

Stress management



Giorgio Grossi, PhD

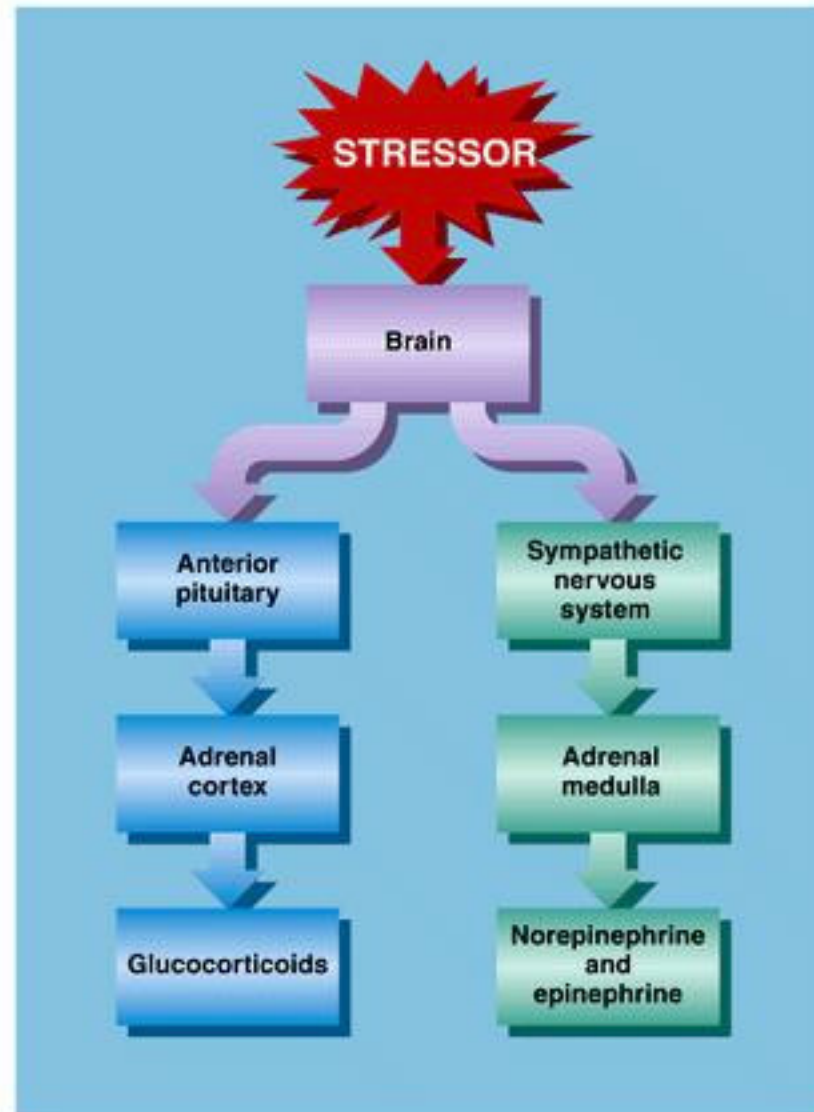
Stressmottagningen

www.stressmottagningen.org

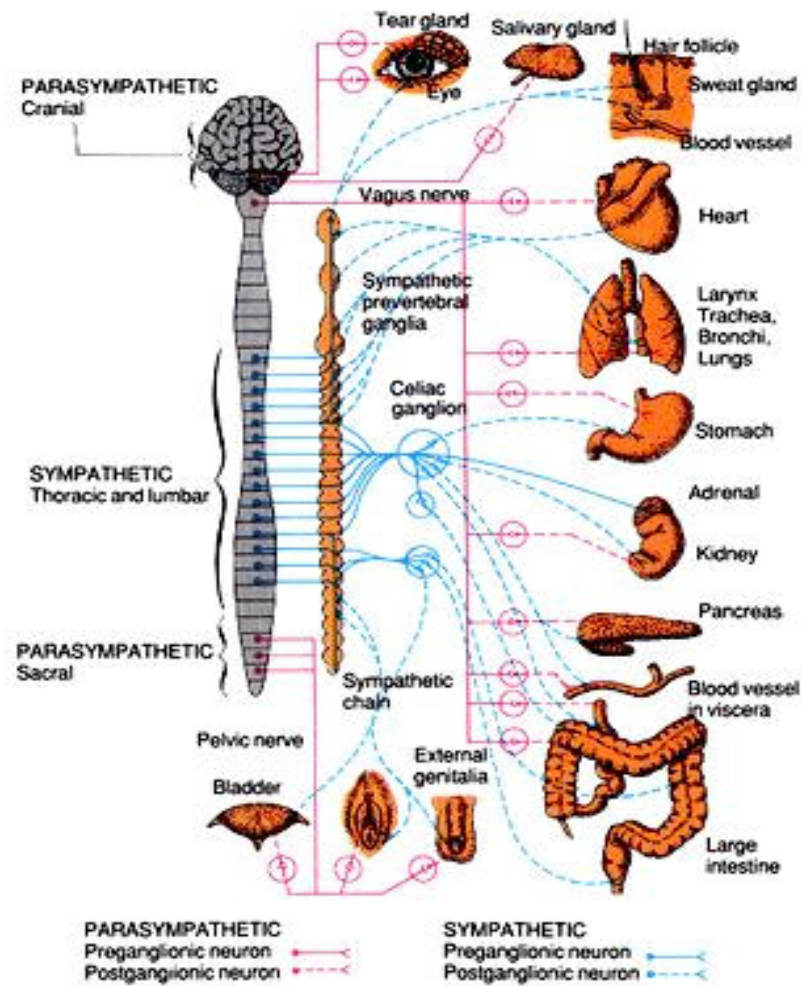
Stress

- Interaction between the individual and an environment which is appraised in terms of loss, threat or challenge.
- Perceived imbalance between demands and control

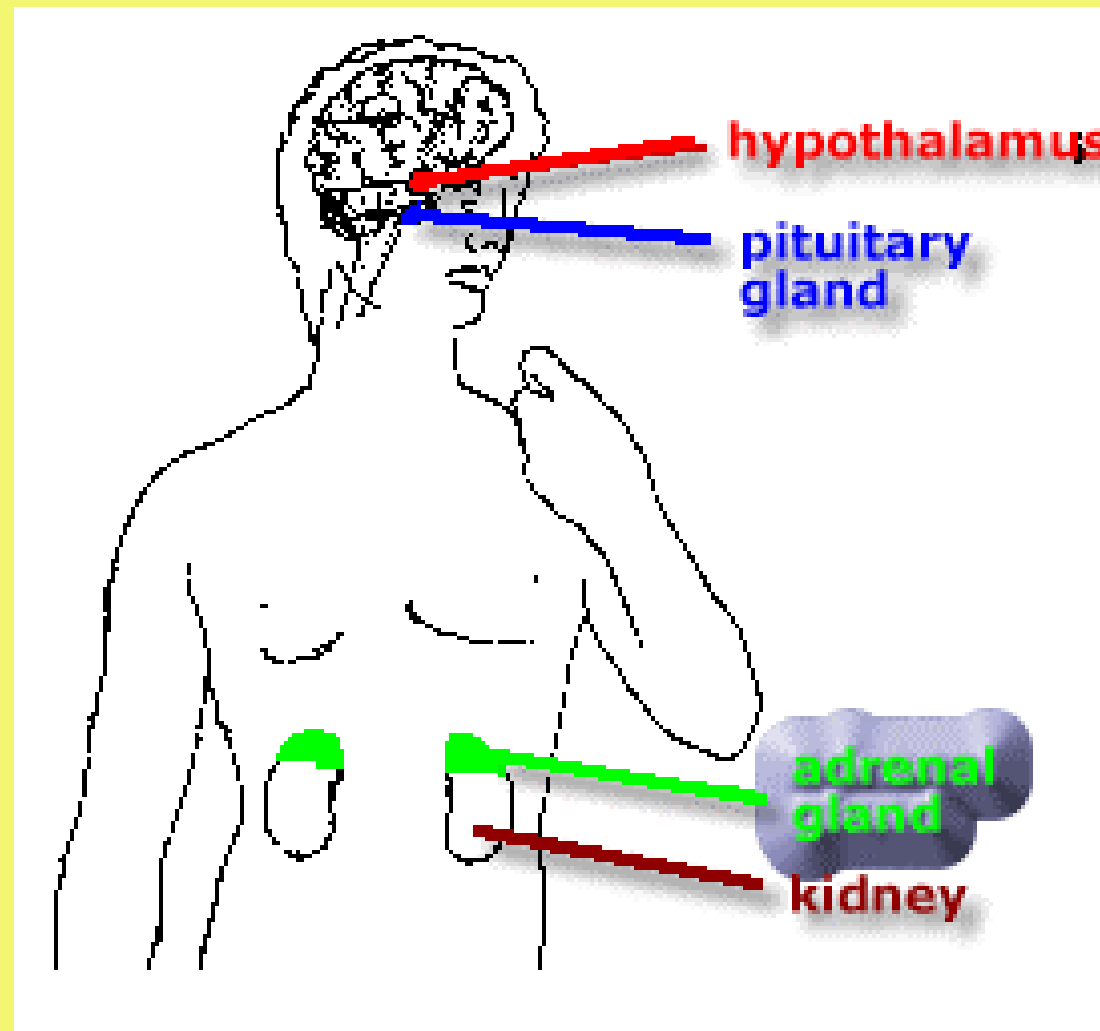
► Two-System View of Stress Response



► The Autonomic Nervous System



HPA-axeln



The Burnout Syndrome

- Emotional exhaustion
 - Depersonalization
 - Decreased personal accomplishment
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- Maslach et al., 1993

Burnout II

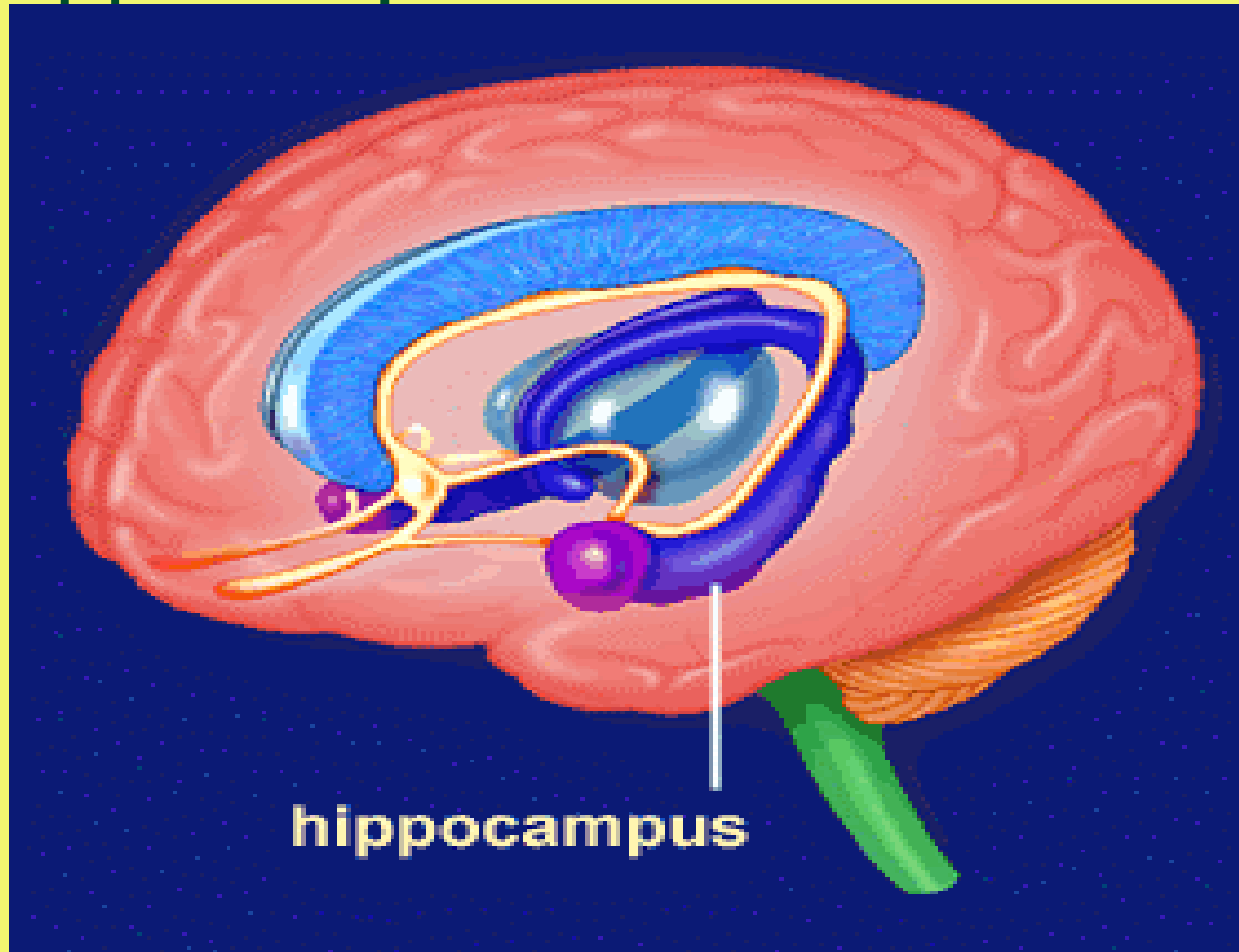
- "The chronic depletion of an individual's energetic resources"
- Emotional exhaustion
- Physical fatigue
- Cognitive weariness

- Shirom (1989)

Syndrome of Exhaustion

- Physical fatigue
- Problems with memory and concentration
- Sleep disturbances
- Emotional symptoms
- Physical symptoms
- Inability to cope with demands under pressure

Hippocampus



Brain cell

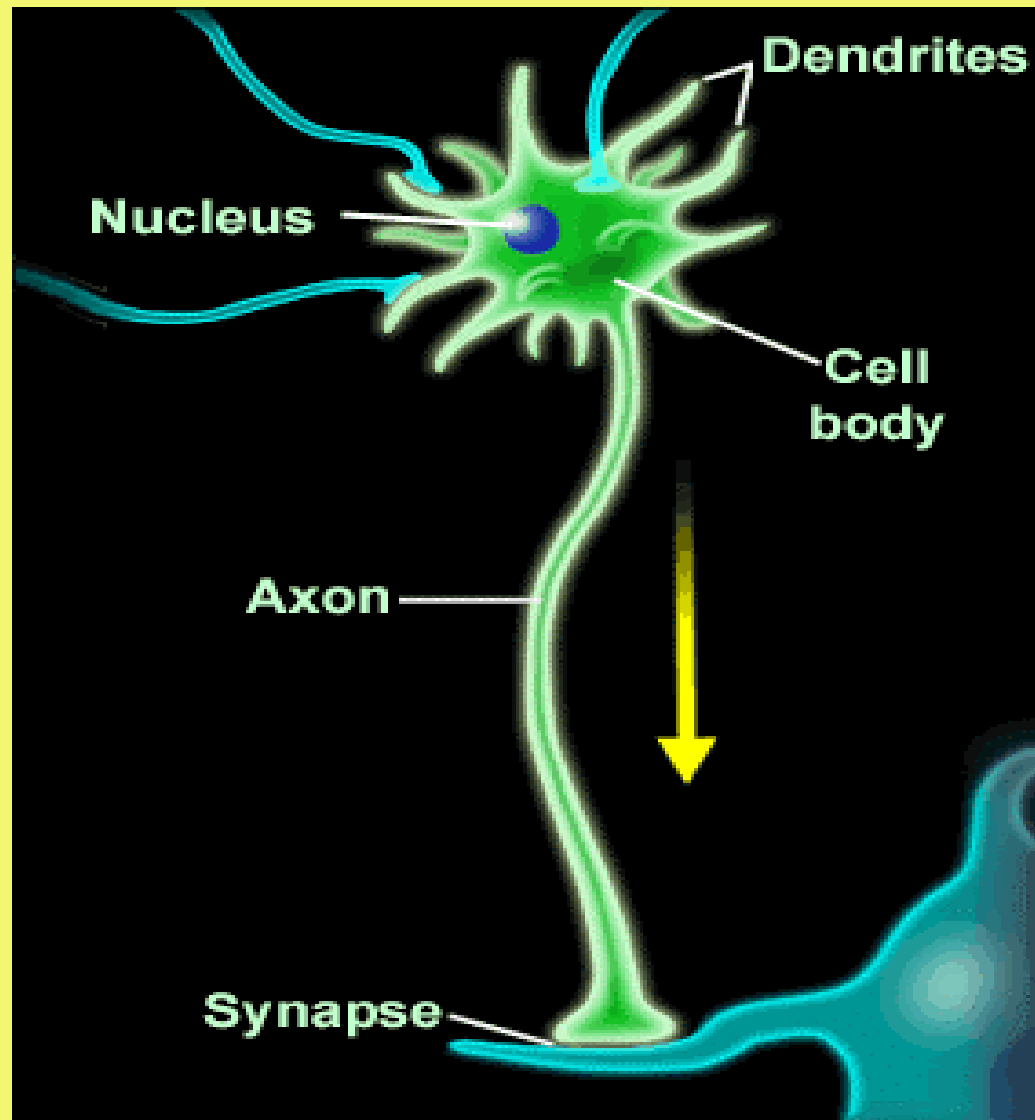


Figure 1. Means and standard errors for the cortisol response to awakening in participants with high (HB), moderate (MB), and low burnout (LB).

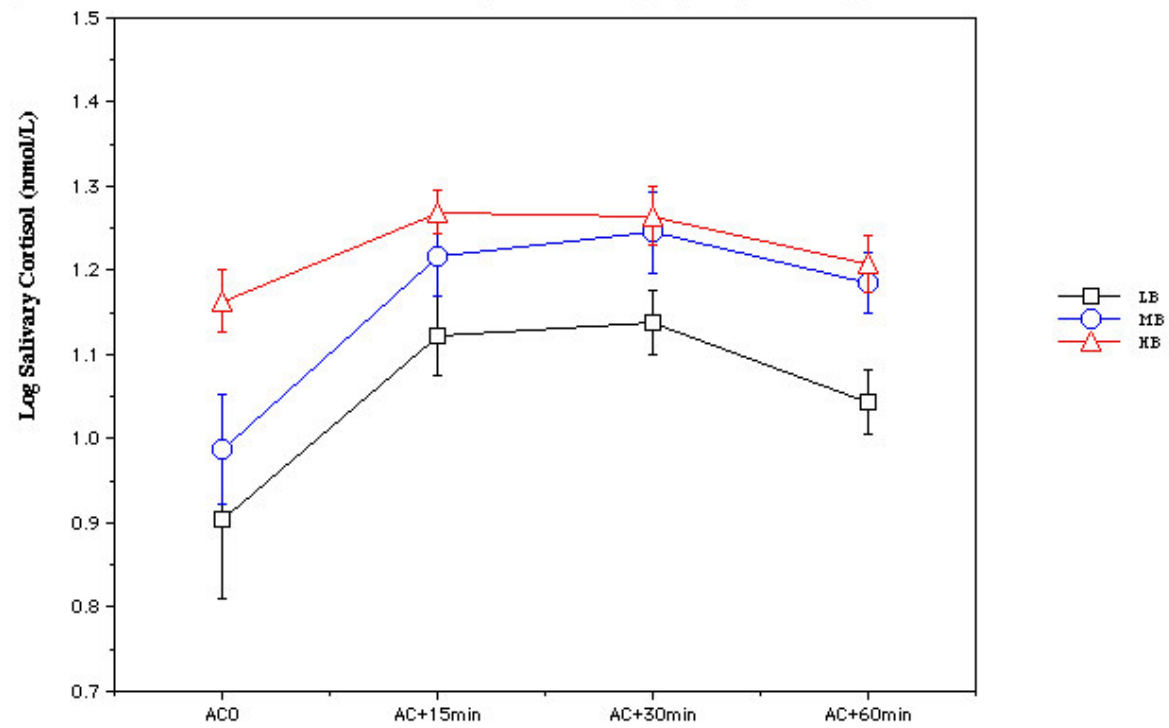


Table 3. Differences in physiological measures (logarithmized values) between participants with low and high burnout (n=63).

	Low burnout	High burnout
Prolactin (ng/ml)	1.02±.13	.91±.19*
TNF-alpha (pg/ml)	8.35±.83	8.90±1.00*
HbA1C	2.68±.32	3.20±.49***

*p<.05; ***p<.001

Type A-behaviour

- Time-pressure
- Competitiveness
- Irritability and hostility

Risk factors for burnout

- Creative, committed, ambitious individuals with:
 - An achievement dependent self-esteem
 - Who have difficulties in delegating
 - Who are loyal and cannot say no to excessive demands
 - Who work in hierarchic organizations
 - Often women between 35-50 years of age

Type D-behaviour

- Pessimism
- Hopelessness and helplessness
- Negative self-image
- Social inhibition

What should be managed when we manage stress?

- The environment ?
- Eliminating the stressors should eliminate the stress reactions.

- The individual ?
- Strengthening the individual should decrease his/her reactions.

Focusing on the individual

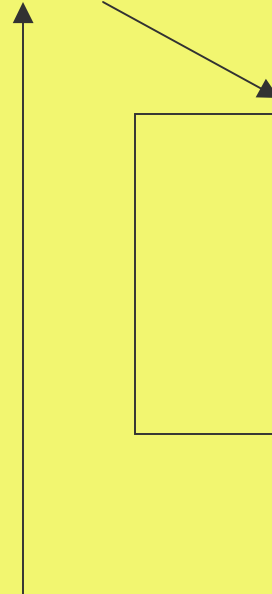
- Health behaviours - nutrition, alcohol, smoking, physical activity.
- Sleep!
- Dysfunctional behaviour patterns.
- Increased efficacy in influencing the environment.

I must have made a mistake!

Adversity
The boss doesn't say "Hallo"

Reaction
Sad
Afraid

Scheme
"I'm worthless"



A

Adversity

"Boss doesn't say hallo"

"Child too slow"

"Long line"

etc

B

Beliefs

Rigid rules

Awfulizing

Low Frustration Tolerance

Other-damnation

Self-damnation

C

Consequence

Angry

Impatient

Worried

etc

Thank you very much!

- Giorgio.Grossi@ipm.ki.se