

EXERCISE AND ADDICTION

COMMUNITY PREVENTION AND INDIVIDUAL RECOVERY



Coach Lisa Stuebing, MES, CPT, SFS

Today we will:

- Agree on an understanding of what is “recovery”.
- Discuss the link between mental health and addiction.
- Talk about the need to promote improved inclusion and social opportunity for all.
- Understand why a referral to group exercise fosters social inclusion, sobriety and mental health symptom reduction.

You don't get over an addiction by stopping using. You recover by creating a new life where it is easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will catch up with you again.



Coach Lisa Stuebing, Mud Puddle Fitness

HealthyPlace.com

COMMUNITY CULTURE MATTERS IN RECOVERY

- DOES THE COMMUNITY SUPPORT
ADDICTION?
- DOES THE COMMUNITY SUPPORT
RECOVERY?

Coach Lisa Stuebing, Mud Puddle Fitness



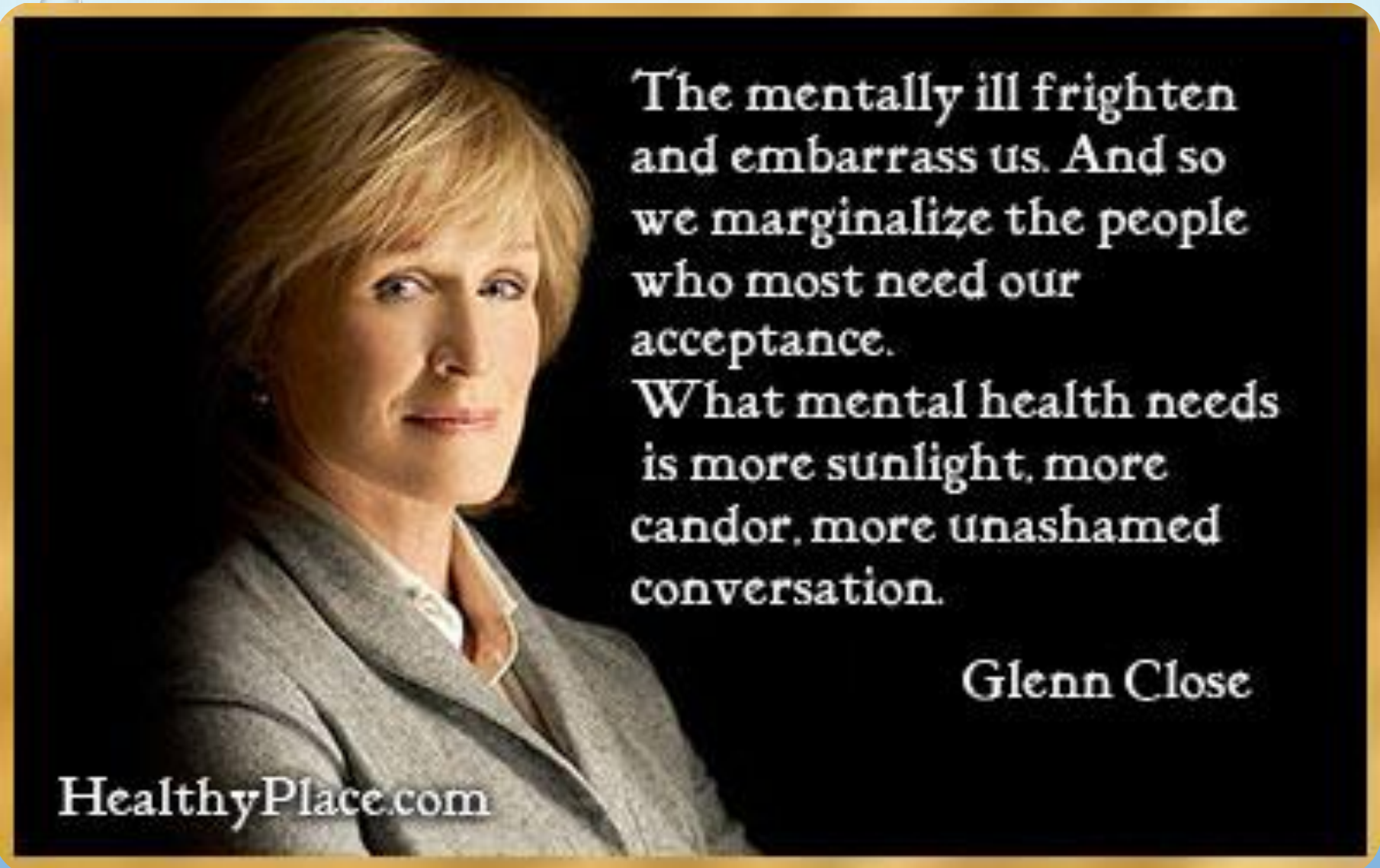
**MENTAL HEALTH AND ADDICTION ARE UNDENIABLY
ENTANGLED**

DISCUSSING METAL HEALTH IS TABOO

**TOXIC TRIFECTA: ANXIETY, DEPRESSION, POOR IMPULSE
CONTROL**

Coach Lisa Stuebing, Mud Puddle Fitness






The mentally ill frighten and embarrass us. And so we marginalize the people who most need our acceptance.

What mental health needs is more sunlight, more candor, more unashamed conversation.

Glenn Close

HealthyPlace.com

Coach Lisa Stuebing, Mud Puddle Fitness



“Every genuine illness I have had over the last twenty years has been dismissed as anxiety, depression or stress.”

Cited in Repper and Perkins, “Social Inclusion and Recovery”

Coach Lisa Stuebing, Mud Puddle Fitness



The fact that many people don't recognize or have patience for your illness only makes everything worse.

IAIN THOMAS



HealthyPlace.com

Coach Lisa Stuebing, Mud Puddle Fitness

STIGMA LEADS TO LONELINESS AND ISOLATION

- ISOLATION PROFOUNDLY AFFECTS BOTH YOUNG AND OLD
 - ISOLATED CHILDREN MAY EXPERIENCE HEALTH EFFECTS 20 YEARS LATER
 - ADULTS SHOW REDUCED RESILIENCE AND DECREASED ABILITY TO HEAL FROM ILL HEALTH
 - HALF OF THE RECENTLY WIDOWED REPORT FEELING PRESENCES

LONELINESS AND DEPRESSION ARE LINKED

- PEOPLE WITH A MOOD DISORDER ARE MORE LIKELY TO FEEL LONELY
- LONELINESS IS A MAJOR RISK FACTOR OF DEPRESSION
- LONELINESS IS ALSO A MAJOR PREDICTOR OF DEPRESSION
- DEPRESSION CAN BE SUB-CLINICAL AND STILL HAVE DEVASTATING EFFECTS

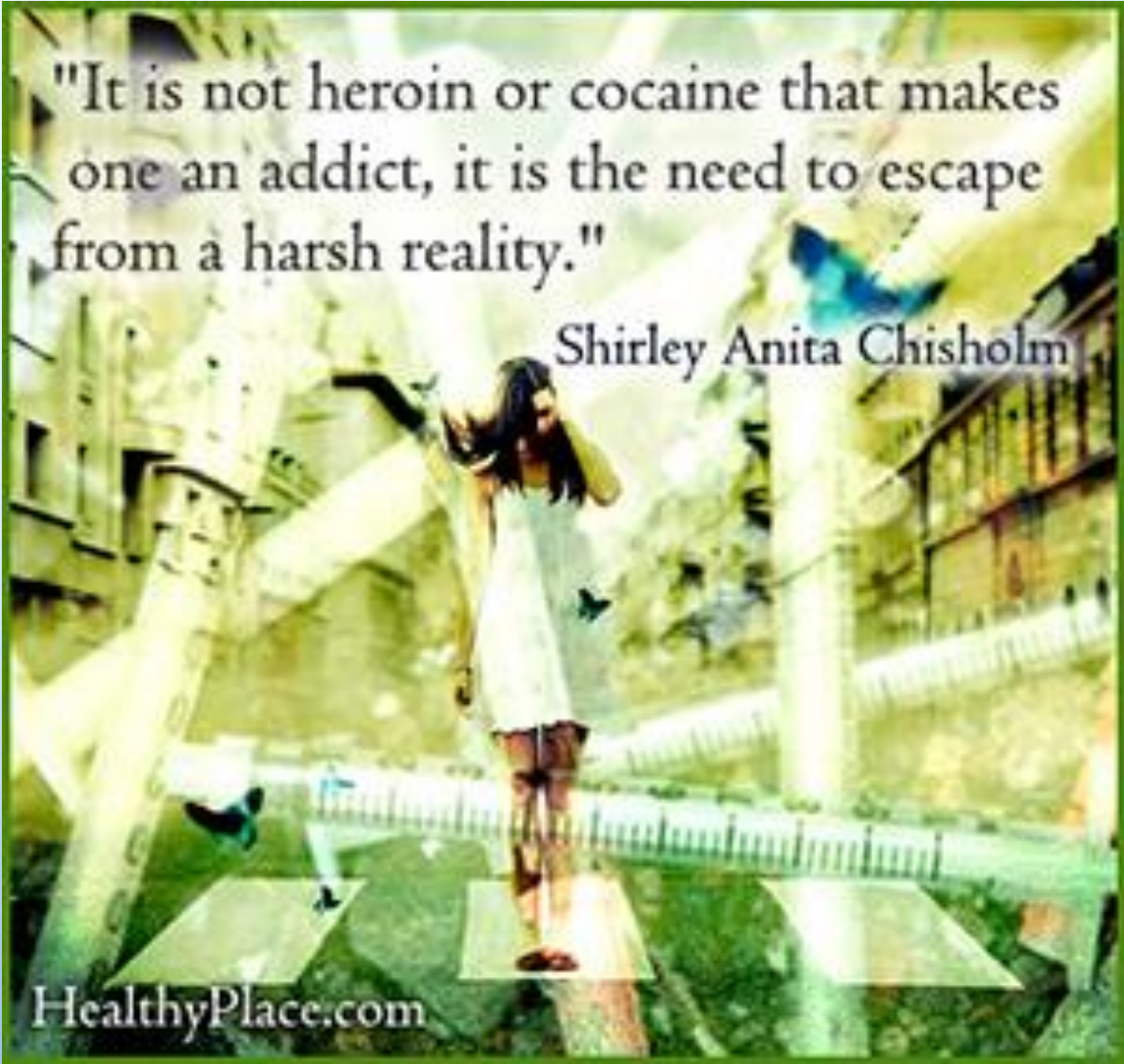
LONELINESS PRODUCES ILL HEALTH

- AS BAD AS SMOKING 15 CIGARETTES PER DAY
- WORSE THAN OBESITY
- LONELY ELDERS TWICE AS LIKELY TO DIE PREMATURELY

ISOLATION AFFECTS OUR BODIES

- STRESS HORMONES AND INFLAMMATION TOGETHER:
 - ARTHRITIS
 - TYPE 2 DIABETES
 - DEMENTIA
 - SUICIDAL IDEATION
- DECREASED SLEEP
- AFFECTS LIPIDS AND CHOLESTEROL LEVELS
- LOWERS SEROTONIN WHICH INCREASES RISK OF HEART ATTACK AND STROKE
- OVER-RELEASE OF ADRENALINE LEADS TO INCREASED RISK OF CARDIAC ARRHYTHMIA

Coach Lisa Stuebing, Mud Puddle Fitness

A woman with long dark hair, wearing a white dress, stands in a park-like setting. She is surrounded by several large, colorful butterflies (blue, orange, and black) that appear to be flying around her. The background shows a grassy area with a white fence and some buildings in the distance. The overall scene is bright and somewhat ethereal.

"It is not heroin or cocaine that makes one an addict, it is the need to escape from a harsh reality."

Shirley Anita Chisholm

HealthyPlace.com

Coach Lisa Stuebing, Mud Puddle Fitness

“HALT” TRIGGERS FOR RELAPSE

1. **H**UNGRY
2. **A**NGRY
3. **L**ONELY
4. **T**IRED

They flank me - Depression on my left,
loneliness on my right. They don't need
to show their badges. I know these guys
very well.

Elizabeth Gilbert,
Eat, Pray, Love

HealthyPlace-com

Coach Lisa Stuebing, Mud Puddle Fitness

MY LIFE IS JUST ONE
CONSTANT BATTLE
BETWEEN WANTING
TO BE ALONE,
BUT NOT WANTING
TO BE LONELY



HEALTHYPLACE.COM

Coach Lisa Stuebing, Mud Puddle Fitness

Having anxiety and depression is like being scared and tired at the same time. It's the fear of failure, but no urge to be productive. It's wanting friends, but hate socializing.

It's wanting to be alone, but not wanting to be lonely. It's feeling everything at once then feeling paralyzingly numb.

HealthyPlace.com

The background is a light blue gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

ANXIETY AND DEPRESSION AFFECT OUR BODIES

Coach Lisa Stuebing, Mud Puddle Fitness

EXERCISE RE-REGULATES OVER 100 CHEMICAL PROCESSES IN THE BRAIN

ANXIETY

BEING ANXIOUS IS NATURAL.

FIGHT, FLIGHT OR HIDE!

SUGARS, ADRENALINE, CORTISOL,
NOREPINEPHRINE

PRIMAL RESPONSES
(MOVE DON'T THINK!)

ALL OF THIS CHEMISTRY CAN BE
SPENT IN MOVEMENT

DEPRESSION

BIOLOGY OF MOOD

LOW MOOD: DECREASED LEVELS OF
NOREPINEPHRINE, DOPAMINE,
SEROTONIN

EUPHORIA: ENDORPHINS
(RUNNERS HIGH)

EXERCISE IS IT'S OWN REWARD.
YOU FEEL BETTER ABOUT YOURSELF
WHEN YOU EXERCISE.

SELF CONTROL

NOREPINEPHRINE: WAKES UP THE
BRAIN, DRIVES ALERTNESS

DOPAMINE: JUMPSTARTS THE
ATTENTION SYSTEM - FOCUS

SEROTONIN: IMPULSE CONTROL



MY BODY THINKS SOMETHING
IS GRAVELY WRONG,
BUT MY BRAIN DOESN'T HAVE
A CLUE WHAT TO DO ABOUT IT,
SO IT STARTS RACING TO THE
WORST POSSIBLE CONCLUSIONS.

Coach Lisa Stuebing, Mud Puddle Fitness


Nothing diminishes
anxiety faster than
action.

WALTER ANDERSON



Coach Lisa Stuebing, Mud Puddle Fitness

HealthyPlace.com



ALCOHOL AND DRUG USE ALSO DYSREGULATE BRAIN CHEMISTRY

GROUP EXERCISE = SOCIAL CONNECTION

INDIVIDUAL RECOVERY

- REDUCES POTENTIAL FOR RELAPSE
- SUPPRESSES ALCOHOL CRAVINGS
- REPLACES COCAINE CRAVINGS
- IMPROVES SLEEP PATTERNS

ACCOUNTABILITY

- PEOPLE COUNT ON YOU
- OPTIONS, CHOICE AND CONTROL
- REGULAR SCHEDULE, BECOMES LIFESTYLE
- SHARED RISK WITH OTHERS
- COMPETENCE BUILDS CONFIDENCE

The background is a light blue gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

THE STAKES ARE VERY HIGH

Coach Lisa Stuebing, Mud Puddle Fitness

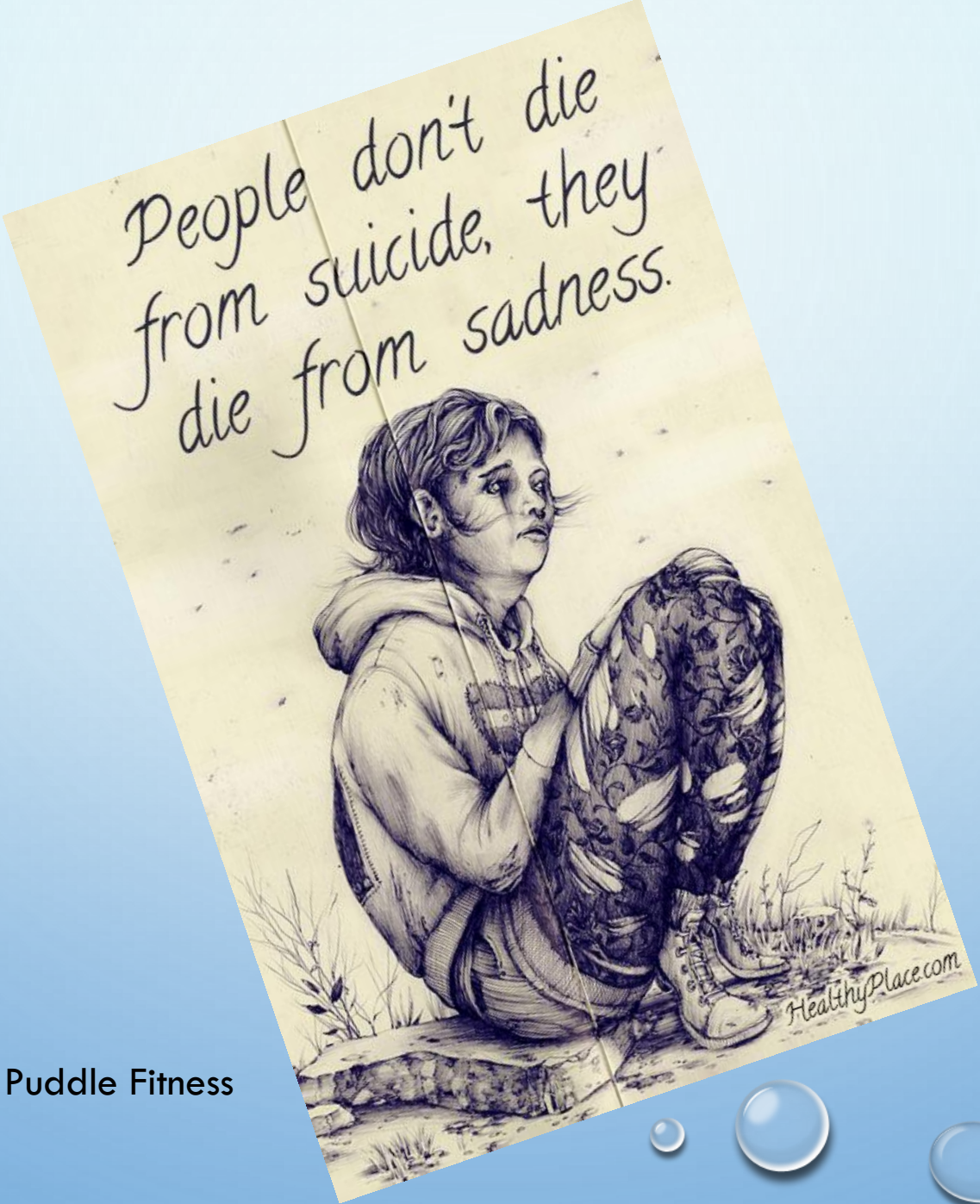
When you're depressed you
don't control your thoughts,
your thoughts control you. I
wish people would
understand this.



Coach Lisa Stuebing, Mud Puddle Fitness

HealthyPlace.com





Coach Lisa Stuebing, Mud Puddle Fitness

REFER PEOPLE TO EXERCISE TO SUPPORT RECOVERY

- 80% OF PEOPLE IN RECOVERY WOULD LIKE TO BEGIN AN EXERCISE PROGRAM
 - 71% HAVE NOT BEEN EXERCISERS IN THE PAST
- MISCONCEPTIONS ABOUND
 - FEAR OF NOT BEING ABLE TO KEEP UP
 - THINK THEY WANT TO EXERCISE ALONE (LOW SUCCESS RATE)

SUCCESSFUL REFERRAL

- **SELL THE SIZZLE AND NOT THE STEAK**
 - **BETTER MANAGE STRESS**
 - **INCREASED CONFIDENCE TO STAY CLEAN AND SOBER**
 - **MAKE NEW FRIENDS**

WHERE TO REFER

- REFER TO TREATMENT SPECIFIC GROUP
(IF YOU CAN FIND ONE)
 - HAPPINESS MATTERS
 - GYM ALTERNATIVES: COMMUNITY CENTERS, VOLKSSPORT CLUBS, FAITH BASED MINISTRIES, LEAGUES
 - PERSONAL TRAINERS / MEDICAL EXERCISE SPECIALISTS CAN BE A GREAT REFERRAL

Today we:

- Agreed on an understanding of what is “recovery”.
- Discussed the link between mental health and addiction.
- Talked about the need to foster improved inclusion and social opportunity for all.
- Understood why a referral to group exercise fosters social inclusion, sobriety and mental health symptom reduction.

THANK YOU!



Coach Lisa Stuebing, MES, CPT, SFS

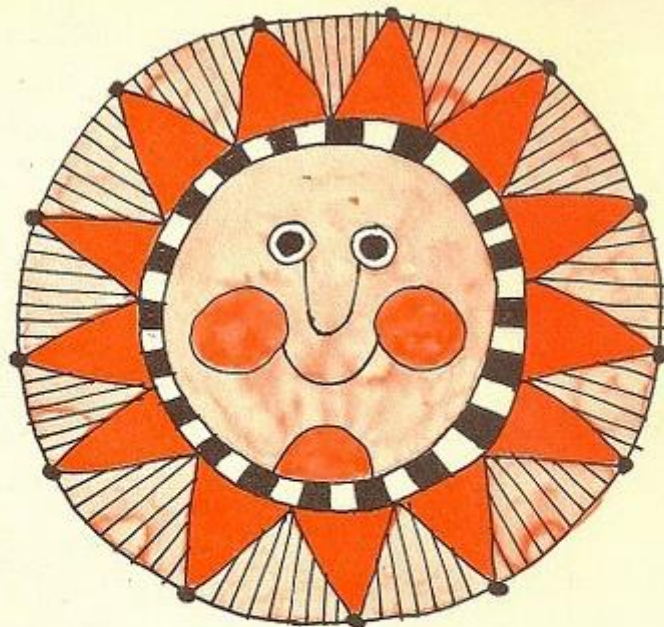
President, Mud Puddle Fitness, LLC

CoachLisa@MudPuddleFitness.com

(206) 524-6788

Coach Lisa Stuebing, Mud Puddle Fitness

HEALTHYPLACE.COM



IT'S A BEAUTIFUL
DAY TO BE SOBER.

Coach Lisa Stuebing, Mud Puddle Fitness