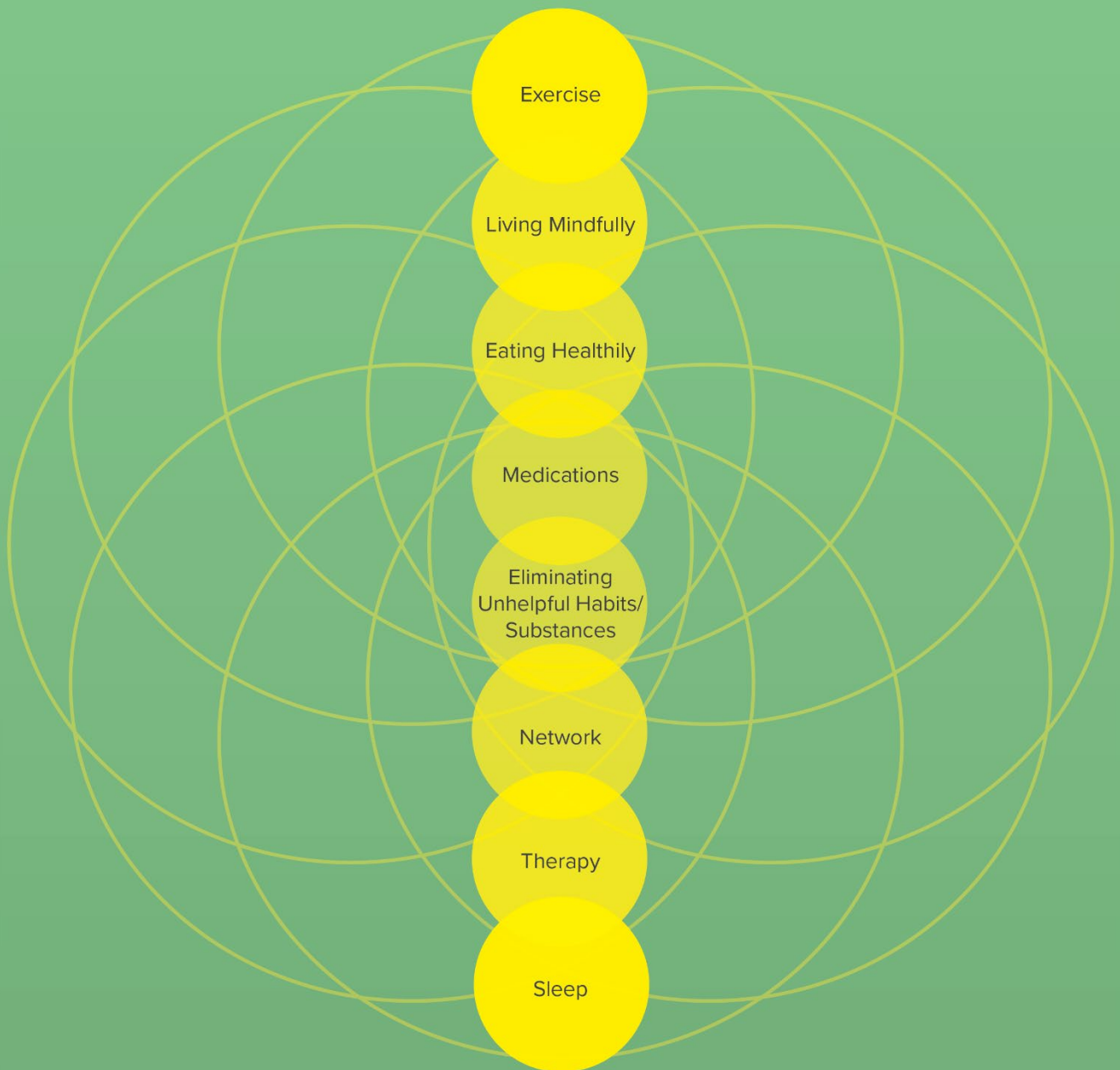


---

# ELEMENTS



of better mental health.

---

## Exercise/Body Movement

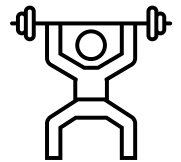
Benefits: studies show up to 45% improve so much they no longer meet the criteria for depression after a 4-week exercise program!<sup>1</sup> Exercise can be just as effective as medications for some people.<sup>2</sup> Exercise has been shown to cut symptoms by up to 50% with anxiety!<sup>3</sup> Exercise also can increase strength and endurance, improve sleep, sexual health, balance, and reaction time, reduce body fat, and can help protect us from many healthily.<sup>2</sup> Exercise releases natural endorphins that make us feel good and regulates the brain to help us cope in a healthy way.

What Is ideal? 3-5 sessions a week of 45 – 60 minutes per session at a pace for aerobic exercise where you can say a few words though whole sentences are hard and 3-8 repetitions of close to but not the highest weight you can lift for any given resistance/lifting exercise for at least ten weeks.<sup>2</sup>

Remember, *any movement is better than none!* While the above is the “gold standard,” any little movement/physical activity can help us feel better.

Stuck on where to go from here? What type of physical activities do you like or liked in the past?

Think of exercise as a chore? Try to think of it as a tool, just like medications or therapy.  
Gamify it!



No time? Stuck at home? There are many short, at-home videos that can be fun and effective!

- Yoga for anxiety and stress: <https://youtu.be/bJJWArRfKa0>
- Fun dance video (if you ask Dr. Neuman he may dance along): <https://youtu.be/Rj2lubFfEqY>
- Orange Theory free daily workouts (interval, full body): [https://youtu.be/Y\\_5uuEmfQrg](https://youtu.be/Y_5uuEmfQrg)
- Cardio Kickboxing: <https://youtu.be/Vve4BVTZ0QU>

## Living Mindfully

Defined as “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”.<sup>4</sup> Mindfulness can take many forms: including but certainly not limited to meditation, journaling, or simply setting aside time to relax. It is a simple concept though not necessarily intuitive.

Living mindfully can be taking time to savor your food by eating slowly and focusing your attention on the taste, texture, flavors, etc. It can be noticing the nature around you when you walk outside. Notice the colors, sounds, etc. It can be counting the things you are grateful for and acknowledging those.

Benefits: 38% improved anxiety score at 8 weeks and 30% reduced depression scores at 8 weeks! Mindfulness is free, portable, and valuable for panic attacks, waves of feeling down, and when tossing/turning at night.<sup>5</sup>

What is ideal? Around 3 hours per week of some form of mindfulness<sup>5</sup>

Remember, *any intention/mindfulness activity is better than none!* While the above is the “gold standard,” any little awareness/acceptance we can bring to the present can help us feel better!

Remember, *it is okay if your mind wanders.* A good key to embracing mindfulness is to accept that our brain (especially an anxious or depressed brain) will want to wander and dwell. If you find your mind has wandered, gently and lovingly, bring it back to your mindfulness activity. Just like muscles, mindfulness can get much stronger with practice!

No time? Stuck at home? There are many short, at-home videos that can be fun and effective!

- App suggestions: UCLA Mindful App, Calm, Headspace
- Mindful Breathing: <https://youtu.be/YFSc7Ck0Ao0>
- General Guided Meditation: <https://youtu.be/W19PdsIW7iw>
- Release Anxiety Guided Meditation: <https://youtu.be/W1CamfPk2zw>
- Progressive Muscle Relaxation Mindfulness: <https://youtu.be/86HUcX8ZtAk>
- Mindful Eating: <https://youtu.be/9MPJ5jGlgAo>
- Sleep Meditation: <https://youtu.be/OfxTy5v7yIA>
- Mindful Journaling Practice Tips: <https://www.yogiapproved.com/life/need-mindful-journaling-practice-tips-get-started/>



Image from mindful.org, a great place for more information

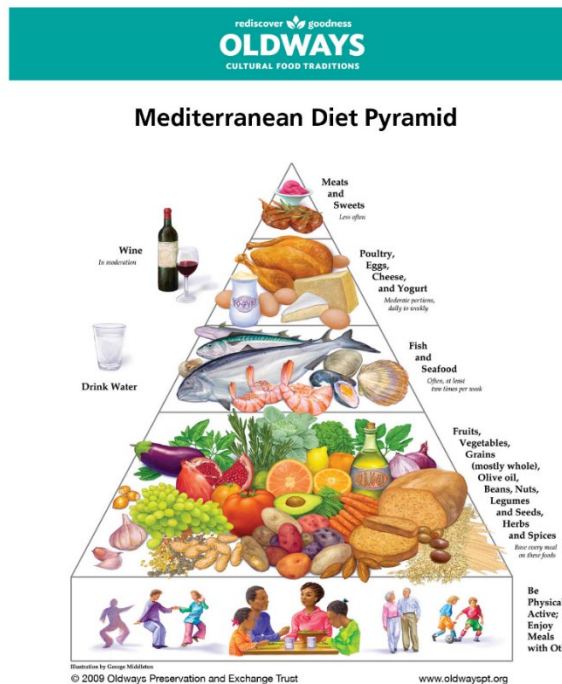
## Eating healthy

Benefits: Diet has been consistently linked to depression and anxiety.<sup>6</sup> Increasing fruits and nuts can decrease depression risk by up to 20-25%, and avoidance of fast and fried foods can decrease risk by up to 40%.<sup>7</sup> Switching to a more Mediterranean diet (low intake of processed foods, high whole fruits, veggies, nuts, olives, and small amounts of red wine) has been shown consistently to reduce depression symptoms by 25-40%.<sup>8</sup> Healthy eating habits have also been shown to decrease anxiety risk by 40%.<sup>8,5</sup>

What is ideal? Daily consumption of veggies, fruits, and whole grains (think brown/whole wheat pasta or bread or rice instead of white). Whole food (like a whole apple, not apple juice), plant-based, and not processed are key. Increased white meat and fish and decreased red meat. If dairy, low-fat. Substitute salt with herbs and spices. Small amounts of red wine are okay, though avoid other sources of alcohol.<sup>9</sup>



Remember, *any improvement to what you eat is better than none!* While the above is the “gold standard,” any little improvement can help us feel better!



(graphic taken from Oldwayspt.org, good non-profit with recipes)

## Medications

Benefits: Studies show 40-50% recovery rate for depression with medications.<sup>10,11</sup> Studies show that medications combined with therapy are more effective than either alone.<sup>12</sup> Response rates for anxiety were 60-70%.<sup>13</sup>

First choices for either depression or anxiety:<sup>14</sup>

Escitalopram (Lexapro)	Sertraline (Zoloft)	Fluoxetine (Prozac)
good for combined anxiety and depression, helps with sleep, particularly well tolerated	most prescribed depression and anxiety med, a lot of good data in pregnancy & breastfeeding	gives most energy, weight neutral, well studied in younger patients

**Particularly important:** Remember, these are to be taken once a day, not as needed. It may need 1-2 weeks to kick in and 4-6 weeks for full effects. While rare, side effects may come immediately or in a few days, though usually resolved by weeks 2-3. If side effects occur, contact Dr. Neuman immediately. Please do not double dose if a dose is skipped; proceed with the next dose as scheduled. Trials of at least a few months are needed to know the full benefits. These medicines should not be discontinued abruptly, or side effects can occur. Ask Dr. Neuman before tapering down as there may be separate recommendations based on your dose and how long you've taken the medication.

Further options for Depression-predominant:<sup>15</sup>

Switch to another of above meds	Switch to Venlafaxine (Effexor)	Increase dose of the above meds	Add bupropion (Wellbutrin)	Add aripiprazole (Abilify)
only take one med, low chance of side effects	only take one med, different class from above medications	only take one med	adding another med slightly more effective than switching, good for energy, weight neutral, can help with quitting nicotine	adding another med slightly more effective than switching, good for complicated/atypical depression

Further options for Anxiety-predominant:<sup>13</sup>

Switch to another of above meds	Switch to Venlafaxine (Effexor)	Increase dose of the above med	Add buspirone (Buspar)	Add pregabalin (Lyrica)
only take one med, low chance of side effects	only take one med, different class of med	only take one med	particularly well tolerated	different class of med than others

Interested in transcranial magnetic stimulation (TMS), electroconvulsive therapy (ECT), or ketamine (esketamine) infusion? These are great, low-risk therapies; however, they require equipment Dr. Neuman does not have and are usually only covered by insurances after other therapies have proven ineffective. Please ask Dr. Neuman where you can go for these therapies if interested.

Suffering from disabling panic attacks? Different medications are effective and safe in the short term that can help, especially if needed while waiting for a longer-term plan to kick in. Medicines like lorazepam (Ativan) and diazepam (Valium) are great for helping people function, though they may get complicated in the long run. Hydroxyzine (Atarax, Vistiril) is another option.



#### **Alternative and complementary medicines:**<sup>16</sup>

Data around omega-3 fatty acids (algae oil and fish oil supplements for example) is inconclusive. Given that they are relatively harmless to take, you have Dr. Neuman's blessing to take them if interested.

Based on small studies, bright light therapy seems to be quite effective for mild or moderate depression in seasons (especially winter). Dr. Neuman recommends this as an add-on to other therapies.

Music therapy, involving regular meetings with a therapist to explore and process emotions through music, is very effective.

#### **Not recommended:**

Creatine supplements can be helpful in the short term. These supplements have not been extensively studied, and people with kidney problems should be extra wary. Please do not take high doses. Supplements are not regulated, and preparations are not standardized and vary in potency. For these reasons, Dr. Neuman does not recommend it.

St. John's Wort is effective, though not to the extent the other medications are. It is also marketed as a supplement, so it does not get regulated by the FDA. It has been shown that preparations vary wildly in potency (saying they have the same dose; some brands may have ten times the active ingredient as others!). St. John's wort can also interfere with many other drugs (including medications for depression and anxiety!) and cause liver/kidney damage. For these reasons, Dr. Neuman does not recommend it.

## Eliminating unhelpful habits/substances


Many people will instinctively self-medicate to help alleviate their stress, anxiety, or depression. Common self-medications like those listed below have plenty of exposure in the media. These tools can 'fix' symptoms in the short-term (for example: drinking one's self to sleep) but generally cause much worse depression and anxiety in the long run.

These things are not, by default, unhelpful. They are tools. Dr. Neuman includes these examples as he would want you to examine how well these tools work toward getting you where you want to be.

*Examples of potentially unhelpful tools:*

- Alcohol
- Marijuana
- Caffeine products
- Nicotine/Vapes
- Opioids/Narcotics (Heroin, pills like Norco, Percocet, Fentanyl, Morphine)
- Mind-numbing TV
- Junk food (see nutrition section!)
- Video games
- Shopping
- Gambling
- Social media

Remember, if you are having difficulty or want help, Dr. Neuman encourages you to reach out to him. You are not alone, there is help, and there is so much hope.

 Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-622-4357



## Network

Social support refers to feeling valued, respected, cared about, and loved by others.<sup>17</sup>

**Benefits:** Social support has been shown to prevent depression and anxiety and help with symptoms in many populations.<sup>17-21</sup>



Ideas to strengthen your network of support:

- Reach out to the supportive people by calling, texting, emailing, or regular mailing
- Connect with new friends:
  - Join a community: spiritual group, meetup.com, local sports or trivia team, or extracurricular class
  - Volunteering: <https://www.handsonatlanta.org/>
  - There are some great apps for making friends: Bumble bff, Meetup, Friender, and Hey! VINA (women-focused), Peanut (Mom-focused)
- Join a peer support group: <https://adaa.org/adaa-online-support-group> (online support group, anonymous), [www.atlantamoodsupport.com](http://www.atlantamoodsupport.com), <https://support.therapytribe.com/anxiety-support-group/> (anxiety focused), <https://support.therapytribe.com/depression-support-group/> (depression focused), <https://www.dailystrength.org/groups?all=true> (all kinds of support groups, very active)
- Adopt a pet: pets can be a wonderful source of support (if you have room to bring in a life that depends on you). Bonus - Ask Dr. Neuman to show you pictures of his three doggies during an appointment.

Food for thought:

Who in your life shares your same values (what are those values)?

Who in your life encourages you to live by those values?

Who encourages you toward your goals in life?

Build a habit of reaching out to someone when you are feeling stressed, anxious, or down instead of relying on unhealthy coping like isolating or engaging in unhelpful habits/substances (some examples in the previous page)





# Therapy

There are many types of talk therapy/counseling. Exploring these options can empower you to see which style of therapy best suits you. Here is a great site to explore different types:

<https://www.betterhelp.com/advice/therapy/talking-therapies-how-talk-therapy-can-help-you-in-treatment/>

One of the more common types, Cognitive Behavioral Therapy, or CBT, is specifically designed for depression and anxiety (though not limited to depression and anxiety treatment, for example, trauma).

**CBT** is a skills-focused, partially standardized curriculum that teaches you how to be your own therapist. The Cognitive portion hones your skill at identifying unhelpful thoughts behind our emotions and creating more balanced thoughts that can lead to a better mood. The Behavioral component teaches us to analyze unhelpful behaviors and replace them with more helpful ones. Usual CBT is anywhere from 6-15 sessions, though it can be longer-term if a person chooses.

Benefit: Cognitive Behavioral Therapy has been shown to have a response rate of 57% *one year after treatment completion!*<sup>22</sup> 62% of patients do not meet the criteria for depression after a course of CBT!<sup>23</sup>

Note: one of the most significant predictors of success is the quality of the therapeutic relationship. People should, above all, find a trained therapist they feel they can trust, be open with, and respect.

How do I access therapy?

- [www.psychologytoday.com](http://www.psychologytoday.com) or [betterhelp.com](http://betterhelp.com)
  - Here you can search for therapists by location, insurance, and types of issues. You can read a description of what the therapist specializes in

- Call your insurance
- Contact your work HR rep/manager to see if you can access services through your company at reduced/no cost
- Ask Dr. Neuman for recommendations

- ☎ • Concerned about the cost? Call the Georgia Crisis & Access Line at 1-800-715-4225 and they can help direct you to low cost/free/income-based care
- ☎ • National Suicide Prevention Lifeline: 1-800-273-8255. Pause your reading and put this in your phone.

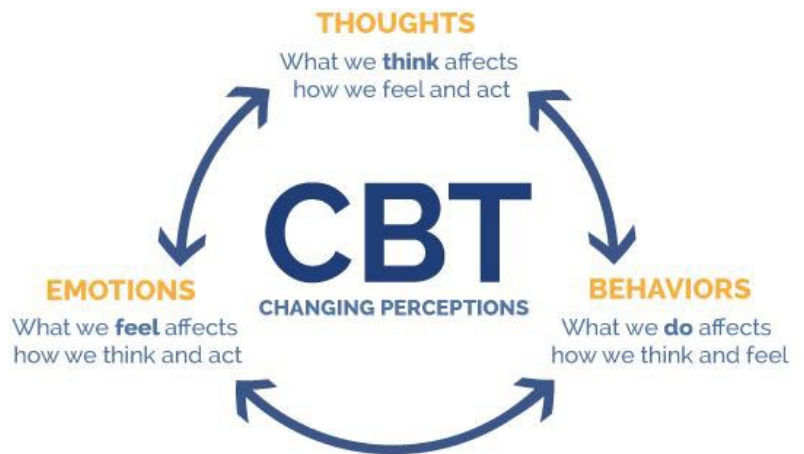


Image taken from thrive-treatment.com

CBT is most effective when personalized and done with a trained therapist, whether online or in person. For those interested in self-study, check out *Feeling Good: The New Mood Therapy*. It is a book by the brilliant Psychiatrist Dr. David Burns. There is also a podcast series with the same name that is highly recommended.

## Sleep

Benefit: tools that target sleep issues can improve anxiety symptoms by 35% and depression symptoms by 36%.<sup>24</sup>

What is ideal? The *average* person needs 8 hours of sleep to feel rested. Recommendations start at getting *at least* 7 hours a night.<sup>25</sup>



What can I do to get better sleep?

- During the day:
  - Keep a consistent sleep schedule. Get up at the same time every day, even on weekends
  - Exercise regularly and maintain a healthy diet
  - Use your bed only for sleep and sex
  - Avoid consuming caffeine in the late afternoon or evening
  - Do not eat a large meal before bedtime. Hungry at night? Eat a light, healthy snack.
  - Pick a bedtime early enough to get at least 8 hours of sleep
- Right before bed:
  - Limit exposure to bright light in the evenings. Turn off electronic devices at least one hour before bedtime
  - Avoid consuming alcohol, marijuana, and other drugs before bedtime. Reduce your fluid intake right before bedtime to reduce potty runs at night
  - Don't go to bed unless you are sleepy.
  - Get out of bed if you don't fall asleep after 20 minutes. Do something not too stimulating (no TV!).
  - Establish a relaxing bedtime routine that you do every night.
  - Make your bedroom quiet and relaxing with a cool temperature. Use a fan or white noise machine to help block out outside noise.

*Still stuck?*

- CBT-I, or Cognitive Behavioral Therapy for Insomnia, has been shown to be more effective than medications. You can go onto [psychologytoday.com](https://www.psychologytoday.com) to find a local practitioner. CBT-I Coach and Insomnia Coach are free apps shown in some studies to be as effective as in-person counseling.
- Numerous medications that can help people get to sleep (sleep-onset insomnia) and stay asleep (sleep-maintenance insomnia).
  - Sleep-onset medication examples: melatonin (over the counter), gabapentin (Neurontin), hydroxyzine (Vistaril/Atarax), suvorexant (Belsomra), Lemborexant (DayVigo), Ramelteon
  - Sleep-maintenance or mixed medication examples: extended-release melatonin, eszopiclone (Lunesta), suvorexant (Belsomra), Lemborexant (DayVigo)

## My Goals

Movement/Exercise

Living Mindfully

# ELEMENTS

Exercise

Eating Healthy

Medications

Living Mindfully

Eating Healthy

Medications

Eliminating or reducing unhelpful habits/substances

Network / social support

Eliminating Unhelpful Habits/  
Substances

Network

Therapy

Sleep

Therapy

Sleep

of better mental health.

## References

- 1) Carek, P., Laibstain, S. and Carek, S., 2020. *Exercise For The Treatment Of Depression And Anxiety - Peter J. Carek, Sarah E. Laibstain, Stephen M. Carek, 2011. SAGE Journals.*
- 2) [https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20exercise&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1#H21696553](https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20exercise&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1#H21696553)
- 3) Broman-Fulks, J. J., & Storey, K. M. (2008). Evaluation of a brief exercise intervention for high anxiety sensitivity. *Anxiety, Stress, and Coping*, 21(2): 117-128. (Jun 2008) Published by Taylor & Francis (ISSN: 1477-2205). DOI: 10.1080/10615800701762675
- 4) Kabat-Zinn J. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, Hyperion, New York 1994.
- 5) Goyal, M., Singh, S., Sibianga, E., Gould, N., Rowland-Seymour, A., Sharma, R., Berger, Z., Sleicher, D., Maron, D., Shihab, H., Ranasinghe, P., Linn, S., Saha, S., Bass, E. and Haythornthwaite, J., 2014. Meditation Programs for Psychological Stress and Well-being. *JAMA Internal Medicine*, 174(3), p.357
- 6) Lopresti, Adrian L. et al. "A Review Of Lifestyle Factors That Contribute To Important Pathways Associated With Major Depression: Diet, Sleep And Exercise". *Journal Of Affective Disorders*, vol 148, no. 1, 2013, pp. 12-27. Elsevier BV, doi:10.1016/j.jad.2013.01.014. Accessed 6 Sept 2020.
- 7) Fresán, U., Bes-Rastrollo, M., Segovia-Siapco, G. et al. Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort. *Eur J Nutr* 58, 1271–1282 (2019). <https://doi.org/10.1007/s00394-018-1653-x>
- 8) Lassale, C., Batty, G.D., Baghdadli, A. et al. Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. *Mol Psychiatry* 24, 965–986 (2019). <https://doi.org/10.1038/s41380-018-0237-8>
- 8.5 Omid Sadeghi, Ammar Hassanzadeh Keshteli, Hamid Afshar, Ahmad Esmailzadeh & Peyman Adibi (2019) Adherence to Mediterranean dietary pattern is inversely associated with depression, anxiety and psychological distress, *Nutritional Neuroscience*, DOI: 10.1080/1028415X.2019.1620425
- 9) Lopresti, Adrian L. et al. "A Review Of Lifestyle Factors That Contribute To Important Pathways Associated With Major Depression: Diet, Sleep And Exercise". *Journal Of Affective Disorders*, vol 148, no. 1, 2013, pp. 12-27. Elsevier BV, doi:10.1016/j.jad.2013.01.014. Accessed 6 Sept 2020.
- 10) Cuijpers P, Dekker J, Hollon SD, Andersson G. Adding psychotherapy to pharmacotherapy in the treatment of depressive disorders in adults: a meta-analysis. *J Clin Psychiatry*. 2009;70(9):1219-1229. doi:10.4088/JCP.09r05021
- 11) Simon, Gregory. "Unipolar major depression in adults: Choosing initial treatment". Uptodate.Com, 2020, [https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20food&source=search\\_result&selectedTitle=2~150&usage\\_type=default&display\\_rank=2#H21696468](https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20food&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2#H21696468).
- 12) Gibbons RD, Hur K, Brown CH, Davis JM, Mann JJ. Benefits from antidepressants: synthesis of 6-week patient-level outcomes from double-blind placebo-controlled randomized trials of fluoxetine and venlafaxine. *Arch Gen Psychiatry*. 2012;69(6):572-579. doi:10.1001/archgenpsychiatry.2011.2044
- 13) Craske, Michelle, and Alexander Bystritsky. "Approach To Treating Generalized Anxiety Disorder In Adults". Uptodate.Com, 2020, [https://www.uptodate.com/contents/approach-to-treating-generalized-anxiety-disorder-in-adults?search=anxiety%20initial%20treatment&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1#H386893](https://www.uptodate.com/contents/approach-to-treating-generalized-anxiety-disorder-in-adults?search=anxiety%20initial%20treatment&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1#H386893).
- 14) Simon, Gregory. "Unipolar Major Depression In Adults: Choosing Initial Treatment". Uptodate.Com, 2020, [https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20food&source=search\\_result&selectedTitle=2~150&usage\\_type=default&display\\_rank=2#H21696468](https://www.uptodate.com/contents/unipolar-major-depression-in-adults-choosing-initial-treatment?search=depression%20food&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2#H21696468).
- 15) Thase, Michael, and K Ryan Connolly. "Unipolar Depression In Adults: Choosing Treatment For Resistant Depression". Uptodate.Com, 2020, [https://www.uptodate.com/contents/unipolar-depression-in-adults-choosing-treatment-for-resistant-depression?search=depression%20food&topicRef=1725&source=see\\_link#H8047894](https://www.uptodate.com/contents/unipolar-depression-in-adults-choosing-treatment-for-resistant-depression?search=depression%20food&topicRef=1725&source=see_link#H8047894).
- 16) Gitlin, Michael. "Unipolar Depression In Adults And Initial Treatment: Investigational And Nonstandard Approaches". Uptodate.Com, 2020, [https://www.uptodate.com/contents/unipolar-depression-in-adults-and-initial-treatment-investigational-and-nonstandard-approaches?search=depression%20food&topicRef=1725&source=see\\_link#H2350436406](https://www.uptodate.com/contents/unipolar-depression-in-adults-and-initial-treatment-investigational-and-nonstandard-approaches?search=depression%20food&topicRef=1725&source=see_link#H2350436406).
- 17) Roohafza, Hamid Reza et al. "What's the role of perceived social support and coping styles in depression and anxiety?." *Journal of research in medical sciences : the official journal of Isfahan University of Medical Sciences* vol. 19,10 (2014): 944-9.
- 18) Budge, S. L., Adelson, J. L., & Howard, K. A. S. (2013). Anxiety and depression in transgender individuals: The roles of transition status, loss, social support, and coping. *Journal of Consulting and Clinical Psychology*, 81(3), 545–557. <https://doi.org/10.1037/a0031774>
- 19) Alipour F, Sajadi H, Forouzan A, Nabavi H, Khedmati E. The Role of Social Support in the Anxiety and Depression of Elderly. *Salmand: Iranian Journal of Ageing*. 2009; 4 (1)  
URL: <http://salmandj.uswr.ac.ir/article-1-333-en.html>
- 20) Field, Tiffany et al. "Yoga And Social Support Reduce Prenatal Depression, Anxiety And Cortisol". *Journal Of Bodywork And Movement Therapies*, vol 17, no. 4, 2013, pp. 397-403. Elsevier BV, doi:10.1016/j.jbmt.2013.03.010.
- 21) Zhou, Xueting et al. "Perceived Social Support As Moderator Of Perfectionism, Depression, And Anxiety In College Students". *Social Behavior And Personality: An International Journal*, vol 41, no. 7, 2013, pp. 1141-1152. Scientific Journal Publishers Ltd, doi:10.2224/sbp.2013.41.7.1141.
- 22) Linden M, Zubaegel D, Baer T, Franke U, Schlattmann P. Efficacy of cognitive behaviour therapy in generalized anxiety disorders. Results of a controlled clinical trial (Berlin CBT-GAD Study). *Psychother Psychosom*. 2005;74(1):36-42. doi:10.1159/000082025
- 23) Cuijpers P, Karyotaki E, Weitz E, Andersson G, Hollon SD, van Straten A. The effects of psychotherapies for major depression in adults on remission, recovery and improvement: a meta-analysis. *J Affect Disord*. 2014;159:118-126. doi:10.1016/j.jad.2014.02.026
- 24) Ye Y-y, Zhang Y-f, Chen J, Liu J, Li X-j, Liu Y-z, et al. (2015) Internet-Based Cognitive Behavioral Therapy for Insomnia (ICBT-i) Improves Comorbid Anxiety and Depression—A Meta-Analysis of Randomized Controlled Trials. *PLoS ONE* 10(11): e0142258. <https://doi.org/10.1371/journal.pone.0142258>
- 25) Consensus Conference Panel, Watson NF, Badr MS, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. *J Clin Sleep Med*. 2015;11(6):591-592. Published 2015 Jun 15. doi:10.5664/jcsm.4758

## Acknowledgments and Permissions

Dr. Neuman would like to thank Trevor Brooks, LMSW, and Rebecca Neuman for their help in editing this document. ELEMENTS acronym by Joel Neuman. Graphic Design by Jamie Johnson. Layout by Jennifer Johnson.

Dr. Neuman permits you to share this document if you do not charge for it. If changes are made to the document, please remove Dr. Neuman's name, as he only stands by what he has put here.