

# Resilience And Well-being Resources

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# Well-Being Self Assessment

## Self Assessment:

### World Health Organization Well-being Index (WHO-5)

Take a few minutes and answer the five questions,  
then total your score.



# WHO-5 Well-Being Index

When  
Answering,  
Think About  
The Previous  
Two Weeks

| <b>WHO-5 Well-Being Index Question</b>                                | <b>All of the time</b> | <b>Most of the time</b> | <b>More than Half of the Time</b> | <b>Less than Half of the Time</b> | <b>Some of the Time</b> | <b>At No Time</b> |
|---|------------------------|-------------------------|-----------------------------------|-----------------------------------|-------------------------|-------------------|
| <b>1. I have felt cheerful and in good spirits.</b>                   | 5                      | 4                       | 3                                 | 2                                 | 1                       | 0                 |
| <b>2. I have felt calm and relaxed.</b>                               | 5                      | 4                       | 3                                 | 2                                 | 1                       | 0                 |
| <b>3. I have felt active and vigorous.</b>                            | 5                      | 4                       | 3                                 | 2                                 | 1                       | 0                 |
| <b>4. I woke up feeling fresh and rested.</b>                         | 5                      | 4                       | 3                                 | 2                                 | 1                       | 0                 |
| <b>5. My daily life has been filled with things that interest me.</b> | 5                      | 4                       | 3                                 | 2                                 | 1                       | 0                 |



## WHO-5 Score Assesses Positive Emotions

- The 5-item World Health Organization Well-being Index (WHO-5) is among the most widely used questionnaires assessing subjective psychological well-being.
- **CONCLUSIONS:** The scale has adequate validity both as a screening tool for depression and as an outcome measure in clinical trials and has been applied successfully across a wide range of study fields.
- A total score below 13 indicates low well-being.
- A total score below 7 indicates possible depression.
- The index can be used to track progress. A 10% change is significant (Topp, Østergaard, Søndergaard, Bech, 2015).



## Self Assessment: Life Satisfaction Scale

Take a few minutes and answer the ten questions,  
then total your score.



| <b>Life Satisfaction Scale</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> |
|---|----------|----------|----------|----------|----------|----------|----------|
| <b>1. I like how my life is going.</b>                                |          |          |          |          |          |          |          |
| <b>2. If I could live my life over, I would change many things.</b>   |          |          |          |          |          |          |          |
| <b>3. I am content with my life.</b>                                  |          |          |          |          |          |          |          |
| <b>4. Those around me seem to be living better lives than my own.</b> |          |          |          |          |          |          |          |
| <b>5. I am satisfied with where I am in life right now.</b>           |          |          |          |          |          |          |          |
| <b>6. I want to change the path my life is on.</b>                    |          |          |          |          |          |          |          |

- Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

7 - Strongly agree; 6 – Agree; 5 - Slightly agree; 4 - Neither agree nor disagree; 3 - Slightly disagree; 2 – Disagree; 1 - Strongly disagree



## Life Satisfaction Scale Scoring

| Score   | Meaning                |
|---------|------------------------|
| 31 - 35 | Extremely satisfied    |
| 26 - 30 | Satisfied              |
| 21 - 25 | Slightly satisfied     |
| 20      | Neutral                |
| 15 - 19 | Slightly dissatisfied  |
| 10 - 14 | Dissatisfied           |
| 5 - 9   | Extremely dissatisfied |





# Secure Flourish Assessment

|   | <b>0</b>              | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b>             |
|---|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------------------|
| <b>Overall, how satisfied are you with life as a whole these days?</b>                                  | Not Satisfied at All  |          |          |          |          |          |          |          |          |          | Completely Satisfied  |
| <b>In general, how would you rate your physical health?</b>   | Poor                  |          |          |          |          |          |          |          |          |          | Excellent             |
| <b>How would you rate your overall mental health?</b>   | Poor                  |          |          |          |          |          |          |          |          |          | Excellent             |
| <b>I always act to promote good in all circumstances, even in difficult and challenging situations.</b> | Not at All Worthwhile |          |          |          |          |          |          |          |          |          | Completely Worthwhile |
| <b>I understand my purpose in life.</b>   | Strongly Disagree     |          |          |          |          |          |          |          |          |          | Strongly Agree        |



## Secure Flourish Assessment (2)

| <b>Scoring</b>  | <b>0</b>              | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b>             |
|---|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------------------|
| <b><i>I am always able to give up some happiness now for greater happiness later</i></b>      | Not True of Me        |          |          |          |          |          |          |          |          |          | Completely True of Me |
| <b><i>I am content with my friendships and relationships</i></b>                              | Strongly Disagree     |          |          |          |          |          |          |          |          |          | Strongly Agree        |
| <b><i>My relationships are as satisfying as I would want them to be.</i></b>                  | Strongly Disagree     |          |          |          |          |          |          |          |          |          | Strongly Agree        |
| <b><i>How often do you worry about being able to meet normal monthly living expenses?</i></b> | Worry All of the Time |          |          |          |          |          |          |          |          |          | Do Not Ever Worry     |
| <b><i>How often do you worry about safety, food, or housing?</i></b>                          | Worry All of the Time |          |          |          |          |          |          |          |          |          | Do Not Ever Worry     |



## Secure Flourish Assessment (3)

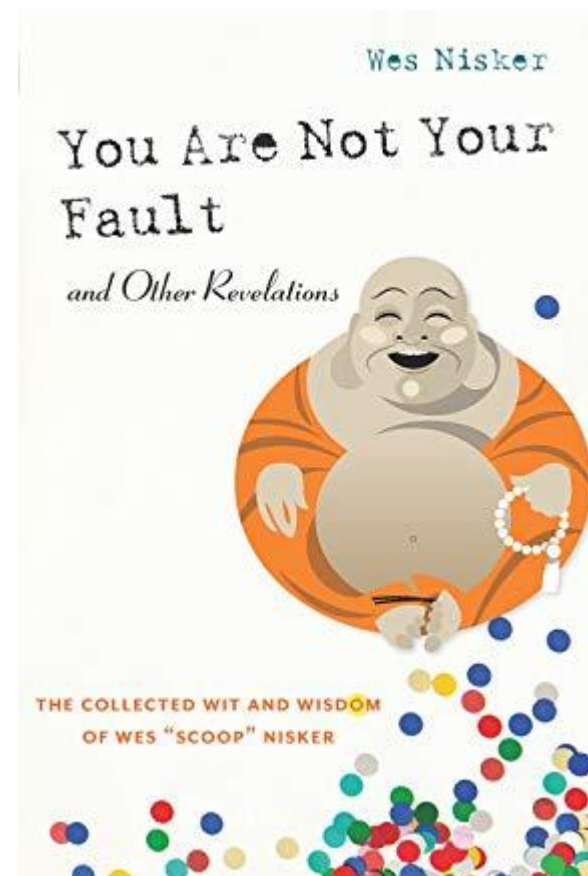
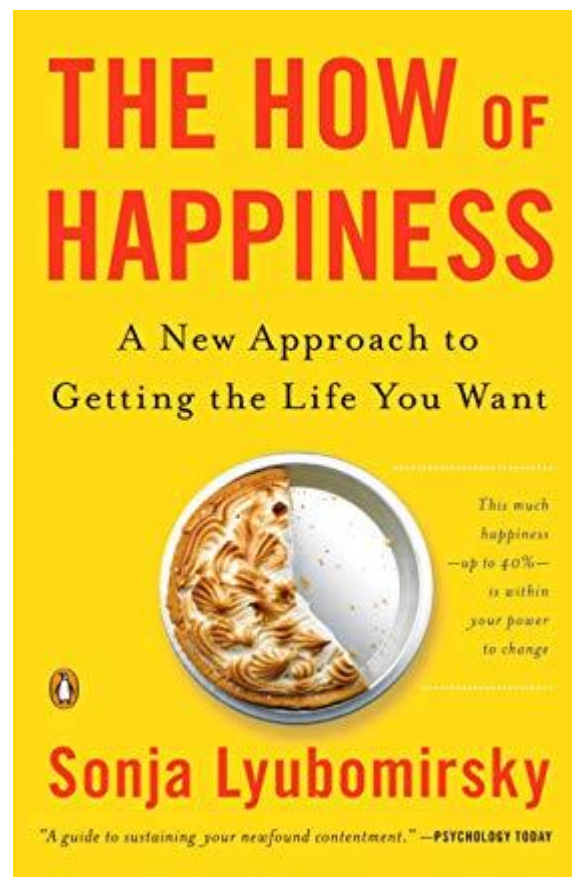
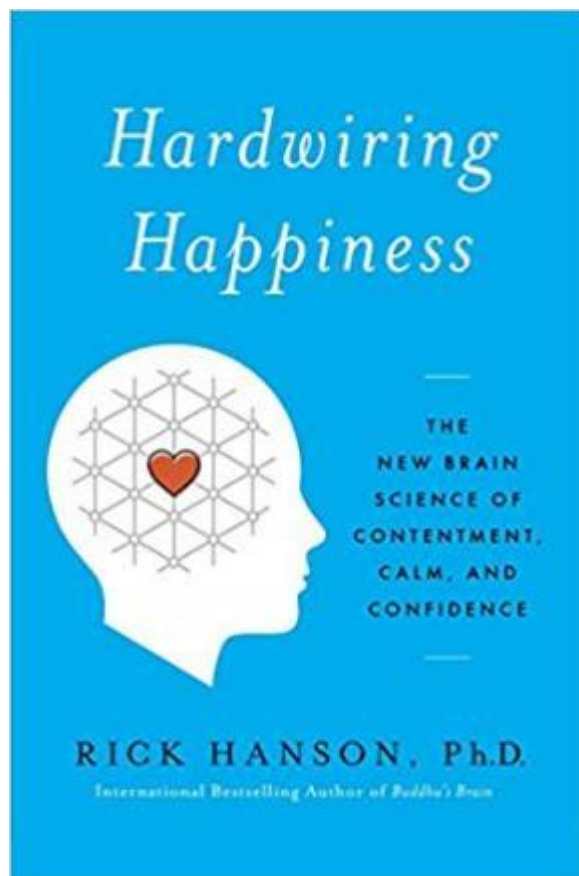
- The scale provides a single psychological well-being score.
- Total score: Responses are summed, varying from 1 to 7, for all eight items.
- The possible range of scores is from 8 (lowest possible) to 56 (highest PWB possible).
- A high score represents a person with many psychological resources and strengths.

<https://www.hsph.harvard.edu/health-happiness/flourishing-scale/>



# Well-Being Resources: Increasing Positive Emotions

# Increasing Positive Emotions Print and Electronic Resources



Widely available in print and electronic form  
Cost \$10 to \$20 each

## Evidence Based Well-being Techniques: Daily Evidence Based Positive Emotion Techniques

1. **Notice positive events:** Take a moment to identify one positive event each day, write it down in a diary (Zautra & Reich, 1983).
2. **Capitalize on or savor positive events:** Tell someone about the positive event or share it on social media. This can help you savor the moment a little longer (Langston, 1994).
3. **Gratitude:** Start a daily gratitude journal. Aim to find little things you're grateful for, such as a good cup of coffee, a pretty sunrise or nice weather (Emmons, 2007).
4. **Focus on personal strengths:** Identify a personal strength and reflect on how you've used this strength today or in recent weeks (Reed & Aspinwall, 1998). Write it down or tell someone.



## Evidence Based Well-being Techniques: Daily Evidence Based Positive Emotion Techniques (2)

5. **Positive reappraisal:** Identify an event or daily activity that is a hassle. Then, try to reframe the event in a more positive light. Example: If you're stuck in traffic, try to savor the quiet time. If you practice this enough, it can start to become a habit. (Folkman, 1997; Sears, Stanton, Danoff-Burg, 2003)
6. **Practice small acts of kindness:** Do something nice for someone else each day. These daily acts of kindness can be as simple as giving someone a smile or giving up your seat on a crowded train. Research shows we feel better when we're kind to others. (Musick & Wilson, 2003; Oman, Thoresen, McMahon, 1999).
7. **Buy a diary or notebook or make an agreement with spouse, child, or significant other to experience positive emotions together each day.**



# Well-Being Resources: Breathing



# Focused Breathing Techniques

- **Follow Your Breath**

Simply observe your respiratory movements: be aware of each inhalation and exhalation. Focus on the sensations you feel as air passes through your nose and throat or on the movements of your chest and belly. When you feel your thoughts drift (which is natural), redirect your attention to your breath.

- **Alternate Nostrils**

Breathe in and out slowly through one nostril, holding the other one closed using your finger; then reverse and continue by alternating regularly. There are many variations of this exercise. For example, inhaling through one nostril and exhaling through the other. Research suggests that what is most important, aside from slowing the breathing rhythm, is breathing through the nose, which is somewhat more soothing than breathing through your mouth.



## Focused Breathing Techniques (2)

Most people breathe rapidly with shallow chest breaths, especially when stressed.

Deep, slow, diaphragmatic breathing signals the autonomic nervous system to turn off the sympathetic system and the stress response.

Over time, it increases mood stability, anger control, and anxiety management (Federal Practitioner, 2014).

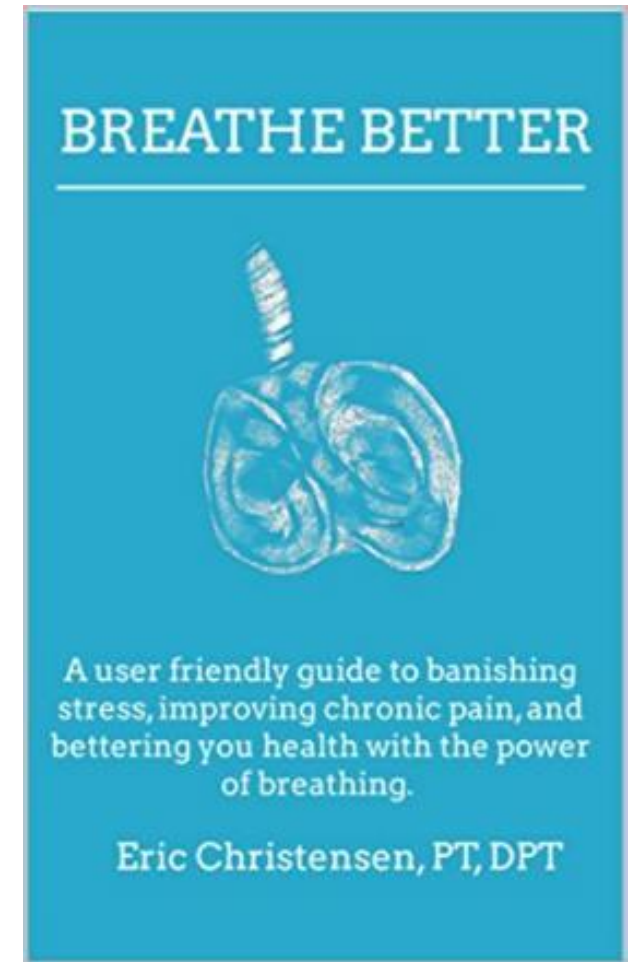
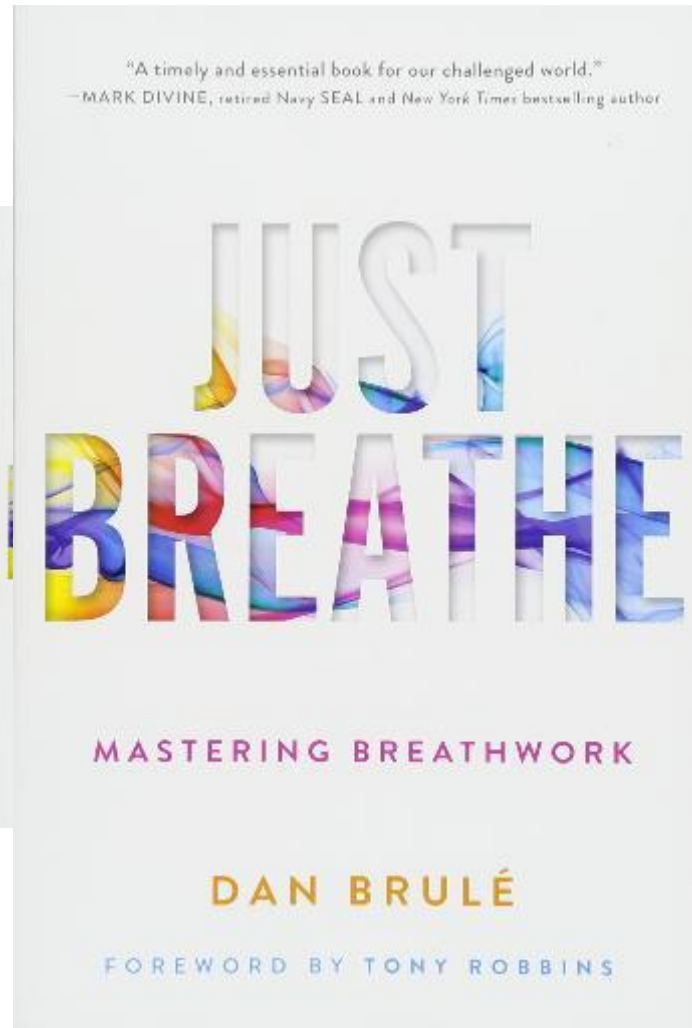
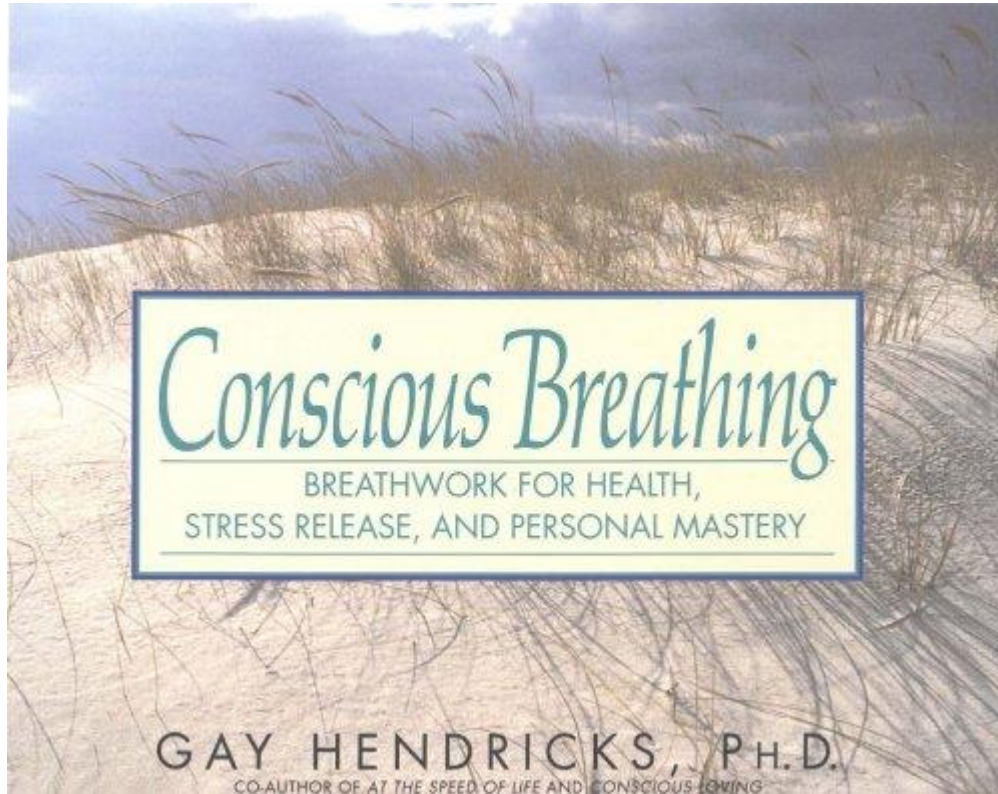
There are multiple studies on effectiveness for different populations, such as, work stress, obesity, treatment resistant seizures, surgical residents, anxiety, dental anxiety, GERD, hypertension and one meta-analysis that combines populations (Williams, Lewis, Olds, 2007).

One of the easiest ways to learn this type of breathing is a free mobile app developed by the Veterans' Administration's National Center for Telehealth and Technology for veterans with TBI and PTSD.

<https://apps.apple.com/us/app/breathe2relax/id425720246>



# Breathing Print and Electronic Resources For Those Who Wish To Do Advanced Breath Work



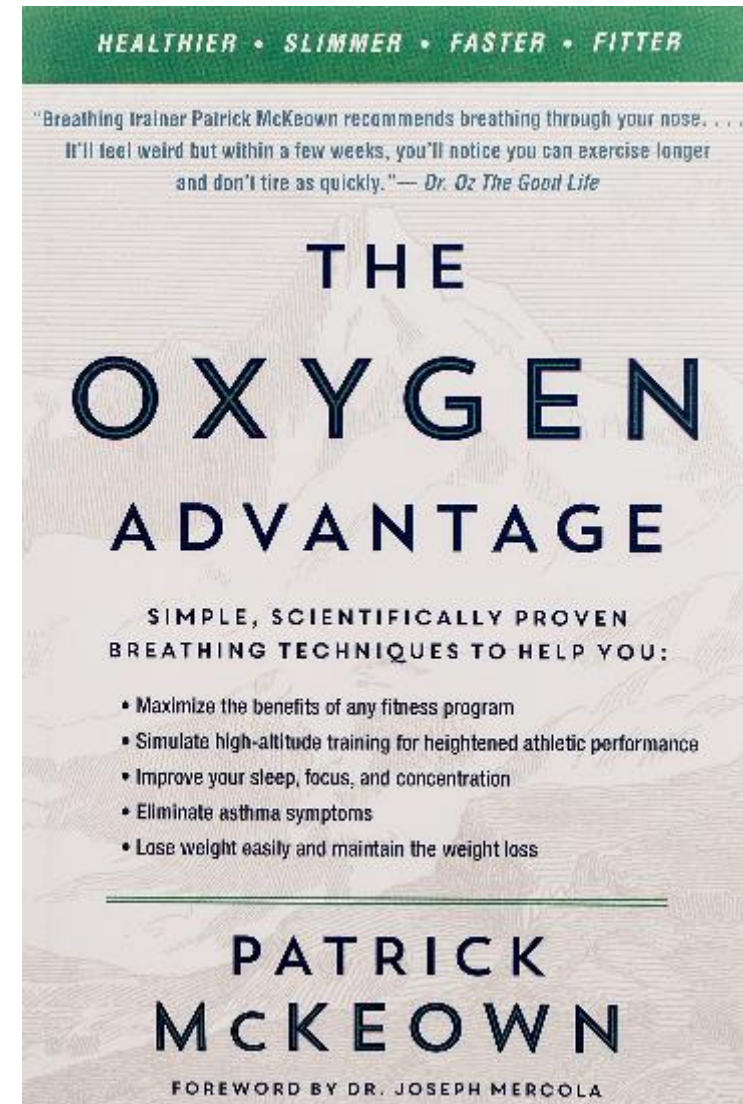
These books were chosen as the best books on breath work;  
are widely available in print and electronic form, and  
cost \$5 to \$20 each.

## Breathing Print and Electronic Resources For Those Who Wish To Do Advanced Breath Work (2)

This approach to breathing is unique. The central premise is that many mental and physical health problems are due to mouth breathing.

The BOLT test is relatively simple test that takes about 5 minutes to determine if you are mouth breathing enough to have effects on your physiology.

<https://oxygenadvantage.com/measure-bolt/>



# Well-Being Resources: MHapps

## Happify: Primarily Based On CBT

- Happify is designed to help users identify behavioral patterns, become aware of their thoughts and feelings, and gain control of their state of mental health.
- **This app utilizes techniques commonly used in CBT, which is used to alter patterns in thinking and behavior.**
- Happify also encourages positive outlooks to help an individual break unhealthy behavioral patterns and form new, healthy habits.
- Happify reports 86 percent of user's feel happier after two months of daily use.
- The app can be downloaded on Apple and Android devices for free and costs \$14.99 per month or \$139.99 per year to access premium membership.

<https://www.communityreachcenter.org/blog/consider-an-app-to-improve-your-mental-health/>



## Moodfit: A Free MHapp

- Moodfit is a highly-rated app designed to reduce anxiety, depression and high levels of stress to ultimately “shape up” your mood.
- This app works by choosing daily goals you wish to accomplish and offers a small activity to complete based on the goal.
- Some of these activities include: assessing mood, listing three things that you’re grateful for, guided audio meditation, documenting sleep, exercise and meals.
- Moodfit tracks the completion of goals and records progress for reflection purposes.
- **This app also includes a feature that tracks thought patterns and provides strategies for modifying dysfunctional thoughts. This feature functions by providing a questionnaire about your current situation and thoughts surrounding it. This is a CBT technique.**
- The app is free to download on both Apple and Android devices and requires no monthly or annual payment to access full benefits.



<https://www.communityreachcenter.org/blog/consider-an-app-to-improve-your-mental-health/>

# Calm

- Calm is an award-winning mindfulness app that's available for iOS, Android, and desktop.
- Developed in 2012, Calm has over 100 million downloads and more than 700,000 5-star reviews.
- The app features **hundreds of calming exercises, helpful breathing techniques, and sleep stories** narrated by celebrities like Matthew McConaughey and LeBron James.
- Calm has many offerings and the interface is relatively simple to navigate through. Plus, they're constantly adding new content.
- Calm is free to download. If you choose to sign up for a 7-day trial, you'll automatically be enrolled in Calm Premium, which costs **\$69.99 a year or \$14.99 a month**.

<https://www.communityreachcenter.org/blog/consider-an-app-to-improve-your-mental-health/>





## Insight Timer

- Insight Timer is a meditation app that features an extensive free meditation library.
- The easy-to-navigate app is **good for beginners** and great for advanced students of meditation.
- Insight Timer also has live events like yoga, mood tracking, private mentoring, and workshops available.
- The premium version, Member Plus, is **\$60 per year** with a 30-day free trial if you sign up on their website.
- Insight Timer's massive meditation library has something for people of all stages in their meditation journey.
- However, the app can feel overwhelming at first and sometimes feels more geared towards those who are more advanced meditators.



## Sanvello: A Stress Reduction MHapp with Social Support

- Upon downloading Sanvello, users choose three goals to improve on. Some of these goals include: Feel happier, Decrease anxiety, Build confidence, Think positively. Improve social skills, Live healthier.
- After choosing goals, Sanvello will provide “guided journeys,” which consist of a variety of lessons and activities designed to promote mental wellness.
- Sanvello also allows users to set daily challenges based on goals, document thought patterns, track health-based habits and engage in guided meditation.
- **The user-based support system provides a unique community feature, which allows users to communicate with each other and support each other in managing their mental health and achieving their daily goals.**
- Sanvello is free to download on Apple or Android devices, however, requires a subscription fee of \$8.99 per month or \$53.99 per year to access full benefits.

 <https://www.communityreachcenter.org/blog/consider-an-app-to-improve-your-mental-health/>

# Mindfulness Coach App

- Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it.
- Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.
- Mindfulness Coach 2.0 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.
- Mindfulness Coach also offers a library of information about mindfulness (for example “What is Mindfulness?”, “How to Anchor Your Attention”), 12 audio-guided mindfulness exercises and a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources.
- Mindfulness Coach is free, doesn’t take or share any of your personal information, and doesn’t require add-on purchases.



<https://mobile.va.gov/app/mindfulness-coach>

# Breathwrk: An App to Easily Integrate Breathing Into Your Day

- Breathwrk is a free app with a relatively inexpensive upgrade (about \$50 per year).
- Breathwrk is a simple yet powerful way to alleviate stress and anxiety, fall asleep faster, energize yourself, or improve endurance.
- Learn and feel the power of breathing with guided exercises that are backed by science and research using the same techniques used by Olympic Athletes, Psychologists, Yoga Experts, Navy SEALs, and Zen Masters.
- Breathwrk features brief exercises that can be done throughout the day and adapted to your needs.
- The premium version has the ability to use reminders to breath.

<https://www.breathwrk.com/>



# Thank you!



