Surviving the Distress: Stress Management Strategies

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Presenter Disclosure Information

In compliance with the accrediting board policies, the American Diabetes Association requires the following disclosure to the participants:

Dr. Debra Rose Wilson:
Disclosed no conflict of interest

Objectives

1. Examine the concepts of stress and health
2. Describe strategies to integrate stress management strategies for self, patients and colleagues.
Stress: What is it?

- Stress
- Stressors
- Internal and external

Theories of Stress

**Cannon**
- Fight or flight response.
- Stimulus from outside the body triggers the physiological changes
- Taylor et al. (2000) suggested women have a tend and befriend response

**Hans Selye**
- Endocrinologist (1930’s) General Adaptation theory of stress & eustress
  1. Alarm reaction to stress;
  2. Resistance;
  3. Exhaustion
More Theories of stress

_Holmes and Rahe_
- (1967) identifies stressful life events that may predict future illness.

_Lazarus_
- Cognitive appraisal of the stressor; primary & secondary

_Chronic, acute, & distant stressors_
- Acute stressors are time limited & involve confronting a challenge
- Chronic stressors require active, sustained coping mechanisms
- Duration of stress directly influences the immune system
- Distant stressors are earlier traumatic experiences & continue to influence immune functioning

Stress

Origins
- Frustrations
- Life changes
- Conflict
- Control

Types of stress

_Acute stressors_
- Time limited
- Brief
- Involve confronting a short term challenge

_Chronic stressors_
- Pervasive
- Require active and sustained coping mechanisms

_Distant stressors_
- PTSD
Connections between stress & health

- Normally precisely balanced.
- Psychological stress → imbalance of immunity
- ↓ salivary IgA & ↓ lymphocytes during exam periods
- ↓ immune functioning during bereavement
- NK cell count ↑ with relaxation training
- Cortisol levels influence WBC levels and immune maintenance
- Pert’s theory of the molecules of emotion
- Target organs of autoimmune disease are influenced – asthma, diabetes, fibromyalgia, IBS, CVD, TMJ, infections, allergies, RA, ulcers & colitis, cancer

Autoimmune disease

- More than 50 million Americans have at least 1 AI
- Approximately 80 AI diseases identified
- One of the top 10 causes of death in women under 65
- Second highest cause of chronic illness
- Top cause of morbidity in women in the US
- On the rise globally
- Public health crisis compared to CVD & cancer
- Poorly understood category of disease
- Lack of coordinated care and research funding
- A significant portion of healthcare cost
Examples of AI disease
- Rheumatoid arthritis (RA) and Juvenile RA (JRA)
- Lupus (Systemic Lupus Erythematosus)
- Guillain-Barre syndrome
- Type 1 Diabetes Mellitus
- Hashimoto’s, Graves’ disease
- Celiac disease
- Crohn’s disease
- Ulcerative colitis
- Multiple sclerosis
- Addison’s disease
- Primary biliary cirrhosis

Stress and Autoimmune Disease
- Stress alone does not cause autoimmune diseases
- Removing stress does not cure the disease.
- But relaxation can help the body heal and respond more effectively to the advanced medications
Where do you feel stress?

Stress Assessment

- Holmes and Rahe (handout)
- The Dolphin Stress test

An Appraisal Model (adapted from Lovallo, 2005 & Lazarus, 1998):
Stress management

Three approaches to stress management:
1. Change the stressor?
2. Change the way you feel about the stressor?
3. Change the way your body responds to the stressor?

Stress Management

• Action-oriented skills: change the problem.
• Emotionally-oriented skills: change how you feel about the problem.
• Acceptance-oriented skills: change how your body responds to the problem.

Stress Management

• Behavioral and Cognitive
• New coping strategies
• Relaxation
• Assertiveness
• Time management
• Nutrition
• Self Care
Healing Environment

• Safe
• No disturbances
• Atmosphere
• Comfortable
• Quiet

Body Awareness

• Everyone responds differently.
• Get to know your own personal stress response.
• Do a body inventory.
• Get to know yourself better.

Body Awareness

• It’s the beginning of understanding.
Breathe anytime and all the time

Breathing

• Breathing is life.
• Be aware of your breathing.
• Allow breathing to happen.
• Breath deeper and slower.

Progressive Relaxation

Benefits

• ↓ Blood Pressure
• ↓ Heart Rate
• ↑ Immunity
• ↓ Muscle Tension
• ↓ Lactic Acid
• ↓ Sensitivity to Pain
• ↓ Difficulty Sleeping
Progressive Relaxation

• Effective relaxation method
• Variety of applications
• 2 weeks to master
• Jacobson method

Guided Imagery

Principles of Guided Imagery

1. The mind can influence the body.
2. In an altered state we are more capable of healing and personal growth.
3. We feel better and do better when we have a sense of control.
4. The subconscious thinks we are really there.
Research has shown guided imagery can:

- Reduce stress and anxiety
- Decrease pain
- Decrease blood pressure
- Decrease blood glucose levels
- Decrease allergy and respiratory symptoms
- Decrease the severity of headaches
- Enhance bone and wound healing
- Enhance sleep
- Enhance self-confidence
- Assist in grieving
- Enhance skin grafts

Self Hypnosis
Mindfulness

- The purpose of meditation is to realize where and who you are.
- Buddhist origins
- Learn to live in harmony
- Moments are richer
- We are in touch

Mindfulness Meditation

- Simple concept
- Not easy
- Paying attention
- Present Moment
- Intentionally
- Nonjudgmental
- Awareness

Nutritional Interventions

- Proper diet
- Whole foods
- Supplements
Vitamin B Complex

- B1 - Thiamine
- B2 - Riboflavin
- B6 - Pyridoxine
- B9 – Folic acid
- B12 - Cobalamin

Caffeine

- Consumption
- Stress response
- Mechanism of action
- Potentiation ↔
- Usefulness

Alcohol

- Coping mechanism
- HPA axis interference
- Resistance to infection
- Vitamins
- Cortisol
Tryptophan

- Amino acid
- Serotonin
- Mechanism of action
- Depression
- Appetite
- Supplements

Fat

- Lipid responses
- Dietary increase
- Prostaglandin precursors
- Sources
- Omega 3s

Anti oxidents

- Interaction, balance
- Numerous processes
- Deficiency
- Sources
• Anti-oxidant sources

Mindful Eating

• Mindfulness
• Mindful eating
• Usefulness

Sleep

• Length of sleep
• Quality of sleep
• Sleep apnea
Choose

• To include stress management in your self care and patient teaching
• To slow down, breathe, be peaceful

Three approaches to stress management:
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2. Change the way you feel about the stressor?
3. Change the way your body responds to the stressor?