



BottomLine

For members of Bloom Benefits Association 2019

Hypnosis for Health Can Trances Work?

Have you seen someone get hypnotized? They may have been put in a trance and told to do silly things. But hypnosis can be used for more than just show. It's also being studied to treat certain health conditions.

Medical hypnosis aims to improve health and wellness. It can help relax and focus your mind—and make you more open to new ideas.

The technique usually has two parts. First, the health care provider gets your attention by inviting you to focus on something, such as an object or breathing. When you focus like this, your brain becomes more open to suggestion.

“Focusing makes the brain more flexible,” explains Dr. Mark P. Jensen, a pain expert at the University of Washington who researches hypnosis.

Then the health care provider can offer a helpful suggestion. For example, if your goal is to manage pain, the provider may suggest that you feel greater comfort. Or they may suggest that you focus on being able to handle the pain more easily.

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Parenting Teens



Physical Activity May Lessen
Depression Symptoms

“Hypnosis takes advantage of the fact that people are able to be open to absorbing new ideas,” Jensen says. “You get someone’s attention and then you offer them a new way of looking at a problem that will make the problem easier for them to manage.”

In addition to pain, studies suggest that hypnosis may help manage irritable bowel syndrome and post-traumatic stress disorder. Researchers are also studying hypnosis for mood disorders.

“There’s emerging evidence that it’s useful for helping people to manage depression and anxiety, including anxiety around medical procedures and surgery,” Jensen says.

Some people respond to hypnosis more easily than others. It’s also more effective if you want to be hypnotized. Hypnosis is not mind control by another person.

“We’re all open to new ideas at some level,” he says. “With people who have more hypnotic talent, it just takes fewer sessions. But everybody can respond at some level to hypnosis.”

Imaging studies are shedding light on what happens in the brain during hypnosis. “Hypnosis is a particularly powerful technique for changing brain activity,” Jensen says.

Researchers have found that different hypnotic suggestions can affect different parts of the brain. Pain involves both sensation and emotion.

A hypnotic suggestion for greater comfort changes the brain activity in the areas that process the intensity of the sensations.

“If I make the suggestion that these sensations don’t bother you anymore, then the part of the brain that processes how upset you are by pain decreases in activity,” Jensen says. “But the part of the brain that processes intensity of sensation doesn’t necessarily change.”

The way a drug treats pain is different. If you take an opioid to relieve pain, your whole brain can be affected, including the parts that process sensation. The pain may go away, but there can be side effects. These may include constipation, breathing problems, and even addiction.

More studies are needed to fully evaluate the potential benefits of hypnosis and how it might work. We do know hypnosis doesn’t work for everyone. “There are some people—very few—that it only helps a little,” Jensen says. “There are others whose lives can be completely turned around for the better with hypnotic treatments. Most people are somewhere in between.”

Article reprinted from NIH-News In Health

If You’re Interested in Hypnosis

- Talk with your health care provider about whether hypnosis may be able to improve your health or well-being.
- Ask your health care provider to refer you to someone certified in medical hypnosis.
- Choose a hypnosis provider who is trained to treat your condition. Dentists, doctors, psychologists, social workers, nurses, physical therapists, and others may be certified in hypnosis.
- Find studies recruiting people for research on hypnosis.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Bloom Benefits Association will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Friday, November 8, 2019 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY **Bloom Benefits Association** **November 8, 2019 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **BLOOM BENEFITS ASSOCIATION**

The undersigned member of Bloom Benefits Association does hereby constitute and appoint the President of Bloom Benefits Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Bloom Benefits Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
David Wilson, Lisa Collier, and Audrey Bridges
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2019

Signature _____

Name (please print) _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, MO 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
October 7, 2019
Date

Parenting Teens

Guiding Kids Through Turbulent Years



The teenage years are filled with change. Body, mind, and feelings are maturing quickly. Teens are also learning about who they are and who they want to become. To do that, they need to try new things. But that means taking risks.

“Parenting during the teen years can be a very exciting but also a really risky time,” explains Dr. Kevin Haggerty, an NIH-funded prevention researcher at the University of Washington.

That’s because a teen’s brain is still developing and is extra sensitive to emotion and to things that feel good. The parts of the brain that control impulses and rational decision-making are still being formed.

“That creates a perfect storm for quick addiction,” Haggerty explains. It puts teens at higher risk for alcohol, drug, and tobacco use, high-risk sexual behavior, and risky driving choices. They’re also more likely to experience mental health issues, like anxiety and depression.

Teens can make unhealthy food choices and neglect physical activity. Most don’t get the eight to 10 hours of sleep they need each night. But certain parenting strategies can help guide kids toward healthier and less risky choices.

“Keeping lines of communication open, monitoring and knowing your children’s peers, and staying engaged and connected as a parent are the key ways to reduce risk,” explains Dr. Beth Stormshak, an NIH-funded psychologist at the University of Oregon.

Stormshak and Haggerty have studied different parenting programs designed to reduce risky teen behavior. Their research and other studies have shown that some strategies can help.

Build a Positive Relationship

Creating a positive, trusting relationship with your kids is key. It makes them more likely to listen to your advice and follow your rules.

“Positive parenting really means forming a positive relationship with your child that’s focused more on praise, support, and incentives and less on negative things like yelling, criticizing, or nagging,” explains Stormshak. “If you could choose one thing to do differently with your teenager, that would be it.” You can create a more positive relationship by spending quality time with your teen. Listen to what they’re thinking and feeling. Show interest and concern over their problems. That helps them feel more connected with you.

It’s important to stay calm when they share, and respect differences of opinion. That helps build trust. It also gives you the chance to teach them how to problem solve. Sharing your experiences rather than lecturing helps build better communication.

You can build stronger bonds with your teen by recognizing and rewarding their positive behaviors. Give them opportunities to learn new things. Tell them when they’re doing well.

It’s also a good idea to have your kids be a part of the discussion about expectations for the family. That helps create positive, open communication and keeps everyone clear on the rules.

Making sure you have good communication with your teen will help you catch problems early, support positive behavior, and better monitor their life.

Keep in Touch

As your kids age, you’re with them

less often. That makes building trust and good communication important. Your ability to know what's going on in their lives largely depends on what they'll share with you.

"Monitor what's going on with your adolescent in ways that don't destroy bonding or connecting, but in ways that promote it," Haggerty says. "Have conversations, ask questions, know who your kids' friends are, have conversations with your kids' friends. So much of these things take place, not in a face-to-face conversation, but in a casual conversation when you're walking or talking or in a car or listening when you're driving kids around, and being aware of what's going on in your kid's life."

Dr. Bruce Simons-Morton, a public health expert at NIH, has found that kids who have more friends who drink alcohol are more likely to do so themselves. In fact, peer influence is one of the highest predictors of teen drinking.

"As teens get older, they spend more time with peers. The parent influence wanes while the peer influence increases," he says.

Talk with your teen about what qualities to look for in a friend, like being honest, respectful, and involved in school, and not acting in dangerous or unhealthy ways.

Studies have found that parents' expectations and support can affect their kid's choices into early adulthood. Teens with parents who are more involved in their lives have less alcohol and drug use and safer sexual behaviors.

Set Limits and Consequences

Parents can also help teens avoid risky behavior by setting clear limits and expectations ahead of time and consistently following through with consequences.

"We find that parenting matters even the year after high school," explains Simons-Morton. His studies have found that young adults whose parents had high expectations for them to not abuse alcohol were less likely to increase how much they drank after high school.

Start telling your child early on what your expectations are about drinking, drugs, driving, and sexual behavior. Encourage them to eat healthy and get enough exercise. And keep talking about your expectations and values throughout their teen years. Be consistent with praise and rewards when they follow the rules.

Setting consequences your teen will care about is another important

How to Guide Teens' Choices

- Talk with your teen about their life. Listen to their concerns and opinions. Respect their views.
- Encourage kids to try new things that interest them, like sports, music, or volunteer work.
- Stay involved in your teen's school and after-school activities. Get to know their friends.
- Teach your teen how to solve problems and resolve conflicts on their own. Create opportunities for them to make their own decisions. Be available for advice and support.
- Help your teen plan ahead for difficult or uncomfortable situations. Talk about what to do if they're being pressured for sex, to use drugs or alcohol, or to accept a ride from someone under the influence.
- Put your rules for driving into a [parent-teen driving contract](#)
- Limit your teen's screen time each day. Be aware of their online activities and offer guidance about posting on social media.
- Respect your teen's need for privacy.

part of parenting. That can mean different things depending on the teen. Privileges like cell phones, video games, spending time doing their favorite hobby or sport, or driving may work to encourage good behavior.

"In adolescence, you're trying to figure out who you are," Stormshak explains. There's no guarantee you can help your teen avoid risky choices. But sharing your values and expectations and talking about how their choices can affect their life can help guide them toward better options.

Article reprinted from NIH-News In Health





Physical Activity May Lessen Depression Symptoms

Researchers found that how much sleep you get, how much energy you have, and how much physical activity you do can affect feelings of depression. The findings suggest that physical activity may improve your mood and sleep.

Physical activity can help improve your health and quality of life. Not getting enough can increase your risk for some diseases and mental health issues.

A research team looked at the relationship between sleep, physical activity, energy, and people's moods. They collected data about physical activity and sleep over two weeks using devices worn around the wrist.

Participants used the mobile devices to rate their mood and energy levels four times a day. Ratings ranged from "very happy" to "very sad" for mood and "very tired" to "very energetic" for their energy levels. They also rated their sleep and daily activities.

The team found that physical activity improved people's moods later in the day. The effect was even larger for those with bipolar disorder, a mood disorder that has periods of feeling extremely "up" to feeling very "down" and depressed. Physical activity also made people feel more energetic and affected their sleep.

Feeling tired and getting too much sleep decreased people's physical activity. But their moods during the day didn't change how much physical activity or sleep they got later.

"The research team and I are currently conducting additional studies to understand these complex interactions better," says Dr. Kathleen Merikangas, a mental health researcher at NIH.

Article reprinted from NIH-News In Health

BottomLine is published by:
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For information regarding your membership
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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

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For more information, or to upgrade your membership, please call 1-800-387-9027.



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