

Action Allays Anxiety

*Overcoming the Hidden Stressors in
Life.....*

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Definition

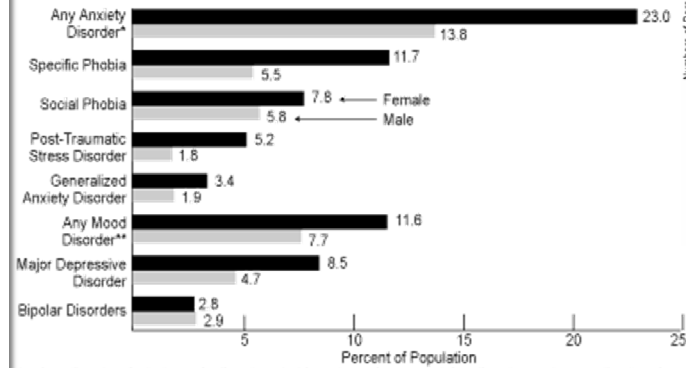
- Perceived threat (accurate or otherwise) to physical, mental, or emotional well-being.
- Stress can be caused by physical factors (like an injury or illness) or psychological /social factors (unresolved issues, bereavement, moving, new house, new grandchild, unresolved relationship problems).

What's the Difference?

- **Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious.**
- **What is stressful to one person is not necessarily stressful to another.**
- **Anxiety is a feeling of apprehension or fear** (source not always known or recognized, which can add to the distress you feel).
- **Anxiety disorders are a group of psychiatric conditions that involve excessive stress levels** (include generalized anxiety disorder, phobias, obsessive-compulsive disorder, and panic).

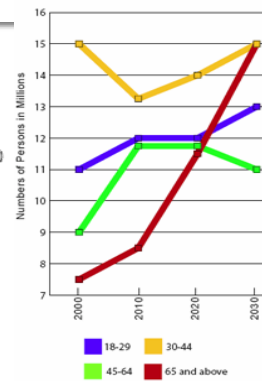
Mental Disorders Among Adults Aged 18 and Older in the Past Year, by Sex, 2001-03

Source: National Comorbidity Survey Replication (NCS-R)



*Anxiety disorders include panic disorder, phobias, obsessive-compulsive disorder, and generalized anxiety disorder. **Mood disorders include major depressive disorder, bipolar disorders, and dysthymia.

Estimated Projected Prevalence of Major Psychiatric Disorders by Age Group



MENTAL DISORDERS
FOURTH EDITION
TEXT REVISION

DSM-IV-TR®

AMERICAN PSYCHIATRIC ASSOCIATION

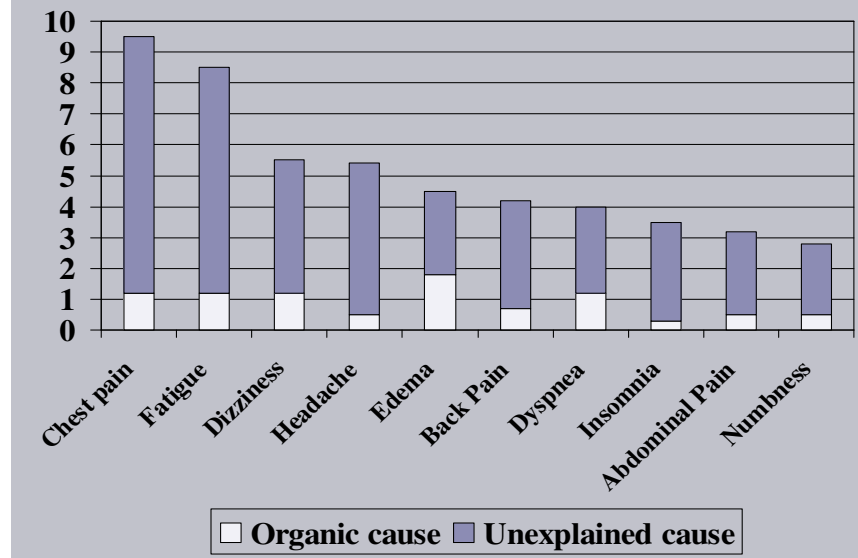
How is Anxiety Experienced?

- Most common mental illness in the U.S, 40 million (18.1%) of U.S. population (age 18 and older) affected.
- "The Economic Burden of Anxiety Disorders," (ADAA study) cites cost > \$42 billion a year, 1/3rd of \$148 billion mental health budget in U.S.
- > \$22.84 billion associated with repeated use of healthcare services by those seeking relief for symptoms that mimic physical illnesses.
- 3 to 5 times more likely to go to the doctor and 6 times more likely to be hospitalized for psychiatric disorders.

Anxiety Disorders Association of America, 2006.

3-year incidence of 10 common symptoms in primary care

(Segerstrom, SC & Miller, GE (2004) Psychological stress and the human immune system)



Stress Facts

- Term coined by Cannon (1925) to describe fight-or-flight response seen in persons exposed to cold, blood loss, and oxygen deprivation in laboratory setting.
- Body releases epinephrine into the blood stream from the adrenal glands. Stimulates liver to provide stored carbohydrates for extra energy.
- Blood is diverted away from digestive tract and skin and sent to muscles and other vital organs.

- Normally changes are helpful for body to function at peak efficiency during emergencies.
- Body mobilizes for action, releases energy, quickly returns to a steady state.
- When stressor is boss, teacher, relative, illness, etc., cannot run, and, cannot fight.
- Wear and tear on body causes “dis”ease.
- Innate leftover from cavemen.

For Your Family Who Work

- 78% of American workers describe their jobs as “stressful.”
- 25% of American workers view their jobs as their main stressor.
- After smoking and high cholesterol, stress is main risk for heart disease.
- Rapidly becoming most expensive cause of lost productivity.
- Stress related illnesses are often treated without treating the cause.

Slide 3 Facts about Job Stress

Job stress is pervasive. According to the American Institute of Stress, 78% of American workers describe their job as stressful. 40% of American workers describe their job as *extremely* stressful and 25% of American workers view their job as the number one source of stress in their lives.

Some of the symptoms of a workplace plagued by job stress are: high rates of turnover, increased absenteeism, increased number of accidents and worker alienation.

Sources of job stress include bad bosses, inadequate training, poor lighting, excessive overtime, hectic pace, deadline pressure, too many meetings, changes of policy, not working to a plan, conflicting assignments, reorganization, downsizing and even a new boss.

Elder Stressors

- Moves (expected and otherwise).
- Changes in resources.
- Forced dependence.
- Ageism.
- Loss of function.
- Mobility of families.
- Cognitive changes.
- Increasing lifespan.

Behavioral/Cognitive Signs of Stress

- Always rushing.
- Disorganization.
- Increased arguments.
- Risky behavior.
- Affairs.
- Forgetfulness.
- Lawlessness.
- ^ BP
- Impaired immune system.



Lawless exercise

Everyone feels like they are basically a law-abiding citizen stand up. If there is anybody left standing at the end of this list they will win a prize. (You can wait to sit down until the end if you wish to remain incognito on any particular item.)

How many have been tempted to:

Cheating on income taxes

Take any illegal drugs.

Take a right on red when you know you can't

Go through a yellow traffic light when you knew it would turn red

Ever used the emergency lane – even once because you felt it was necessary.

Driven over the speed limit

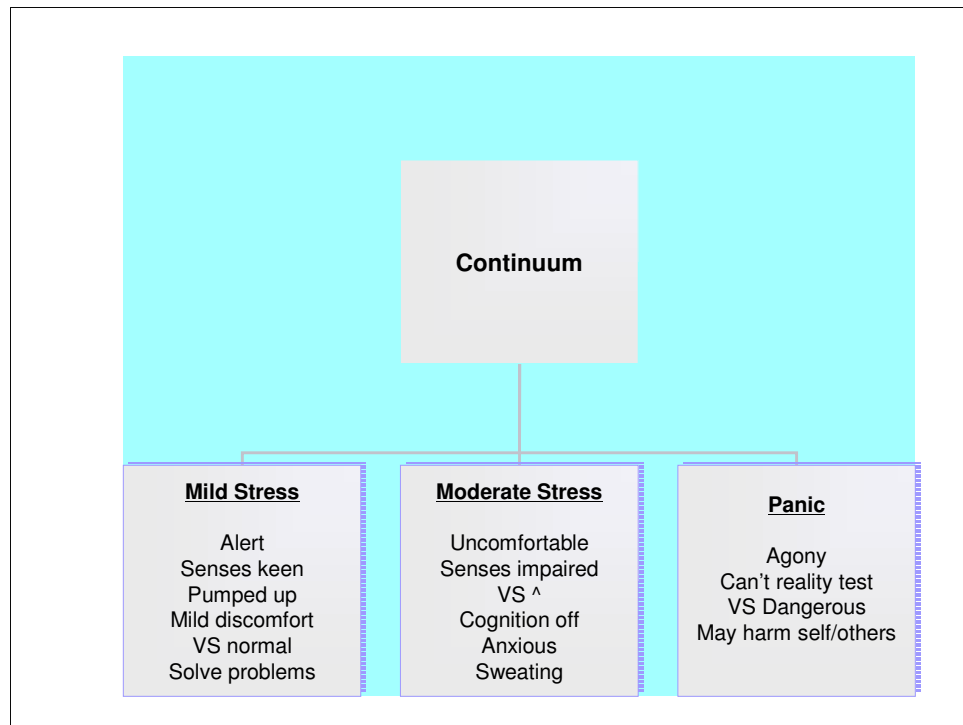
Passed

Lack of job satisfaction. When your work is inherently unsatisfying. When you feel stagnant and stuck. No new opportunities for growth no added responsibilities or exciting projects that challenge you. It's always the same old, same old. An SOS.

Unexpected Return to Work Stress

- Lower productivity.
- Increased accidents.
- Higher absenteeism.
- More mistakes.
- Violence.
- Alcohol and drug abuse.





The Ankle Biters

- Cumulative & clustering (Seyle).
- Not necessarily recognizable (Life Change Units).
- Have the power to overwhelm rapidly and profoundly.
- May complicate other illnesses.
- Johari knows.
- You spot it, you got it.

Resilience: the ability to bounce or spring back into shape after being stretched, bent, or compressed.

- Five qualities of a resilient person.
 - Flexible.
 - Sees setbacks as temporary.
 - Nurtures an attitude of gratitude.
 - Calls on resources.
 - Is action oriented.

Prochaska and Change

- Pre-contemplation.
- Contemplation.
- Preparation.
- Action.
- Maintenance.
- Termination.

America is an action oriented society. So all our behavior mod programs are based on people taking immediate action. We now know that people move through a change process and taking action is after a lot of

- Thinking about changing but not in the next six months
 - Looking to make a change in the next six months (Learning phase: pros start to outweigh the cons)
 - Ready to make a change in the next month. Picking out the diet, the gym, the teacher, the smoke ending course, etc.
 - Putting the change into action (First three months)
 - . Maintaining the change: First year biggest chance of relapsing
After five years the relapse rate drops to less than 4% (After 1 year after quitting without a single puff 40% of smokers relapse.)
 - Termination: You will not go back. (It's automatic: moved beyond decisional control and rule control.)
-
- Skim milk
 - www.bu.edu/cpr/webcast/change.html

Meditation

- Herbert Benson's 4 prerequisites:
 - A quiet place.
 - Something to dwell on.
 - A passive attitude.
 - A comfortable position.

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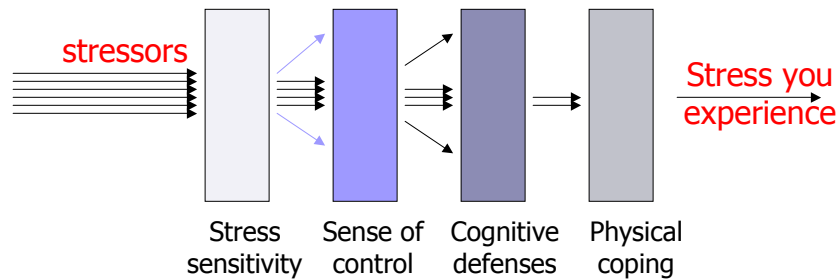
- Preventive maintenance.
- Use technology.
- Call your grandmother.
- Do something that makes you sweat.
- Change the things we can.
- Criticize less.
- Do something for someone else secretly.
- Make a space that is safe/quiet.
- Next time I will.

Slide 36 Job Stress can be the result of:

- Poor job fit
- A difficult boss
- Insufficient training
- Health and safety hazards
- Ergonomic problems
- Unfairness in regards to perks, promotions and raises.
- Too much responsibility not enough control
- Too much to do and not enough time to do it
- Changes in work flow
- Reorganization
- Too many meetings
- Not working to a plan
- An emphasis on quantity over quality
- Interruptions
- Inability to cope with stress

- Be in the now.
- Don't rush.
- Judge less.
- Listen more, talk less.
- Be flexible.
- Setbacks as temporary.
- Attitude of gratitude.
- Power other than self.
- Levitate.

Stress Mediators



Slide 15 Stress Mediators.

Any time you are exposed to a *stressor* - factors come into play that will *mediate* the amount of *stress* you ultimately experience.

You may be more stress sensitive than other people or particularly sensitive to a certain type of stress. You may be in a position of greater control over a situation and thus be in a better position to solve it. You may be better at thinking on your feet and can handle stressful thoughts without losing your cool. Or perhaps you engage in regular physical activities like exercise, meditation or certain relaxation techniques that leave you better disposed to handling stress when you do encounter it.

We call these factors stress mediators. They come between the stressor you encounter and the stress you experience. In this half of the program, we will be discussing a variety of ways you can mediate the effects of stress using a variety of coping techniques.

