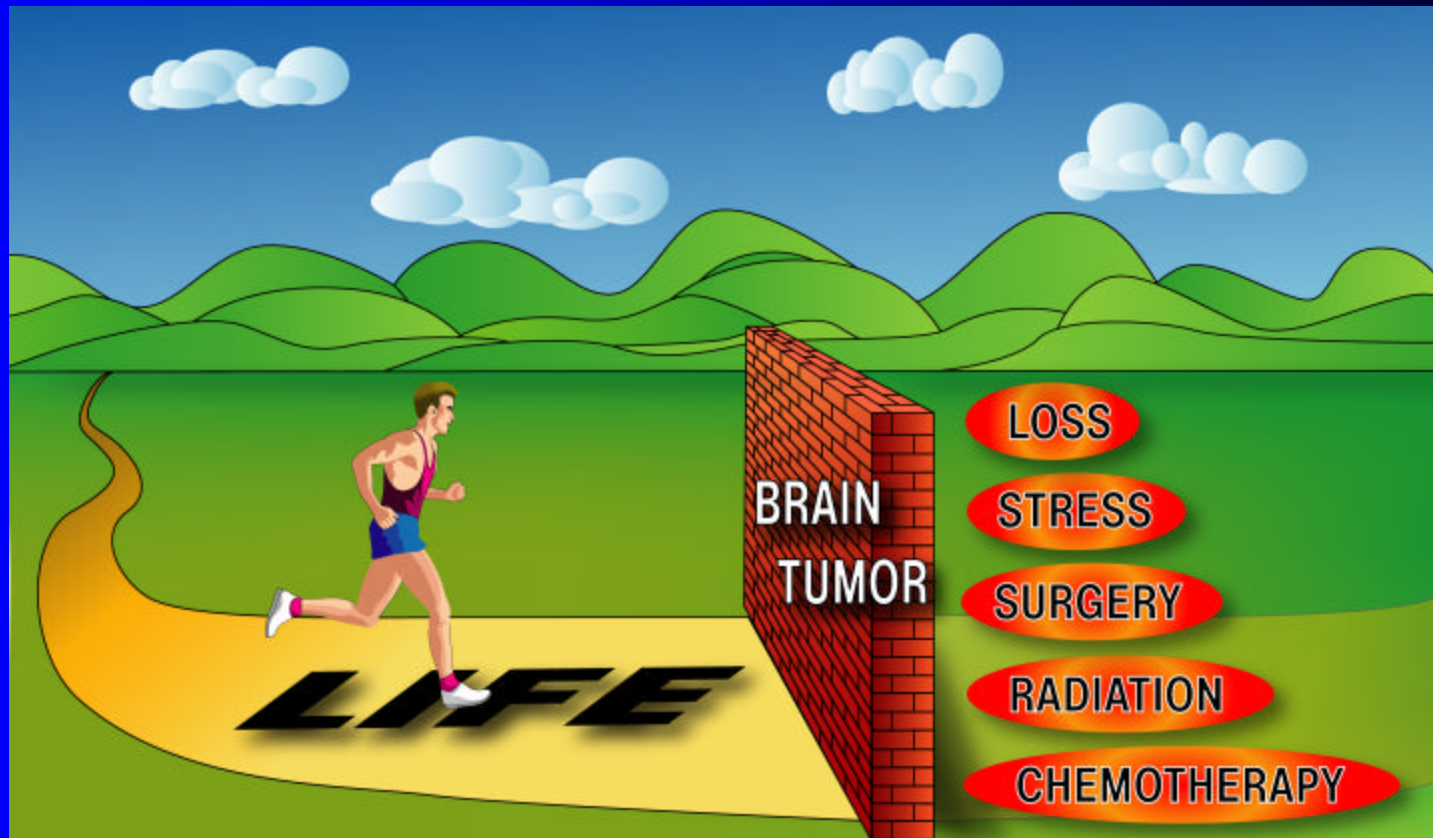


Managing Your Stress During this Critical Time



Robert Fels, Psy.D. LMFT, BCIAC-EEG
Boca Raton, Florida

Stress

- Uncomfortable
- Depresses Immune System Functioning
- “Adopting the right attitude can convert a negative stress into a positive one.”
- Hans Selye, M.D.

Homeostasis

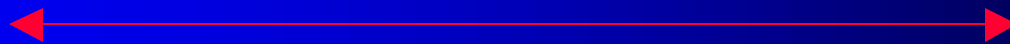
- Balance
- Immune System Functioning
- Walter Bradford Cannon, M.D.

Abrupt Life Changes

- Extraordinary Effort
- Special Stress Reduction Skills
- Timely Assistance

Relationships

- Parent, Child, Partner, Friend, Community
- Responsibilities
- Role
- Job
- Caregiver/Cared For
- Nurturer/Nurtured



Needs Help

Helpful

Internal Awareness

- Thinking
- Emotions
- Sense of Self
- Self Esteem

Loss/Stress/Healing

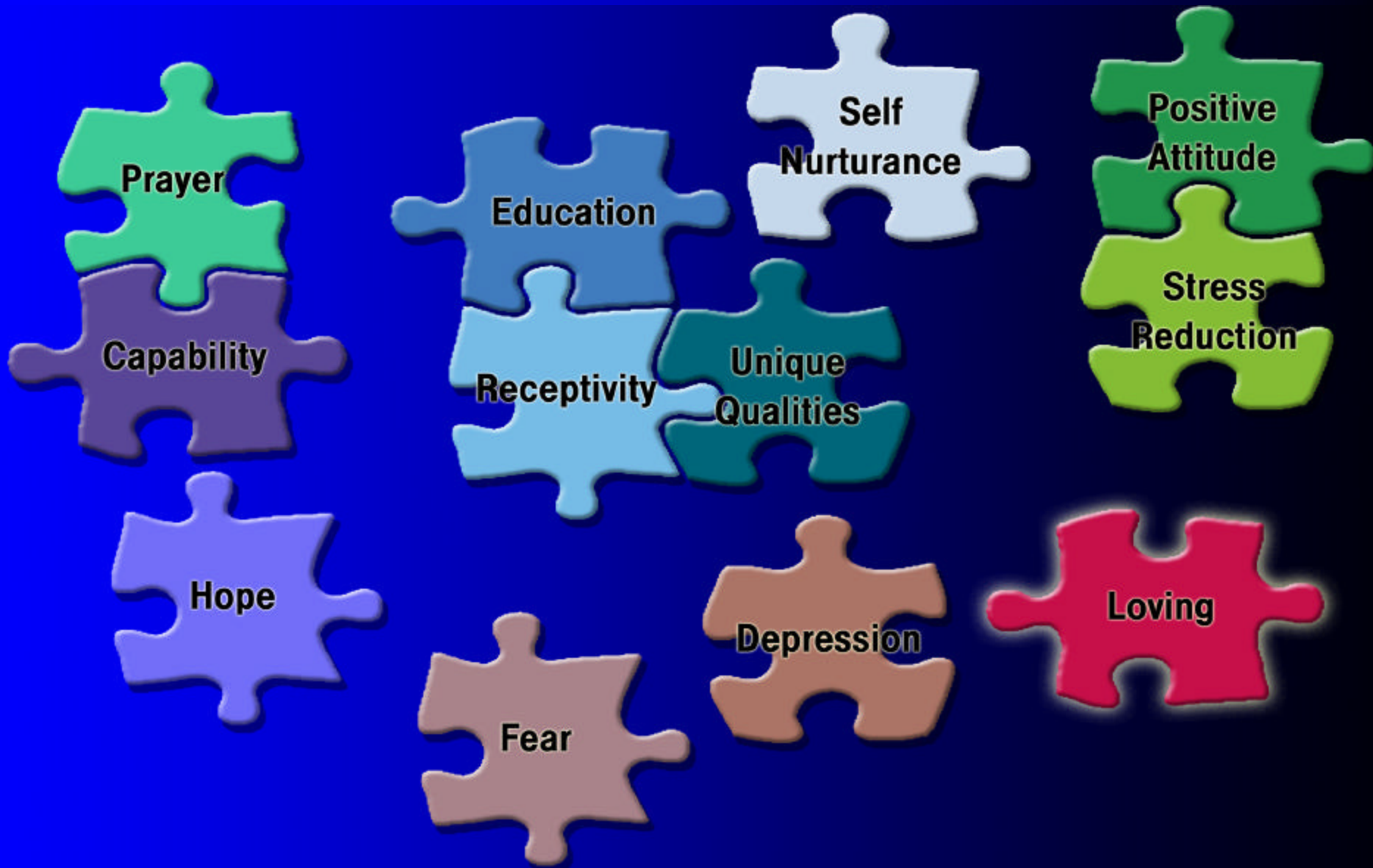
Legitimate/Understandable

Special Opportunity

- Anger
- Despair
- Disbelief
- Fear
- Grief
- Hurt
- Self Pity
- Sorrow
- Wounded

- Acceptance
- Forgiveness
- Gentleness
- Kindness
- Loving
- Patience
- Playfulness
- Release
- Thoughtfulness

Pieces of the Puzzle

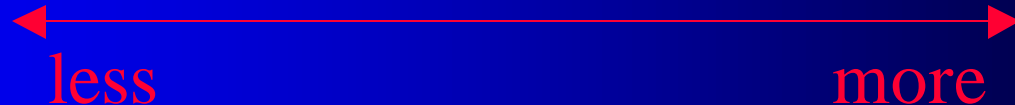


Helpful Strategies for Stress Reduction

- Support Groups
- Self Enriching Activity
- Psychotherapy
- Discussion via the Internet
- Self Help Books (bibliotherapy)

Helpful Qualities for Survivors and Caregivers

- Changing Roles
- Active and Passive
- Receptive and Expressive
- Dependent/Independent/Interdependent

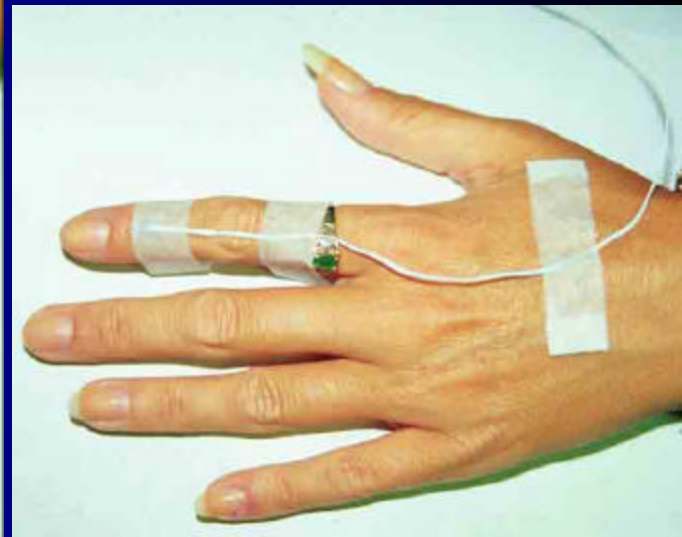
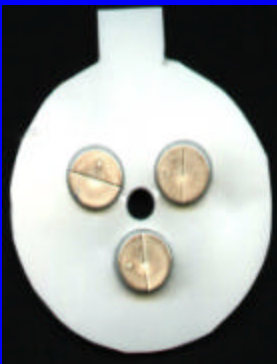


Communication

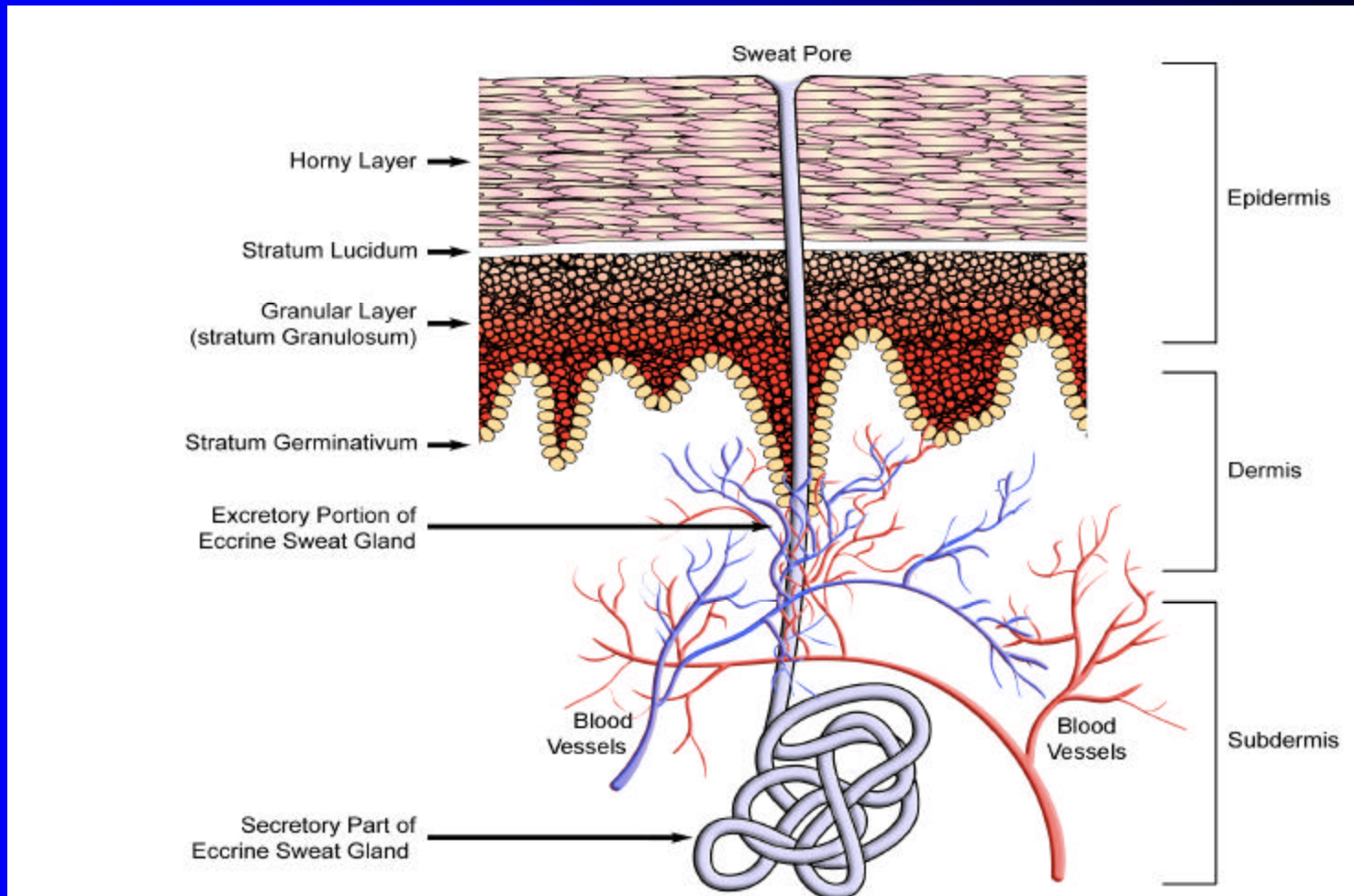
- Assertive
- Clarity
- Genuine
- Loving
- Thoughtful
- Mutually Satisfying

Objective Measures of Stress Reduction

- Electromyography: Muscular Relaxation
- Skin Conductance: Anxiety Reduction
- Skin Temperature: Enhanced Blood Flow



Ecocrine Sweat Glands



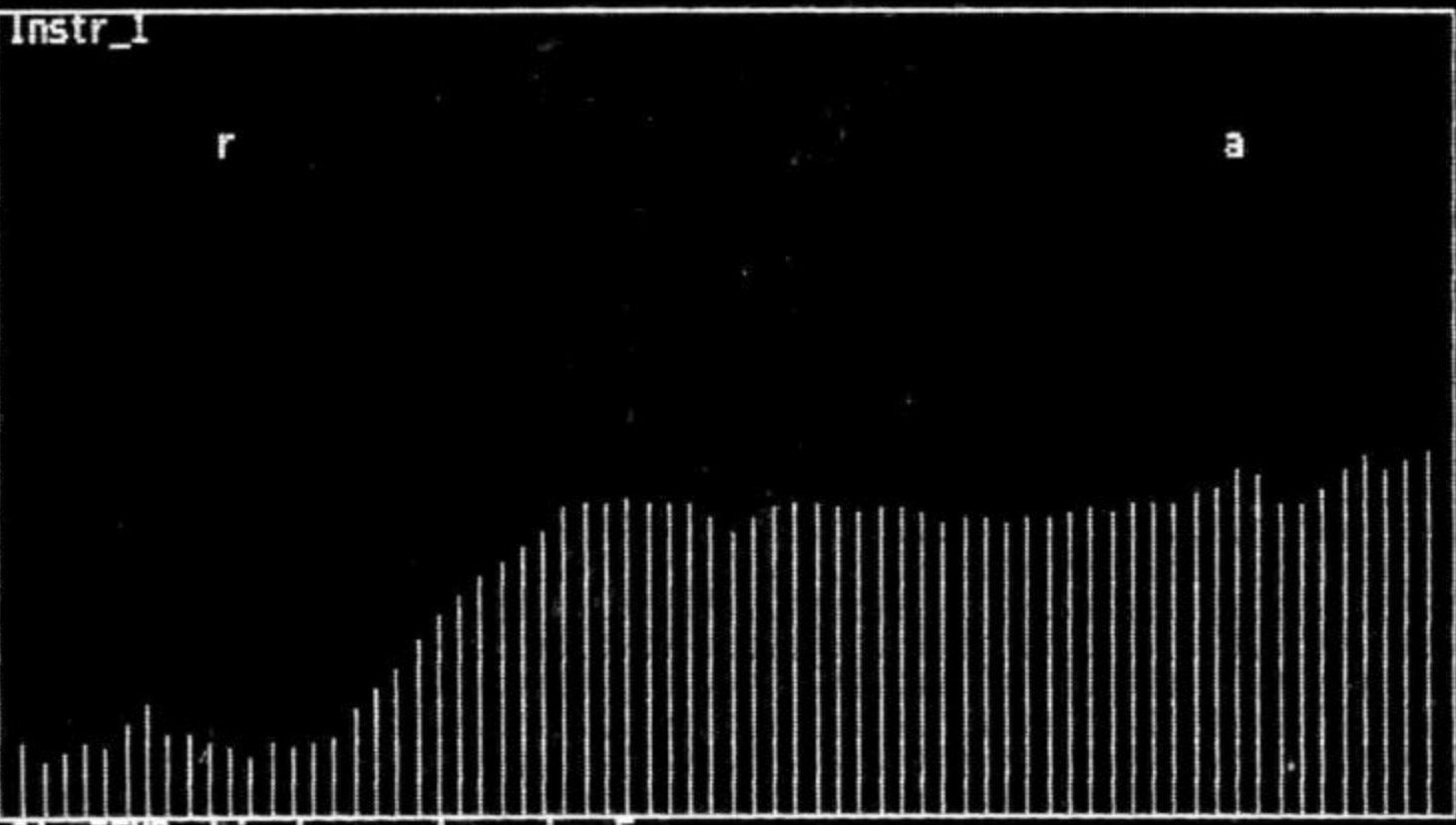
Increased Vascularity

Single Session, All periods

10/28/81 11:22 AM 400

100.00 Instr_1

98.00
96.00
94.00
92.00
90.00
88.00
86.00
84.00
82.00
80.00



C1 TEMP skin temperature deg.F

Stress/Anxiety

- 5 Methods to reduce stress/anxiety
 1. Diaphragmatic Breathing
 2. Deep Muscle Relaxation
 3. Guided Imagery/Visualization
 4. Informed Dietary Practices
 5. Satisfying Human Interaction

The Stress of Physical Pain: Acute and Chronic

- Chemotherapy
- Radiation
- Surgery
- Cancer/Tumors

Subjective Level of Pain



Diaphragmatic Breathing

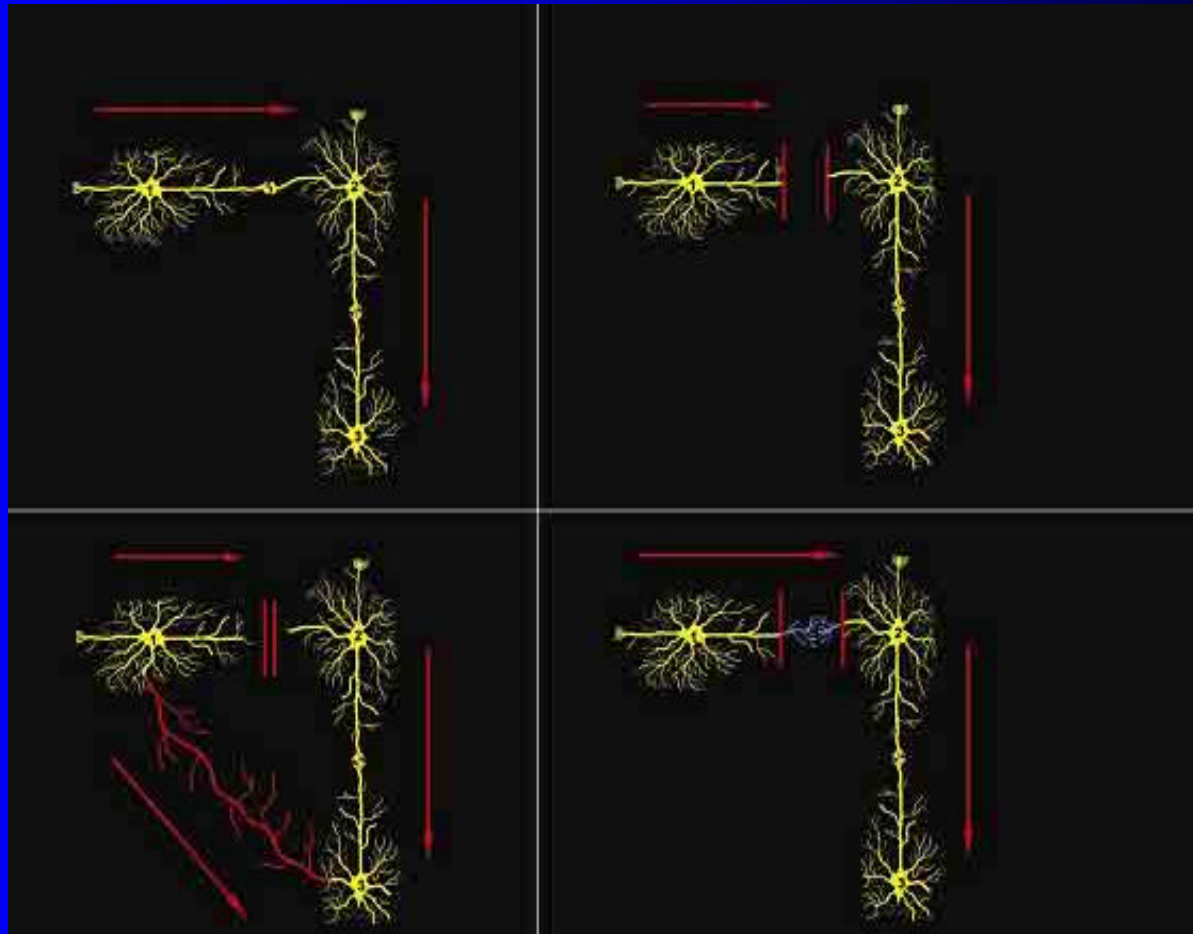
- Essential benefits
- Gentle Awareness
- No need to change the breath
- A more relaxed abdomen and chest
- Observe the breath enter and depart
- Allow more continuous almost effortless breathing

Guided Imagery/Visualization

- Appropriate visualization results in increased white blood cell count
- Vascular activity (blood flow) may be enhanced
- Regular practice may assist desired metabolic processes

Growth and Learning

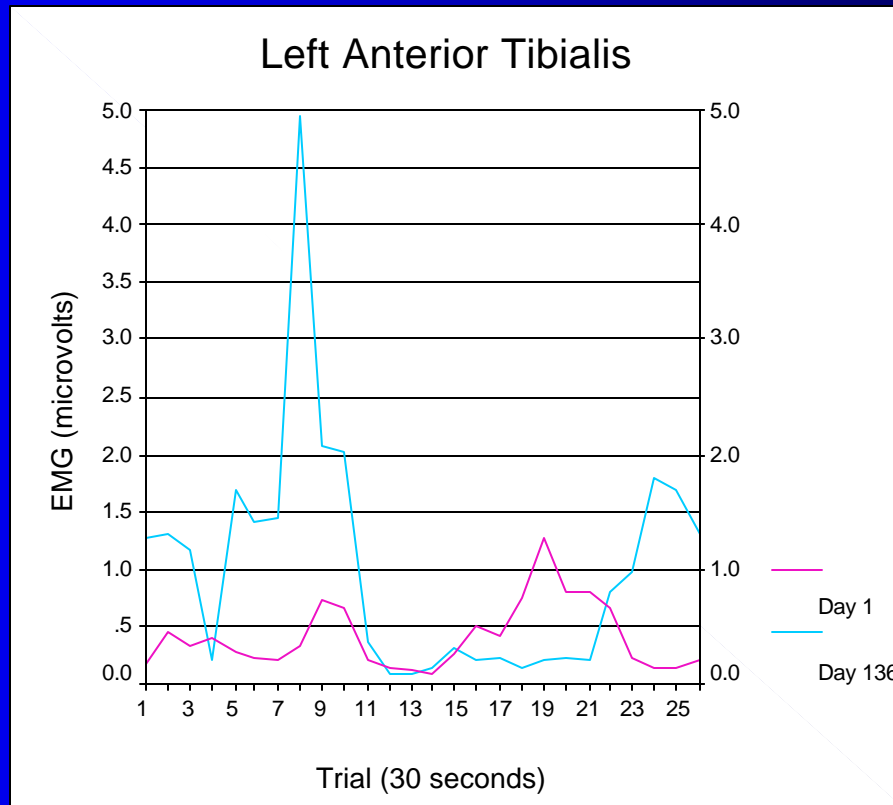
Appropriate Axonal Regeneration



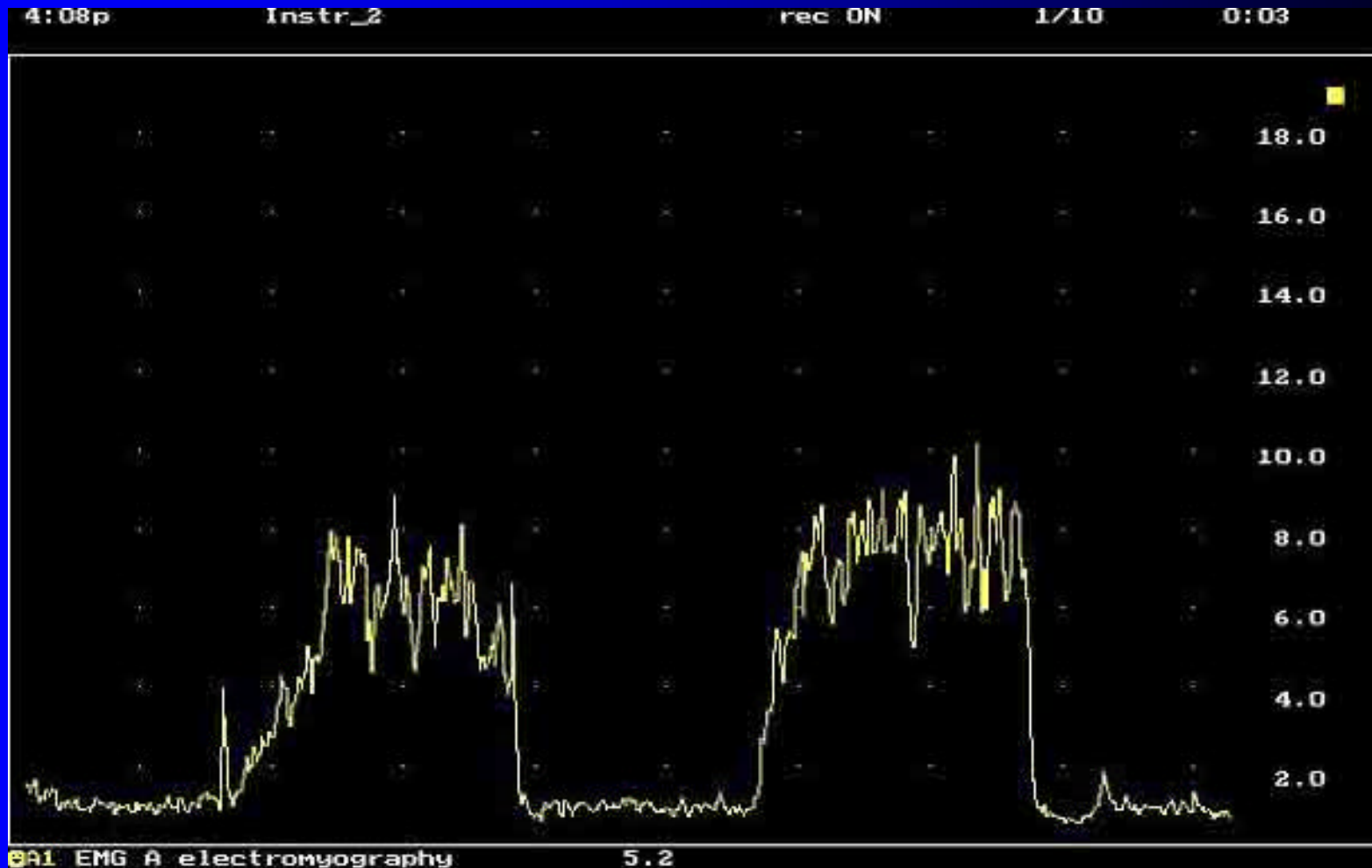
Restoration of Ankle Function

Electromyography Biofeedback

Anterior Tibialis Muscle for Ankle Movement

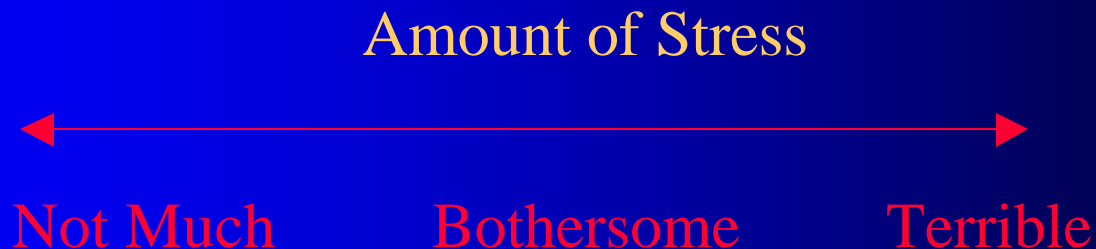


Sustained Contraction



Nurturing the Personality

- Observing Witness/Spectator
- Diaphragmatic Breathing
- Effective Communication
- Regular Sharing of Feedback with Significant Others



Helpful Self Statements 1

- My body is sitting (or lying) in a comfortable position...
- I am here at this moment...
- There is nothing that I need to accomplish...
- In this moment I can be inside without expectations...
- Thoughts that circulate through my mind are ok...
- I allow them to circulate without blame, criticism or guilt...

Helpful Self Statements 2

- I feel quiet...
- My feet feel heavy and relaxed...
- My ankles, my knees and my hips feel heavy, relaxed and comfortable...
- My abdomen and torso feel relaxed and quiet...
- My hands, my arms and my shoulders feel heavy, relaxed and comfortable...
- My breaths occur almost effortlessly

Helpful Self Statements 3

- My neck, my jaw and my forehead feel relaxed. They feel comfortable and smooth...
- My whole body feels quiet, heavy, comfortable and relaxed...
- I notice the air breathing for me as it enters and leaves my body...
- My hands are warm...
- Warmth is flowing into my hands, they are warm, warmer

Helpful Self Statements 4

- I can feel the warmth flowing down into my arms and hands...
- My hands are warm, relaxed and quiet...
- Still breathing breath after breath almost effortlessly
- My whole body feels quiet, comfortable and relaxed..
- I withdraw my thoughts from the surroundings and I feel serene and quiet...

Helpful Self Statements 5

- My thoughts are tuned inward and I feel at ease...
- I am alert, but in an easy, quiet, inwardly comfortable way...
- I can rest in this comfortable manner whenever I wish...
- Gently and gradually move your fingers, toes, breath, stretch, open your eyes.

Summary

- Discover at least two useful ideas or practices.
- Apply these ideas on your own, with family and friends.
- Gather more similar resources.
- Discuss these ideas with others.
- Share this information/understanding with your physician.

Where to Get More Information

- Medical Center (local, regional)
- Other conferences and seminars, articles
- Bookstore browsing
- Internet search engines
- Internet book stores for a quick and easy search

Complementary/Integrative and Alternative Medicine 1

- Duke Center for Integrative Medicine,
(866) 313-0959
http://dukehealth.org/health_services/integrative_medicine.asp
- George Washington University Medical Center for Integrative Medicine at George Washington,
<http://www.integrativemedicinedc.com/p1.html>
(202) 833-5055
- Harvard University, **Research and Education in Complementary and Integrative Medical Therapies**, Division for *Health Medical Services*
(617) 384-8550 David M. Eisenberg, MD, Director

Complementary/Integrative and Alternative Medicine 2

- Jefferson University's Center for Integrative Medicine, (800) JeffNow,
<http://www.jeffersonhospital.org/e3front.dll?durki=8842&site=347&return=6958>,
- M. D. Anderson Cancer Center, University of Texas, Complementary/Integrative Medicine Education, (800) 393-1611, (713) 794-4700
<http://www.mdanderson.org/departments/cimer/>
- Memorial Sloan-Kettering Cancer Center, Integrative Medicine, (212) 639-2225
<http://www.mskcc.org/mskcc/html/11810.cfm>

Complementary/Integrative and Alternative Medicine 3

- University of Arizona Program in Integrative Medicine, 520-694-8888 x500 or 800-524-5928 x500
<http://integrativemedicine.arizona.edu/clinic.html>
- University of California, Irvine College of Medicine's Susan Samueli Center for Complementary and Alternative Medicine,
<http://www.com.uci.edu/samueli> (949) 824-9278

Complementary/Integrative and Alternative Medicine 4

- American Cancer Association, Complementary and Alternative Therapies, (800) ACS-2345
http://www.cancer.org/docroot/eto/eto_5.asp?sitearea=eto
- National Cancer Institute, Complementary and Alternative Medicine, (800) 422-6237
<http://www.nci.nih.gov/cancerinfo/treatment/cam>
- National Center For Complementary and Alternative Medicine www.nccam.nih.gov/
- PubMed Free Literature Search for Complimentary and Alternative Medicine.
<http://www.nlm.nih.gov/nccam/camonpubmed.html>

Complementary/Integrative and Alternative Medicine 5

- Association for Applied Psychophysiology and Biofeedback (303) 422-8436 <http://www.aapb.org>
Annual meeting, state societies, journal and newsmagazine.
- Biofeedback Certification Institute of America (303) 420-2902 <http://www.bcia.org/> Information about certification requirements and to locate certified therapists.

Additional Questions?

- Robert A. Fels, Psy.D.,
20423 SR 7, # 231, Boca Raton, FL 33498
- (888) 925-2362
- <http://www.humanpsychophysiology.com/>
- <http://www.clinicalbiofeedbacktherapy.com/>

