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Stress Management

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What Exercise Does Inside of us



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- Breaks physical tension
- Is an excellent distractor
- Releases endorphins to make us feel happy
 - same chemicals in love, sex and chocolate
- Makes us physically stronger
 - Decreased aches and pains
- Helps us to feel better about how we look
 - we take that attitude with us as we move through life

What Causes Stress?



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1. Physical
 - Illness
 - Pain
2. Interpersonal
 - Romantic relationships
 - Children
 - Family/Friends
 - Co-workers
3. Business of Life
 - Job
 - Finances
4. Environmental
 - Harsh weather
 - Traffic
 - Holiday shopping, etc.

How do we contribute to our own stress?



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1. Dramatize our situation
 - Wanting others to feel sorry for us
2. Forming our identity through our stress
3. Responding to societal expectations
4. Making the same choices over and over again

What does stress do to us?

Causes:

- Increase in muscle tension
- Headaches
- Upset stomach
- Sleep deprivation
- Breakouts on the skin

Can also:

- Fracture interpersonal relationships
- Distract you from the most important things in your life
- Lead to poor choices

Perceived Stress

- Comes in through the senses
- Transferred to the brain
- Hormone gets released
- Goes into the body and spreads alarm
- More hormones secreted
- Tells the adrenal glands to send out cortisol, epinephrine, and norepinephrine
- These chemicals increase heart rate, causes muscles to tighten, and breath to shorten

Acute Stress



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- Body shuts down all essential functions, so it can focus on supplying blood, oxygen and glucose to your body to help you deal with the emergency
 - Thoughts are sharper
 - Blood pressure and heart rate increase
 - Pupils open wider
 - Sweat increases
 - Pain receptors shut down
 - Digestive system shuts down
 - Dry mouth/throat tightens
 - Hair stands on end

Chronic Stress

Effects on the body long-term:

- Constant release of cortisol and adrenaline upsets the hormonal balance
- Increase in colds and infection
- Upset stomach leads to Irritable bowel syndrome (IBS) or ulcers
- Excess cortisol interferes with the metabolism causing weight gain
- Increased blood sugar leading to diabetes
- Physical aches and pains/muscle tension
- Trouble falling or staying asleep
- Decreased sex drive
- Decreased fertility
- Loss of focus and memory
- Increase susceptibility to substance abuse, eating disorders, depression and anxiety

What can we do to decrease our stress?

1. Prayer
 2. Meditation
 3. Bodywork
 - Acupuncture, Chiropractic, Massage, Reiki, Yoga
 4. Humor
 5. Surrounding yourself with the people you love
 6. Doing the things that you love
 7. Make a conscious decision to be grateful, look at blessings, and keep a positive perspective
- *Remember, to be kind to yourself and give yourself time to replenish.
- Put on your oxygen mask first!



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Thank You