

April 2020



Thriving In A New Reality



Many of you may be reading this from your makeshift, in-home office space, or from the comfort of your living room couch. In just one month, our society has experienced some serious changes, and we know it has not been easy.

Amidst such turmoil, we have been forced to look inward; to **refresh our immunity boosting habits**, transform our daily routines and find a healthy balance between keeping our distance and staying connected with loved ones.

We want you all to know that the Osher Center is here for you. We promise to do our part to support our community and to understand the difficulty of navigating this uncertain time. We hope that you all can acknowledge how you are feeling, what you have lost, what resources are available to you—and, when you're ready, what opportunities have come to

Upcoming Events

Due to University guidelines regarding COVID-19, we will be postponing all in-person events until further notice.

light.

Not only do we share advice to **support your whole-person wellness**, but also we hope our evidence-based strategies will help you to **thrive in this new reality**.

To stay informed, "**like**" our [Facebook page](#) and [subscribe to this newsletter](#). I invite you to partner with the Osher Center as a patient, colleague or supporter. Together, we will get through this... and maybe we will even grow stronger.

Finding Positivity and Peace Amid Uncertainty

How are you managing the impact of uncertainty in our world today? Evidence supports that certain coping strategies, such as positive affect training, can help reduce levels of anxiety and stress.

Dr. Judith Moskowitz, Osher Director of Research and Professor of Medical Social Sciences at Northwestern University Feinberg School of Medicine, has a research program investigating a set of positive emotion regulation skills that have shown to be helpful for people coping with a variety of health-related and other life stresses. Her **research suggests that positive emotions can help people cope with stress and maintain their well-being through difficult times, and may even lead to physical health benefits.**



The health benefits of positive emotions

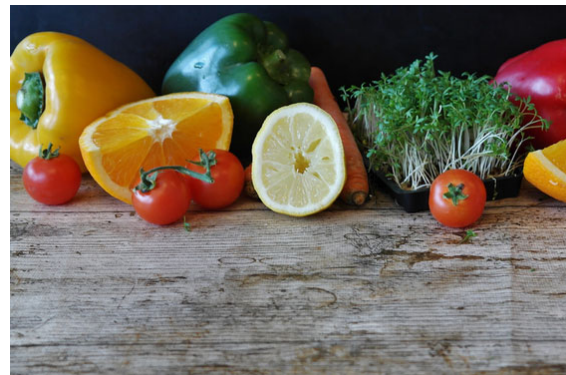
One recent pilot study in collaboration with Dr. Elfriede Pahl, a pediatric cardiologist at the Ann & Robert H. Lurie Children's Hospital of Chicago, tested the feasibility of the positive emotion skills program for pediatric heart recipients and their parents during pre-transplant waiting time. This Resilience for Pre-Operative Stress and Emotion (ROSE) program was found to be feasible and acceptable for patients and their families, and also appeared to increase positive emotions. Future work in this population will focus on testing whether the ROSE program has direct effects on post-transplant recovery, satisfaction and caregiver stress.

"It is really exciting to see all of the people who might benefit from learning the skills in our positive emotion program, and I look forward to working across different medical specialties to learn all of the ways we can help people cope better with whatever type of stress they are coping with."

To cultivate your ability to experience positive emotions, even in the midst of stress, we invite you to explore [*It's All Good Here*](#): an online program designed to help individuals strengthen resilience to life's difficulties, grow closer to those they care about and increase overall happiness.

An Opportunity for Spring Cleaning: From Your Closet and Your Pantry to Your Headspace

Every spring, we are encouraged to reset our nutrition, clean up our spaces and reframe our mindset as we look towards brighter, warmer days ahead. Despite the challenges we face today and the mandate to stay indoors, we encourage those of you who are healthy at home to carve out some time to check in with yourself. Is there anything in your home that could use a refresh? What can you let go of? How can you be a little more mindful each day? Are there areas of your life where you want to grow?



Using nutrition and cooking for personal self-care

For those aiming to reboot their nutrition:

Whether you call it “plant-forward”, “plant-centric” or the Mediterranean diet, the benefits of a [plant-based diet](#) are clear. *New York Times* bestselling author, Dr. Michael Greger, shared his cutting-edge research on the power of a plant-based diet at our March friendraiser (featured on [CBS Chicago](#)). If you weren’t able to attend, we invite you to visit his website, [NutritionFacts.org](#), for a collection of nutritional tips, plant-based recipes and an evidence-based eating guide.

Proceeds from our March friendraiser (download event images [here](#)) benefited our *Cooking Up Health* program, which has been [clinically observed](#) to increase the confidence of medical students working in nutrition and obesity counseling for patients, while enhancing their ability to use nutrition and cooking for personal self-care.

For those looking for mindfulness-based meditation, breathing and yoga resources:

- [Do Yoga With Me](#)
- [Yoga International](#)
- [Headspace](#)
- [Insight Timer](#) (Please note that this link is not viewable in Internet Explorer.)

- [Center for Mindful Self-Compassion](#)

Integrative Medicine in the News

Washington Post: [What it means to be immunocompromised during the coronavirus outbreak](#)

A video interview with Dr. Melinda Ring regarding immunocompromised patients.

[read article >](#)

NBC News: [Social distancing could make people with depression feel worse](#)

In light of research published in *Emerging Infectious Diseases*, Dr. Judith Moskowitz explains why it is vital to maintain human contact with loved ones, even if it's virtually.

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Chicago Tribune: [Commentary: Take a hike! Getting outside will help us through this pandemic](#)

Dr. Teresa Horton, Osher Center Affiliated Researcher and Northwestern University Associate Professor of Research, explains how spending time outside helps reduce stress, strengthens our immune systems and can increase social connections.

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CBS Chicago: [Red Flags Raised As Document Makes Extraordinary Claims About Supplement's Effects On COVID-19](#)

With the rise of unproven claims about supplement's effects on COVID-19, Dr. Melinda Ring cautions consumers to do their research before making purchases.

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Contact Us

The Osher Center for Integrative Medicine at Northwestern University is dedicated to advancing the field of integrative medicine through education, research and community initiatives. The clinical Osher program is part of Northwestern Medical Group. Expert integrative physicians, trained in conventional, functional and complementary medicine, provide insurance-based outpatient consults to help patients develop appropriate therapeutic plans. The Osher Center primary care team provides medical care with a strong focus on lifestyle. Our highly qualified complementary providers offer acupuncture, massage and energy medicine, chiropractic medicine, nutrition and supplement advice, counseling, mind-body therapy and fitness/wellness education.

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