

Stress Management



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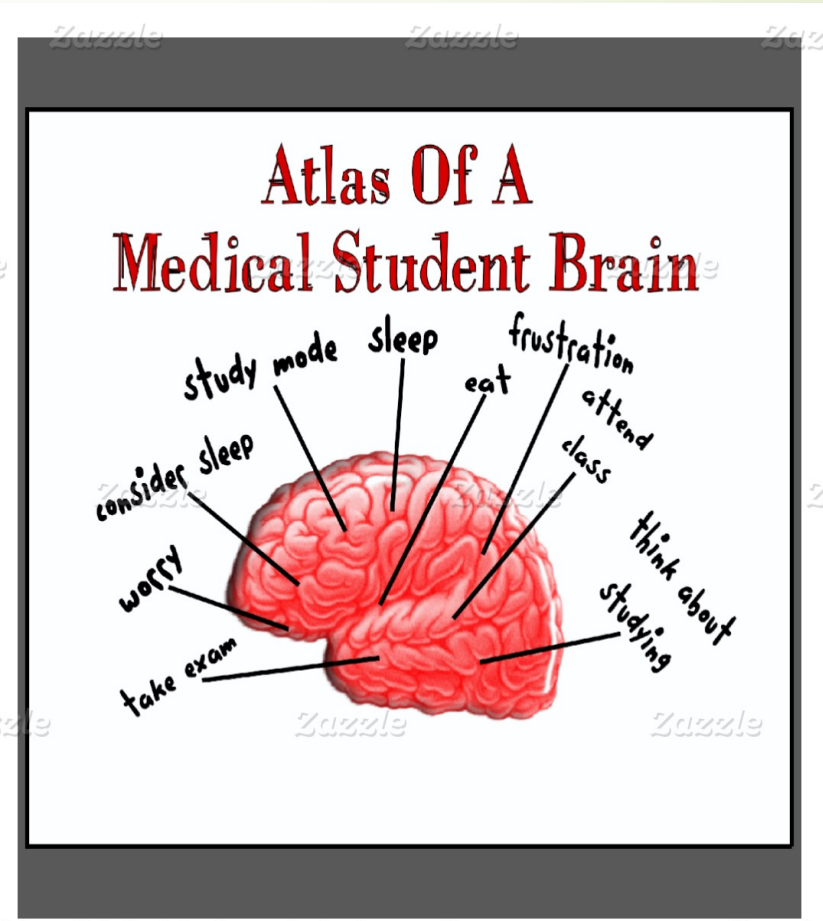
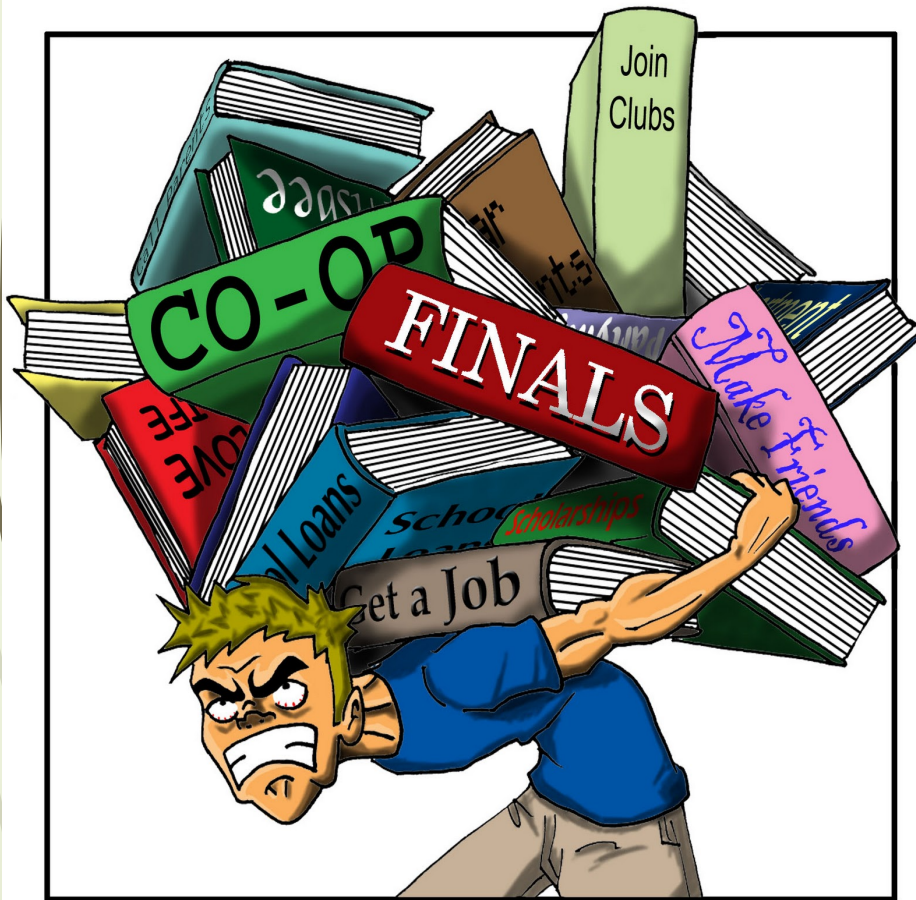
College of medicine

Stress Management



- **Objectives of the session :**
 - Define stress
 - Identify the types of stress
 - Recognize the mechanisms of stress
 - Identify the relation of stress and our health
 - Describe the stress inoculation training
 - Describe the blueprint plan
 - Recall the stress management strategy
 - Conclusion

Can You Relate??



Atlas of Medical Student ... by ProfessionalDesigns

Stress Definitions?

- Stress is a condition or feeling experienced when a person perceives that **demands** exceed the personal and social **resources**.

(Richard S Lazarus)

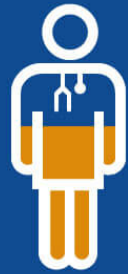


Stress

- ▶ Health professionals face many stressors in their work environment: (*French et al., 1982; Peterlini et al., 2002*)
 - Sleep deprivation
 - Disruptions in social support
 - Clinical vs. educational conflicts
 - Caring for critically ill or dying patients
 - Certification or licensing examinations



What do you think?



54%
of doctors
say they are
burned out.¹



88%
of doctors
are moderately
to severely stressed.²



59%
of doctors
wouldn't recommend
a career in medicine
to their children.³

1. Mayo Clinic 2014.

2. VITAL WorkLife & Cejka Search Physician Stress and Burnout Survey 2015.

3. Jackson Healthcare; 2013 Physician Outlook and Practice Trends.

Distress and Eustress

▶ **Distress** is a continuous experience of feeling **overwhelmed**, oppressed, and behind in our responsibilities. It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.

- Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.

▶ **Eustress** is the other form of stress that is **positive** and beneficial. We may feel challenged, but the sources of the stress are opportunities that are meaningful to us. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.

- Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.



Eustress



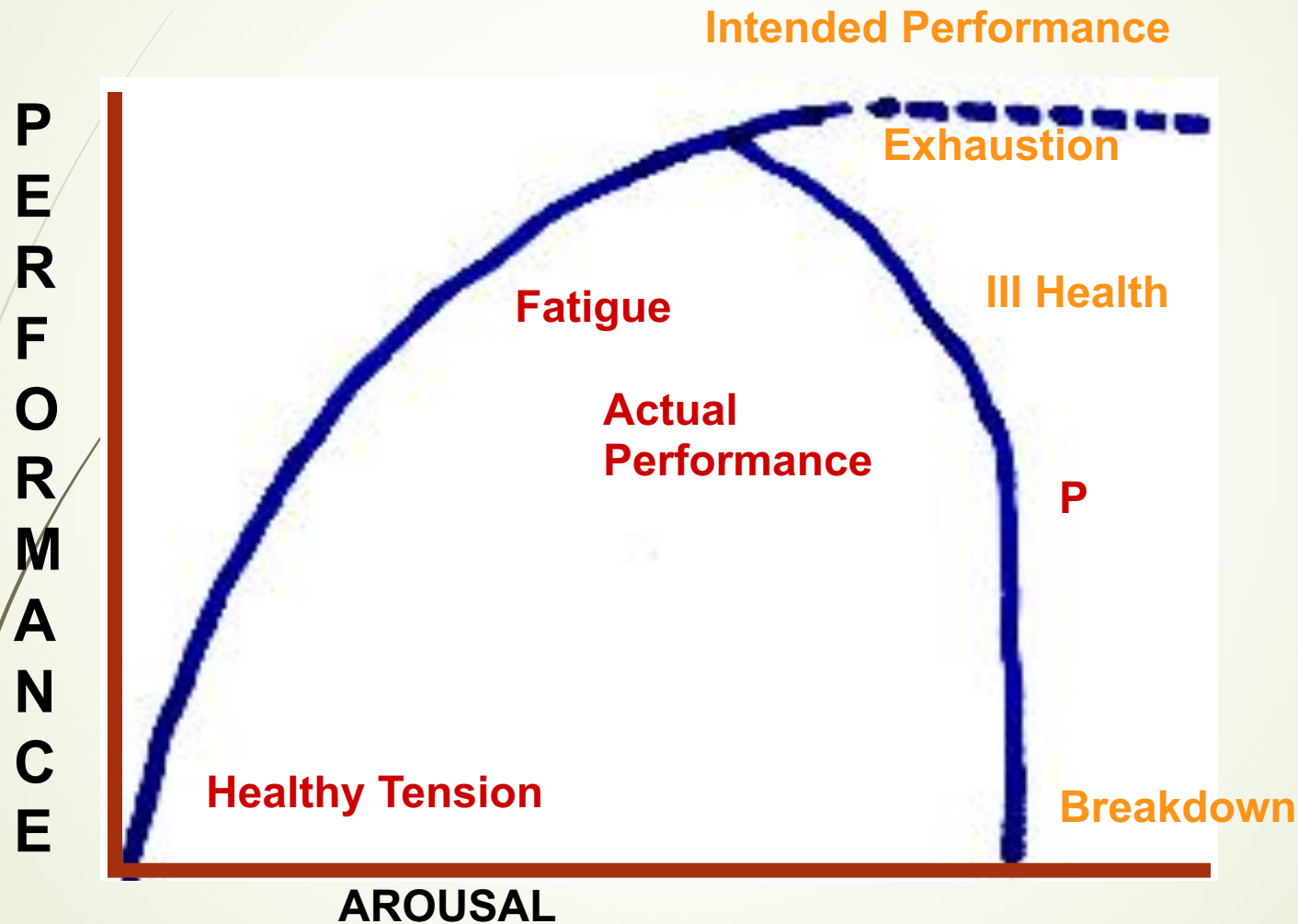
- Positive
- Energizes
- Generally short-term
- Can improve performance
- Something we can handle

Distress



- Generally feels unpleasant
- Often depletes energy
- Short-term and long-term
- Decreases performance
- Something we cannot handle

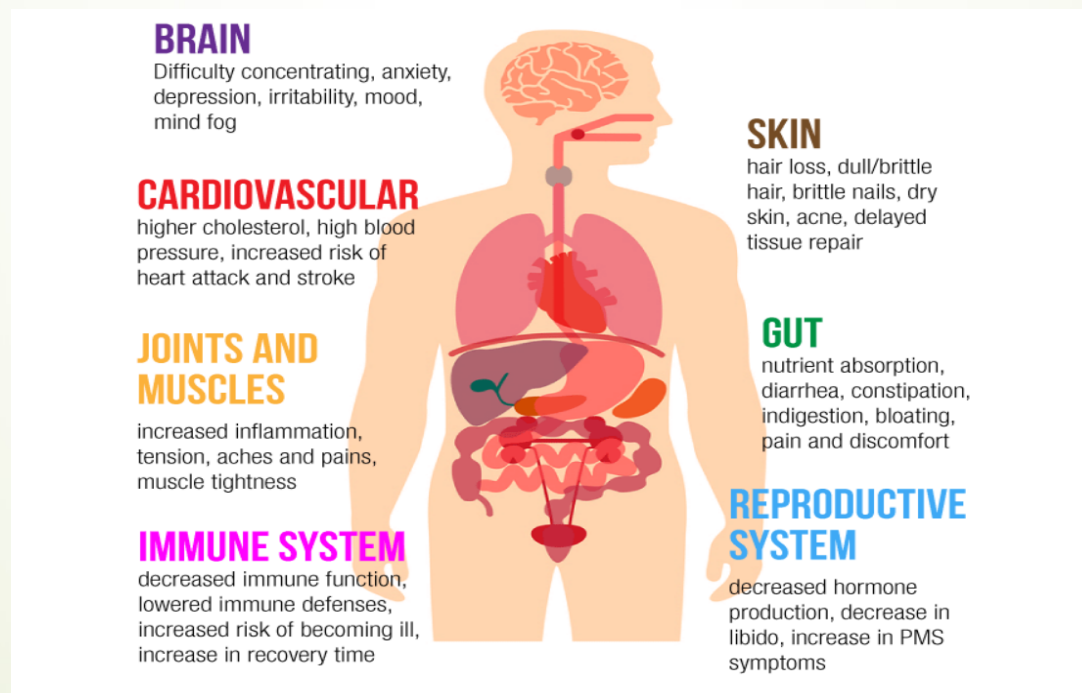
HUMAN FUNCTION CURVE



*P = The point at which minimum arousal may bring on a breakdown

STRESS AS A RESPONSE

- It results in certain physiological It affects the entire body, not just a single part.
- Differences in response within and between individuals.



Stress and our health

- Medical school examinations associated with decreases in cellular **immunity** and increases in proinflammatory and humoral immunity
- Life stress is associated with **2-fold** increase in **susceptibility to the common cold virus**
- Severe life stress is associated with a **4-fold** increase in risk of **HIV progression** and **2.6-fold** increase in **mortality**
- Cardiovascular **mortality** is tripled in this group (**15%**) compared to non-depressed patients (**5%**)



Mechanism of Stress:

- Fight-or-Flight
- The General Adaptation Syndrome and Burnout



Mechanisms of stress

▶ **Fight-or-Flight** (Cannon in 1932)

- When an animal experiences a shock or perceives a threat, it quickly releases hormones that help it to survive.
- These hormones (Adrenaline) help us to run faster and fight harder



Mechanisms of stress

➤ Power, but little control :

- It difficult to execute precise, controlled skills
- We find ourselves more accident-prone and less able to make good decisions
- Adrenaline

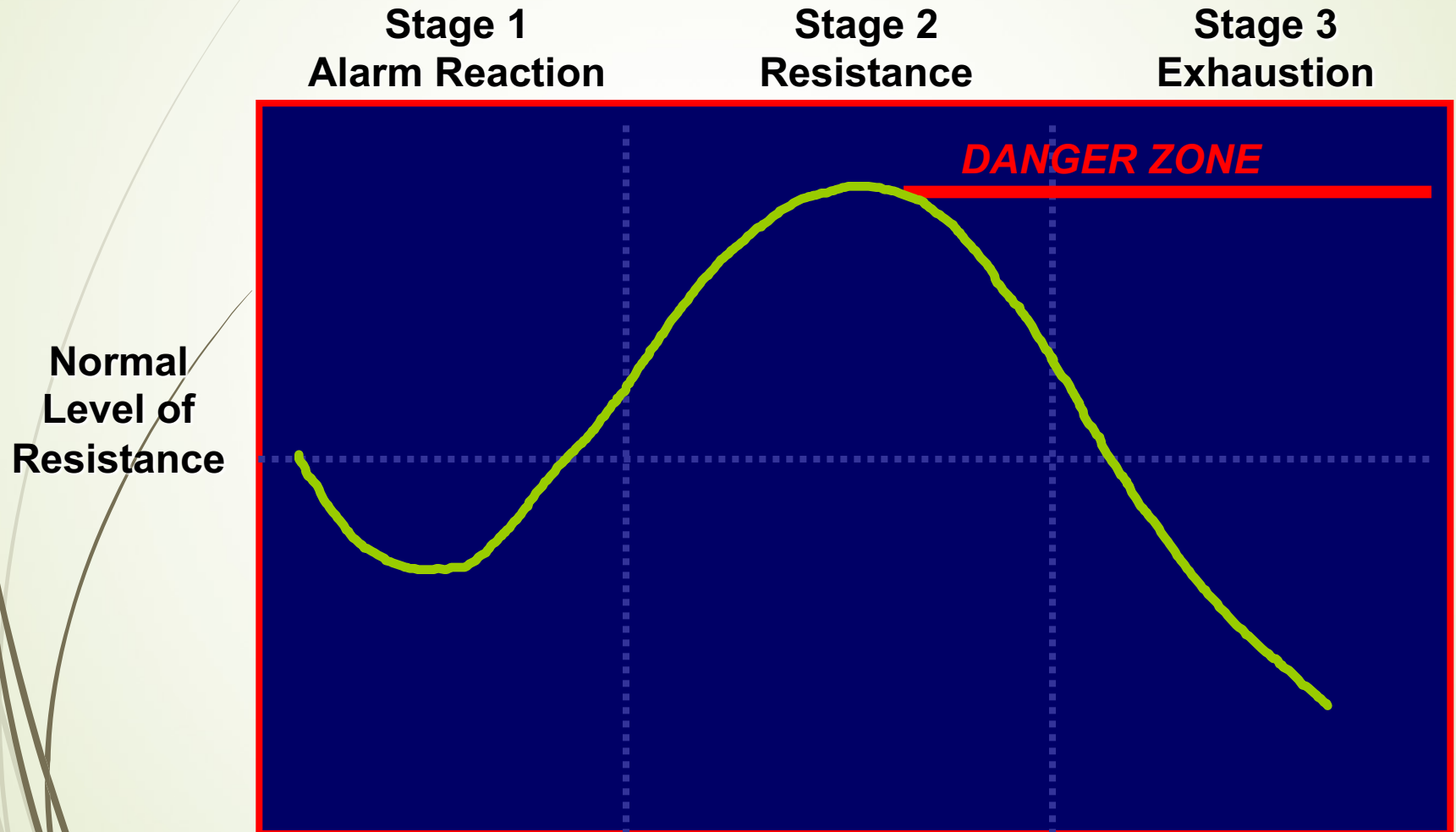


Three Stages Of Adaptation In Stress

- 1. Alarm reaction:** when a person is exposed to an unadapted stimulus there is an initial shock (in which resistance is lowered) followed by a rebound reaction (counter shock phase) during which the organism's defense mechanisms become active.
- 2. Stage of resistance:** during this stage the person's full adaptation may lead to successful return to equilibrium.
- 3. Stage of exhaustion:** in case of failure of adaptability the organism becomes exhausted.

Mechanisms of stress

General Adaptation Syndrome



A real life story...



Burnout:

- ▶ is a physical or mental collapse caused by overwork or stress.



Burnout Self-Test

➤ 15 questions



➤ Get ready to do some calculation!

1. Not at all- 1 point
2. Rarely- 2 points
3. Sometimes- 3 points
4. Often- 4 points
5. Very often- 5 points



#	Question	Not at all	Rarely	Some times	Often	Very Often
1	Do you feel run down and drained of physical or emotional energy?					
2	Do you find that you are prone to negative thinking about your job?					
3	Do you find that you are harder and less sympathetic with people than perhaps they deserve?					
4	Do you find yourself getting easily irritated by small problems, or by your co-workers and team?					
5	Do you feel misunderstood or unappreciated by your co-workers?					
6	Do you feel that you have no one to talk to?					
7	Do you feel that you are achieving less than you should?					

		Not at all	Rarely	Some times	often	Very Often
8	Do you feel under an unpleasant level of pressure to succeed?					
9	Do you feel that you are not getting what you want out of your job?					
10	Do you feel that you are in the wrong organization or the wrong profession?					
11	Are you becoming frustrated with parts of your job?					
12	Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?					
13	Do you feel that there is more work to do than you practically have the ability to do?					
14	Do you feel that you do not have time to do many of the things that are important to doing a good quality job?					
15	Do you find that you do not have time to plan as much as you would like to?					



Results

Score	Comment
15 – 18	Little sign of burnout here
19 – 32	Little sign of burnout here, unless some factors are particularly severe
33 – 49	Be careful - you may be at risk of burnout, particularly if several scores are high
50 – 59	You may be at severe risk of burnout - do something about this urgently
60 - 75	You may be at very severe risk of burnout - do something about this urgently

Burnout – Cont.

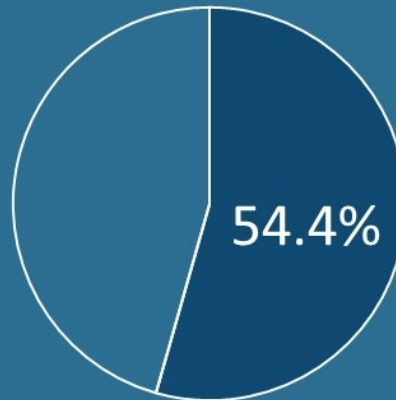
Physician Burnout: Systematic Review & Framework For Action

Causes:



- Loss of autonomy
- Subspecialty choice
- More call / work hours
- Asymmetric rewards / punitive culture
- Productivity-based compensation

Burnout Rate:



Suicide Rates: 1.5-4.5x
general population

Solutions:



- Devote 20% of time to what you find meaningful
- Align personal / organizational values
- Engage w/ colleagues



DISEASES
OF THE
COLON &
RECTUM



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Rothenberger DA et al. *Dis Colon Rectum* 2017;60(6)

Burnout – Cont.



► Avoiding Burnout :

- *Too much to do, too little time!
- Use the job analysis tool to see if you can cut away low-yield work
- Review your management of time
- Check that you are using all of the resources available to you.

Burnout - Cont.



➤ **Avoiding Burnout :**

Avoiding Exhaustion :

➤ Going on a good, long **vacation** is one of the best ways of avoiding burnout

➤ Leave your **laptop and mobile phone** behind.

➤ Rest, and enjoy life. Being a **workaholic** is not something to be proud of.

➤ make sure you get **enough sleep and rest**

Intervention to
consider for stress
management

```
graph TD; A[Intervention to consider for stress management] --- B[Time Management]; A --- C[Personal Management];
```

Time
Management

Personal
Management

1- Time Management:



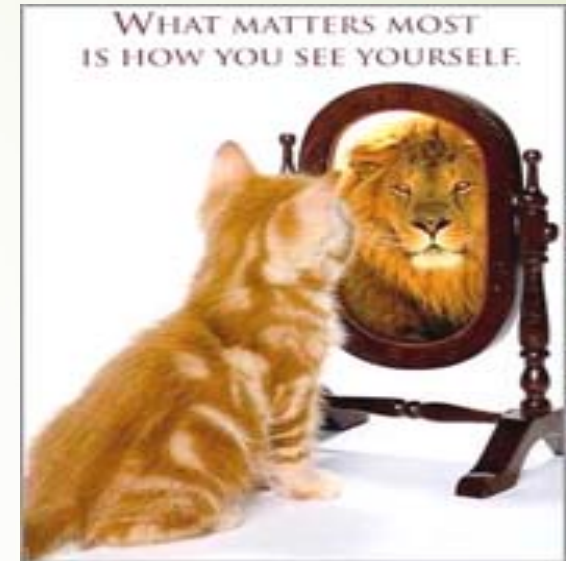
- **Prioritize tasks** , evaluate how you are budgeting your time.
- **Set achievable goals** keeping in mind your strengths and weakness
- **Make a realistic schedule** and follow it through.

How to handle stress

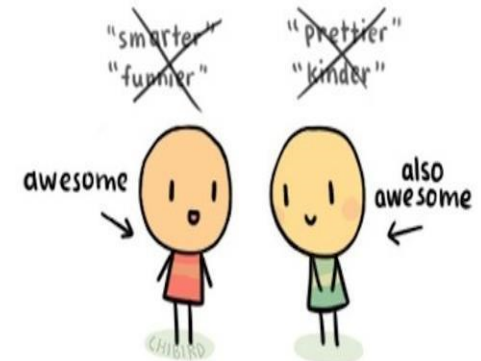
▶ 2- personal management:

▶ Maintain confidence ;

- look at yourself without any judgment
- Resist comparisons , **don't compare yourself to other people** .compare yourself to the best you can do . In other words , compete within yourself.



stop comparing yourself to others.



How to handle stress?

➤ **Motivation :**

- Learn to appreciate your strengths
- Learn from mistakes
- Visualize success





Personal Management

Two Anti-Stress Approaches :

- 4-Steps to Interrupting Stress
- Relaxation Response

Personal Management (cont.)

Interrupting Stress – A 4 Step Approach



- **Stop**

- ✦ Each time you encounter a stress...stop...before (automatic) thoughts escalate into worst possible scenarios.

- **Breathe**

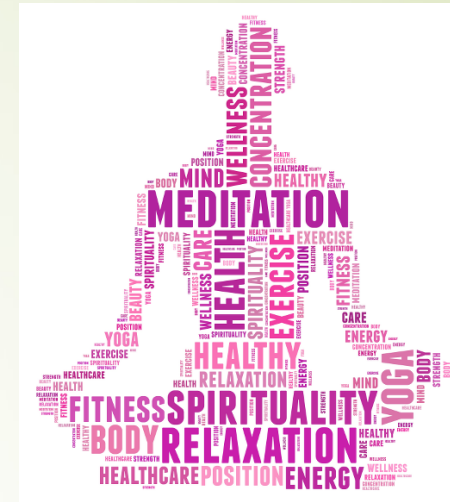
- ✦ After you stop, breathe deeply to release physical tension...most time one tends to hold breath in the midst being stressed...even a momentary interruption can help.

- **Reflect**

- ✦ Focus energy on problem & reflect on the cause of stress

- **Choose**

- ✦ Time to choose how to deal with stress



Personal management (cont.)

Relaxation Response

- Pick a focus word, phrase, image, or prayer; or focus on breathing.
- Sit quietly in comfortable position.
- Close eyes & relax muscles
- Breathe slowly & naturally – as you do, repeat focus word or phrase as you exhale.
- When other thoughts come to mind, just go back to repetition of word or breathing.



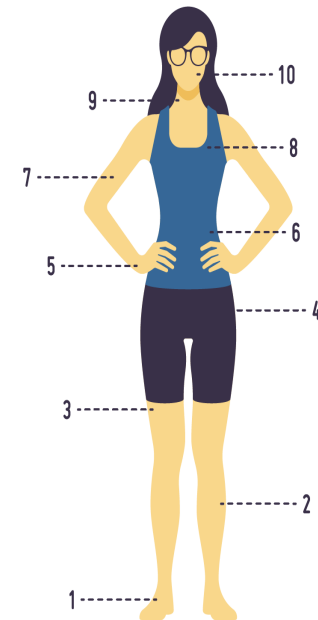
Muscle Relaxation:

Relax every major muscle group, from head to toe, through tensing and then releasing the muscles.

Tensing and relaxing muscle groups in **ordered sequence** (Jacobson's 1938)

RELAX YOUR MUSCLES GRADUALLY TO RELIEVE STRESS THIS MONDAY

Progressive muscle relaxation helps you ease tension in every part of your body, one muscle group at a time. Tense up each muscle group for a few seconds, then release the tension and feel yourself let go.



DE STRESS
MONDAY

Muscle Relaxation

Each muscle is tensed from 5 to 10 seconds and then relaxed for 10 to 20 seconds. If the muscle group remains tense, the exercise may be repeated for the muscle group to induce relaxation.

The major muscle groups are-

- arms, & hands;
- head, face, shoulders;
- chest, stomach & lower back
- thighs, calves, buttocks and feet

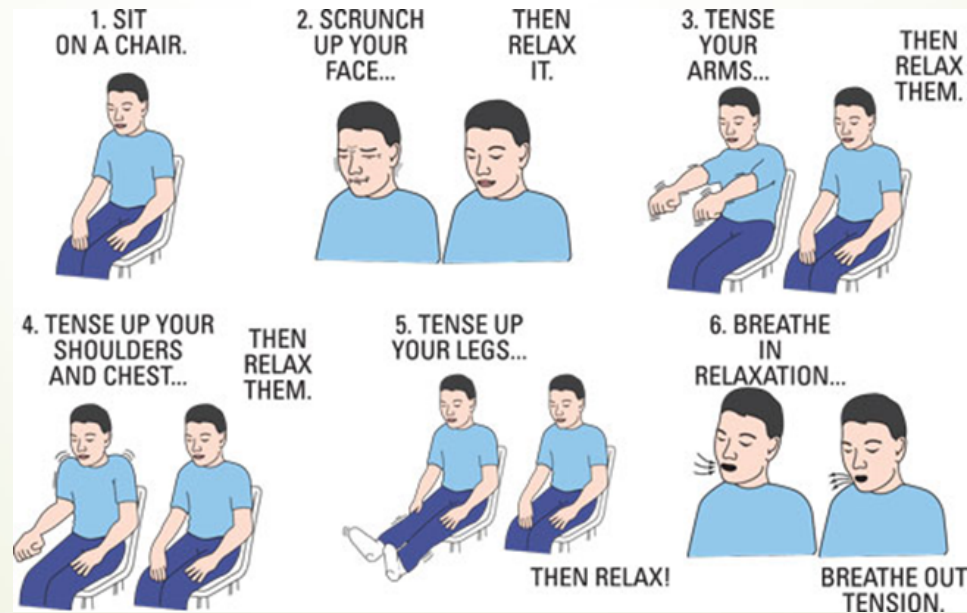
Practice twice daily for 10 to 15 minutes.



Lets Work Together!

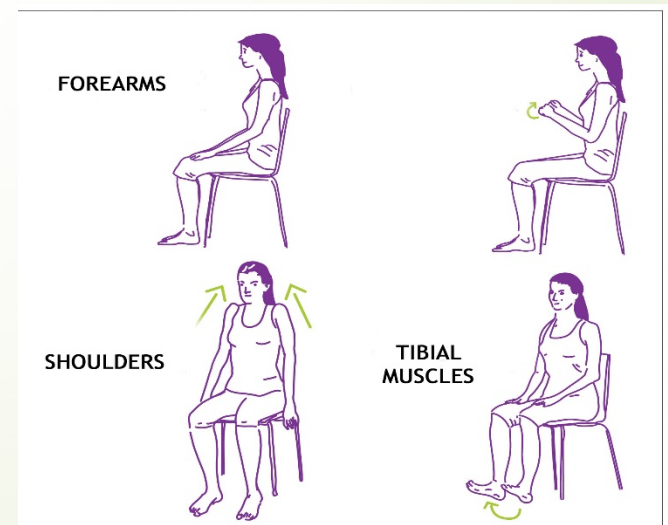
Muscle Relaxation

- Curl both fists, tightening biceps & forearms (Muscle man pose). Relax...
- Wrinkle up forehead. Press your head as far back as possible, roll it clockwise in a complete circle, reverse. Now wrinkle up face muscles like a walnut- frowning, pressing tongue to roof of mouth, and hunching shoulders. Relax...



Muscle Relaxation

- Arch back as you take a deep breath into the chest. Hold then relax. Take a deep breath, pressing out the stomach. Hold & Relax...
- Pull feet & toes back towards the face and tighten shins. Hold & Relax... Curl toes while tightening thighs, calves & buttocks. Relax...



Stress management strategies:

► strategy #1 :Avoid unnecessary stress :

- Learn how to say “No”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics



Stress management strategy

➔ Strategy #2: Alter the situation :

- ➔ Express your feelings instead of bottling them up
- ➔ Be willing to compromise
- ➔ Be more assertive
- ➔ Manage your time better



Stress management strategy

➤ **strategy #3: Adapt to the stressor :**

➤ Reframe problems

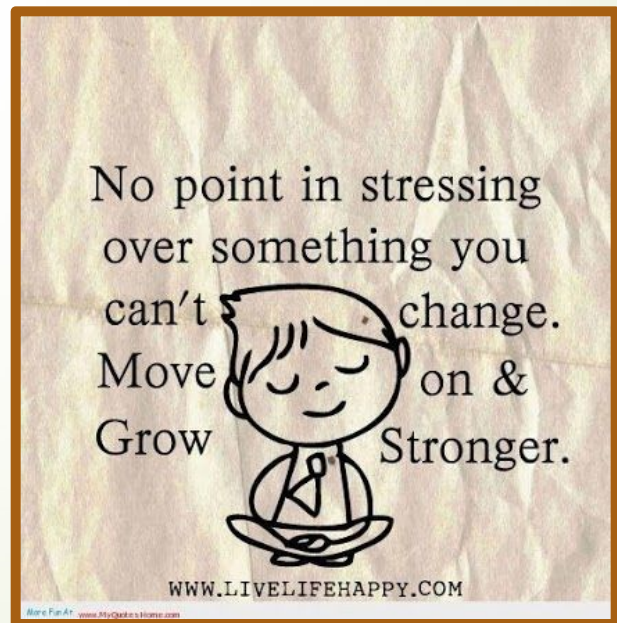
➤ Look at the big picture

➤ Focus on the positive



Stress management strategy

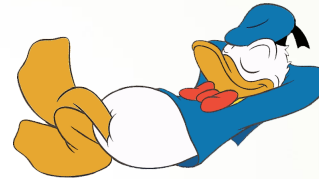
- **Strategy #4: Accept the things you can't change :**
 - Don't try to control the uncontrollable
 - Share your feelings
 - Learn to forgive



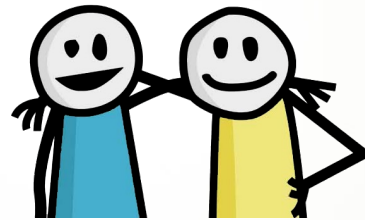
Stress management strategy

► Strategy #5: Make time for fun and relaxation:

- Set aside relaxation time



- Connect with others



- Do something you enjoy every day



- Keep your sense of humor



Need examples?



Stress management strategy for a doctor

• Stress due to

- Night calls
- Administration
- Contact with dying
- Dealing with relatives
- Lack of recognition
- 24 hr cover



• Solutions

- Time management
- Decrease interruptions
- Decrease paperwork
- Good staff relationship
- Delegation
- Exercise
- Relaxation
- Protected time

Stress Inoculation Training

Cognitive behavior therapy

- ▶ Improves **resilience** through effective past experience with stressors
- ▶ Deal with stressors in a gradual manner
- ▶ Provides skills & opportunity to **build tolerance** to current & future stressors

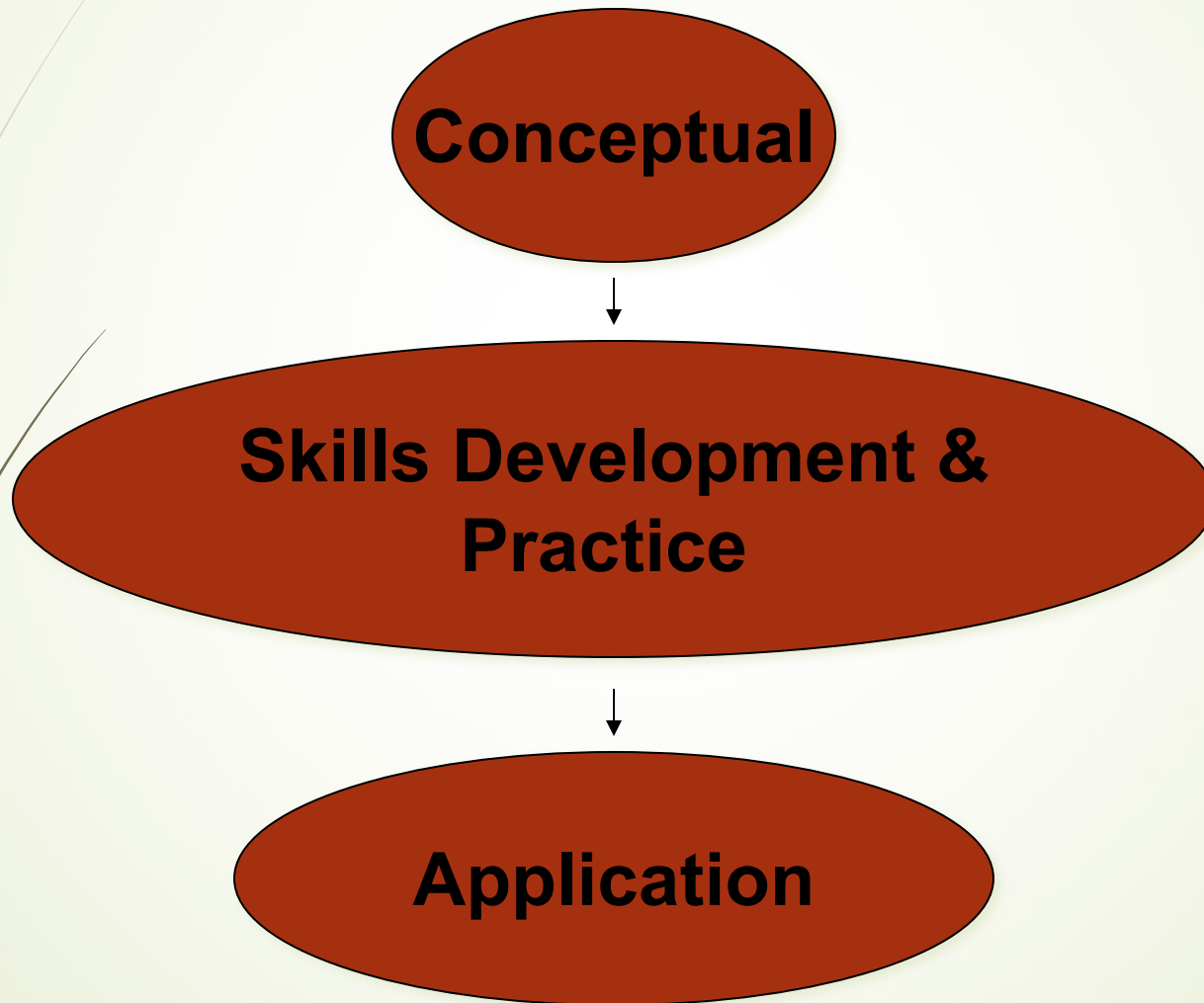


Stress Inoculation Training

- Stress tolerance is enhanced via **changing individual's beliefs** about **their performance in stressful situations** and ability to deal with distress
- Promotes hope, self confidence, self-control, & personal responsibility!



Phases of Training



Conceptualization Phase

- Understand nature of stress
- Identify **effects of stress** in behavioral, emotional, physical, and psychological areas
- Ascertain the specific **effects of stress** on individual performance and productivity
- Key point is the idea that stressors are creative opportunities and puzzles to be solved, rather than pure obstacle.



Skills Phase

- Develop & practice a variety of stress reduction skills
- Skills include-learning **how to relax, reducing stress through deep breathing and muscle relaxation.**
- Practice skills in **imagination** and then in **real life** situations
- Rehearse from **less to more difficult** stressful situations
- **Develop confidence** to handle any situation!



Application Phase

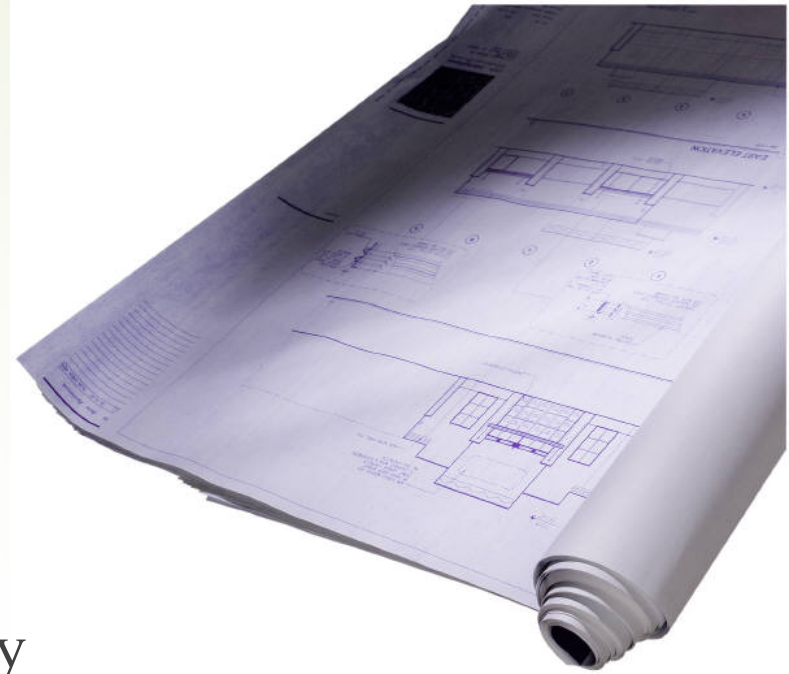
Apply skills to specific stressful situations:

- ▶ **Plan**, anticipate and prepare for potential and actual difficulties in personal training program
- ▶ Coach yourself
- ▶ Assess own progress
- ▶ Follow – up plans



Blueprint Plan

1. Learn relaxation skills
2. Identify specific stressors
3. Develop plan to respond differently
4. Write up Plan & Practice
5. Coach self through the situation
6. Positively assess own performance
7. Plan & execute improvements



Develop & Rehearse Plan to Cope

- View the stressful situation as a chance to try new skills!
- Identify stress self talk
- Replace negative thoughts with positive thinking
- Determine when you will use relaxation strategies
- Write down your action plan
- Take time to **mentally visualize** & go through the steps to effectively implement the plan
- Actually **face your stressors** and **use your acquired skills** and plan!



Execute Plan

- Prepare self as situation approaches
- Use breathing and relaxation techniques
- Utilize positive & constructive coaching statements!



Coaching



- ▶ We all talk to ourselves!
- ▶ Need to use this self-talk and utilize in a constructive fashion to help to reduce stress and to cope with stressors!
- ▶ Need to counter negative thinking & **bad self talk and replace with positive talk!**



General Coping Statements

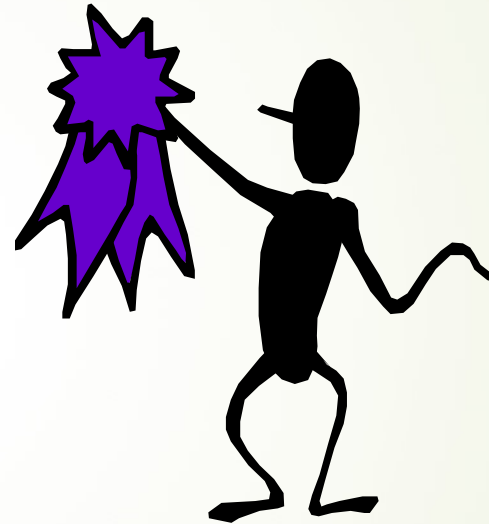
- I can handle these symptoms!
- This too will pass!
- I can take all the time I need to let go and to relax...
- This is not dangerous!
- So what!!
- What do I have to do?
- I can develop a plan to cope!
- What I see as nervous, may be readiness to deal with stressor
- “Don’t worry” Worry usually does not help me at all!



Rewarding after the Plan

Positive Coaching & Self Talk:

- I did it!
- It worked!
- It was not as bad as I expected...
- I can't wait to tell someone
- I'm improving each time I practice!



Evaluate Plan

- What did you do that you liked?
- What would you like to improve?
- What did you learn from the experience?
- Be kind, supportive and positive in your self-assessment!



My Immunization Plan

let's
DO
this!

- Identify Specific Stressor _____
- Describe upsetting feeling/emotion which you are most likely to experience when facing stressor? _____
- Write down any stress producing thoughts when you encounter stressor? _____



let's
DO
this!

Stress Inoculation Plan

- ▶ What can you say to self to help cope when you first notice that you are becoming upset?
- ▶ What can you say to yourself to help you cope while you are in the middle of dealing with the stressor?
- ▶ What can you say to yourself to help cope after you have dealt with the stressor?

Summary:

- Take one thing at a time.
- Be realistic.
- Don't try to be superman/superwoman.
- Visualize.
- Reflect.
- Exercise.
- Hobbies.
- Adopt a healthy lifestyle.
- Share your feelings.
- Be flexible!
- Don't be overly critical.

I just need
the main ideas



Thank you and have a stress-free weekend!



