

Promoting Resilience and Positive Mental Health in Older Adults

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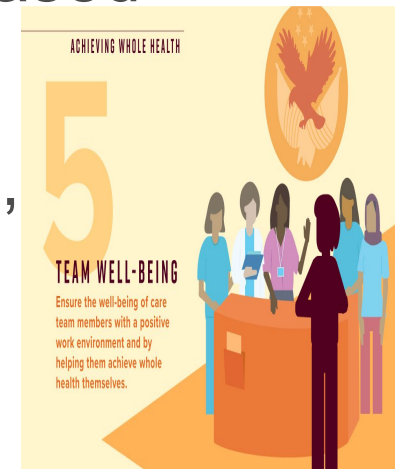
Potential Conflicts of Interest

- No financial relationship with the pharmaceutical industry
- Royalty from book publishers

Achieving Whole Health

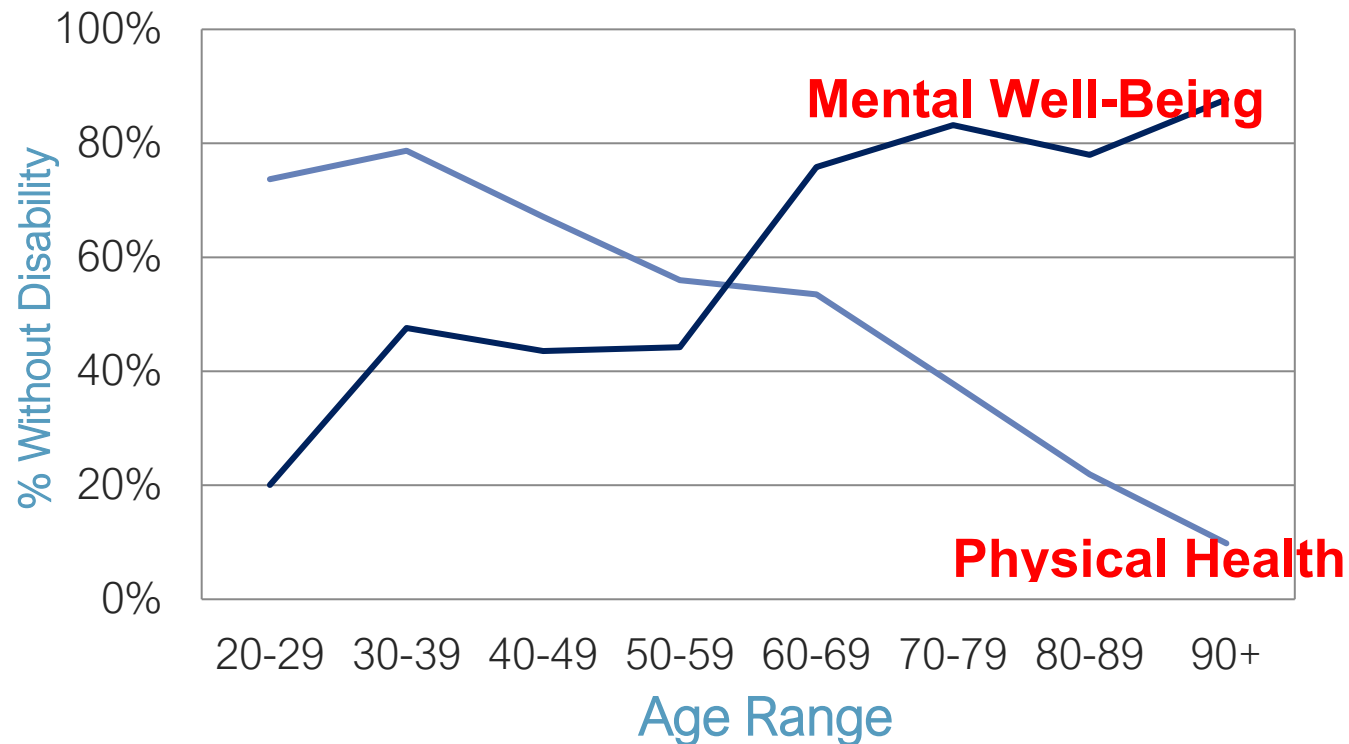
(Nat'l Academies of Sciences, Engineering and Medicine, 2023)

- Whole health is physical, behavioral, spiritual, & socioeconomic well-being defined by individuals, families, and communities
- Whole health care is interprofessional, team-based approach anchored in trusted relationships
- It aligns with a person's life mission, aspiration, and purpose
- Team Well-Being: Ensure the well-being and whole health of care team members
- 2021-2030: UN and WHO Decade of Healthy Aging



Paradox of Aging:

Ages 21 to 100 Years (N=1,547)



(Jeste DV, et al., Am J Psychiatry, 2013;
Jeste DV, et al., J. Clin. Psychiatry, 2016)

Positive Psychiatry



- Science and practice of psychiatry that focuses on study and promotion of mental health and well-being through enhancement of positive psychosocial factors such as social relationships, wisdom, and resilience

(Jeste DV, et al., J Clin Psychiatry, 2015)

Enablers of Health & Longevity

- **Resilience**: In physically ill patients, associated with medically desirable behaviors (self-care, treatment, & exercise adherence, health incl. pain), and greater longevity (Lamond et al., 2008; Shen & Zeng, 2010; Stewart & Yuen, 2011)
- **Optimism (83 studies)**: Better cardiovascular outcomes, physiological markers (including immune function), cancer outcomes, and mortality (all $p < .001$) (Rasmussen, et al., Ann Behav Med 2009;37:239-256)
- **Social Engagement (148 studies; N >300,000)**: 50% increased likelihood of survival among socially engaged people (Holt-Lunstad, et al. PLoS Med 2010; 7: e1000316)

Wisdom: A Multi-component Trait



(Bangen K, et al., Am J Geriat Psych, 2013; Jeste & Harris, JAMA, 2010)

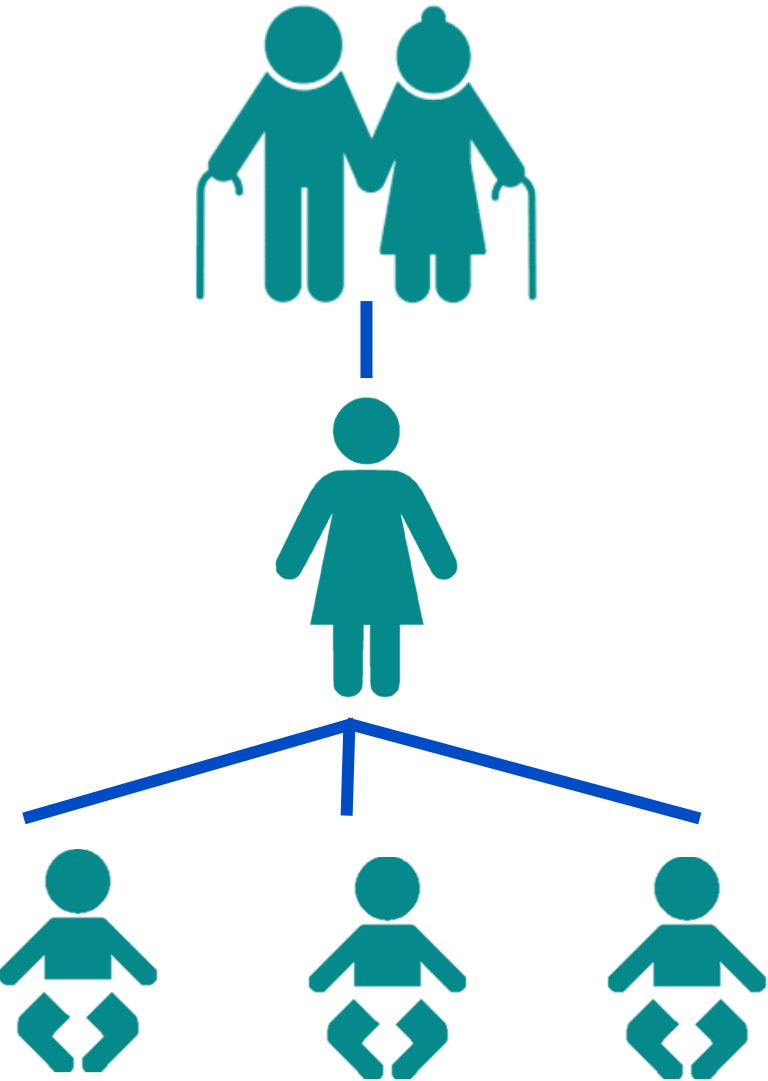
Abilities that Tend to be Better in Older Adults than in Youth



- Emotional regulation
- Positivity: Favoring positive emotions & memory
- Empathy and Compassion
- Self-reflection
- Experience-based decision making

(Carstensen et al., 2004; Mather et al., 2004, Birditt et al., 2005, Kennedy et al., 2004, Brassen et al., 2012; Meeks & Jeste, 2009; Bangen, et al., 2013; Helmuth et al., 2003; Jeste et al., 2010; Grossman, et al., 2010; Worthy, et al., 2011)

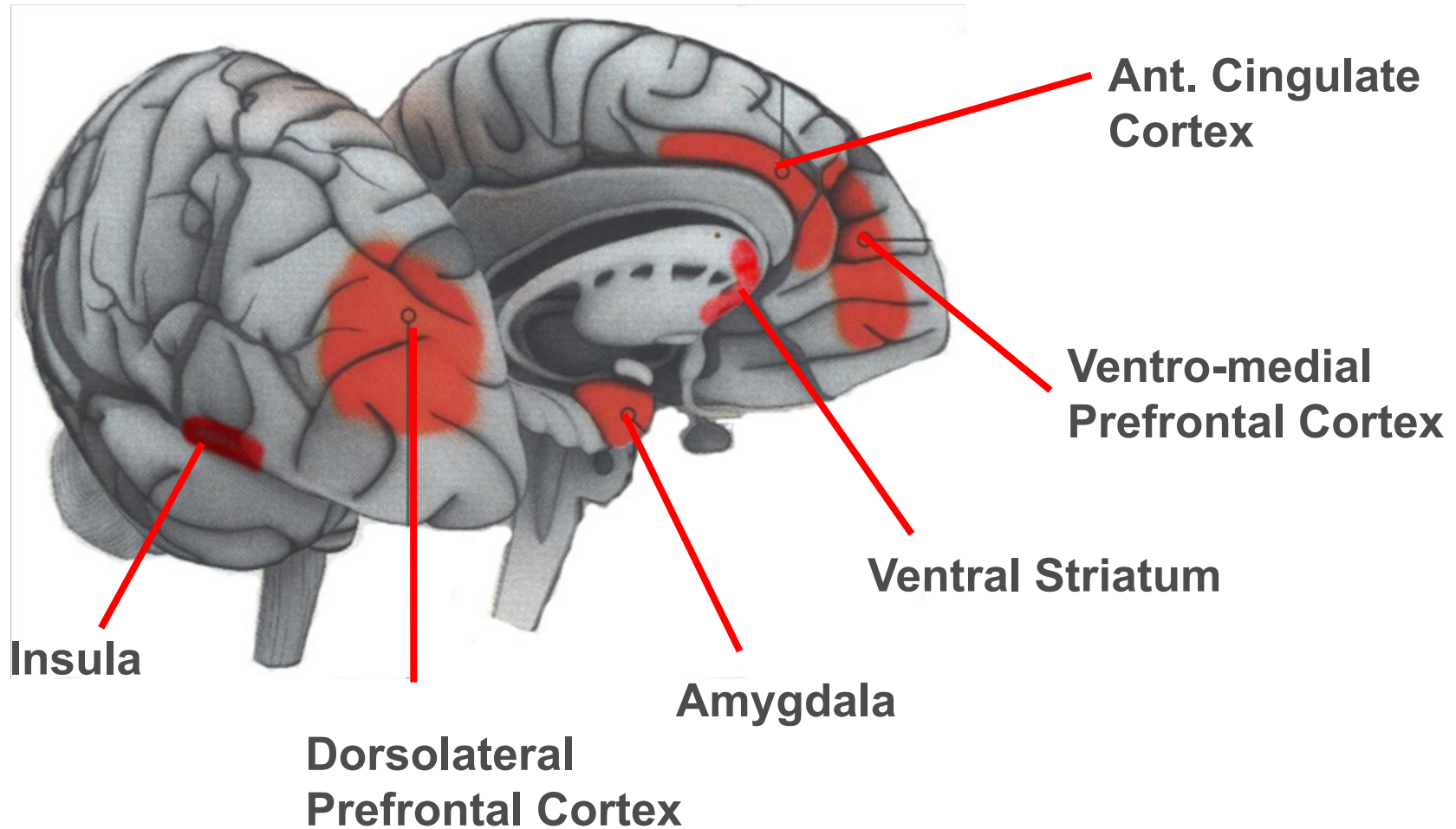
Grandmother Hypothesis Of Wisdom



- **Grandmother involvement in raising grandchildren helps children's fertility (+ well-being & longevity)** (Lahdenpera, et al., Nature, 2004; Foster et al., Science, 2012; Hawkes & Coxworth, Evol Anthropol, 2013)
- **Transmission of social cognition & cultural values like cooperation to grandchildren** (Gopnic, et al., and Hawkes, Philosoph. Trans. Royal Soc. B - Biol. Sci., 2020)

Brain Regions Involved in Wisdom

(Meeks & Jeste, Arch Gen Psych 2009)



Loneliness (Perceived Social Isolation): A Grand Challenge for the Society



A silent killer; increases odds of mortality by 30% - as dangerous as smoking and obesity (Holt-Lunstad, et al., 2015)

In the US, 162,000 deaths per year are attributable to loneliness – more than those secondary to lung cancer or stroke
(Agency for Healthcare Research and Quality, 2019)

In the UK and Japan, new Ministries of Loneliness have been established

Loneliness versus Wisdom



- Strong inverse correlation between loneliness and wisdom/compassion (Lee, et al., 2019; Nguyen, et al., 2020; Jeste, et al., 2020 a & b)
- EEG and Gut Microbiome studies showed similar associations (Grannan G, et al., 2021; Nguyen et al., 2021)
- Longitudinal study (N=1,261): Baseline wisdom / compassion predicted lower loneliness & better mental well-being 5-7 years later (Lee, et al., Transl. Psych., 2021)

Interventions to Enhance Wisdom Components

(Lee, et al., JAMA Psychiatry, 2020)



- 57 RCTs to enhance:
 - Empathy/Compassion/Altruism, Emotional regulation, and Spirituality
- Participants: People with mental illnesses, people with physical illnesses, and those from general population
- 47% of studies reported significant enhancement of a wisdom component (moderate to large effect size)

Resilience Promoting Interventions

- Stress Management and Resilience Training (SMART) (Dossett et al., 2021)
- Mindfulness-Based Stress Reduction (Sharma et al., 2014)
- Master Resilience Training for the armed forces (Reivich et al., 2011)

International Community Campaigns



WHO Global Network
for Age-friendly Cities
and Communities

Great Southern
**Compassionate
Communities**



Transforming a Lonely, Distressed, and Polarized World into Happier, Healthier, and Wiser Society

