



PERSONAL HEALTH AND SOFT SKILLS UNDERSTANDING AND EXPLORING THE LINK

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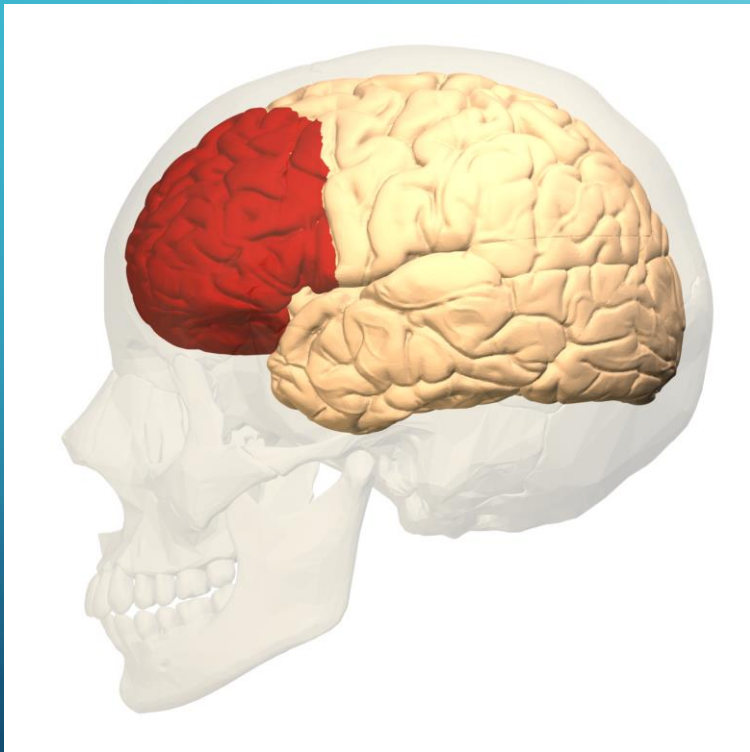
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THE INTERESTING CASE OF SUCCESS!



WHERE DOES SUCCESS COME FROM?



SKILLS 101



WHY WORRY ABOUT SOFT SKILLS?

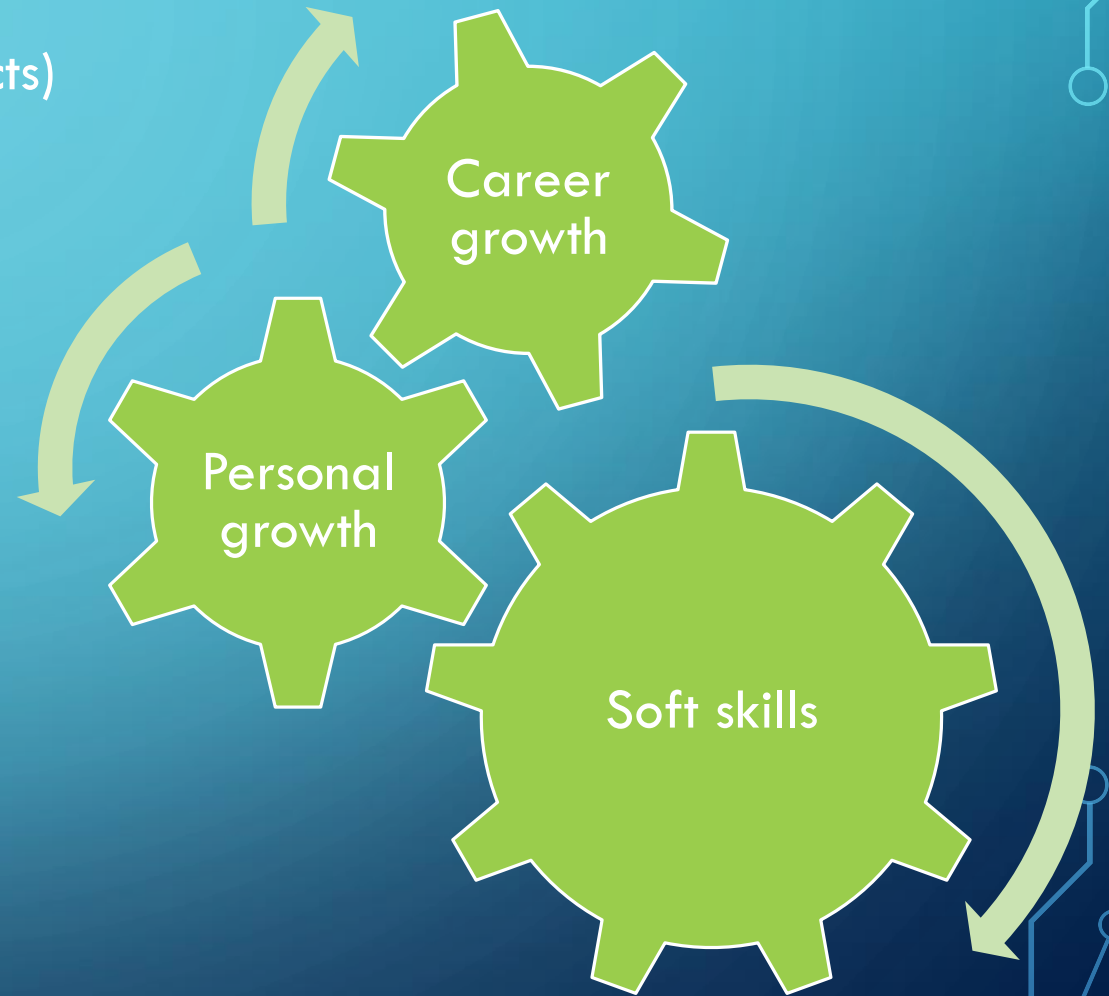
- Career and Progression
- Modern work places are interpersonal
- Customers and clients demand soft skills
- Future work places to rely on soft skills
- Hard to automate
- In high demand!



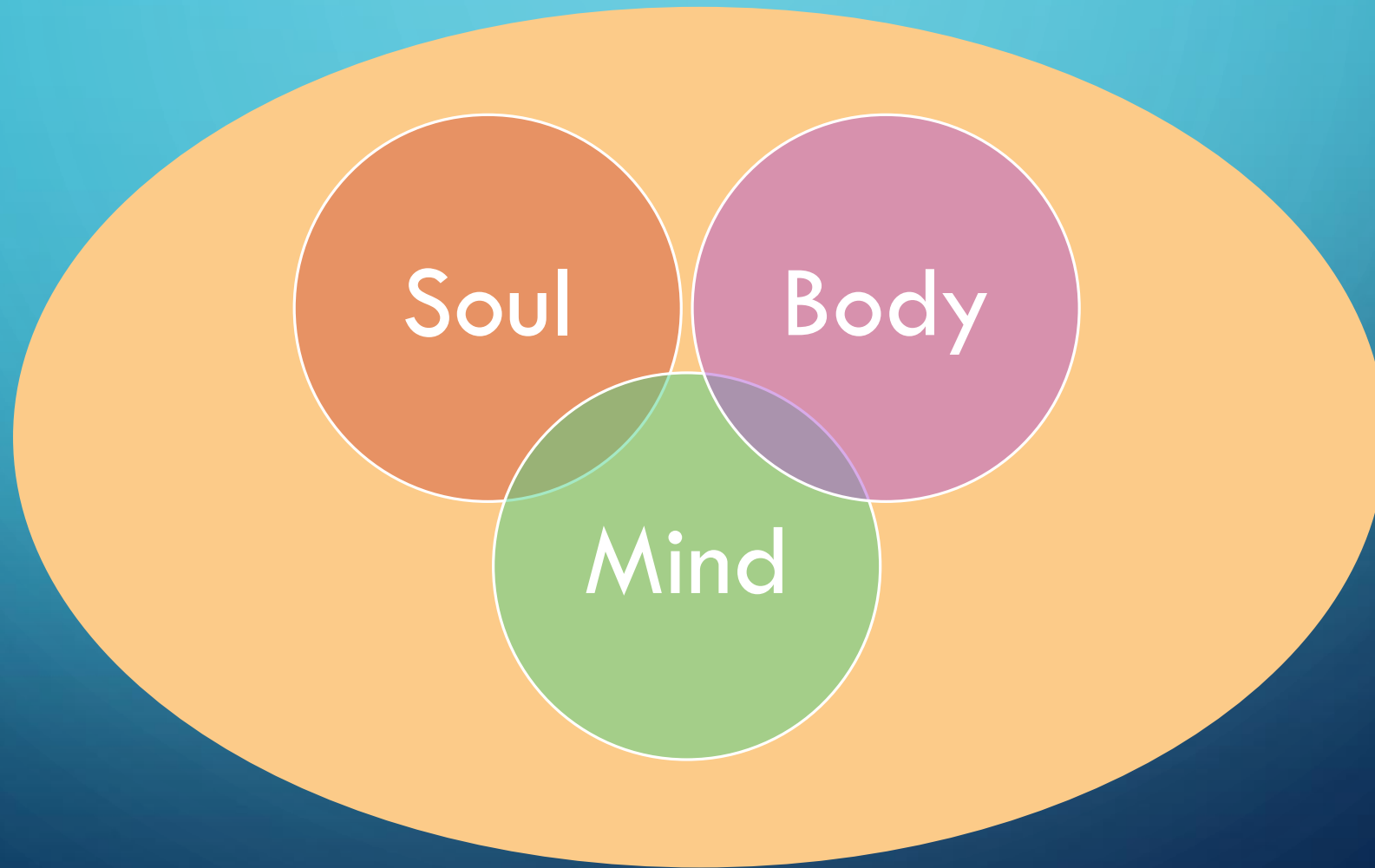
MOST SOUGHT AFTER SOFT SKILLS

- Communication (specifically active listening)
- Organization (planning and implementing projects)
- Teamwork
- Punctuality
- Problem Solving
- Critical Thinking
- Sociability
- Creativity
- Adaptability
- Interpersonal Skills
- Friendly personality

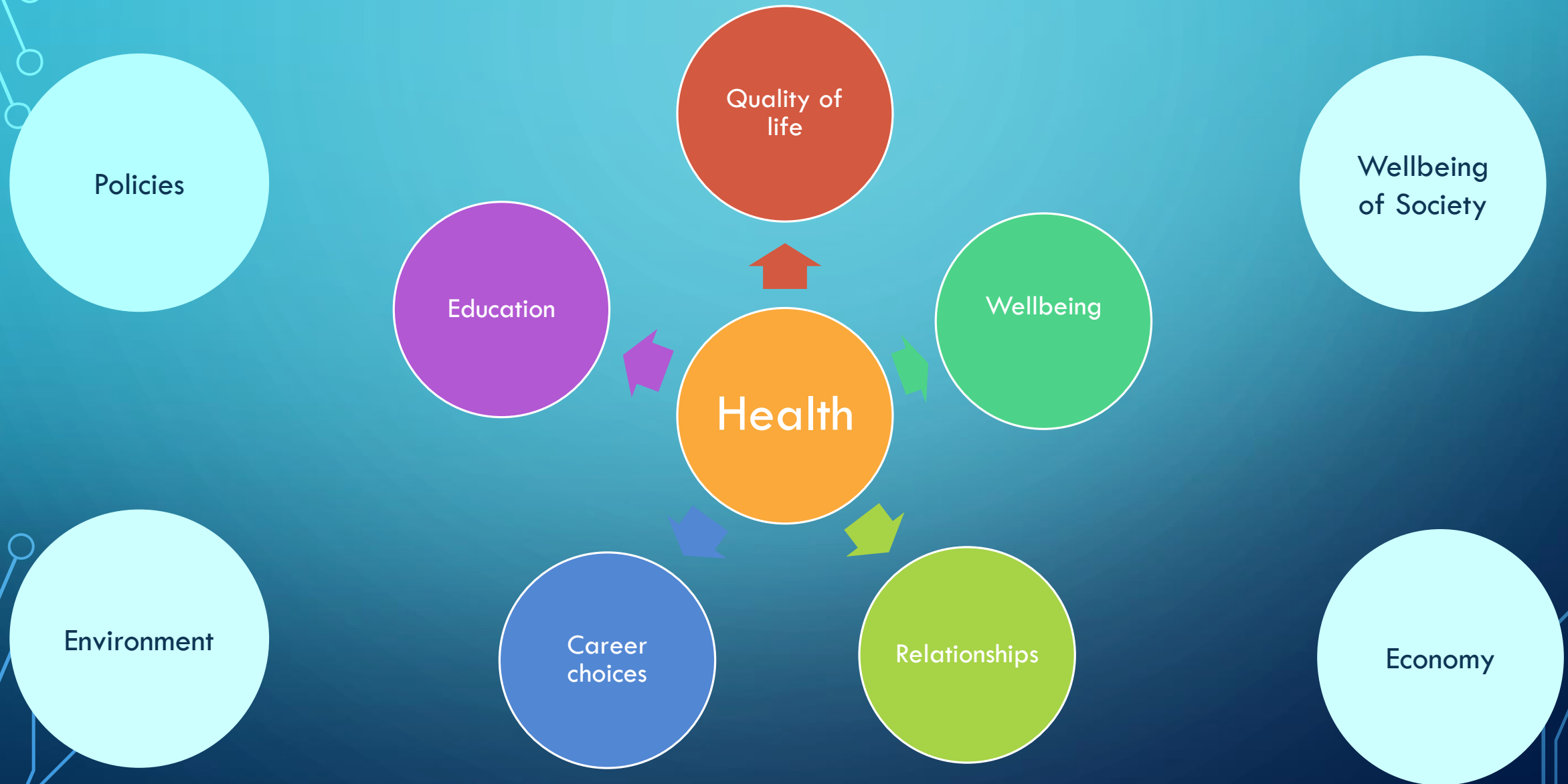
(LinkedIn 2016 Survey)



WE ARE COMPLEX!



HEALTH AT THE HELM



PERSONAL HEALTH IS A SUM TOTAL OF

- Genetic endowment and heredity (Prakriti in Ayurveda)
- Intrauterine growth and events during parturition
- Growth and Development through infancy and childhood
- Nutrition through ages
- Gender
- Social, cultural environment
- Education and literacy

PERSONAL HEALTH AND SOFT SKILLS

- Poorly studied subject
- Health Related Quality of Life (HRQL) still an ignored aspect of clinical studies

Disease
Disorder
Imbalance

Impacts
physiology
and brain
functions

Impacts non-
cognitive
functions/soft
skills

SOFT SKILLS AT THE RECEIVING END!

- Poor health affects:

- Communication
- Teamwork
- Adaptability
- Problem Solving
- Critical Observation
- Conflict Resolution
- Leadership



DISEASES, DISORDERS AND SOFT SKILLS

- Different diseases impact differently
- Impact may vary based on gender and age
- Behaviors which are a response to environmental stimuli are less affected
- Behaviors which are self initiated or self- cued are more impacted

DISEASES, DISORDERS AND SOFT SKILLS

Men

- Metabolic Disorders: Type 2 Diabetes, Obesity, Hypertension, Coronary artery disease
- Degenerative diseases: Osteoarthritis
- Allergies/atopic: Eczema, Allergic rhinitis, Bronchial asthma
- Autoimmune disorders: Psoriasis, Vitiligo
- Psychiatric disorders: Anxiety, Depression
- Sleep disorders

DISEASES, DISORDERS AND SOFT SKILLS

Women

- Hormonal disorders: PMS (Pre-menstrual Syndrome), Menopausal Syndrome, PCOS (Polycystic Ovarian Syndrome), Hypothyroidism, Hyperthyroidism
- Metabolic Disorders: Type 2 Diabetes, Obesity, Hypertension, Coronary artery disease
- Degenerative diseases: Osteoarthritis
- Allergies/atopic: Eczema, Allergic rhinitis, Bronchial asthma
- Autoimmune disorders: Psoriasis, Vitiligo
- Psychiatric disorders: Anxiety, Depression
- Sleep disorders

IMPACT OF HYPERTENSION ON SOFT SKILLS

- Behavioral deficits ₁
- Increases risk of anxiety and depression ₂
- Affects decision making
- Productivity

1. Shapiro, ALVIN P., et al. "Behavioral consequences of mild hypertension." *Hypertension* 4.3 (1982): 355-360.

2. Kretchy, Irene A., Frances T. Owusu-Daaku, and Samuel A. Danquah. "Mental health in hypertension: assessing symptoms of anxiety, depression and stress on anti-hypertensive medication adherence." *International journal of mental health systems* 8.1 (2014): 25.

DIABETES AND SOFT SKILLS

- Low sugar-High sugar- The Emotional Connect!
- Mood swings
- Mental confusion
- Nervousness
- Poor Co-ordination and decision making abilities
- Aggression and irritability
- Concentration difficulties

CORONARY HEART DISEASE AND SOFT SKILLS

- Brain- Heart Connection- Messages sent by heart to brain can affect cognitive performance ₁
- Anxiety and Depression
- Affects cognitive and emotional processing ₂

1. <https://www.heartmath.org/research/science-of-the-heart/global-coherence-research/>

2. Almeida, Osvaldo P., et al. "Cognitive and brain changes associated with ischaemic heart disease and heart failure." *European heart journal* 33.14 (2012): 1769-1776.

THYROID DISORDERS AS DISRUPTORS

- Brain Major target organ of Thyroid hormones
- Hypothyroidism affects ¹
 - Memory- special deficits in verbal memory
 - General intelligence
 - Attention and concentration
 - Executive functions
 - Language
 - Leads to Poor quality of life and fatigue

¹. Samuels, Mary H. "Psychiatric and cognitive manifestations of hypothyroidism." *Current opinion in endocrinology, diabetes, and obesity* 21.5 (2014): 377.

PMS- PREMENSTRUAL SYNDROME

- Menstrual Cycle- Deep Influence on ¹
 - Brain functions
 - Cognition
 - Emotional status
 - Sensory processing
 - Appetite and more

Global influence on soft skills!

¹ • Farage, Miranda A., Thomas W. Osborn, and Allan B. MacLean. "Cognitive, sensory, and emotional changes associated with the menstrual cycle: a review." *Archives of gynecology and obstetrics* 278.4 (2008): 299.

PCOS- POLYCYSTIC OVARIAN SYNDROME

The grand disruptor!

- Significantly increases risk of Mood disorders anxiety and depression ¹
- Low self esteem, body image issues
- Emotional distress
- Lowered quality of life

1. Kerchner, Angela, et al. "Risk of depression and other mental health disorders in women with polycystic ovary syndrome: a longitudinal study." *Fertility and sterility* 91.1 (2009): 207-212.

ANXIETY, DEPRESSION AND MENTAL HEALTH

- Directly impact soft skills
 - Communication skills
 - Decision making
 - Team work



THANK
YOU