



FELLOWS FORUM 2015

Exploring Wellness: What It Is and Why It Matters

**FRIDAY, MARCH 27TH, 2015
HONORS, SCHOLARS, AND FELLOWS HOUSE, GREAT HALL**

SCHEDULE OF EVENTS

8:15 - 8:45 AM

CHECK-IN & BREAKFAST

8:45 - 9:00 AM

WELCOME: DR. NANCY MARCUS

Dean of the Graduate School, FSU

9:00 - 10:00 AM

KEYNOTE: DR. MICHAEL BISHOP

Department of Philosophy, FSU

10:00 - 10:15 AM

BREAK

10:15 - 11:45 AM

PANEL 1: PSYCHOLOGICAL/SOCIAL ASPECTS OF HEALTH & WELLNESS

DR. EILEEN CORMIER *College of Nursing, FSU*

DR. CHRISTOPHER COUTTS *Department of Urban & Regional Planning, FSU*

MS. ERICA WIBORG *Center for Leadership & Social Change, FSU*

11:45 - 12:30 PM

LUNCH

12:30 - 2:00 PM

PANEL 2: PHYSICAL ASPECTS OF HEALTH & WELLNESS

MS. RACHEL HOWELL *Tallahassee Memorial Hospital, Family Medicine Residency*

DR. MICHAEL ORMSBEE *Department of Nutrition, Food, and Exercise Sciences, FSU*

DR. JAMES WHYTE IV *College of Nursing, FSU*



Pursuing the Good Life: Theory & Practice

Michael Bishop, PhD

*Department of Philosophy
Florida State University*

When you care about someone, you want them to have a good life, a life of well-being. But to effectively pursue well-being, it's important to know what well-being is. There are many theories to choose from. But philosophers' theories ignore what psychologists have learned about well-being. And while psychologists have learned many facts about well-being, they lack a theoretical framework for making sense of these facts. What we need is a theory that makes sense of philosophers' theoretical speculations and psychologists' empirical findings. The network theory does this.

The network theory holds that to have well-being is to be “stuck” in a self-perpetuating cycle of positive emotions (joy, contentment), attitudes (optimism, openness to new experiences), traits (extraversion, perseverance), and success (strong relationships, professional accomplishment, fulfilling projects, and good health). These states build upon and foster each other, forming a kind of positive causal network (PCN), so that a person high in well-being is in a positive cycle or “groove.”

The network theory combined with psychological research has a number of practical implications about how to effectively pursue a good life.

*Dr. Michael Bishop is a Professor of Philosophy at Florida State University. His research and teaching focus on good reasoning and the good life. He is the author of *The Good Life: Unifying the Philosophy and Psychology of Well-Being* (2015) and the co-author, with J.D. Trout, of *Epistemology and the Psychology of Human Judgment* (2004).*



Mental Dimensions of Wellness

Eileen Cormier, PhD, MSN, RN

College of Nursing

Florida State University

The World Health Organization defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (WHO, 2005, p. 1). This definition affirms the prevailing social scientific view of mental health as not merely the absence of mental illness but the presence of something positive – feeling good and functioning effectively – that is beneficial for individuals and for society. Mental health and mental illness are shaped by multiple interacting social, psychological and biological factors, just as physical health and illness are. Mental health promotion strives to impact these factors to fortify mental health and to prevent mental illness. Psychiatric mental health nursing is a specialized area of nursing practice committed to promoting mental health and wellness, reducing vulnerability to mental illness, and facilitating personal recovery in those who are afflicted by mental health problems.

Dr. Cormier will describe nursing practice-oriented interventions for promoting optimal mental health and well-being in individuals regardless of the presence of mental illness. In particular, she will highlight evidence-based interventions that can counteract risk factors and reinforce protective factors across the lifespan, and by so doing, disrupt processes that contribute to poor mental health and mental illness.

Dr. Eileen Cormier is a nurse educator and Associate Dean of Research at the Florida State University College of Nursing. Her research is directed at understanding decision-making processes and the use of deliberate practice interventions to improve quality of care. She received her MSN in Community Health Nursing at Dalhousie University, her MSN in Psychiatric/Mental Health Nursing at Boston College, and her PhD in Nursing Science at the University of Florida.



Green is Good for Your Mental Health

Christopher Coutts, PhD

*Department of Urban & Regional Planning
Florida State University*

The physical environment is a fundamental component in an ecological approach to psychosocial health. The physical environment consists of both the built environment that humans construct and the natural environment. Features of the built environment influence health and health behaviors in many ways, from infrastructure that delivers clean water to sidewalks that facilitate physical activity. What is surprisingly overlooked in most studies claiming to be “ecological” is the foundation of all life, the natural environment, and its rapid demise in the wake of the ever-expanding built environment. All humans depend on the natural environment not only for the most basic elements of life—water, air, and food—but also for satisfying higher order psychological needs. Decades of environmental psychology research have revealed the restorative potential of the natural environment. Simple exposure to nature results in reduced stress, positive affective states, and improved cognitive functioning, all of which have repercussions for mental and physical health.

Dr. Christopher Coutts is an Associate Professor in the Department of Urban & Regional Planning. He earned undergraduate and graduate degrees in Public Health from New Mexico State University, and a PhD in Urban, Technological, and Environmental Planning from the University of Michigan. His research focuses on the influence of built and natural environments on human health and health behaviors.



The Big Question in Life: Why Spirituality Matters to Wellness

Erica Wiborg, MS

*Center for Leadership & Social Change
Florida State University*

Who am I? What kind of person do I want to be? What am I going to do with my life? How do I discover and enact my own values and beliefs as a graduate student? What sort of world do I want to help create? These big questions can be overwhelming to anyone who is questing for an answer, and being able to navigate this terrain is connected to our well-being. One can come to a clearer understanding of the complex moral issues inherent in human life by seeking answers to these questions, and specifically by searching for meaning, purpose, and authenticity.

This presentation will explore five spiritual measures found in Alexander Astin, Helen Astin, and Jennifer Linholm's study of over 14,500 students at 136 institutions. These measures include spiritual quest, equanimity, ethics of care, charitable involvement, and ecumenical worldview. This presentation will also highlight opportunities for enhancing spirituality through self-reflection, meditation, and contemplation. Research has shown that it is beneficial to use contemplative practices in the classroom to assist with exploring questions of meaning and purpose. Providing more opportunities to touch base with this "inner work" will contribute to students' intellectual self-esteem and psychological well-being, as well as facilitate the development of leaders who are more just, caring, and able to adapt to life's challenges.

Ms. Erica Wiborg serves as a Program Coordinator for the Center for Leadership & Social Change at Florida State University, and specifically as the Convener for the Spiritual Life Project. She teaches in the Undergraduate Certificate in Leadership Studies, and last fall she developed FSU's first Leadership and Spirituality course. She received her bachelor's degree in Business from Florida State University and her master's degree in Higher Education Administration from Texas A&M University.



Photo credit: Keith Sutter

PANEL 2: PHYSICAL ASPECTS OF HEALTH & WELLNESS



A Whole Systems Approach to Chronic Disease at the Family Medicine Residency Program

Rachel Howell, MA

Tallahassee Memorial Hospital

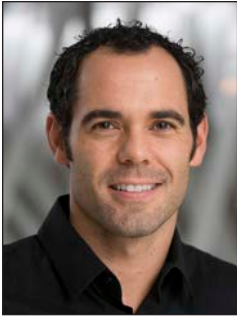
Family Medicine Residency

Mindfulness-based Therapeutic Lifestyle Change Program

Over three years ago, we began introducing a functional, whole systems medicine approach to residents, faculty and patients, with a primary focus on behavioral change with respect to the modifiable lifestyle factors (MLFs) that underlie chronic disease. We have developed the Mindfulness-based Therapeutic Lifestyle Change program (MBTLC) in which we employ mindfulness to address the following key MLFs: sleep, nutrition, physical activity, stress/thoughts & emotions, and relationships to self and others. This approach marries the molecular medicine underlying functional medicine with the science of nutrition, genomics, neuroscience, positive psychology, and neurobiology to provide a scientifically sound foundation for this multi-pronged program.

My presentation will focus on the benefits of a daily practice including adequate sleep, appropriate quality and quantity of food, regular movement (yoga, strength training, and cardio), gratitude practice/journaling, and mindfulness exercise that are the foundation of the MBTLC program. Participants will be encouraged to take part in experiential exercises in heart balancing and gentle yoga as part of the presentation.

Ms. Rachel Howell received a BA in English, African American Studies and Women's Studies from UW- Madison and a second BA in Dance from UW - Milwaukee. She completed an MA in American Dance Studies and a certificate in Arts and Community Practice from FSU. Rachel now works for FSU's Maggie Allesee National Center for Choreography (MANCC) and as a yoga teacher and facilitator for TMH's Family Medicine Residency's Mindfulness-based Therapeutic Lifestyle Change (MBTLC) program.



The Sweet Spot: Health, Body Composition, & Performance

Michael J. Ormsbee, PhD

*Department of Nutrition, Food, and Exercise Sciences
Florida State University*

How much protein should you eat? What is high-intensity interval training? Can you eat before going to sleep? What are the best foods to eat for optimal performance? These questions and more will be answered as Dr. Ormsbee takes you through his research that involves the interaction of exercise training, nutrition, and supplementation to achieve optimal health, body composition, & human performance for both athletes and clinical populations.

Dr. Michael Ormsbee is an Assistant Professor in the Department of Nutrition, Food, and Exercise Sciences and Interim Director of the Institute of Sports Sciences and Medicine at FSU. He is an Affiliate of the Center for Advancing Exercise and Nutrition Research on Aging (CAENRA) and the Institute for Successful Longevity. His expertise involves the interaction of exercise training, nutrition, and supplementation in the maintenance of good health.



PANEL 2: PHYSICAL ASPECTS OF HEALTH & WELLNESS



Decision-making and Individual Wellness: So Simple, So Complex

Dr. James Whyte IV, ND, PhD, ARNP

*College of Nursing
Florida State University*

At their very core, decisions regarding healthful behaviors are simple. After all, most everyone is aware of their health transgressions. However, as people age, wellness tends to become a greater focus. These topics will form the basis for Dr. Whyte's talk, as he takes you through his clinical experiences regarding wellness and the underlying cognitive processes that account for health behaviors.

Dr. James Whyte IV is an Associate Professor in the College of Nursing at FSU. His expertise and program of research revolve around the cognitive antecedents of decisions by healthcare practitioners and patients. Additionally, he is a practicing primary clinician in a family practice setting. His practice interests are general, but he has particular interest in the care of athletes and persons living with HIV/AIDS.



THE 2015 FELLOWS FORUM WAS ORGANIZED
BY THE FOLLOWING FELLOWS SOCIETY MEMBERS:

Aaron Brooks, Philosophy
Alicia Craig-Rodriguez, Nursing
Gabriel Williams, Dance
Brett Castellanos, Philosophy
Melanie Hom, Psychology
Andrew Moffatt, Philosophy
Jamie Schindewolf, Urban & Regional Planning
Lesley Wolff, Art History

ADDITIONAL THANKS TO OUR STAFF:

Dr. Lisa Liseno
Assistant Dean & Director,
The Fellows Society
The Graduate School

Zhaihuan Dai
Graduate Assistant
The Graduate School

Callie Funderburk
Event Coordinator
The Graduate School

Melissa Hardison
Office Assistant
The Graduate School

2016 FELLOWS FORUM

Each year, under the direction of The Graduate School, members of the Fellows Society organize and participate in an interdisciplinary symposium designed to engage students from a broad range of academic disciplines. Proposals for the 2016 Fellows Forum topic are due November 1, 2015.



THE GRADUATE SCHOOL

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