

Women and Stress:

Tips to Manage Your Stress Effectively

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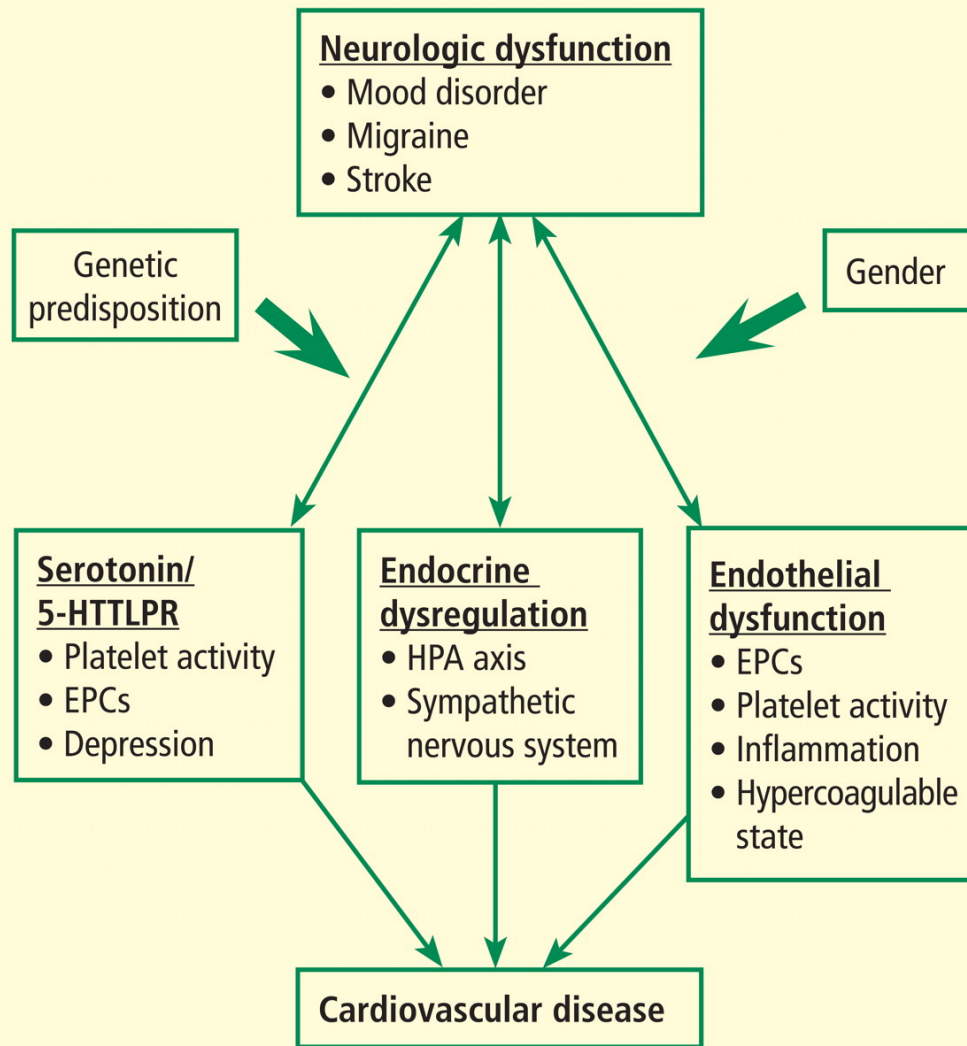


Long Beach Memorial

O. Carl Simonton, M.D.



Neurologic and psychological disorders share some overlapping pathophysiologic mechanisms with vascular disorders.



Stroke Triggers

- alcohol abuse of >40 to 60 g within the preceding 24 hours or >150 g within the previous week
- infection within the previous week or within the previous month

Stroke Triggers

Other triggers have been far less investigated. There was a significant association between Stroke and:

- anger,
- heavy eating,
- negative or positive emotions,
- sudden posture change in response to a startling event,
- birthday,
- psychological distress

No significant association with:

- drug abuse
- heavy physical exertion.

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“Every person should know, that from the *mind*, and from the *mind* only, arise our pleasures, joys, as well as our sorrows, pains, grief, suffering, and tears. All these and other emotions come from the *mind* and only from it. “

Hippocrates, *Sacred Disease*

Peter Fenner, PhD – “Radiant Mind”



Change of Paradigm

From illness to wellness

Ingredients of S&EWB

- Hope, trust and faith
- Peace of mind
- Ability to comfort oneself
- Finding purpose, reasons and meaning in life
- Post-Traumatic Growth
- Harmony with oneself – Unconditional
- Self-Acceptance

Ingredients of S&EWB

- Gratefulness - ability to appreciate things that are in one's life in the present moment, every moment
- Forgiveness, releasing resentments
- Effectively resolving guilt, blame and anger
- Cultivating kindness, compassion and caring

- Engaging in Vital Activities
- Non-attachment to outcome
- Humor, laughter, serenity and play
- Mindful breathing
- Balancing zest for life with readiness to die
- Connectedness, universality, transcendence
- Radical Acceptance – Broadening the River of Life

On a *good* day

But have a plan what to do
on a *bad* day

Principles of therapy in the Beat the Odds Program

1. Focusing on improving the quality of life today
2. Looking for what's right with us, not what's wrong
3. Balancing caring with no attachment to outcome
4. Honoring own limitations – taking good care of yourself
5. Appreciating what already works for us
6. Exploring secondary gains to find out important needs that are met when we are sick

Practical Skills to Beat the Odds of Everyday Stress

- Unconditioned Awareness
- Mindful Breathing
- Gratefulness – appreciating what we can in the present moment
- Vital Activities – joy, meaning and deep fulfillment
- Following your Emotional GPS
- Resolving negative emotions: resentment, anger, fear, worry, despair
- Healthy existential and/or spiritual beliefs
- Balancing caring with non-attachment to outcome
- Sleep, rest, nutrition, physical exercise as a stress reducer
- Play – experience of having fun is mandatory – not an elective!
- Laughter is not a joke!
- Doing nothing

Just Sitting



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