

Exclusive 2-Part Webinar Series

Stress Solutions for Today's Dietitian

Presented by Dr. Jo® Lichten

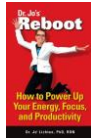


Part 2 | Earn 1 CEU

Jo Lichten, PhD, RDN



- **Affiliations/Bio:** Dr. Jo has presented more than 1000 programs to companies and conventions on energy management, staying healthy and fit on the road, and stress solutions. Jo is a consultant with Johnson & Johnson Human Performance Institute. She's the author of five books including her latest, Reboot.
- **Disclosures:** Dr. Jo serves as a consultant to Johnson & Johnson Human Performance Institute. She has certified that no conflict of interest exists for this program.



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Learning Objectives

After completing this continuing education course, nutrition professionals should be able to:

1. Describe the five steps in the autonomic stress cycle
2. Detail one way to interrupt/change each of these steps
3. Practice stress management by identifying five plausible ways to change the stress cycle for their own particular stressor

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Stress Response (a.k.a. Fight or Flight)

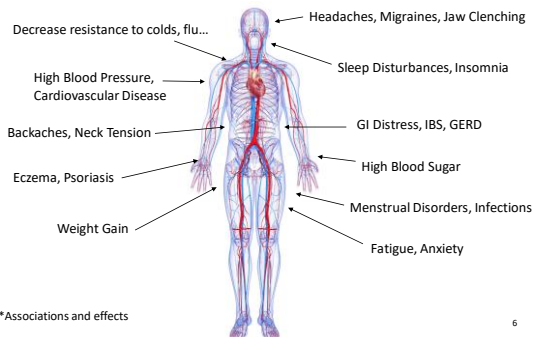
Increased oxygen and fuel to fight or flee:

- Increased pulse and heart rate
- Increased breathing rate
- Release of stored glucose

Barker et al, *Neuroscience at a Glance* (3rd edition), 2008.

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Chronic Stress*



*Associations and effects

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GERD & Stress

- Factors contributing to GERD
 - Decreased salivation, decreased lower esophageal sphincter pressure, hiatal hernia, increased acid, increased pepsin, etc.
- Risk Factors for GERD
 - Lifestyle, obesity, genetics, pregnancy, and **STRESS**

Usai Satta et al, *Minerva Gastroenterol Dietol*, 2017

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GERD & Stress

- 12,653 patients with GERD¹
 - “feelings of continued stress” was the most common lifestyle factor (46%)
- 1217 firefighters in a Korean province²
 - GERD observed in 32%
 - Those with GERD showed higher depressive symptoms, anxiety, and occupational stress scores

¹ Haruma et al, *Intern Med*, 2015

² Jang et al, *Int J Occup Environ Health*, 2016

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GERD & Stress

- 10 healthy volunteers without any recurrent GI symptoms
 - Although acute auditory and visual stress seems to affect esophageal body motility, it does not induce significant motor abnormalities or increase GER in healthy humans

Lee et al, *J Neurogastroenterol Motil*, 2017

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Stress Helps Us to Run From Danger

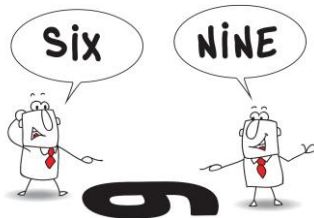


Stress Can Be Counter-Productive



Stress is Different for Different People

- Loud music
- Long commute
- Deadlines

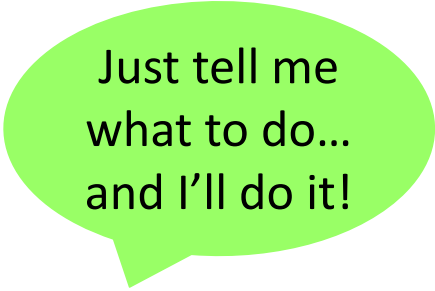


Different Responses

- Angry or agitated
- Withdrawn, depressed
- "Freeze" and can't do anything

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What's the Solution?



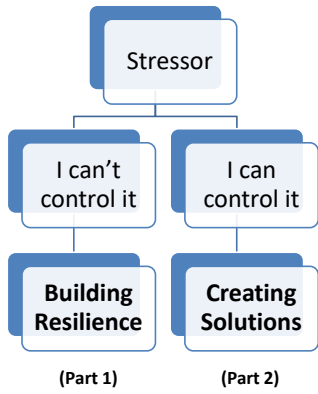
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The Serenity Prayer

*God grant me the serenity to accept
the things I cannot change,
courage to change the things I can,
and the wisdom to know the
difference.*

~ Reinhold Niebuhr, 1943

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What Can I Control?

I CAN Control:

- My attitude
- My behavior
- My response

I CAN'T Control:

- Other people's attitude
- Their behavior
- Their response
- Mother nature



Build Resilience through Coping Skills ¹⁷



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Building Resilience

1. Personality¹
2. Relaxation Response¹
3. Lifestyle
 - Sleep
 - Movement
 - Eating

Robertson et al, *J Occup Organ Psychol*, 2015

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Optimist or Pessimist?

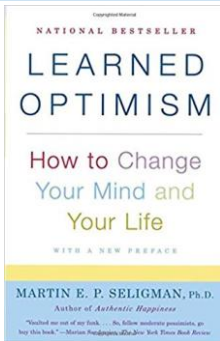


Half-Full or Half-Empty?

Afshar et al, *J Res Med Sci*, 2015
Sharpe et al, *Pers Individ Dif*, 2011

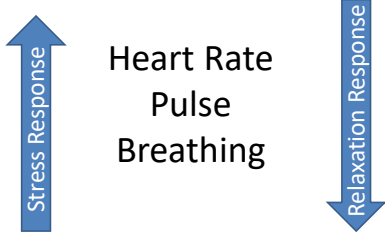
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Learned Optimism



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The Relaxation Response



Dusek, et al, *Minn Med*, 2009

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Lifestyle



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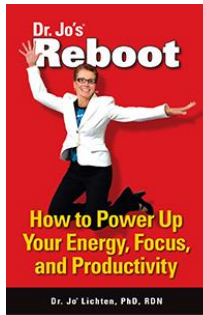
Sleep Strategies to Manage Stress

- Adequate, Quality Sleep
 - Assess for sleep apnea
 - Animals? Kids? Snoring partners?
- 3-2-1
 - 3 hrs = no more large meals, alcohol
 - 2 hrs = put away work
 - 1 hr = dim lights, shut down electronics



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Reboot Book & CEU



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Movement Strategies to Manage Stress

- Small movements throughout the day



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Eating Strategies to Manage Stress

- Practice optimism to explain food choices
- Non-diet approach
- Discover non-food coping strategies

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Insanity

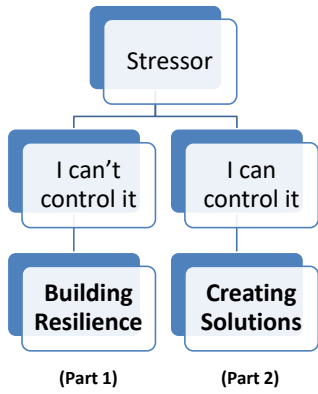
“Doing the same things over and over again, each time expecting different results.”

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What Stresses You Out?



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What Can I Control?

I CAN Control:

- My attitude
- My behavior
- My response

I CAN'T Control:

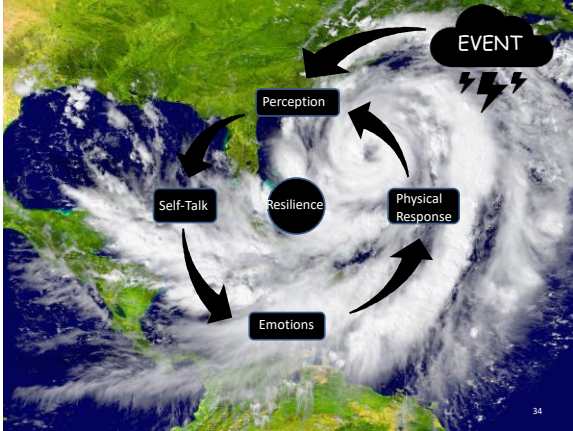
- Other people's attitude
- Their behavior
- Their response
- Mother nature

Creating Solutions

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Can YOU Decrease Your Stressful Events?

- Move closer to your job – or somewhere else
- Quit your job
- End a relationship
- Organize
- Simplify
- _____???



Slow Down The Pattern

- Count to 10
- Take a few deep breaths and practice relaxation
- Journal
- Thought stopping
 - “stop, stop, stop”...then a positive thought
- Get a good night’s sleep before responding
- Write the email or letter, but don’t send right away

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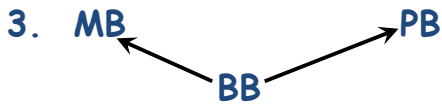




Check Your Perception

1. _____

2. _____



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Humor

- Decrease levels of stress hormones (cortisol and adrenaline)
- Reduces anxiety
- Increases attention, motivation, learning



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Flex Your Perception



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Maybe Your Real Stressors Are...

- Impatience
- Perfectionism
- Lack of setting limits with others
- Co-dependence
- “Big girl” attitude
- Inability to say NO

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Check In with Your Self Talk

NEGATIVE:

- Should, shouldn't
- Have to, must
- Always, never
- Everyone, no one
- Can't

POSITIVE:

- Choose
- Want to
- Sometimes
- Some people
- Choose not to

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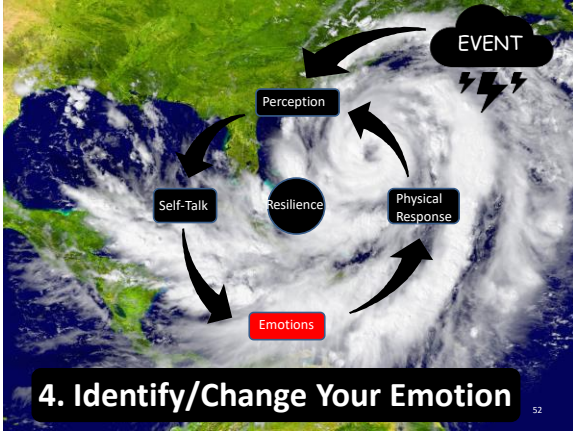
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What's Your Mantra?

- Impatience..... "Peace."
- Perfectionism..... "I'm/You're good enough."
- Can't set limits..... "Assertiveness is healthy."
- Co-dependence..... "I am (You are) deserving."
- "Big girl" attitude..... "Two brains are better than one."
- Inability to say NO..... "It's OK to say no. You (or I) can't do everything. You (I) don't need to do everything."

Moser et al, *Sci Rep*, 2017

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Human Life is Profoundly Emotional

- People reported experiencing at least one emotion 90% of the time. Positive emotions were reported over 2.5X more frequently than negative emotions.
- Participants indicated experiencing:
 - One or several positive emotions 41% of the time
 - One or several negative emotions 16% of the time
 - At least one positive and one negative emotion simultaneously 33%

Trampe et al, *PLoS One*, 2015

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Angry isn't An Emotion

Afraid	Discontented	Helpless	Lonely	Somber
Annoyed	Discouraged	Hostile	Neglected	Strained
Anxious	Discredited	Humiliated	Overlooked	Suspicious
Apprehensive	Disgusted	Hurt	Offended	Troubled
Ashamed	Dismayed	Impatient	Put Down	Turned Off
Belittled	Disappointed	Indignant	Put Off	Unfulfilled
Bewildered	Distressed	Inferior	Puzzled	Unhappy
Bitter	Down	Insecure	Regretful	Upset
Bothered	Embarrassed	Insignificant	Rejected	Unsure
Concerned	Empty	Intimidated	Resentful	Uptight
Confused	Exasperated	Inadequate	Sad	Used
Deceived	Exploited	Irritated	Shame	
Depressed	Frustrated	Left Out		
Devastated	Guilty	Let Down		

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Positive Upward Spirals

- Positive emotions trigger self-perpetuating cycles...predicting future positive emotional experiences.
- Positive emotions may arise spontaneously... but can also be intentionally self-generated

Garland et al, *Clin Psychol Rev.*, 2010

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Generating Positive Upward Spirals

1. Loving-Kindness Meditation¹
2. Nature Sounds²



¹Zeng et al, *Front Psychol*, 2015
²Largo-Wight et al, *HERD*, 2016

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3. Music



Linnemann et al, *J Vis Exp*, 2017

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What's Your Theme Song?

- "Happy", Pharell Williams
- "I Feel Good", James Brown
- "Stronger (What Doesn't Kill You)", Kelly Clarkson
- "Girls Just Want to Have Fun", Cyndi Lauper
- "Lucky", Jason Mraz
- "The Fighter", Christina Aguilera
- "The Climb", Miley Cyrus
- "RESPECT", Aretha Franklin
- "My Favorite Things" (Raindrops on roses)
- "I'm Too Sexy", Right Said Fred

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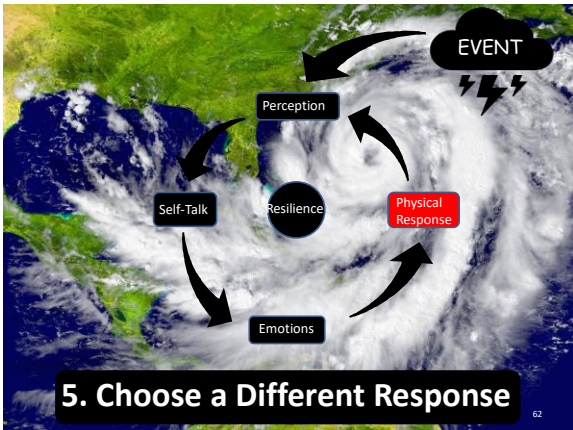
4. Cartoonizing



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Try a New Script

- Stop whining and complaining
- Stop trying to control other people
- Stop “saving” other people
- Instead of playing victim, do what YOU need to do
- Do something different

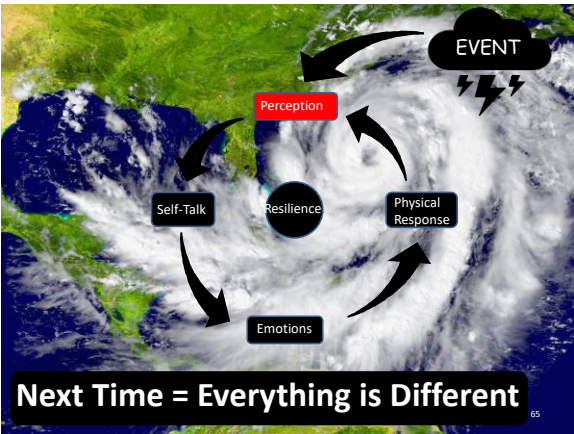
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Inoculation Effect

- In some individuals the experience of negative effects in response to stressors or adversity may also lead to a decreased vulnerability later in life through a “steeling” or inoculation effect.

Rutter, *Dev Psychopathol*, 2012

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We cannot make another person change his or her steps to an old dance, but if we change our own steps, the dance no longer can continue in the same predictable pattern.

~ Harriet G. Lerner, PhD



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Questions?

Thank You!



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