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Michelangelo’s Belief

Anxiety

Depression

Habits
I don’t fix people.

“I know nothing about the subject, but I’m happy to give you my expert opinion.”
Because people don’t need fixing – they are *not broken*.

All people have an innate drive towards health and wellness, and a strong desire to *live their best life*. 
If I don’t fix people, what do I do?

I facilitate miracles.
My work.

Decrease Distress

Improve Resiliency

Work Towards Best Self
Our Personal Computer: Hardware and Software

Triune Brain Model

- **Mammal Brain (Paleomammalian)**: Feelings and emotions
- **Reptilian Brain**: Instinct, dominance, survival
- **Human Brain (Neomammalian)**: Language, ideas, concepts, artistic visions
HAPPINESS: BALANCE IN LIFE

- Social
- Physical
- Professional
- Pleasurable
- Mental
- Emotional
- Material
- Spiritual

BALANCE IN LIFE
2 Ingredients for CHANGE...
Why do we not change?
How do we get unstuck?

Must resolve ambivalence and change unhealthy and/or unhelpful habits of thinking and behaving that have caused discrepancy between how you are in your life versus how you want to be.
ENERGY ➔ OBJECTIVE

ANXIETY ➔ DEPRESSION ➔ OBJECTIVE ➔ STRENGTHS/VALUES
Chess Game – Every move matters!

Chest pain
Muscle tension
Happy
Sad
Fear
Rage
Guilt
Fatigue
Drinking
Isolating
Avoiding
Nothing matters
What?! 
Nobody understands

Stomach pain
Headache
I have to drink this
I can’t breathe
Shortness of breath

Tingling
Irritated
Crying
Avoiding
This page
Always happens

Fatigue
Eating
Eating more
Sleeping
Isolating
Working
Sensation

Thoughts
Physical
Sensations
Emotions
Behaviour
Emotions Drive the Machine

Depression and anxiety are a natural consequence of living – functional and healthy — designed to get our attention to tell us something needs to change.

Language creates emotion. However, do not believe everything you think!
Cognitive Distortions

The brain is designed to create cognitive distortions when we perceive a threat (internal or external) to create an emotion → to change our physiology → to change our behaviors to help us.

- Overgeneralizing
- Shoulding and Musting
- Black & White thinking
  - Personalization
  - Mental Filter
- Catastrophizing
- Predictive Thinking
- Emotional Reasoning
  - Labeling
  - Mind Reading
No harm was done in the making and raising of this child... so far, I hope.
1. What are some of the things you are doing right now to keep yourself healthy and well?
2. What is the one thing that you can do to start to improve your health and well being?
3. What might get in the way?
4. How confident are you that you can take this step? What would increase your confidence?
1. Know where you want to go.
2. Remember – everything matters.
3. Understand why you are not in balance – unhealthy core beliefs, habits, expectations, ambivalence, etc.
4. Lean towards the life you want each day, all day. Small steps are huge.
5. Move with the right energy – how you move is more important than where you go.