



A Mindful Approach to Stress

Gyll Turteltaub, PsyD

PRIMARY CARE HAWAII CONFERENCE

JULY 31- AUGUST 4, 2023

GRAND HYATT HOTEL, KAUA'I HAWAII



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20 Hours of AAFP CME Credit

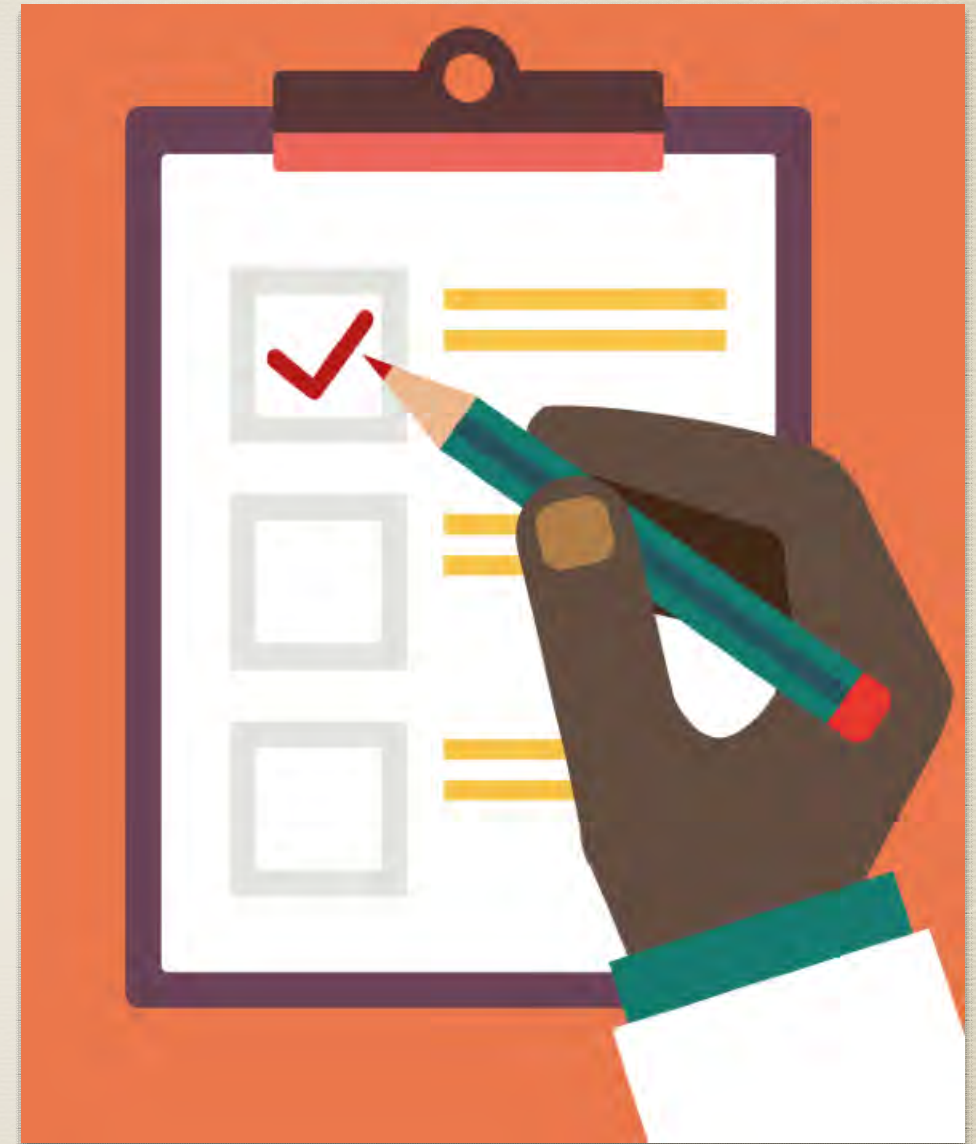
Disclosures

Gyll Turteltaub, PsyD

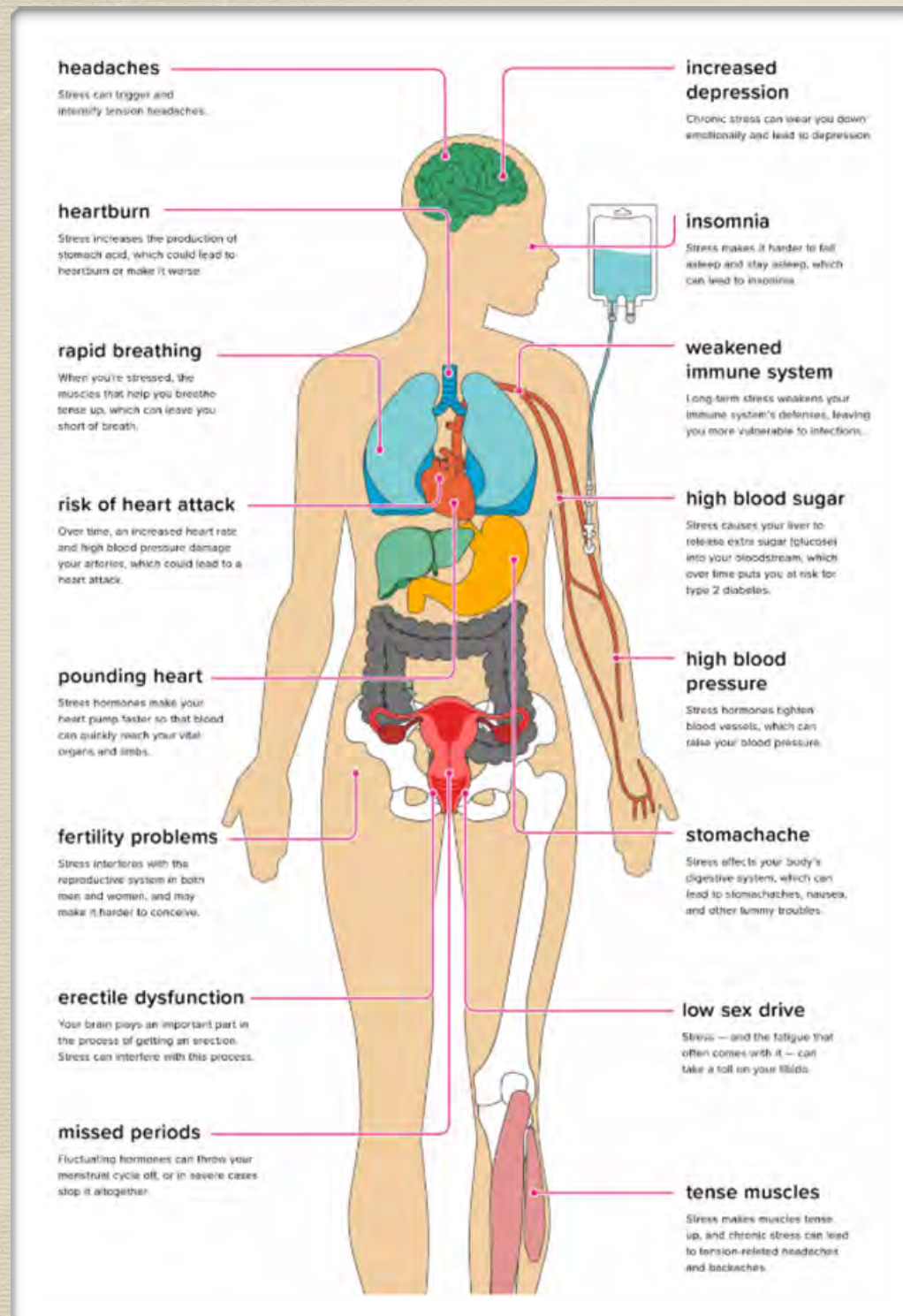
- Has no relationships to disclose.

Objectives

- Learn signs of stress related to four dimensions of wellbeing
- Explore adaptive coping strategies to enhance wellbeing
- Review ways of being and staying 'present' in the face of complex and competing responsibilities



Mind/Body Medicine



- Psychosocial factors determine the onset of some diseases, the course of many, and the recovery from most.
- ~80% of primary care patients have high levels of psychosocial distress.
- Only 20% of most common symptoms in primary care have an organic explanation.

What is Stress?

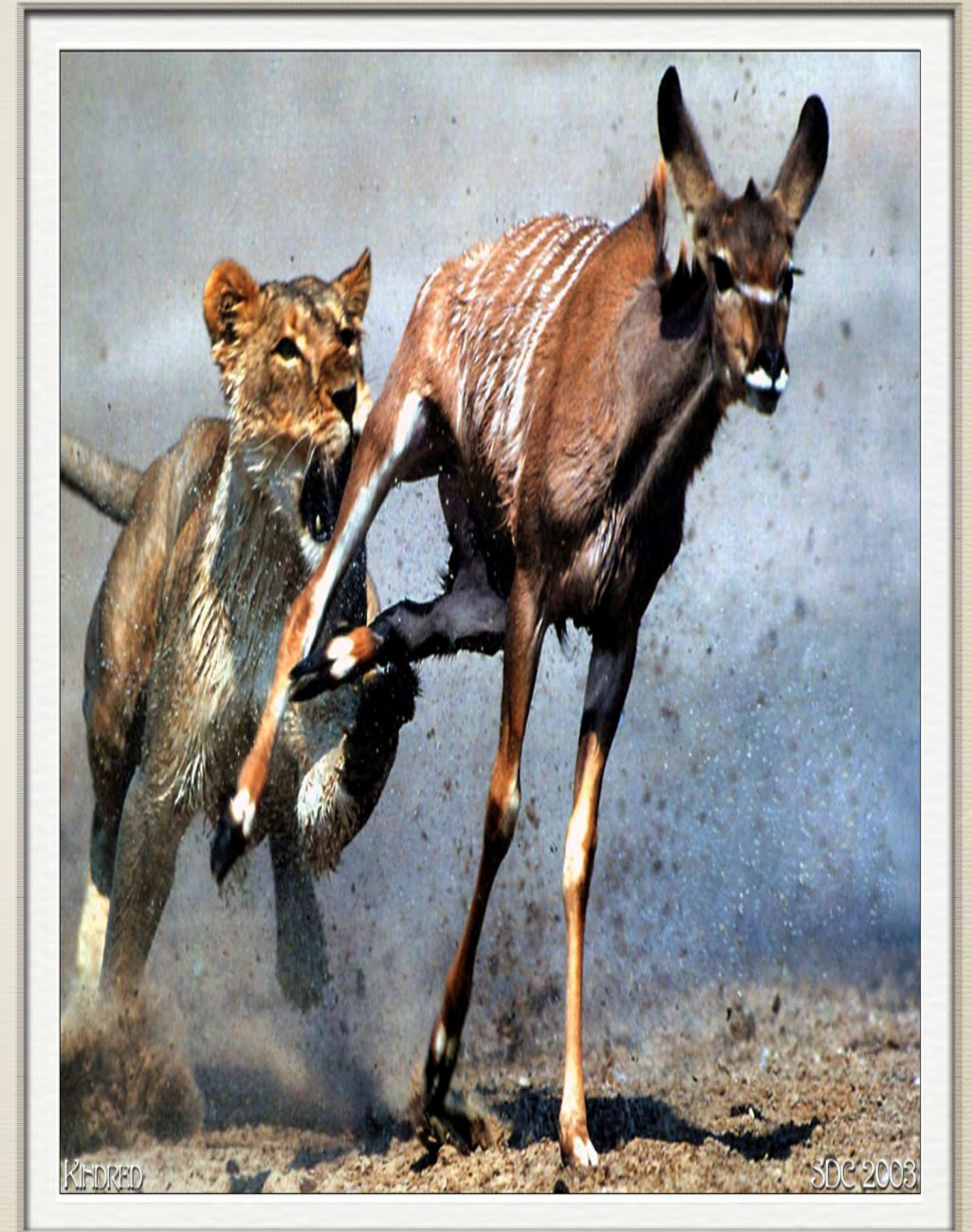
....your body's response to any perceived demand (stressor) from outside or from within.

Stress from an evolutionary standpoint



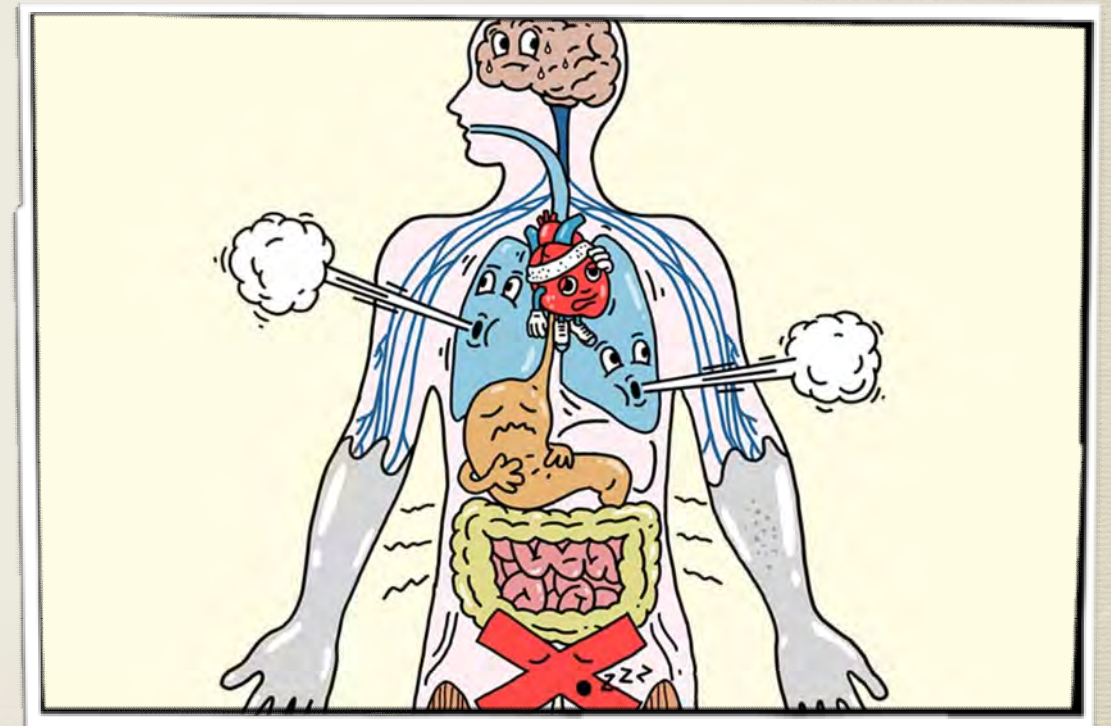
Consequences of Fight or Flight

- Prey shuts down long-term building projects:
 - Immune system is turned off
 - Prey grows antibodies, antlers, or babies later
 - Prey digests food later



Consequences of Cognitive Process

- Unlike animals, our stress is often long-term, (illness, finances, parenting, relationships, work, ...)
- These stressors don't go away the way the stress of running from a lion does once you've escaped...
- In humans, mobilization and inhibition processes needed for running from that lion continue to be activated.



Chronic Stress

Stress suppresses the immune system

Chronic stress chronically stresses immune system.



How does stress show up for you?

Physical

- Aches/Pains
- Fatigue
- Sleep disruption
- Increased illness
- Aches/Pains
- Muscle tension
- Appetite Changes

Behavioral

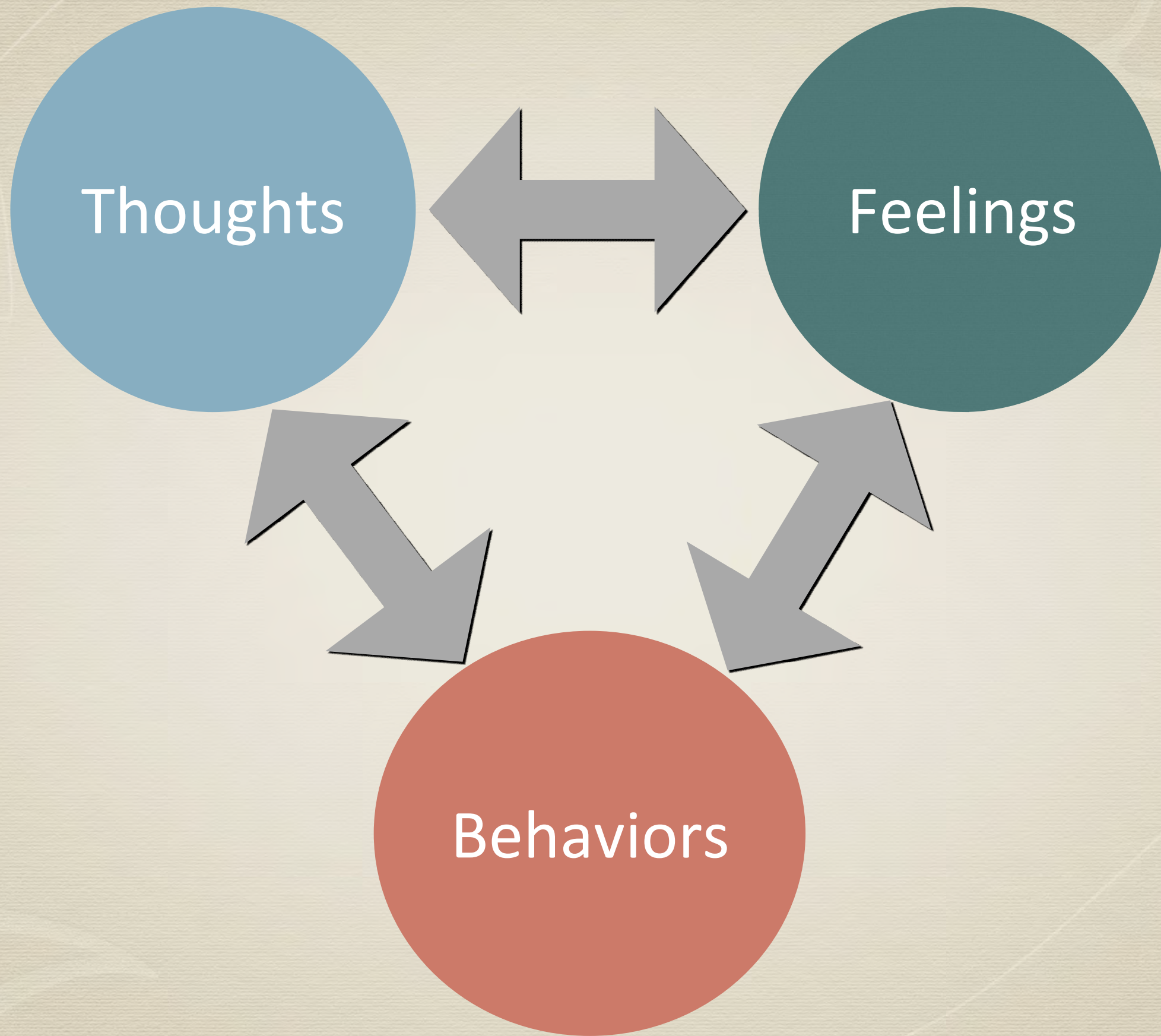
- Difficulty concentrating
- Forgetfulness
- Catastrophic thinking
- Negative thinking
- Racing thoughts
- Increased mistakes

Emotional

- Moodiness
- Irritability
- Feeling overwhelmed
- Loneliness
- Depression
- Anxiety
- Resentment
- Numbness

Spiritual

- Unfulfilled
- Lack of balance
- Feeling lost
- Lack sense of self
- Detached / withdrawn



Cognitive Distortions

- All-or-Nothing Thinking: If a situation falls short of perfect, you see it as a total failure.
- Over-generalization: You see a single negative event as a never-ending pattern of defeat.
- Mental Filter: You pick out a single negative detail and dwell on it exclusively.
- Discounting the Positive: You reject positive experiences by insisting they "don't count."
- Jumping to Conclusions: You interpret things negatively when there are no facts to support your conclusion.
 - Mind Reading: You arbitrarily conclude that someone is reacting negatively to you.
 - Fortune-telling: You predict that things will turn out badly.
- Magnification: You exaggerate the importance of your problems and shortcomings, or you minimize the importance of your desirable qualities.
- Emotional Reasoning: You assume that your negative emotions necessarily reflect the way things really are: "I feel angry. This proves I'm being treated unfairly."

12 UNHELPFUL NEGATIVE THOUGHTS



'I can't do anything right'



'I am such a failure'



'I am so incredibly worthless'



'Everyone is better than me'



'Life is so pointless'



'Nobody ever likes me'



'This always happens to me'



'I will never be enough'



'I am a waste of space'



'I am a stupid person'



'I am really nothing'



'Trying will not help at all'

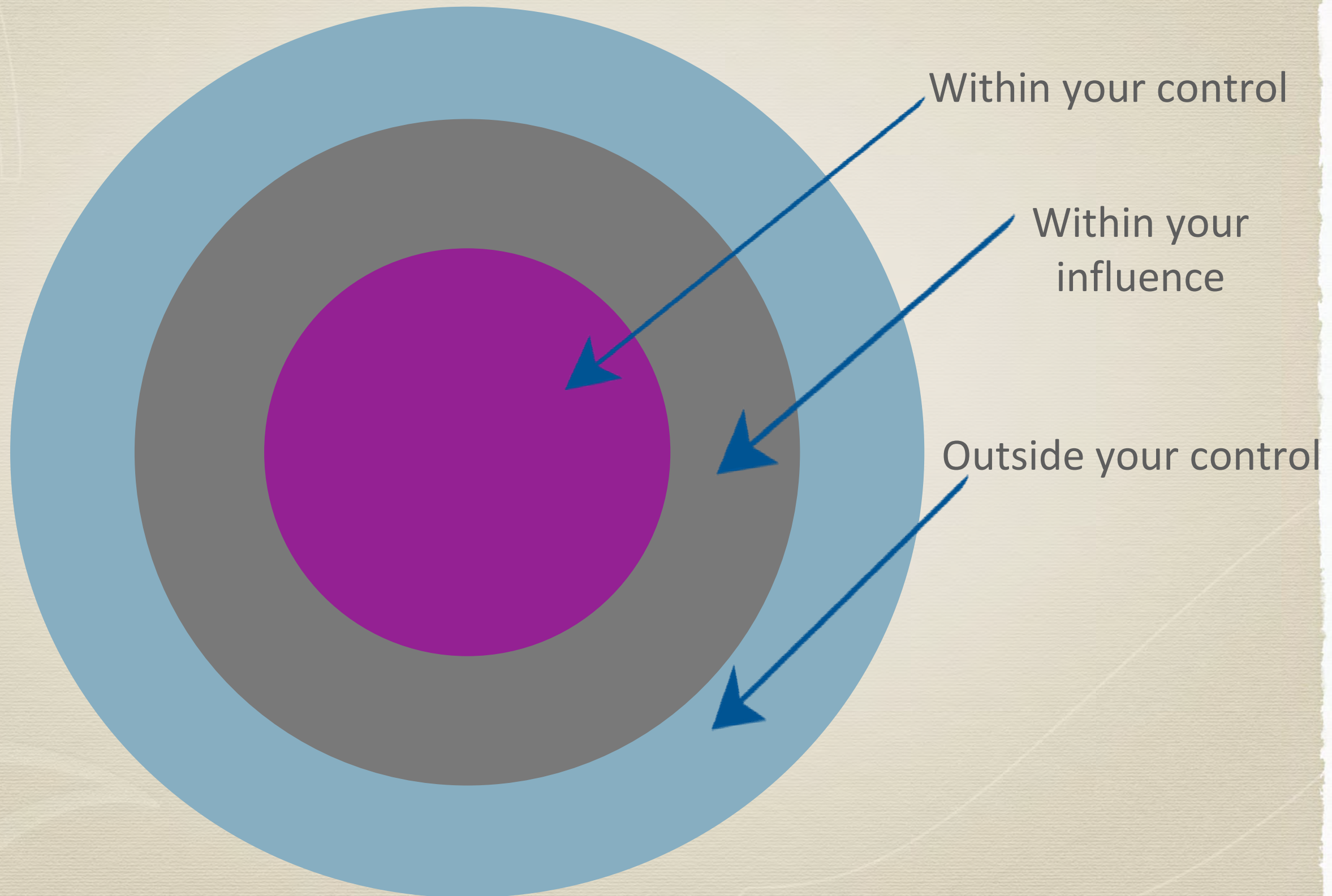
The Power of Thoughts





“Visualize yourself not falling off the wall.”

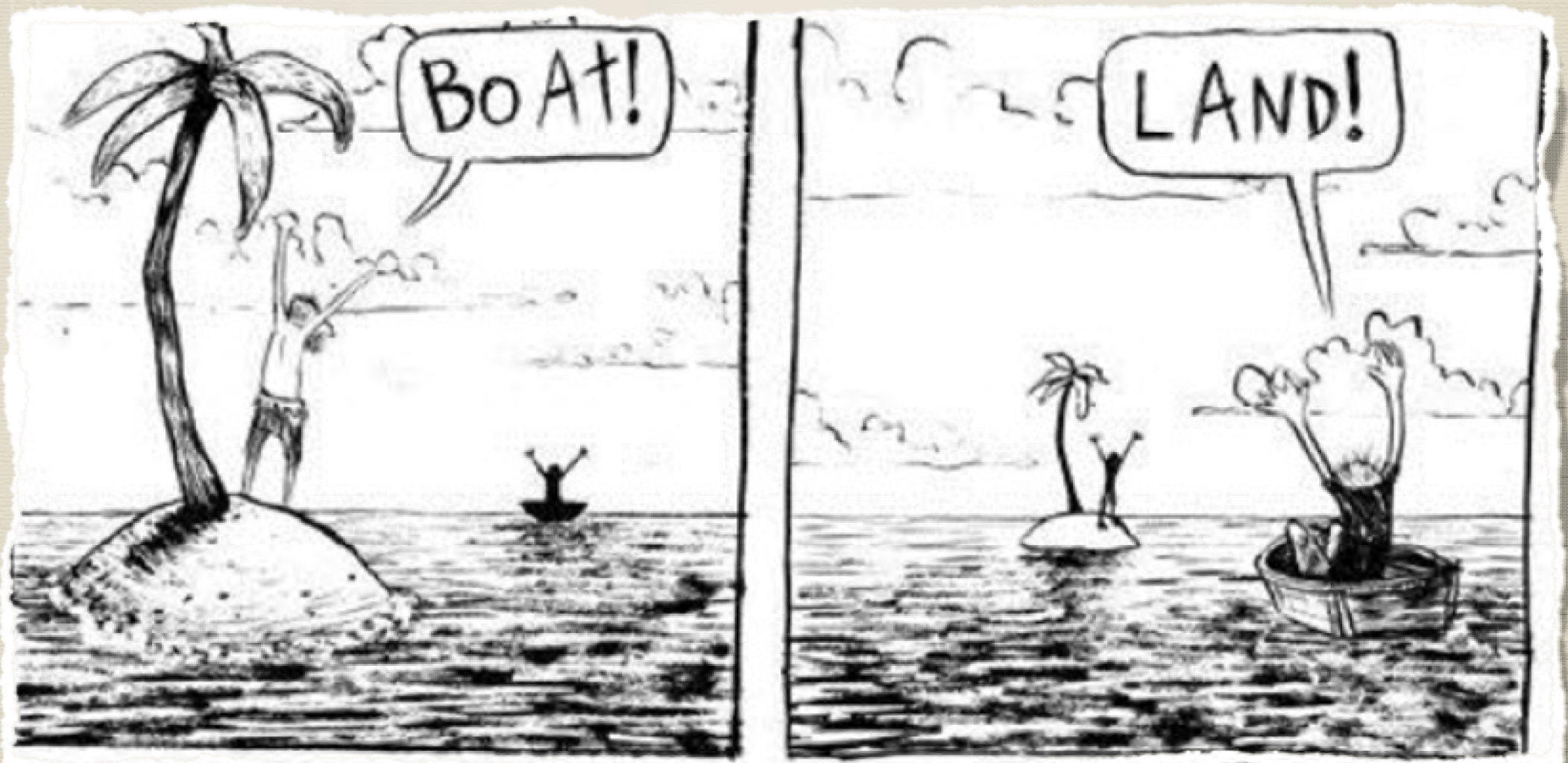
Emotional Energy



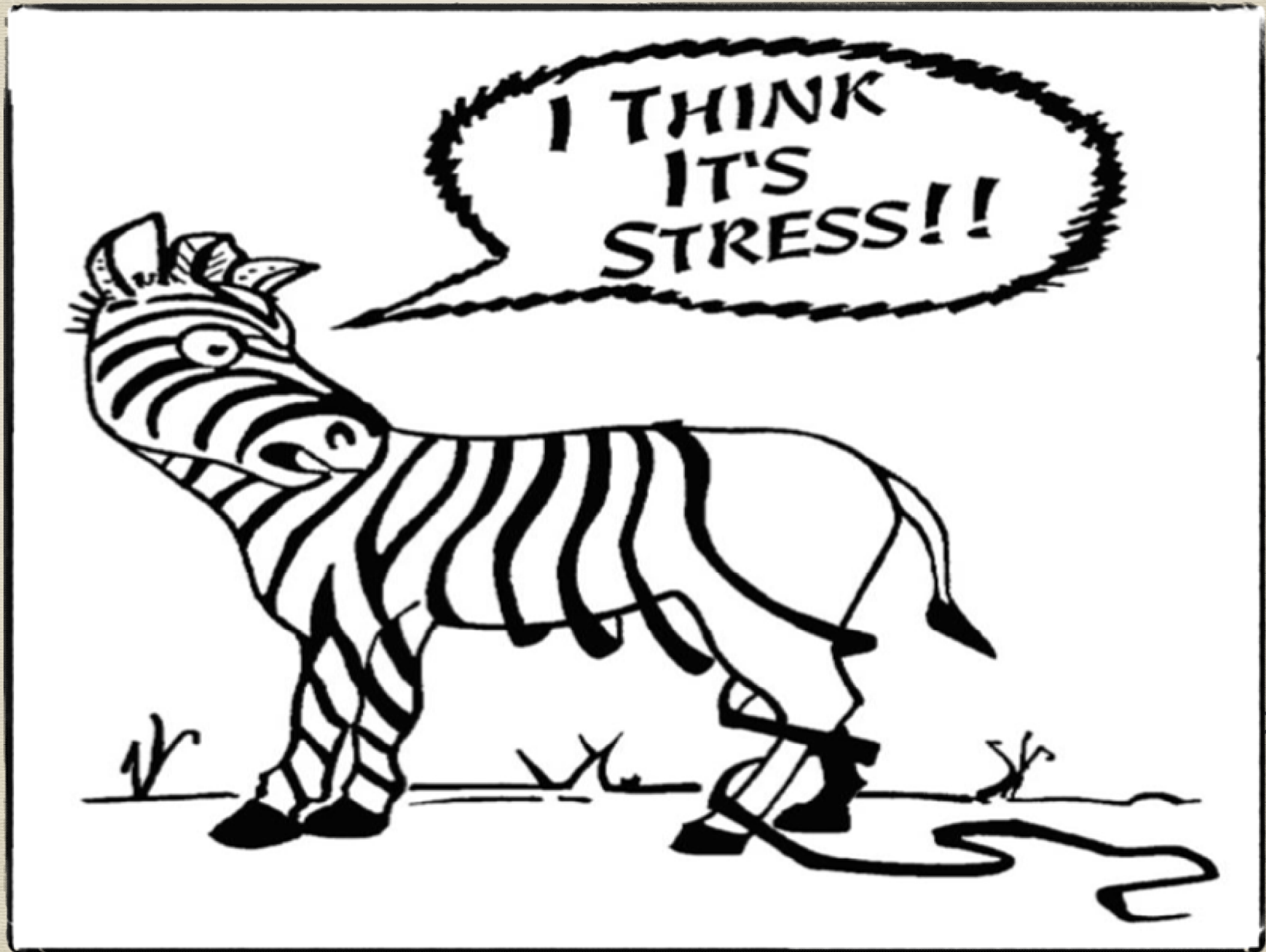
Renewing Personal Energy: The Emotions

- Positive ritual for defusing negative emotions:
 - Buying-Time/ Time-Out
 - Deep abdominal breathing, turns off the fight or flight
- Fuel positive emotions in yourself and others by regularly expressing appreciation
- Look at upsetting situations through new lenses:
 - Reverse lens - What would the other person in this conflict say, and how might they be right?
 - Long lens: - How will I likely view this situation in 6 months?
 - Wide lens: How can I grow and learn from this?

How does your perspective influence your emotions?



Renewing Personal Energy: The Body



Renewing Personal Energy: The Mind



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“I’d like to schedule a time-management seminar on my calendar...as soon as I can find time to buy a calendar!”

Renewing Personal Energy: The Human Spirit







Mind Full, or Mindful?

Neuroplasticity

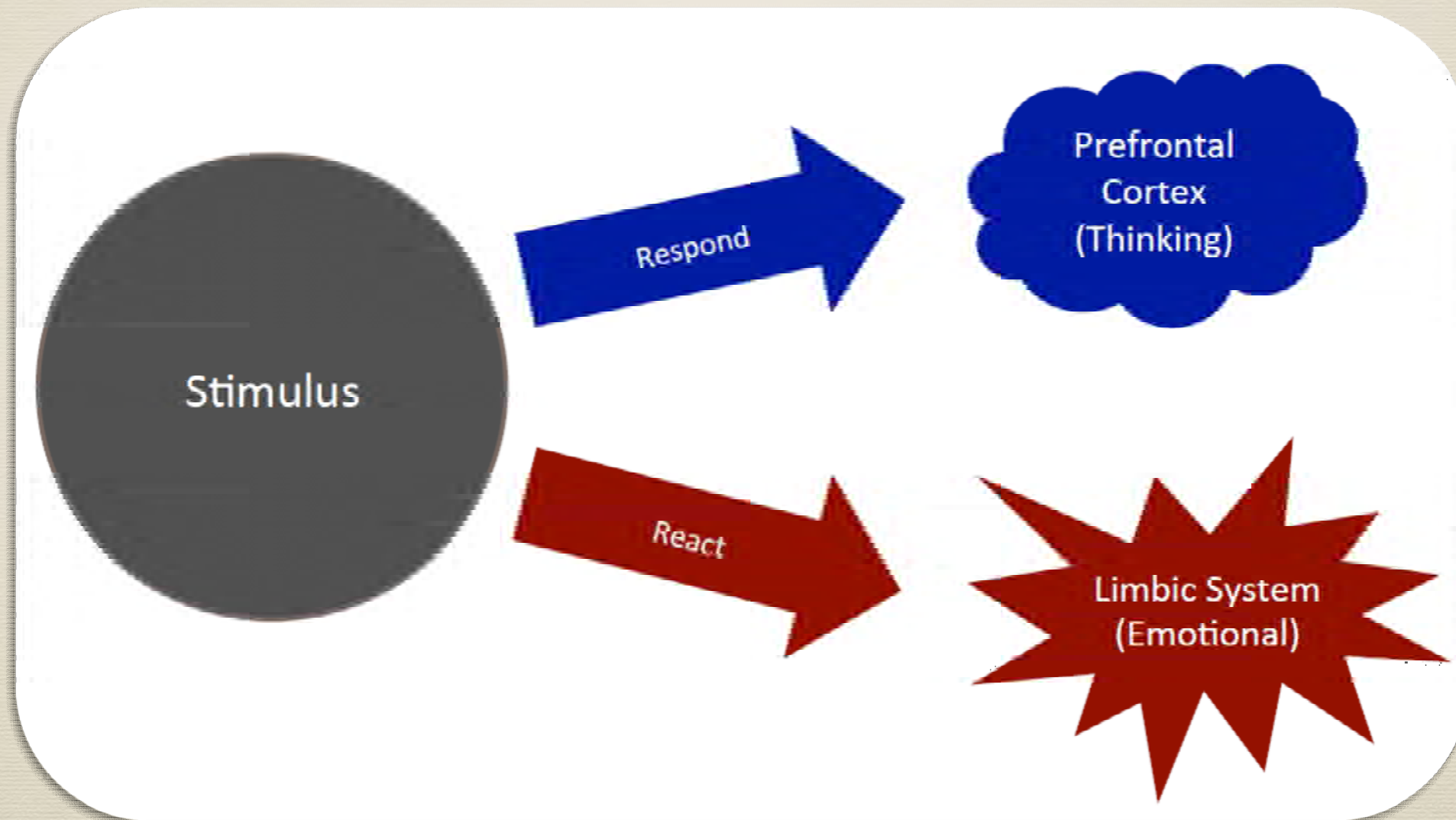


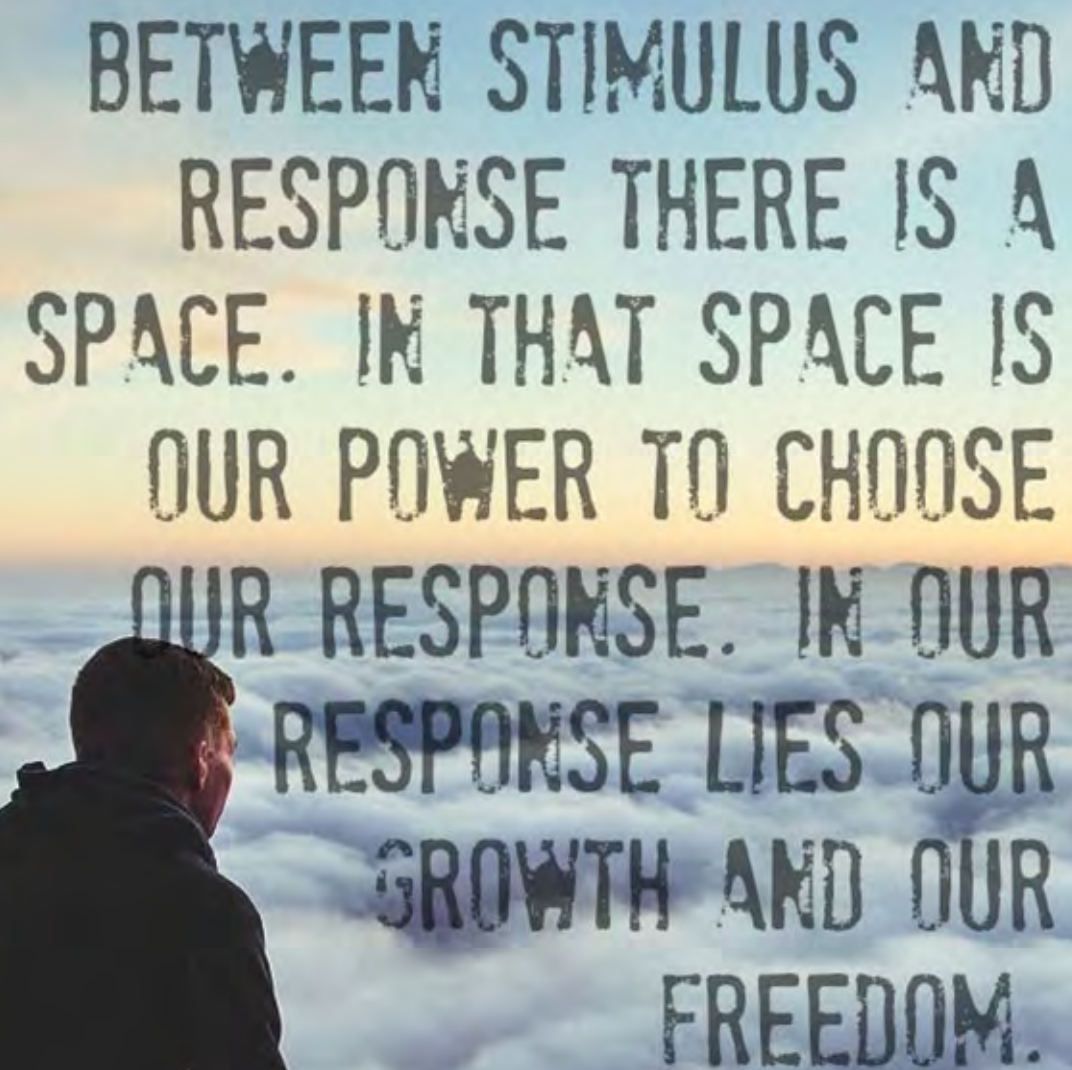
A still from Star Wars: The Clone Wars showing Yoda in a swampy, rocky landscape. He is sitting on a rock, holding a wooden staff, and looking towards the right. In the background, a droid is visible, and a person is walking in the distance. The scene is misty and atmospheric.

Train the brain for:

- Balance
- Focus
- Attention
- Skillful Action

Mental Regulation

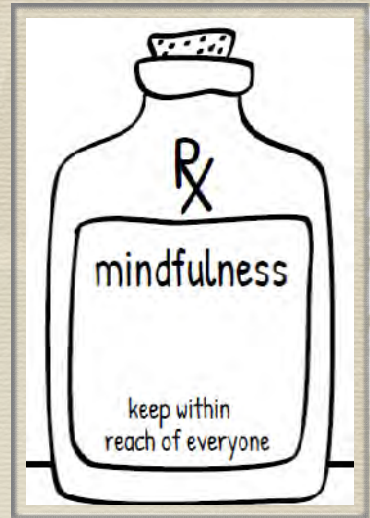


A man in a dark jacket is sitting on a rocky outcrop, looking out over a vast landscape of clouds. The sky is a mix of blue and orange, suggesting a sunset or sunrise. The text is overlaid on the right side of the image.

BETWEEN STIMULUS AND
RESPONSE THERE IS A
SPACE. IN THAT SPACE IS
OUR POWER TO CHOOSE
OUR RESPONSE. IN OUR
RESPONSE LIES OUR
GROWTH AND OUR
FREEDOM.

– VIKTOR FRANKL

Benefits of Mindfulness



Decreased:

- Stress
- Burnout
- Ruminative thinking
- Anxiety
- Depression
- Physical pain
- Impulsivity
- Disruptive behavior

Increased:

- Concentration
- Equanimity
- Sensory clarity
- Empathy
- Compassion
- Quality of life
- Physical health
- Emotional stability



Questions

