Slide 1
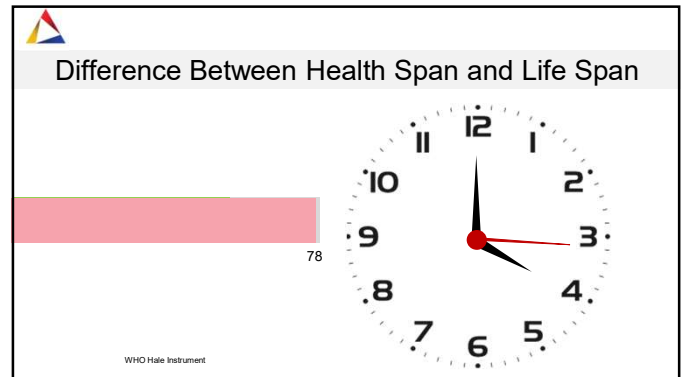
Three Steps to Better Relationships

Amit Sood, MD MS FACP
Professor of Medicine (Retd.), Mayo Clinic
Executive Director, Global Center for Resiliency and Wellbeing

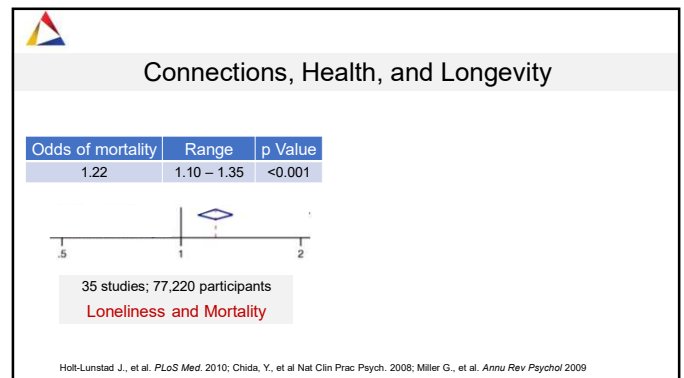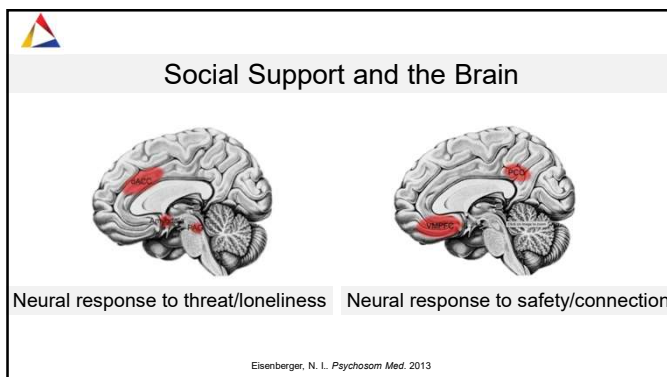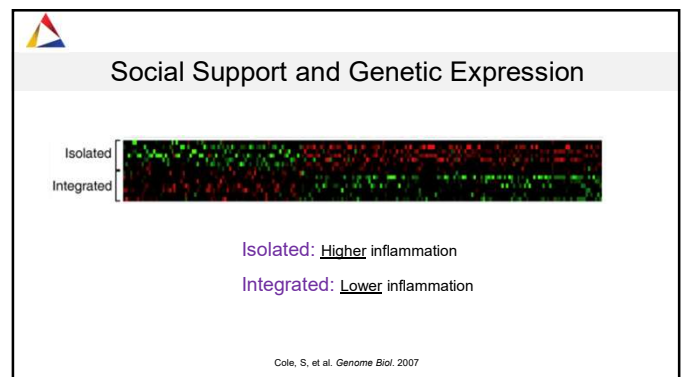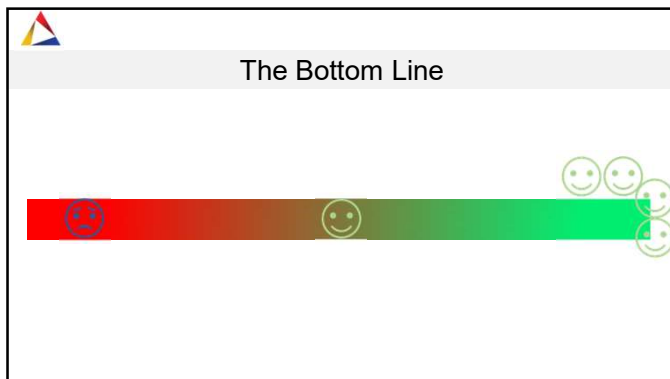© Global Center for Resiliency and Wellbeing

1

Slide 2

Difference Between Health Span and Life Span

78

WHO Hale Instrument

2

Slide 3

3

Slide 4

Connections, Health, and Longevity

Odds of mortality	Range	p Value
1.22	1.10 – 1.35	<0.001

35 studies; 77,220 participants
Loneliness and Mortality

Holt-Lunstad J., et al. *PLoS Med.* 2010; Chida, Y., et al Nat Clin Prac Psych. 2008; Miller G., et al. *Annu Rev Psychol* 2009

4

Slide 5

Social Support and the Brain

Neural response to threat/loneliness   Neural response to safety/connection

Eisenberger, N. I.. *Psychosom Med.* 2013

5

Slide 6

Social Support and Genetic Expression

Isolated
Integrated

Isolated: Higher inflammation
Integrated: Lower inflammation

Cole, S, et al. *Genome Biol.* 2007

6

The Bottom Line

7

Create Your Garden: The Three Steps

Seed

Feed

Weed

8

#1. Seed Your Garden

Shared values & purpose

My 2 am people

9

#2. Feed Your Garden

Listen

Validate

10

#2. Feed Your Garden

Kindness

Gratitude

11

12

#3. Weed Your Garden

13

#3. Weed Your Garden
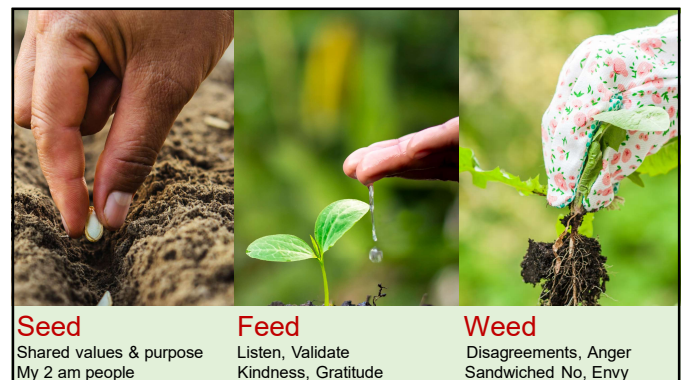
Disagreements

Anger
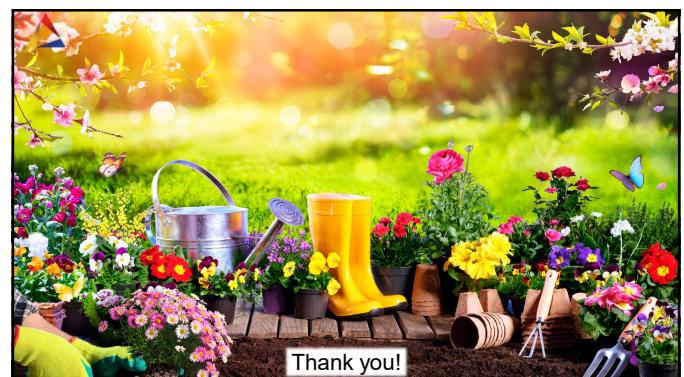

14

#3. Weed Your Garden

Sandwiched No

Envy

15

Seed
Shared values & purpose
My 2 am people

Feed
Listen, Validate
Kindness, Gratitude

Weed
Disagreements, Anger
Sandwiched No, Envy

16

Your Next Step

	Check one idea in each row	
Seed	Shared values & purpose	My 2 am people
Feed	Listen	Validate
	Kindness	Gratitude
Weed	Disagreement	Anger
	Sandwiched No	Envy

17

Thank you!

18

3