Tis The Season: Stress Management For Cancer Survivors (and everyone else) During The Holiday Season.

Bonnie A. McGregor, Ph.D.
The Slippery Walks Were Responsible for Many Falls.
What do you find stressful about the holidays?
What is stress?
What is stress?

The physical, mental, or emotional tension experienced in reaction to an event.
What is stress?

• Typically experienced when we perceive demands exceeding our resources
What is stress?

• Typically experienced when we perceive demands exceeding our resources
THE STRESS RESPONSE CURVE

- Good Stress
- Distress

Stress Management Increasing
The Performance Level

- Actual Performance
- Fatigue
- Exhaustion
- ILL-Health
- Breakdown

Adapted from Nixon P, Practitioner, 1979

AROUSAL STRESS
Effects of chronic stress

- Increased vulnerability to common cold
- Slower wound healing
- General decrements in immune function
- High blood pressure and high cholesterol
- Heart disease
- Weight gain (central fat storage)
- Poor control of blood sugar among diabetics
- Poor health behaviors (e.g., diet, smoking, no exercise)
- Shortened telomeres and telomerase activity
- DNA damage and poor repair
- Increased VEGF production and vascularization of tumor cells
Bio Behavioral cancer risk factors

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Are you stressed yet?

Take a deep breath....
DNA changes
Metastases
Tumor vascularization

e.g. MUC1

Immunological responses
Cellular & antibody responses

Psychological Stress (HPA, SNS)

Psychological Intervention

↑ Smoking
↑ Fat consumption
↑ ETOH
↓ Exercise
↑ BMI

DNA damage
↓ DNA repair
↓ Telomere length
↓ Telomerase activity

V EGF Production

Metastases

Immune system

Poor health behaviors
DNA changes
Cancer phenotype e.g. MUC1

↑ Tobacco
↑ Fat consumption
↑ Alcoholic intake
↓ Exercise
↑ BMI

↓ DNA repair
↓ Telomerase activity

Psychological Intervention

Stress (HPA, SNS)

Psychological Intervention
How can we manage stress?
Dark chocolate helps ease emotional stress

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How can we manage stress?

- Decrease perceived demands
- Increase perceived resources
step 1. Increase Awareness:

How do you know when you are stressed?
Symptoms of stress

- Hostility
- Resentment
- Anger
- Resentment
- Headaches
- Bowel
- Headaches
- Muscle
- Muscle
- Backaches
- Tension
- Backaches
- Indigestion
- Ulcers
- Constipation
- Ulcers
- Poor Concentration
- Ulcers
- Obesity
- Ulcers
- Low Self Esteem
- Ulcers
- Chronic Diarrhea
- Ulcers
- Insomnia
- Ulcers
- Physical Weakness
- Neck Aches
- Irritability
- Neck Aches
- Drinking/Drug Use
- Depression
- Depression
- Sleeping Difficulties
- Depression
- Indigestion
- Sleeping Difficulties
- Obesity
- Sleeping Difficulties
- Low Self Esteem
- Sleeping Difficulties
- Chronic Diarrhea
- Sleeping Difficulties
- Insomnia
- Fears
- Physical Weakness
- Fears
- Irritability
- Fears
- Withdrawal
- Fears
Symptoms of stress

Stressful situation

- cognitive
- emotional
- behavioral
- physical
- social
Step 2: Thoughts determine feelings
Imagine a lemon
Symptoms of stress

Stressful situation

- cognitive
- emotional
- behavioral
- physical
- social
Symptoms of stress

Stressful situation

Automatic thoughts

- cognitive
- emotional
- behavioral
- physical
- social
Symptoms of stress

Stressful situation

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- cognitive
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Challenge
Step 3: Coping with stress

- Problem focused coping
  - Ask for help
  - Adjust expectations

- Emotion focused coping
  - Talk to a friend
  - Practice relaxation
Coping with stress

- Exercise
- Yoga
- Meditation
- Social support
SCREAM ROOM

"That's part of our in-house, stress management program..."
ANTI-STRESS KIT

BANG HEAD HERE

Instructions
1. Place on firm surface.
2. Follow directions provided in circle.
3. Repeat until you are anti-stressed or become unconscious.