

STRESS makes you Distracted,
Distraught,
Dumb,
and Dead

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What is my role in this presentation?

I'm here as the real life "example" of what stress does to you ...

My Personality ...

Myers-Briggs personality type: ISTJ
"POLAR BEAR"
Motto: *I'll work it out myself*
"Perfection" is typically my goal.
Type "A": competitive, outgoing, ambitious, impatient, high-strung, hard-driving, control freak ...

My Personality ...

As a child,

- Intense & serious, very mature
- Attracted to interest requiring precision & skill
- Learned best by doing
- Valued routine and structure
- Liked to research and become an "expert"

My Personality ...

As a young person,

- Often more adult than the adults!
- Valued independence, privacy & personal space
- Dependable, loyal & responsible.

My Personality ...

As a partner,

- Practical
- Loyal & sensible
- Do not like spontaneity

My Personality ...

At work,

- A task finisher
- Good at understanding & applying the RULES
- Over-represented in accountancy, law, uniformed services, surveying, business administration, management & COMPLIANCE!

STRESS **still** makes you
Distracted,
Distraught,
Dumb,
and Dead

Who Manages You?

What is Stress?

- Threat of job change or loss
- Job deadlines or difficult boss
- Your spouse demands more time
- Your child suffers a loss
- Your parent dies
- You get promoted/demoted
- You win the lottery
- A new administration

What distresses you?

- Talking to a psychologist
- Talking to an administrator
- Talking to a physician
- Talking to a patient
- Talking to a judge
- Public speaking

Real Stressors!

- Our "Customers"
 - External/Internal
 - Rules, Regulations, Interpretations
- Threat of ...
 - Mistakes
 - Ambiguity

Real Stressors!

- Our Physical Environment
 - Traffic, Physical threat
 - Economics – food, shelter, water
 - Weather and landscape
- Our Social Environment
 - Family
 - Work
 - Community

Real Stressors!

- Ourselves
 - Biology
 - Behavioral patterns
 - Thoughts
 - Feelings

Stress & It's Effects ...

Back to the Compliance Professional's Story

Stress...

*If your personality is anything like mine,
Think about all the things that irritate you, that cause you
stress...
Now,
Think about the various health events in your life.*

Stress...

*Compliance Officer for around 20 years...
High anxiety – Creating Compliance Programs from the ground up, several Qui Tam litigations, 1st OCR Security Audit.*

*Sudden death of my father.
... Panic attack on an airplane.
... Panic attacks in traffic.*

Stress & It's Effects ...

*May '13 New Job – immediate Qui Tam
Feb '14 - Hospitalized: Vestibular Dysfunction
Sep '14– Hospitalized: Heart Attack
Nov '14 – Hospitalized: ?? Stroke
Mar '15 – Diagnosed: Hypoglycemia*

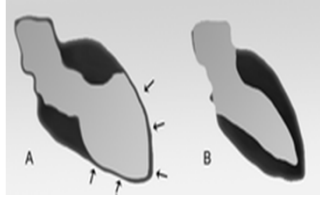
The Effects of Stress



I'd like to introduce you to my 36 year old daughter, Kimberly who was diagnosed with Takotsubo Cardiomyopathy

The Effects of Stress

Takotsubo
cardio-
myopathy



Normal
heart

Resulting in Acute Congestive Heart Failure

The Effects of Stress



... sudden onset of congestive
heart failure associated with
ECG changes mimicking a
myocardial infarction of the
anterior wall ...

The Effects of Stress

Takotsubo cardiomyopathy...

Stress is the main factor in takotsubo cardiomyopathy, over 85% of cases are set in motion by either a physically or emotionally stressful event that prefaces the start of symptoms. Examples of emotional stressors may include grief from the death of a loved one, fear from public speaking, arguing with a spouse, relationship disagreements, betrayal or financial problems. Acute asthma, surgery, chemotherapy, and stroke are examples of physical stressors.

The Effects of Stress

October 30, 2015

The Effects of Stress

December 28, 2015

Sorry, It's Not Entirely the Event

- It is our PERCEPTION of the Event
- What is "stressful"??
- Perception is your reality!
- What you **think** you are going through and
- What you are actually going through

Stress and Distress

- Some **Stress** is **normal/desirable**
 - Effective homeostasis
 - Coping = return to baseline
- **Distress** is a **problem**
 - Ineffective homeostasis
 - Dumb
 - Dead

Psychobiology

- Data
 - 5 senses
 - emotions
 - memory
- Outside of consciousness
- Mediated by thoughts

Perception

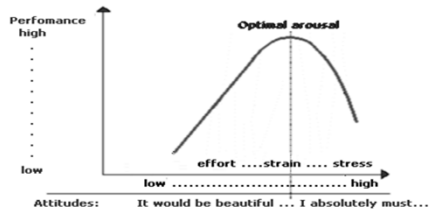
- My reality
- Biases my future perceptions
- An internal process
 - Senses
 - Emotion
 - Memory
 - Schemas, models, frames
- Unconscious and Conscious

Biology

- Hypothalamic-Pituitary-Adrenal Axis
 - ACTH
 - Cortisol
 - Epinephrine
 - Norepinephrine
- Increased arousal
- Freeze – overwhelmed arousal

DUMB

Yerkes-Dodson Law



Biological responses (short list)

- ↑ Heart Rate
- ↑ Respiration
- ↑ Blood Pressure
- ↑ Sweating
- ↑ Muscle tension
- ↑ Blood to Big Muscles
- ↑ Blood Glucose

Biological responses (short list)

- ↓ Blood to gut and gut motility
- ↓ Immune Response over time
- ↓ Heart rate variability (HRV)
- ↓ Cellular repair
- ↓ Hippocampal cells (memory)
- ↓ Frontal lobe functioning
- ↓ Shortens telomeres
- ↓ Inhibits collagen formation

The Consequences

- Pain, indigestion, muscle tension
- Difficulty sleeping
- Anxiety/worry
- Distraction/poor awareness
- Loss of Pleasure
- Diabetes risk
- Heart attack risk

The Consequences

- Cancer risk
- Difficulty making decisions - judgment
- Impulsivity
- Diabetes risk
- Heart attack risk
- Shorter Life

Questions?



Thinking

- What you think counts
- Determines perception
 - Threat
 - Challenge
 - Opportunity
- Can lead to physical arousal

The Consequences

DENIAL

Dysfunctional Coping

- Alcohol (more than 1-2 drinks)
- Food (especially high fat and sweet)
- Sad or mad
- Sleep (more than 9 hours)
- Work (loss of balance)
- Exercise (dominating your life)
- Sex (overindulgence)
- Avoidance

Coping

- Eat better
- Exercise
- Recreate
- Relax
- Good social connections
- Change your thinking
- Change your thinking (What?!)

Negative Cognitions

- I can't do this ...
- He always ...
- I never ...
- This will be a disaster
- I can't
 - Cope
 - Change
- Your own negative self-talk

Thought Stopping

- Changing patterns
- Recognize negative attributions
- STOP!
- The illusion of "Don't"
- Change thoughts to ...

Optimistic Cognitions

- This is an opportunity
- I can really grow through this
- A novel solution will present itself
- I will find help where I least expect it
- How can I see this from another angle
- I will do better if I relax

Questions?



Feeling



- Let yourself feel!
- What do you feel?
- Do Feelings fit Reality?

Memory

- How do your memories
 - affect your perception?
 - influence your mood?
 - guide your perception?
- Memory changes
 - Expectation
 - Satisfaction

Physiologically

- How relaxed are you?
- How tense are you?

DO YOU KNOW ?

Breathing



Writing

- Keep a Journal
 - Activities
 - Thoughts
 - Feelings
- A Fifty-word story
 - Great for a specific event
 - Beginning, middle, and end

Long-Term Strategies

- Regular Exercise
- Healthy food
- Yoga
- Tai Chi
- Meditation
- Develop relationships

Questions?



**Thank
You**
