



Brockton Area and Kincardine
Family Health Teams



Your "Hearts In Motion" Team

Jennifer Rapley BSW MSW RSW

Stress



Stress

What is Stress

How would you describe it?

What are the signs and symptoms



Stress- Emotional Response

- Shock and Disbelief- Why Me?!
- Anger and Denial- It's Not Fair!
- Depression, Anxiety and Fear- What Now?
- Bargaining- I should have....
- Acceptance and Hope- What can I (we) do to beat this? I will do what it takes!

A Mind - Body Connection



Stress is a fact of everyday life

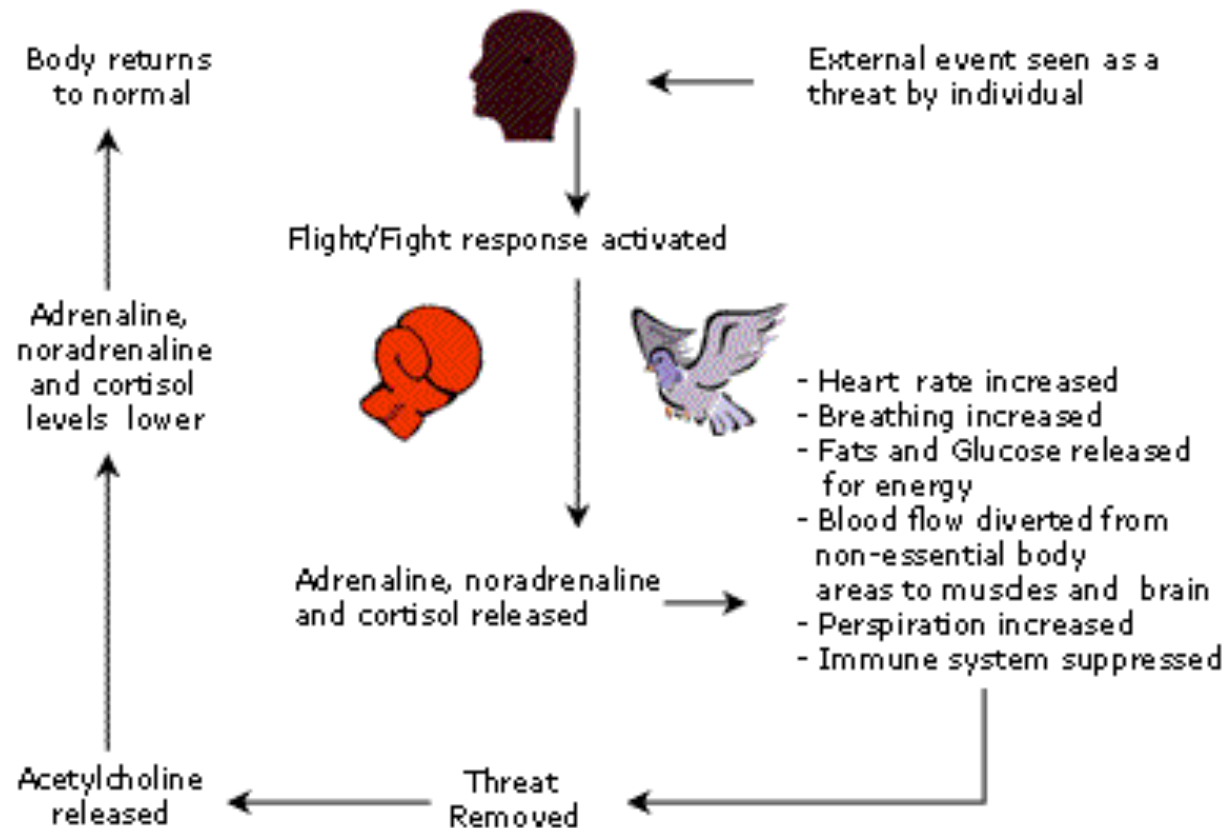
Eustress:

- Enhances performance
- Pressures are balanced with resources to cope with them

Distress:

- The more that is asked of you and the less resources to cope the more stressed likely to become
- Affects mood, productivity, relationships, quality of life

The stress response



Stress -Physical Response

Fight or Flight

Hormones and glucose (sugar) released into bloodstream...

Can affect blood pressure, heart rate and blood flow...

Can increase risk of irregular heart beat and blood clots.

The body needs the fight or flight response to survive, the strength and stamina to leap out of the way , fight or flee from danger

**Long term stress
can damage lining of arteries**

The Stress Response

Activated for short periods of time

- It helps us adapt reactions to short term stress
- This stress is not harmful – actually is necessary

Activated and sustained over long periods of time

- Stops being helpful
- The body responds with a prolonged state of tension

Long term exposure to stress has consequences to physical health and emotional well-being

Stress

Q: When is the stress demand too much?

A: When it exceeds our ability to cope with it.



Everyone's threshold is different

We may not be able to remove all stress from our lives

We can control our response to it

Depression and Anxiety

Depression & Anxiety can affect

- Thoughts, feelings
- Ability to function
- Ability to experience pleasure in every day life

Is it Stress?

Is it Depression or Anxiety?



Assessment Tool

- What are my stress symptoms
- GAD-7 & PHQ9

Review and discuss your result at Nursing Assessment

What are your triggers?

External Triggers

- Your environment
- Social network
- Work place
- Major life event
- Daily hassles

Internal Triggers

- Negative self-talk
- Procrastination
- Being obsessive
- Disorganization
- Getting stuck in shock, denial, anger, depression

Depression

- Affects your immune system
- Affects your energy level
- Makes it difficult to change your health behaviours
- Avoid getting stuck in denial about depression

Depression and Anxiety

- Acknowledge your feelings
- Share your feelings with someone
- Know it is OK to seek help now during your cardiac rehabilitation
- Complete **GAD-7** survey to determine whether or not you are feeling normal stress or suffering from an anxiety disorder which is treatable
- Complete **PHQ-9** survey and it will help us to identify if you are depressed
- Referral to counselling, as needed

Coping Strategies

1. Learn to control your response
 - accept situations you can't control
 - take steps toward being positive about what you can change!
2. Learn strategies to help you relax
 - deep breathing, imagery, sound, touch, taste
3. Talk to any team member about getting extra support

Counseling Support

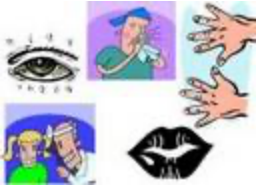
Counseling may be required - someone to listen

- more than talking

- ***Learn new ways to think about situations***
- ***Learn to cope with feelings of anger, fear, anxiety, depression.***

Resources:

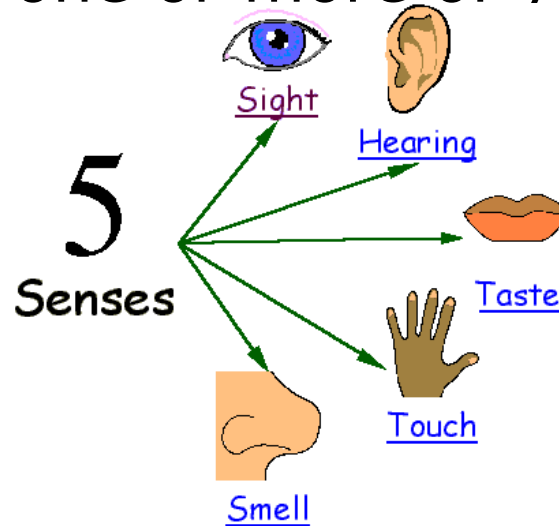
- **Employee Assistance Programs**
- **Kincardine Family Health Team**
- **Canadian Mental Health Association**
- **Ontario Mental Health Helpline – MentalHealthHelpline.ca, 1-866-531-2600**
- **Local Private Practices – Social Workers, Psychologists, Psychotherapists**



Managing Stress

Consider something immediate and accessible

Engage one or more of your senses



Which of your senses will help you find calm and focus quickly (Break the Stress Response)

Managing Stress

You deserve to feel better!

Serenity Prayer

Grant me the **Serenity** to accept things I cannot
change,

Courage to change the things I can
and

Wisdom to know the difference.



SMART Goal-Setting



- “I want to control my emotions better” is a non-behavioural goal
- SMART “I will journal a stressful situation each day and identify: 1) trigger; 2) reaction; 3) consequence.”



PHQ-9 and GAD-7

- These are scales that can help us assess whether or not you may be suffering from more than normal stress.
- The PHQ-9 is used to assess a potential diagnosis of depression.
- The GAD-7 used to assess a potential diagnosis for Generalized Anxiety Disorder.
- Please complete forms and you will have an opportunity to review at nursing intake
- Confidential
- You may self refer to Social Work for one on one counseling if needed

Sharing our stories...