

Hopeful Communities are Healthful Communities



*Dr. Monica Dixon
Healthy Communities of Pierce
County*



*Engaging stories
from a personal life,
and another life!*

Love
the Body
You Were
Born With



A ten-step workbook
for women

Monica Dixon, M.S., R.D.



A long time ago, in a galaxy far, far away...





resilience |ri'zilyəns|

noun

1 the ability of a substance or object to **spring back** into shape; elasticity: nylon is excellent in wearability and resilience.

2 the capacity to **recover quickly from difficulties**; toughness: the often remarkable resilience of so many British institutions.

resilience: the result of individuals being able to interact with their environments and the processes that either **promote well-being** or protect them against the overwhelming influence of risk factors.

- can be individual coping strategies, or may be **helped** along by good families, schools, communities, and social policies that make resilience more likely to occur.

Resilience can be described by viewing:

- good outcomes regardless of high-risk status,
- constant competence under stress,
- recovery from trauma, and
- using challenges for growth that makes future hardships more tolerable.

Negotiating Paradox:
A Grounded Theory of
Women's Body Weight
and Sexuality

Five Factors:

1) Health

Five Factors:

1) Health

2) Relationships

Five Factors:

- 1) Health**
- 2) Relationships**
- 3) Sexuality**

Five Factors:

- 1) Health**
- 2) Relationships**
- 3) Sexuality**
- 4) Agency**

Five Factors:

- 1) Health**
- 2) Relationships**
- 3) Sexuality**
- 4) Agency**
- 5) Voice**

Keys to **Mitigating** Adverse Life Situations:

1) **Caring, supportive relationships that create love and trust**

Keys to **Mitigating** Adverse Life Situations:

- 1) **Caring, supportive relationships that create love and trust**
- 2) **Capacity to make realistic plans**

Keys to **Mitigating** Adverse Life Situations:

- 1) **Caring, supportive relationships that create love and trust**
- 2) **Capacity to make realistic plans**
- 3) **Positive self-confidence and self-image**

Keys to **Mitigating** Adverse Life Situations:

- 1) **Caring, supportive relationships that create love and trust**
- 2) **Capacity to make realistic plans**
- 3) **Positive self-confidence and self-image**
- 4) **Good communication skills**

Keys to **Mitigating** Adverse Life Situations:

- 1) **Caring, supportive relationships that create love and trust**
- 2) **Capacity to make realistic plans**
- 3) **Positive self-confidence and self-image**
- 4) **Good communication skills**
- 5) **Ability to manage strong emotions**

Learned Helplessness:

Condition in which an individual has learned to behave helplessly, even when negative condition is removed

**Personal
Control**



**Learned
Helplessness**

"I'm in charge here."

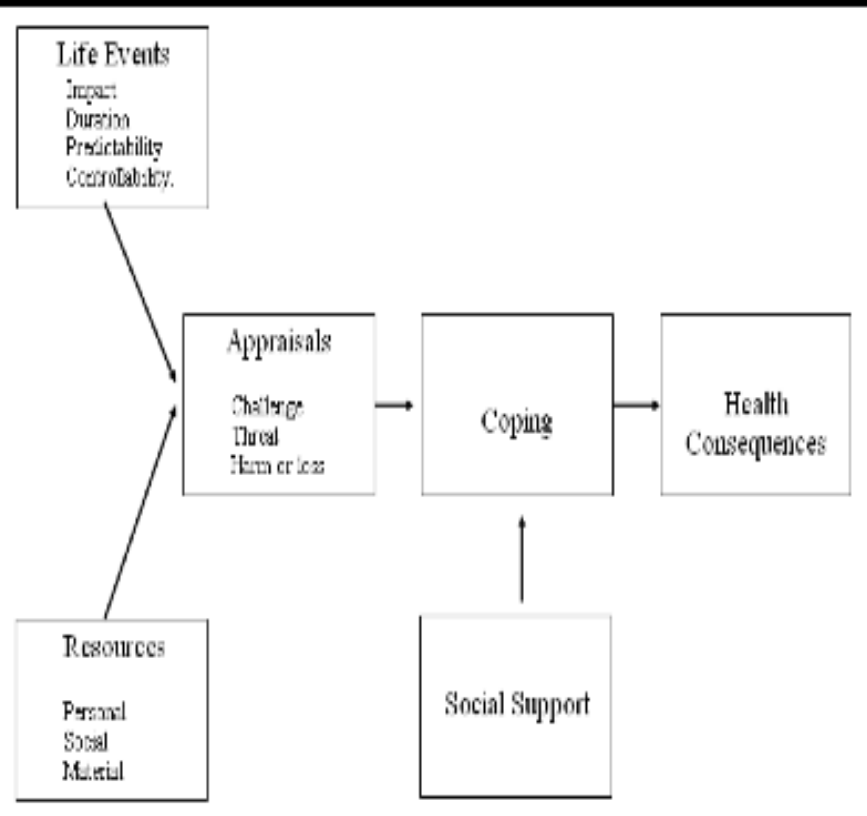
"I can't do it. I quit."





HOPELESSNESS

When your jailer has clothes of sixty-two shades of pink yet knows where the adults keep the wet food and the cat treats...

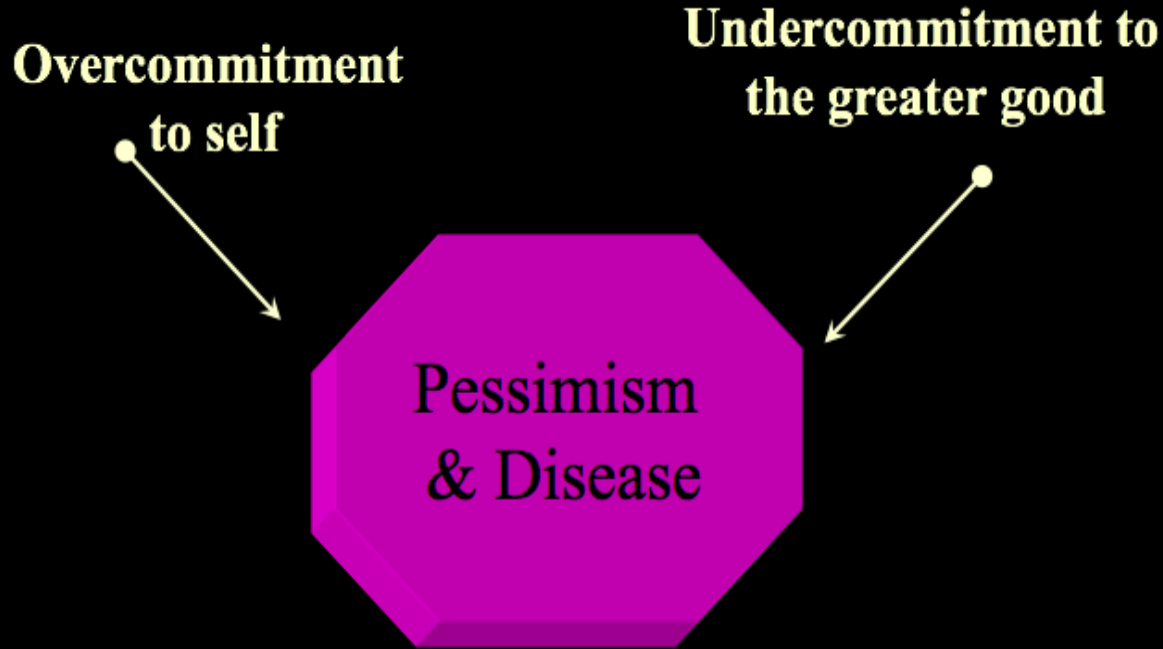


These findings indicate that hopelessness contributes to accelerated progression of carotid atherosclerosis, particularly among men with early evidence of atherosclerosis, and that chronically high levels of hopelessness may be especially detrimental.



Hopelessness was **strongly associated with the metabolic syndrome in these middle-aged men, independent of other depressive symptoms and traditional cardiovascular risk factors.**

Engage in the **Greater** Good...

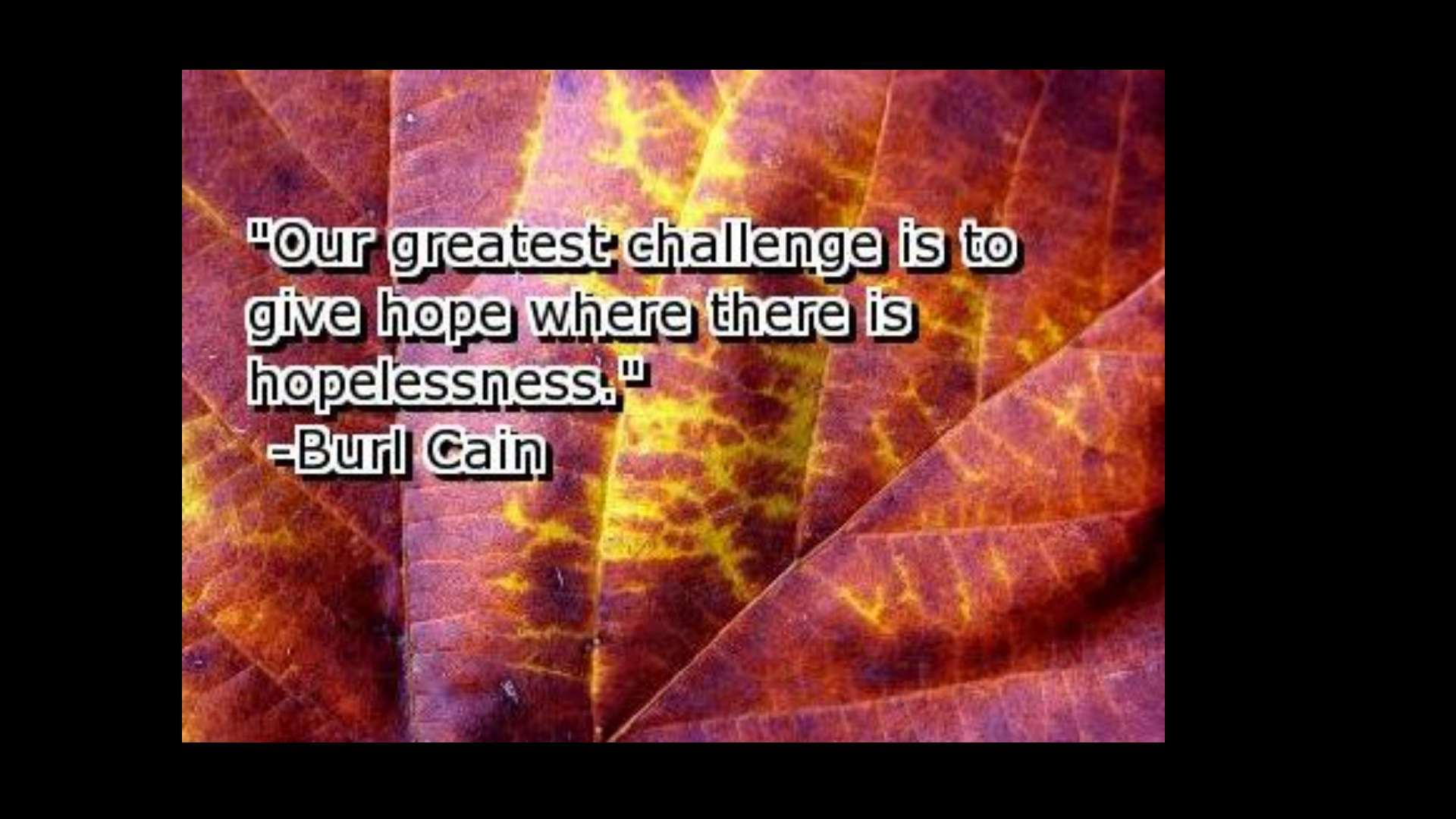


**We must accept finite
disappointment, but
never lose infinite
hope.**

Martin Luther King, Jr.

**What is true of the individual
will be tomorrow true of the
whole nation if individuals
will but refuse to lose heart
and hope.**

Mahatma Gandhi



**"Our greatest challenge is to
give hope where there is
hopelessness."**

-Burl Cain

monicadixon.com

Twitter: @doc_monica

dr.monica@monicadixon.com

