.





# Eight dimensions of wellness-SAMHSA



**Emotional**—Coping effectively with life and creating satisfying relationships



**Environmental**—Good health by occupying pleasant, stimulating environments that support well-being



**Financial**—Satisfaction with current and future financial situations



**Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills



**Occupational**—Personal satisfaction and enrichment from one's work



**Physical**—Recognizing the need for physical activity, healthy foods, and sleep



**Social**—Developing a sense of connection, belonging, and a well-developed support system



**Spiritual**—Expanding a sense of purpose and meaning in life

# What happens when we do not practice self care?

- ▶ Research studies
- ▶ [Exercise, Stress and the Brain NIH](#)

The Influence of Forgiveness and Apology on Cardiovascular Reactivity and Recovery in Response to Mental Stress

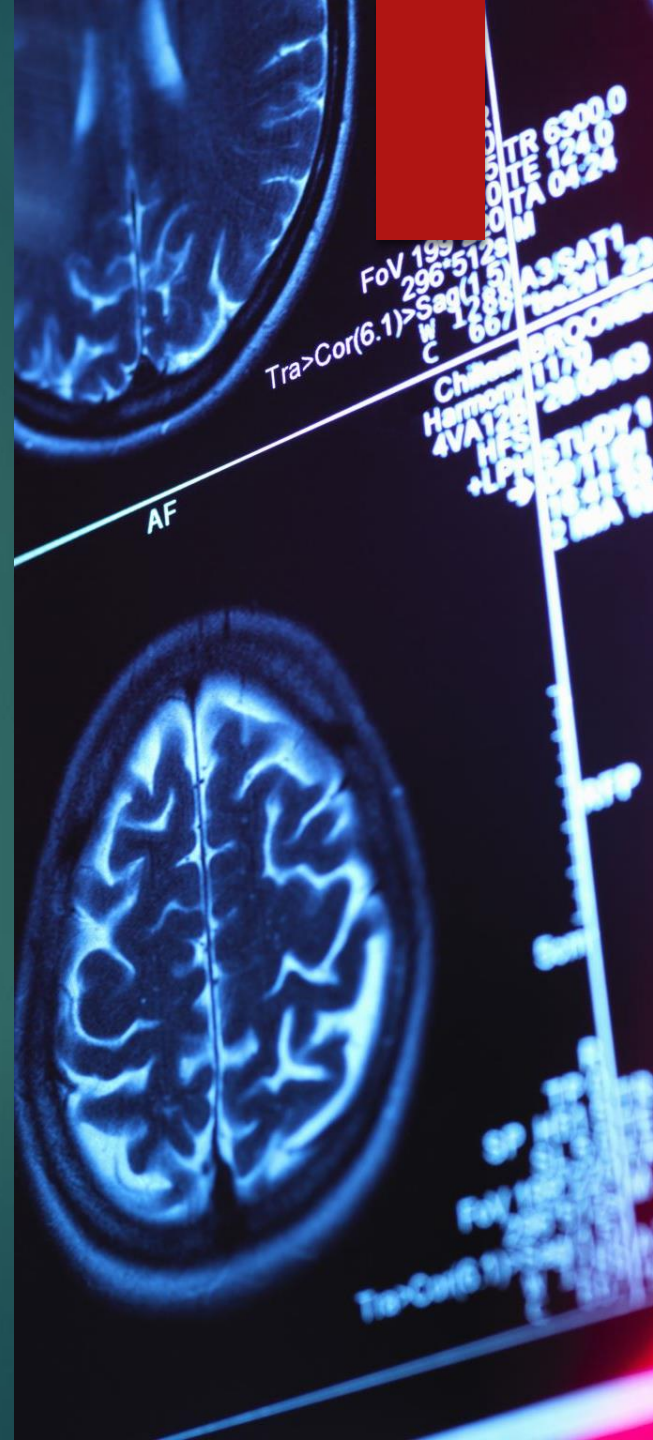
A recent study on “The influence of forgiveness and apology on cardiovascular reactivity and recovery in response to mental stress” finds that “... there are potentially healthful benefits to forgiveness and apology, but the relation is influenced by situation and by sex.” Apparently women who received apologies recovered faster than women who did not, but the opposite was true for men.

Read the abstract of the study here:  
<http://www.ncbi.nlm.nih.gov/pubmed/20364307>



# Research articles continued

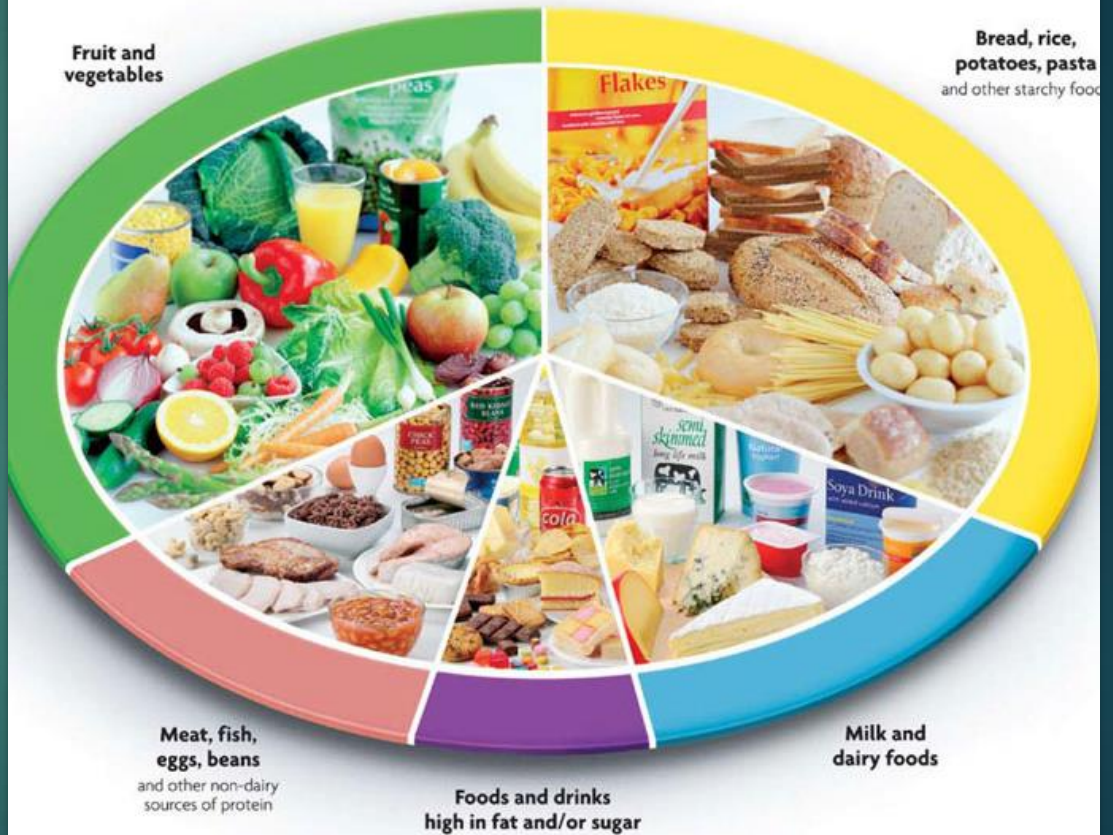
- ▶ A small U.S. study published in the journal Proceedings of the National Academy of Sciences tracked 30 men with low-risk prostate cancer who decided against conventional medical treatment such as surgery and radiation or hormone therapy. Instead, for three months the men made major lifestyle changes, including eating a diet rich in fruits, vegetables, whole grains, legumes and soy products, moderate exercise such as walking for half an hour a day, and an hour of daily stress management such as meditation. They found that not only did the men lose weight, lower their blood pressure, etc., but they also managed to change the activity in 500 genes. The activity of disease-preventing genes increased, while a number of disease-promoting genes, including those involved in prostate cancer and breast cancer, shut down. Dr. Dean Ornish, head researcher on the study, said this: "In just three months, I can change hundreds of my genes simply by changing what I eat and how I live."
- ▶ Read the full article here:  
<http://www.reuters.com/article/idUSN1628897920080618?rpc=60>



# Nutrition

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



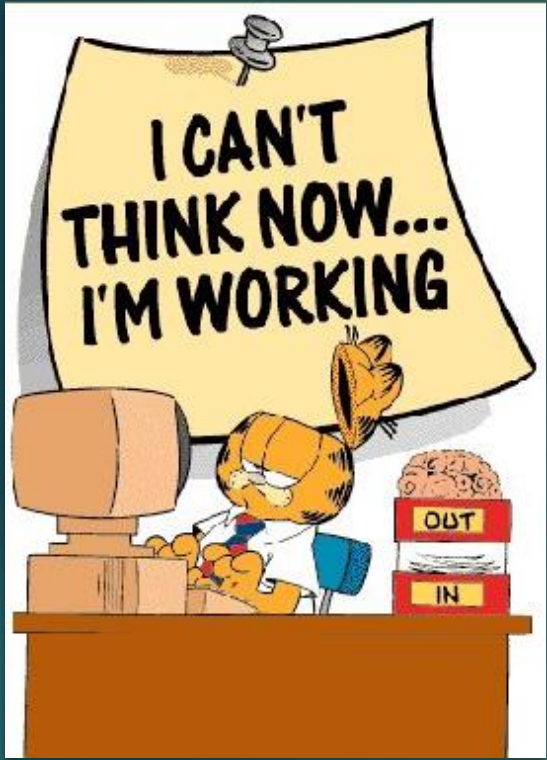
# Vitamins and Nutrients

- ▶ Multi-vitamin-no color, no preservatives
- ▶ B12 sublingual or liquid in AM with food
- ▶ GABA for stress and or sleep
- ▶ L 'Tryptophan to relax at night and increase serotonin
- ▶ Time-released melatonin 1 hour before bed
- ▶ Magnesium to help with sleep
- ▶ 1 gallon of water daily for adults





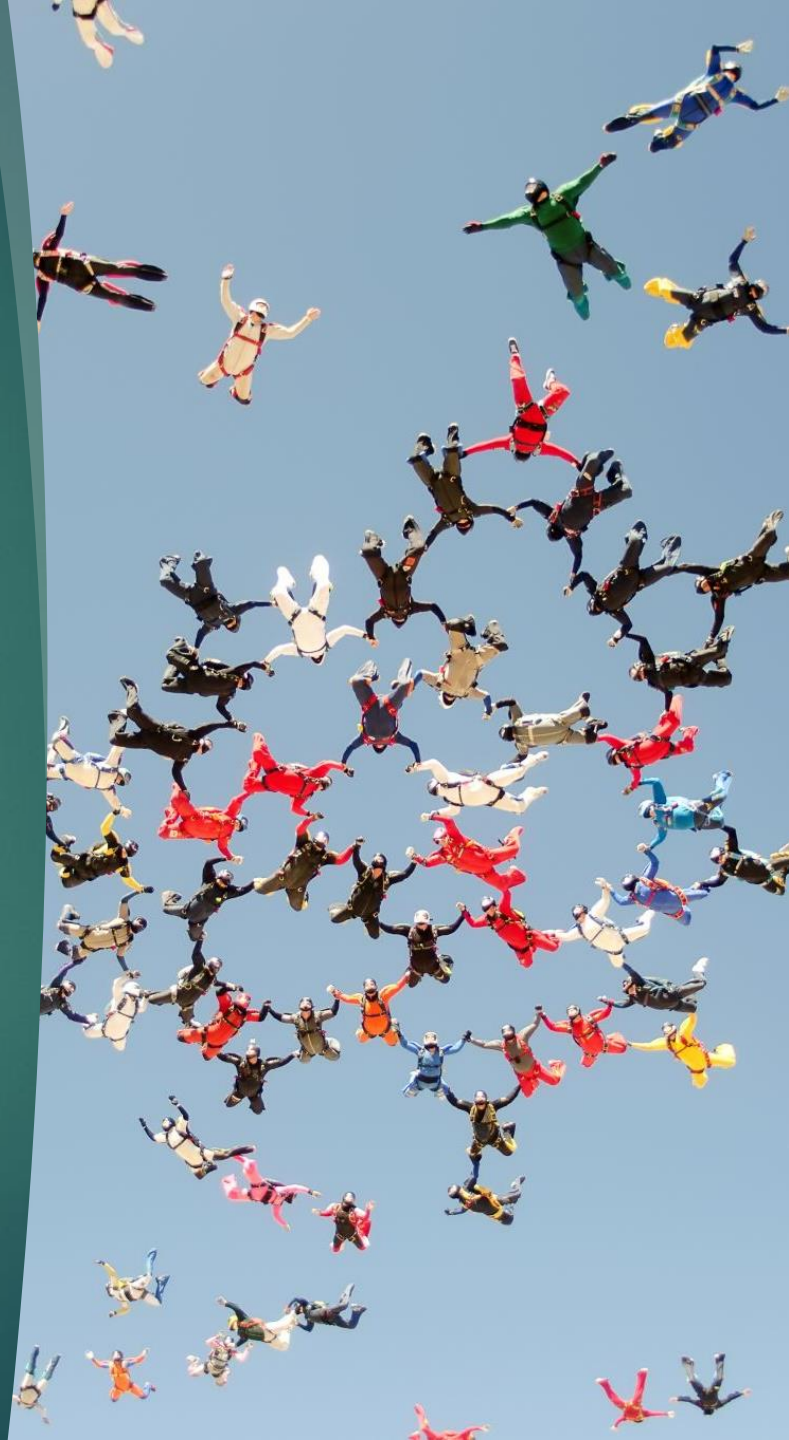
Sleep



# Home and Environment

# How to choose your recovery you will follow through with?

- ▶ Researchers have found the primary factor with sticking to a self care practice is motivation
- ▶ We need people to support us
- ▶ If we hang around people that do not take care of themselves we are more likely to not also
- ▶ Group activities are ones people continue with regularly, yoga classes, volleyball teams, soccer, bowling etc.
- ▶ Eating healthy takes effort, eating home made meals, no processed foods, taking meals with you instead of eating out.

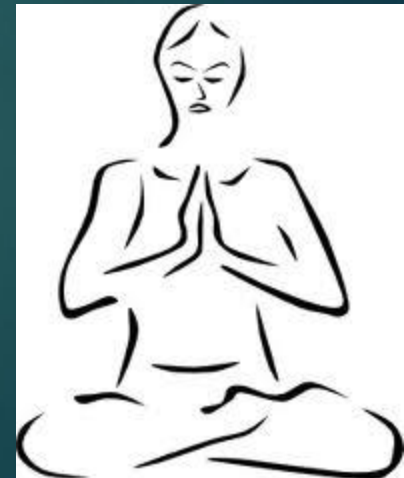




# Meditation

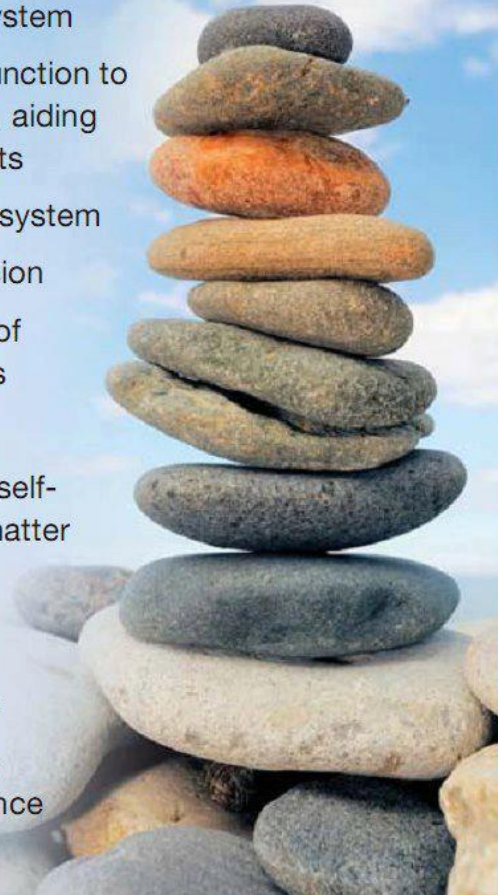
## Definition

- ▶ Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.
- ▶ [The brain and body connection for homeostatis](#)



## Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.



# Yoga

## Definition

- ▶ The term *yoga* comes from a Sanskrit word which means yoke or union.
- ▶ On the physical level, yoga postures, called *asanas*, are designed to tone, strengthen, and align the body.
- ▶ On the mental level, yoga uses breathing techniques (*pranayama*) and meditation (*dyana*) to quiet, clarify, and discipline the mind.





# Questions and Comments



Where to find me?

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