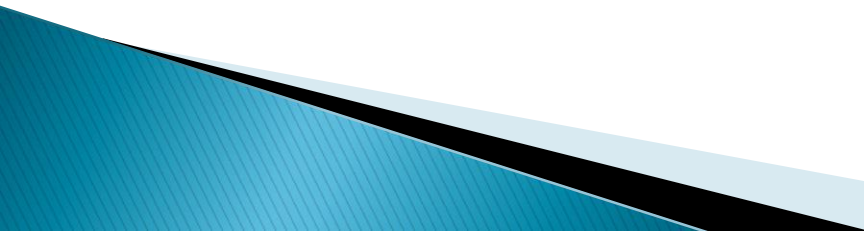


# Stress Management

Dr Mahmoud Salah  
Department of Medical Education  
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
- 

# Stress Definitions??

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

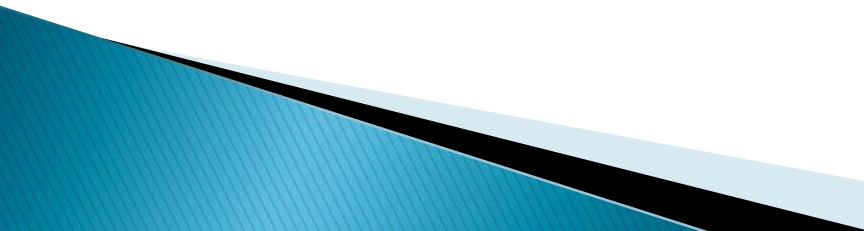
*(Richard S Lazarus)*

# Stress

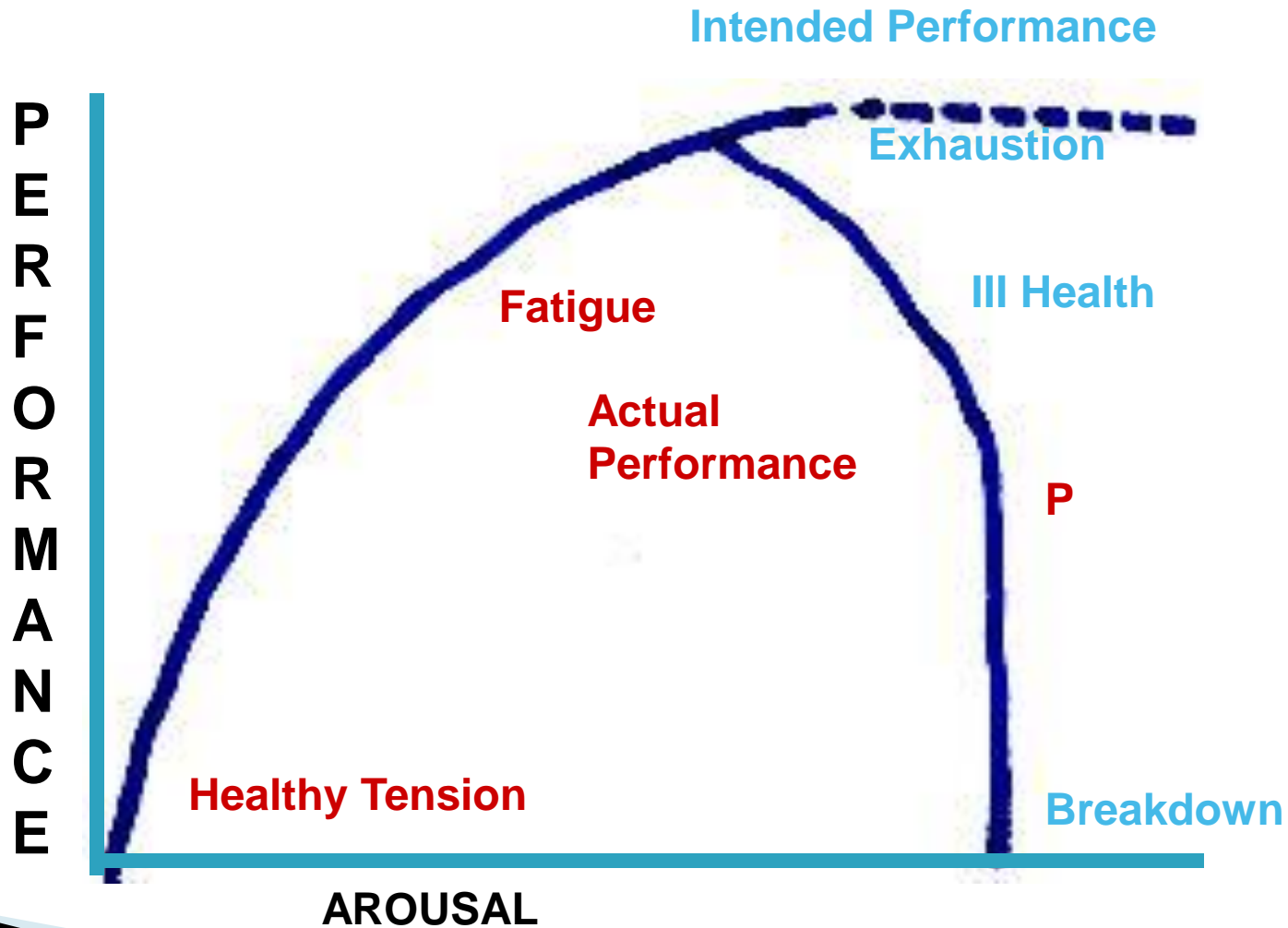
- ▶ Health professionals face many stressors in their work environment:
  - Sleep deprivation
  - Disruptions in social support
  - Clinical vs. educational conflicts
  - Caring for critically ill or dying patients
  - Certification or licensing examinations

*(French et al., 1982; Peterlini et al., 2002 )*

# 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.
- 

# *HUMAN FUNCTION CURVE*



P - The point at which minimum arousal may bring on a breakdown.

## *STRESS AS A RESPONSE*

- **It results in certain physiological changes:**
  - **gastrointestinal,**
  - **glandular and**
  - **cardiovascular disorders**
  - **etc.**
- **It affects the entire body, not just a single part.**
- **Differences in response within and between individuals.**

# Stress and our health

## ▶ **Stress and the immune system :**

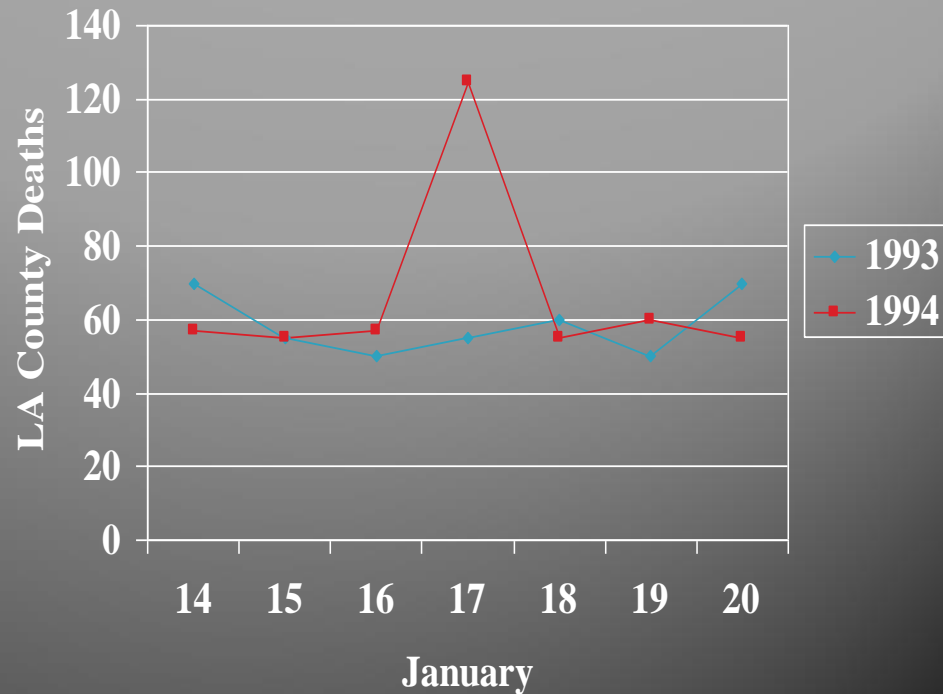
- Medical school examinations associated with decreases in cellular **immunity** and increases in proinflammatory and humoral immunity
- increases in vulnerability to infectious disease as well as allergy
- Life stress is associated with 2-fold increase in **susceptibility to the common cold virus**
- Severe life stress is associated with a 4-fold increase in risk of **HIV progression** and 2.6-fold increase in **mortality**



# Stress and our health

## ▶ Stress and the cardiovascular system

- Cardiovascular **mortality** is tripled in this group (15%) compared to non-depressed patients (5%)



# Stress

Mechanisms of stress :

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

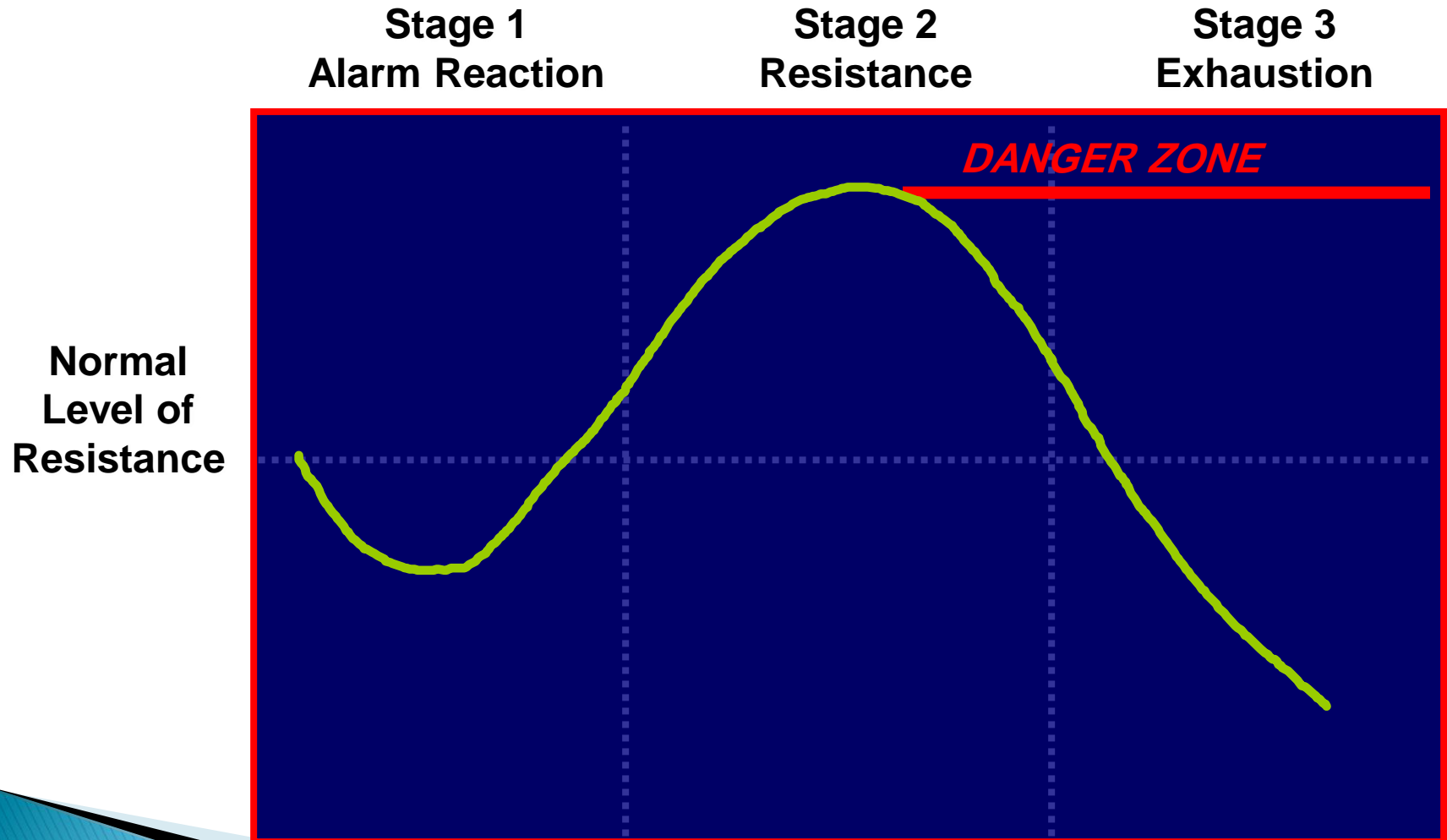
# Mechanisms of stress

- ▶ **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 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

# General Adaptation Syndrome



# *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.

# 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.

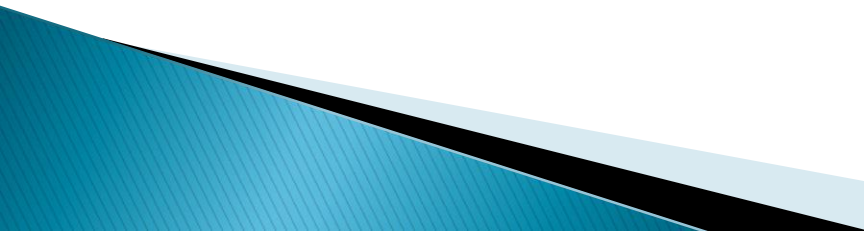
## ▶ **Avoiding Burnout :**

### 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



# How to handle it

- ▶ Time management ;
    - **Priority 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 it

- ▶ Motivation ;
  - Learn to appreciate your strengths
  - Learn from mistakes
  - Visualize success

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

# How to handle stress

- ▶ 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.

# Personal Management

## **Two Anti-Stress Approaches :**

- 4-Steps to Interrupting Stress
- Relaxation Response

# 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.

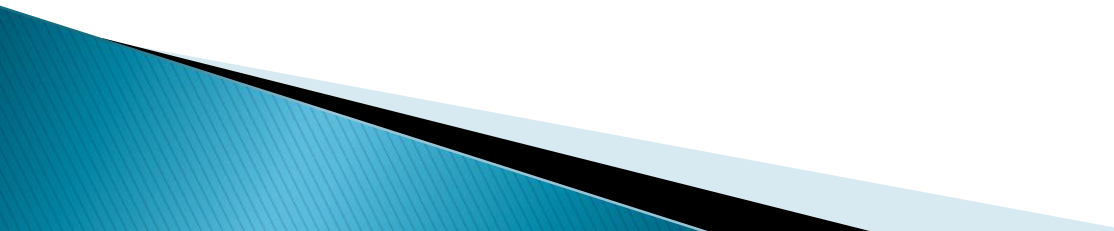
- **Reflect**

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

- **Choose**

- ✦ Time to choose how to deal with stress
- 

# 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)





# 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.

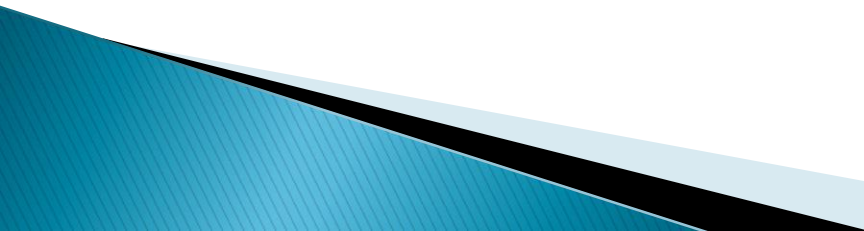
The major muscle groups are-

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

Practice twice daily for 10 to 15 minutes.



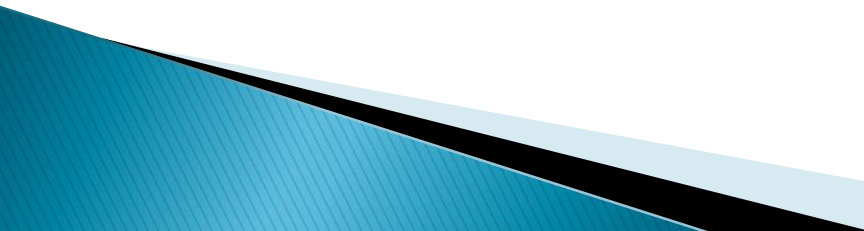
# Muscle Relaxation

- ▶ 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, squinting eyes, 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

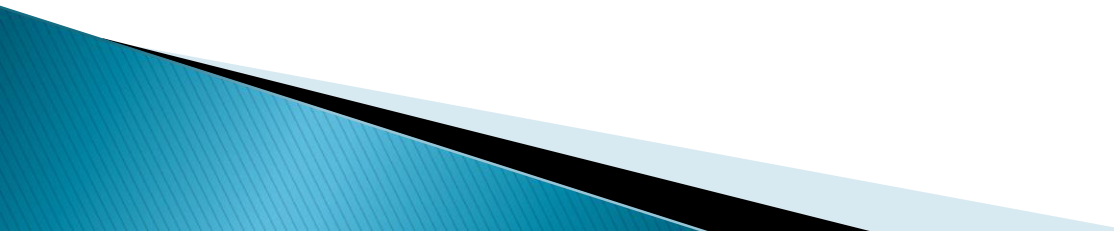
- ▶ strategy #1 :Avoid unnecessary stress :
    - Learn how to say “no”
    - Avoid people who stress you out
    - Take control of your environment
    - Avoid hot-button topics
- 

# 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
- 

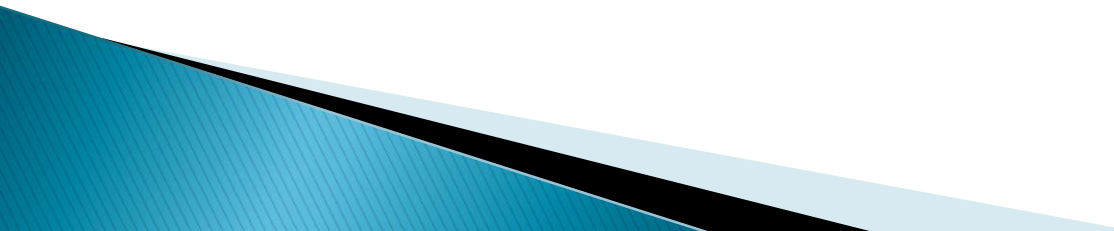
# Stress management strategy

▶ 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
- 



# Stress management strategy

- ▶ strategy #6: Adopt a healthy lifestyle:
    - Exercise regularly
    - Eat a healthy diet
    - Reduce caffeine and sugar
    - Avoid alcohol, cigarettes, and drugs
    - Get enough sleep
- 

# Stress management strategy for a doctor

- Stress due to

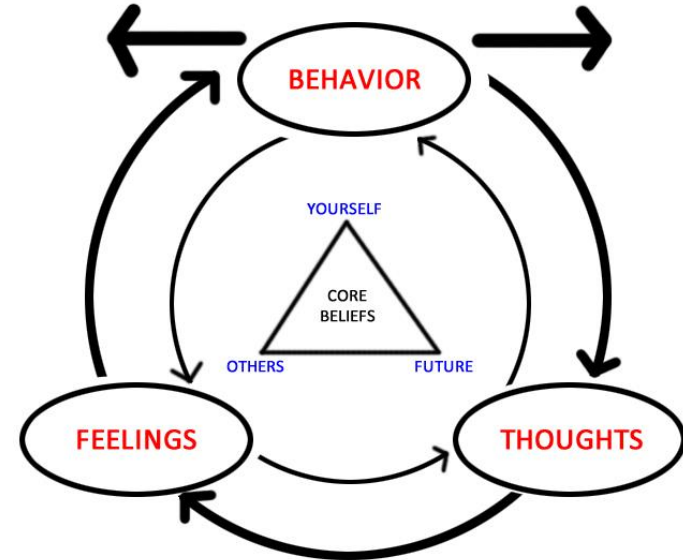
- Night calls
- Administration
- Contact with dying
- Dealing with relatives
- Lack of recognition
- 24 hr cover

- Solutions

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

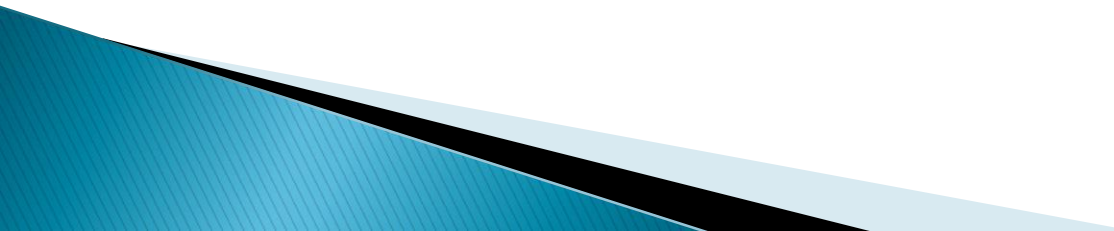
# Stress Inoculation Training

## Cognitive behavior therapy

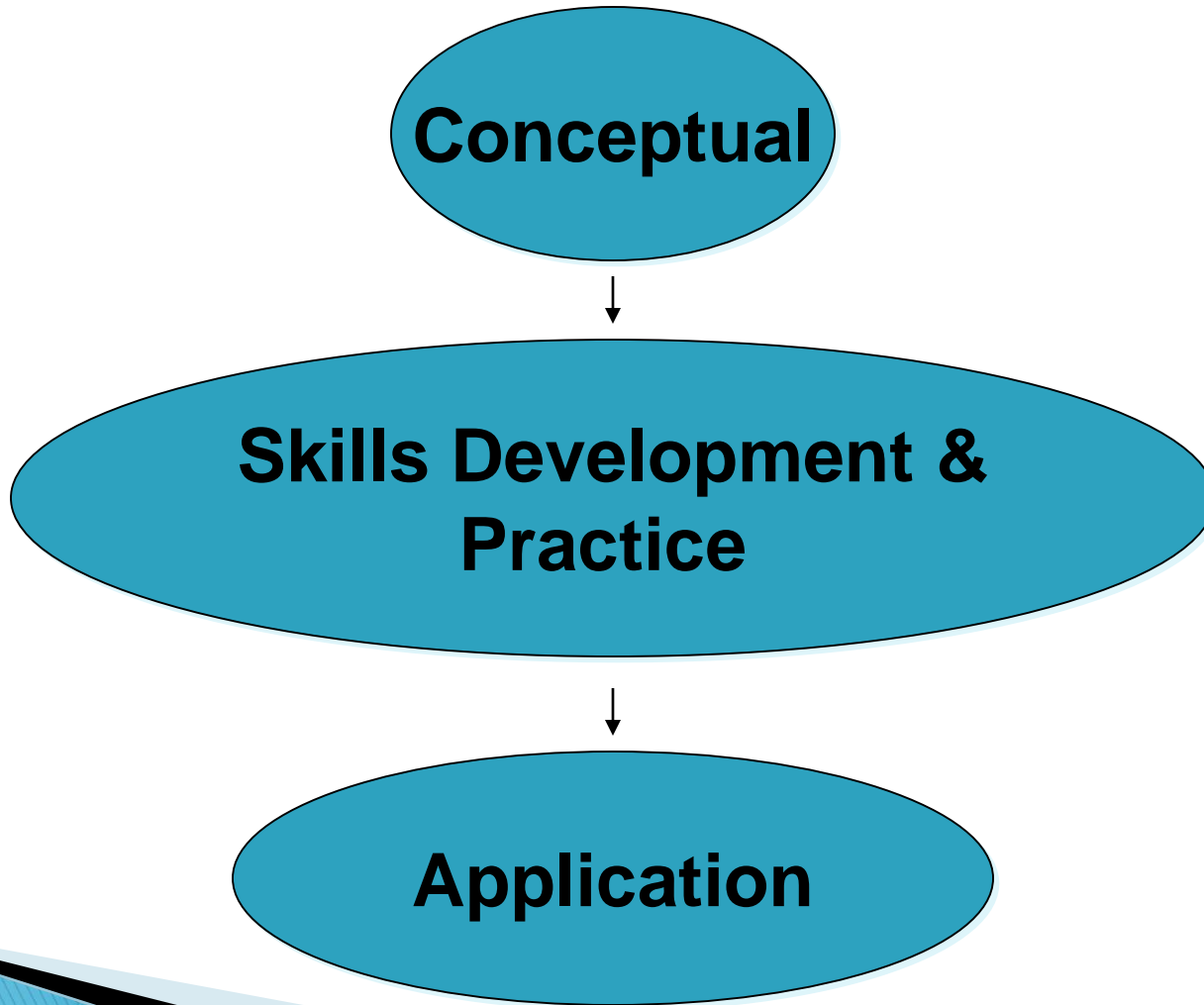


- ▶ Improves **resilience through effective past experience** with stressors
- ▶ Deal with stressors in a gradual manner
- ▶ Provides skills & opportunity to **build tolerance** to current & future stressors

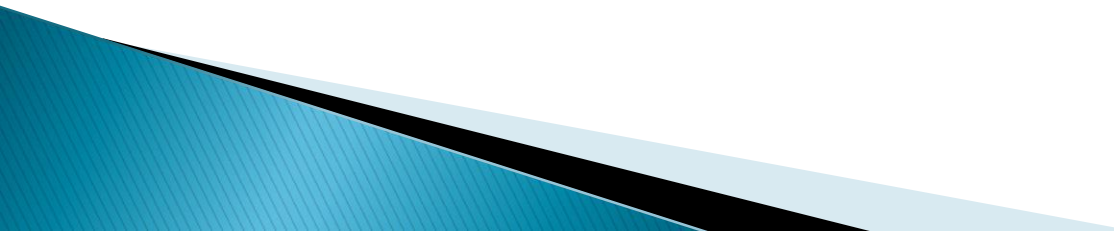
# Stress Inoculation Training

- ▶ 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!
- 

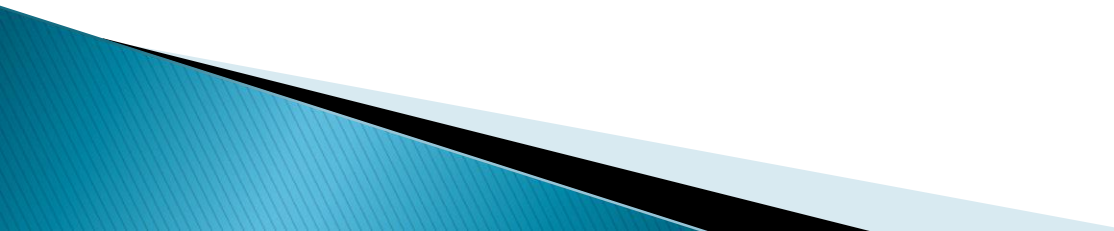
# Phases of Training



# Conceptualization Phase

- ▶ Understand stress
  - ▶ Identify **effects of stress** in behavioral, emotional, physical, and psychological areas
  - ▶ Ascertain the specific **effects of stress** on individual performance and productivity
- 

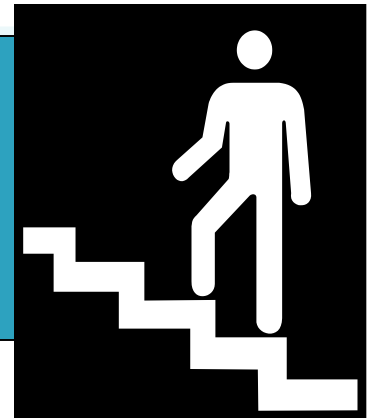
# Skills Phase

- ▶ 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
- 

# Skills Phase

- ▶ Rehearse from **less to more difficult** stressful situations

**Develop confidence** to handle any situation!

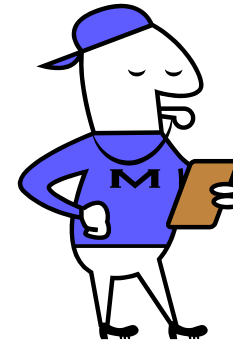




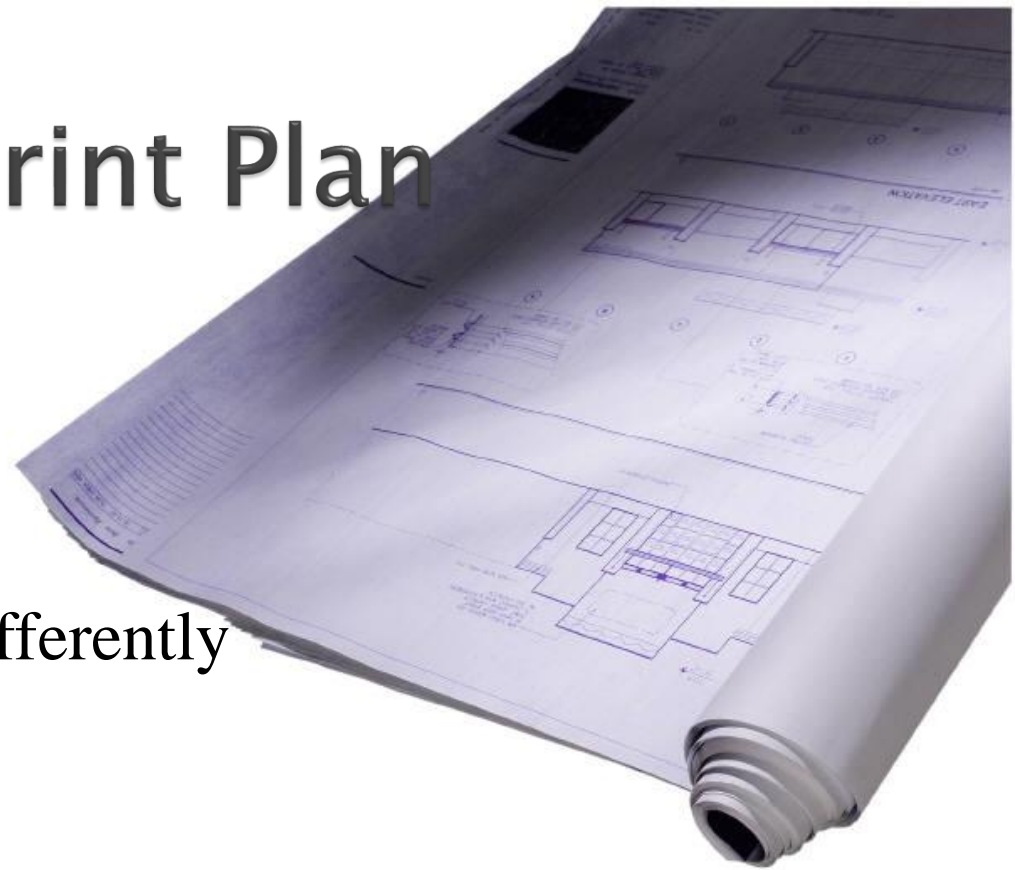
# Application Phase

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

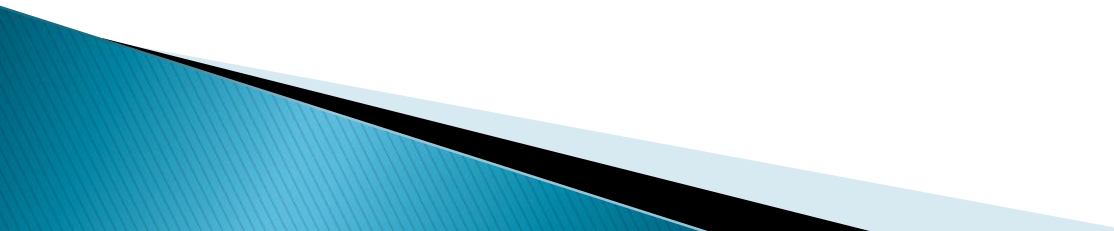


# Blueprint Plan



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 Plan to Cope

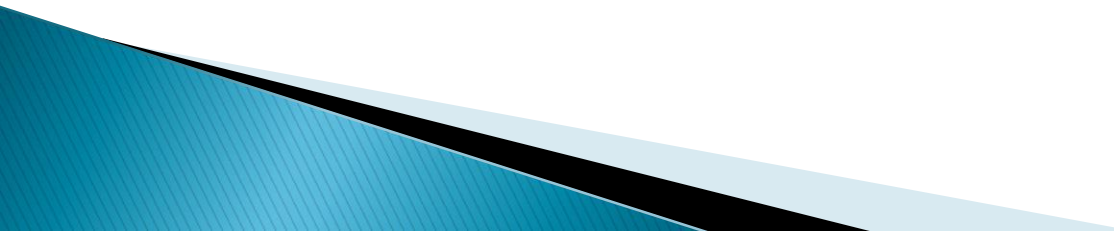
- ▶ View the stressful situation as a chance to try new skills!
  - ▶ Identify stress self talk
  - ▶ Replace negative thoughts with positive thinking
  - ▶ Determine when you will use relaxation strategies
- 

# Rehearsal



- ▶ Write down your action plan
- ▶ Take time to **mentally visualize** & go through the steps to effectively implement my plan
- ▶ Actually **face your stressors** and **use your acquired skills** and plan!

# Execute Plan

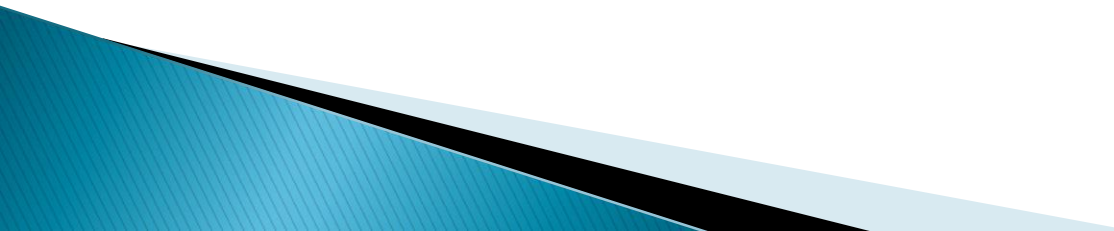
- ▶ Prepare self as situation approaches
  - ▶ Use breathing and relaxation techniques
  - ▶ Utilize positive & constructive coaching statements!
- 

# Coaching

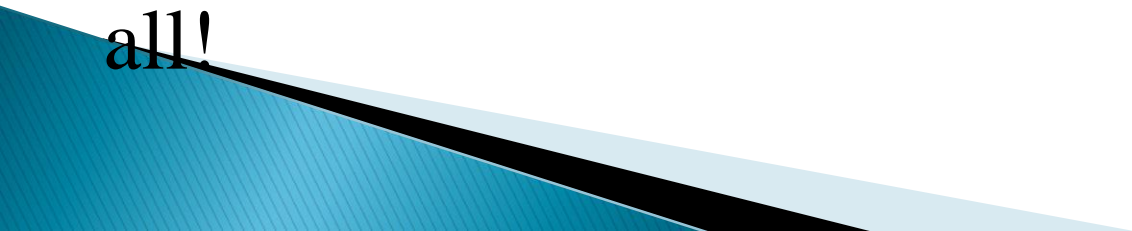


- ▶ We all talk to ourselves!
- ▶ Need to use this self-talk and utilize in a constructive fashion to help to reduce stress and to cope with stressors!
- ▶ Need to counter negative thinking & **bad self talk and replace with positive talk!**

# 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!!
- 

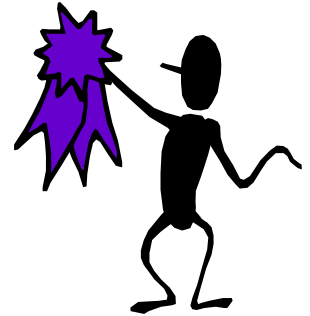
# Coaching Statements– Preparing to Face Stressor

- ▶ 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!
- 



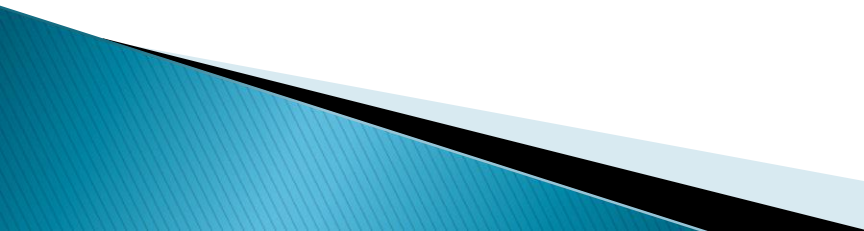
# Rewarding after the Plan

## Positive Coaching & Self Talk

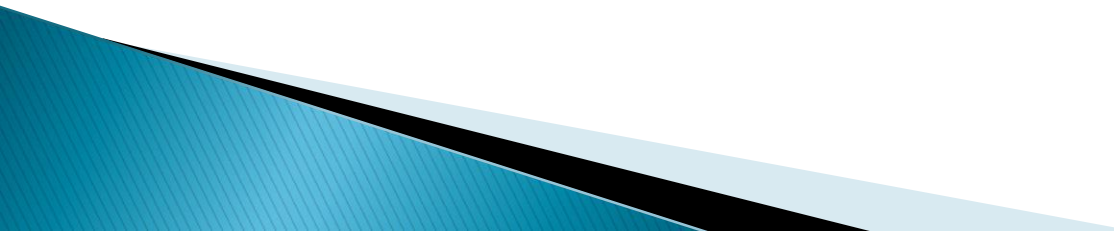


- ▶ I did it!
- ▶ It worked!
- ▶ It was not as bad as I expected...
- ▶ I can't wait to tell someone
- ▶ I'm improving each time I practice!


# 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

- ▶ 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? \_\_\_\_\_
- 

# 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?
- 

#	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?					

<b>8</b>	Do you feel under an unpleasant level of pressure to succeed?					
<b>9</b>	Do you feel that you are not getting what you want out of your job?					
<b>10</b>	Do you feel that you are in the wrong organization or the wrong profession?					
<b>11</b>	Are you becoming frustrated with parts of your job?					
<b>12</b>	Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?					
<b>13</b>	Do you feel that there is more work to do than you practically have the ability to do?					
<b>14</b>	Do you feel that you do not have time to do many of the things that are important to doing a good quality job?					
<b>15</b>	Do you find that you do not have time to plan as much as you would like to?					
	Total =	52				

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

# 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.
- 



***QUESTIONS?***