


Moving Through Bladder Cancer: How Physical, Mental and Emotional "Exercise" Impacts your Treatment and Mental Health.

Dr. Matthew Mossanen
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Mark Block



Mark Block:

Thank you so much Stephanie. And Scott, there are a few things that you talked about that I'm going to bring up today about setting goals and maintaining your vision. I am Mark Block. I am a certified personal trainer and coach. I'm also the creator and host of an online wellness program, bluerisa.com, which I focus and summarize as focusing on the crossroads of health and happiness. Now, we've been talking about exercise and exercise as Scott has proven, is great for relieving stress because a lot of what we go through in this journey through the diagnosis, through treatment, through surgery is the stress we're under.

It's interesting that exercise does lead to stress, but all stress is not relieved by exercise. So it's important if we look at stress so we can maintain our goals, maintain our visions. As Scott said, you have to have a reason to do it. So we can't let stress get in the way of moving forward. Next slide please.


There are three different kinds of stress. There's situational stress, which is caused by the environment around you. Somebody jumps in front of you. You're driving your car, someone jumps in front of you, you slash on the break. Every system in your body goes into stress. There's physiological stress and this is the body's response to trauma. Insomnia, sleep disorders are physiological stress.

Giving birth is physiological stress. Head traumas are physiological stress. This is stress that you really can't control. And there's psychological stress. Psychological stress is mostly self-induced. You get a D on an exam. You are way stressed out. You get diagnosed with bladder cancer, you're way stressed out. But the key is that like this guy holding the ball, only you can control the squeeze of that stress is putting on you.


Situational, Physiological or Psychological Stress

- 1 Situational stress:**
Caused by the environment around you.
- 2 Physiological stress:**
Body's Response to Trauma.
- 3 Psychological stress:**
Almost always self-induced.

Just like this tennis ball, only you can control the squeeze you put on yourself.



Focus on the Psychological



So I'd like to focus, next slide please, on the psychological stress because that's really what we're dealing with. And we all tend to be hard on ourselves. As Scott had said, we do a lot of self-talk, which is very detrimental to us. It is ineffective, it is self-sabotaging and it's a very difficult habit to break. But if you believe in change, you can relieve the stress, you can believe in your goals, you can create a new you. You can stop being hard on yourself. I would suggest maybe you take some post-its and stick them up on your board like this and try to stop being hard on yourself. It's not an easy thing to do. It takes time. Next slide please.


So let's talk a little bit about stress management. Stress management, you can be either reactive or proactive. This guy here holding up these blocks is being very proactive. He is making sure and looking at why it happened in the last place and stopping it, why it happened in the first place and he's stopping what's going on.

But most of us are reactive. I must say that no matter what action you take against stress, no matter what activity, exercise, it's excellent because you are dealing with stress.


It's working. But what you're doing is you're managing the symptoms. And the problem with managing the symptoms is they can come back at you, they can overtake you and the stress can become a part of your life again. So it's very important that you learn how to manage the psychological stress by reaction and proaction. So what I'd like to do is now look at the proactive side of this stress management. Next slide please.

Psychological Stress

We all tend to be hard on ourselves, sometimes very hard!



Psychological Stress Management, Reactive vs Proactive



Stress Management

There are only two options

Reactive

Proactive



You need to be in control to manage your psychological stress

Benefits of reactive management



Now first... Sorry, let's look at the reactive side for just a minute because we've all tried these different methods. I mean, here's a little list. Obviously, physical exercise is good. Mental exercise, yoga. Yoga begins to slip into the proactive. But any one of these is excellent. They are reactive though.

Hugs. I love hugs. Have you guys tried hugging lately or any of you real huggers? I'd like to hug. If you've never done it before, which is kind of odd, I'm sure, give it a shot. You'd be surprised how nice it is. But things like yoga, which do move into the proactive side are really the best place to start managing psychological stress. So next slide please.

So when you're thinking about proactive management, there's really only three options you have. You can think out of the box and you can look at things differently. You can look at stress differently. You can think about how it affects in a different way. You can change your selfie. It's what you see, what people see about you, what you want them to see. You can write a new elevator pitch. You can tell a new story.

And once you embrace these three things, then you got to look at stress and embrace the stress, and embrace the change. Now, would you do me a favor? Just make sure you've got your camera ready. I've got a little project for you in a couple slides. If we were in a meeting, I'd explain it to you, but we'll go over that in a couple slides. Next slide please.

So let's talk about thinking out of the box for just a minute. Our self-perception, our self-esteem, our self-confidence, this is what defines us. This is what defines our personal space. It's that boxing rhythm. It's how we deal with this perspective that determines how we move forward. I've got here, wherever you go... There you are. And sadly this is true most of the time.

Reactive management for Stress

Take your mind off your stress!

- Meditation
- Physical Exercise
- Deep breathing
- Going for a walk
- Hugs
- Aromatherapy
- Creativity
- Healthy diet
- Mental Exercise
- Positive self-talk
- Yoga
- Gratitude
- Social support
- Eliminating stressors

You need to be in control to manage psychological stress



Proactive management for stress

Create a new mindset. Define a new you. YOU 2.0:

- Think out of your box
- Change your selfie
- Write a new elevator pitch
- Embrace stress
- Embrace Change

Thinking out of the box

Who you are is limitless!



Wherever you go

You are what others see.




One of the ways to change that is to think out of your box. Be like the Queen in Alice in Wonderland. You guys know the Queen in Alice in Wonderland? One of her things was she would wake up every morning and before breakfast she would think of 10 new and exciting things. So let's try and be like the Queen in Alice in Wonderland. Next slide please.


So the second thing I had was redoing your selfie. Now, I'm curious, first of all, since your selfie is what people see, can anyone there relate to one of these? Are you like this little guy on the left, on the left that's just plugging himself into a sock and he's got a bad hair day? Or are you one of these people that are smiling all the time? If you're not sure, ask someone. Ask someone what they think of a picture of yourself, you took with yourself, that you took of yourself.

Redo your selfie

Who are you?



Describe yourself.



Now I know it's difficult. It's kind of impossible to see yourself as others see you because we look at ourselves, same eyes, same body, same person. And no matter where we go, we're always the same person. We're there. But try to recreate yourself on that selfie. I asked you to take your cellphone out in a while, but I have it ready for you. I've started to say here, if we were in an audience together, I would ask you to take a new selfie and ask the person next to you what message you're giving them.

So all I can ask you do is take a selfie and maybe share it with us at the end during... Maybe you could show it to us or something or email or send the picture through the chat, through the Q&A chat. I'd like to see that, see what it is. But part of that selfie... Next slide please. Part of the selfie is what you say to people. It's like your elevator pitch. My question, I guess is do you have an elevator pitch?

Is it an old one or is there a new one since your diagnosis and your treatment and where you are today. You meet someone in the elevator. He's new, he walks in the elevator, he says, "I just moved into the building. I'm in apartment 10F. I don't know anyone. Hello, who are you?" What are you going to tell me? What I'd like you to do is take a minute and come up with yourself. Now, before you do that, if you remember when I started, I said, "Hello, I am Mark Block. I am a certified personal trainer and life coach. I am the creator and host of a wellness website called risa.com," which I summarize as the crossroads between health and fitness, health and nutrition, health and wellness. Sorry.

Well, that took all of 17 seconds to say that. Come up with something that you could tell us in 30 seconds and I'd like you to think about it. And maybe at the end you can put it in the Q&A chat and maybe we'd happy to read that to you. So I'd like to know who you are.

And if that happens... Next slide please. And if you didn't get that, you've actually, if you can think out of the box, if you can change your selfie. If you can create a new elevator pitch. You are becoming a new you and it's a different kind of exercise you're doing. Now, you're going to be able to focus. As Scott said, you'll have a reason to do it. You can set yourself goals. But what's next? You have to embrace stress and you have to embrace change. You have to make these things work for you. Next slide please.

Change your elevator pitch

You are as good as it gets!

How are you going to describe that person in 15 seconds?

.... Crossroads between Health and Happiness....

Who are you?



You have updated to YOU 2.0




You are the new you.

You have up dated to YOU 2.0!


Thinking out of a new box.
Changed your selfie.
Created a new elevator pitch.

What's Next?

- Embrace Stress
- Embrace Change



Embrace and make stress work for you



Now embracing stress. Stress has amazing benefits. It's a motivator. It gets your creative juices going. It's an indicator of needed change. It mobilizes you. It doesn't stop you. It can keep you going. And it has some amazing longevity issues. It strengthens your body. Today, we think that we have the key on longevity and finding that fountain of youth, which stress can do for you. But people like [inaudible] history Ponce de Leon, he was crazy. He was obsessed with trying to find the fountain of youth.

I've got here something from Sophia Loren. And Sophia Loren says that she has found the fountain of youth. She goes, "There is a fountain of youth. It is in your mind, your talents. It's in the creativity you bring to your life and the life of the people you love. When you learn to tap this source, you will truly have defeated age. You will have found your fountain of youth. So my message here is embrace stress because it's inevitable. It's there in front of us. It's make it for you, not against you. Next slide please.

And from there we have to embrace change. Change is inevitable. Change is part of life. Change is one of those inevitabilities. Change and stress, they kind of go hand in hand. There's a natural progression. Most of us don't like change. We get stressed whenever there's change. So we get stuck in our box because of it. So we're back to the whole premise of thinking out of your box, changing your selfie. Change your elevator pitch. It's all about change. But change takes time. You have to practice it and take small steps one at a time. Next slide please.

Embrace Stress

Use the New You to redefine stress.



Make stress work for you, not against you.

Embrace the given of change



Embrace Change

Life is Change



Practice change!

Become one of the worlds longest lived people.



So now that we have some new great habits, has anyone here ever read anything about the Blue Zone studies? These are studies where they looked at the longest lived people in the world, those centenarians around the world, and they came up with nine lifelong lessons.

I suggest you go google bluezones.com and look at those nine lessons. But they all lead to one major thing. They lead to a purpose in life.

And that to me is the most important lesson because if you can identify your purpose in life and always smile. I like these folks, this slide. I hope that I can maintain a smile like that. I hope that whatever stress I'm under that I can constantly reframe myself and move forward and smile like these guys are smiling. Next slide please.

So I'm going to leave you now with this theory that you can be the new you, that your new healthy habits can get you into that exercise routine. They can give you something to look forward to. They can give you a goal. So get to know the new you 2.0. Think out of the box, change your selfie and elevator pitch, accept change, and become that positive future because you can. Because the future is yours to write. Thank you so much.

Habits of the worlds longest-lived people.

Identify your purpose(s) in life!

There are 9 long-life lessons.

All leading to purpose.

Identify your purpose in life, and always smile!



Your future is yours to write



Your New You. Your New Healthy Habits





Get to know YOU 2.0:

- Think out of your box,
- Change your selfie and elevator pitch
- Accept change
- Become your positive future.

BECAUSE YOU CAN
BECAUSE THE FUTURE IS YOURS TO WRITE



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