

The biological and bodily impact of stress

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**"Stress" means
feeling troubled
or threatened
by life.**

One man did
something really bad
to me



**FAMILY
VIOLENCE**



ILLNESS



NO SCHOOL

DISPLACED FROM HOME

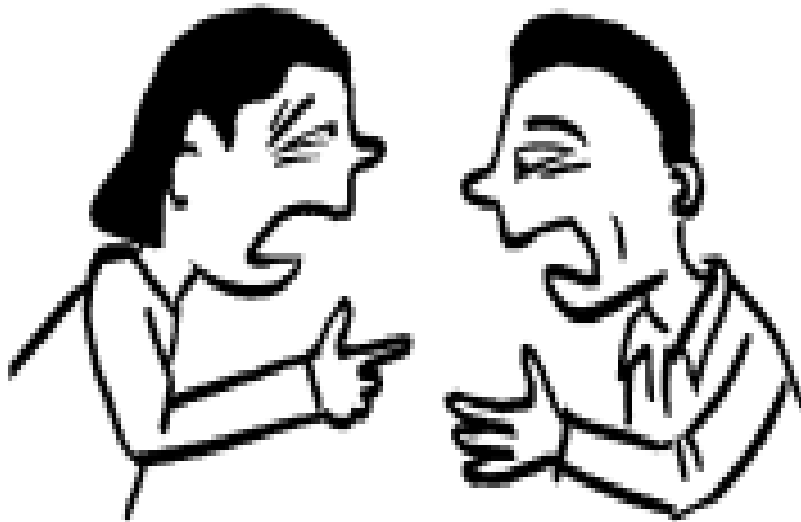


**PROBLEMS
DIVIDING FOR YOUR
FAMILY**

VIOLENCE



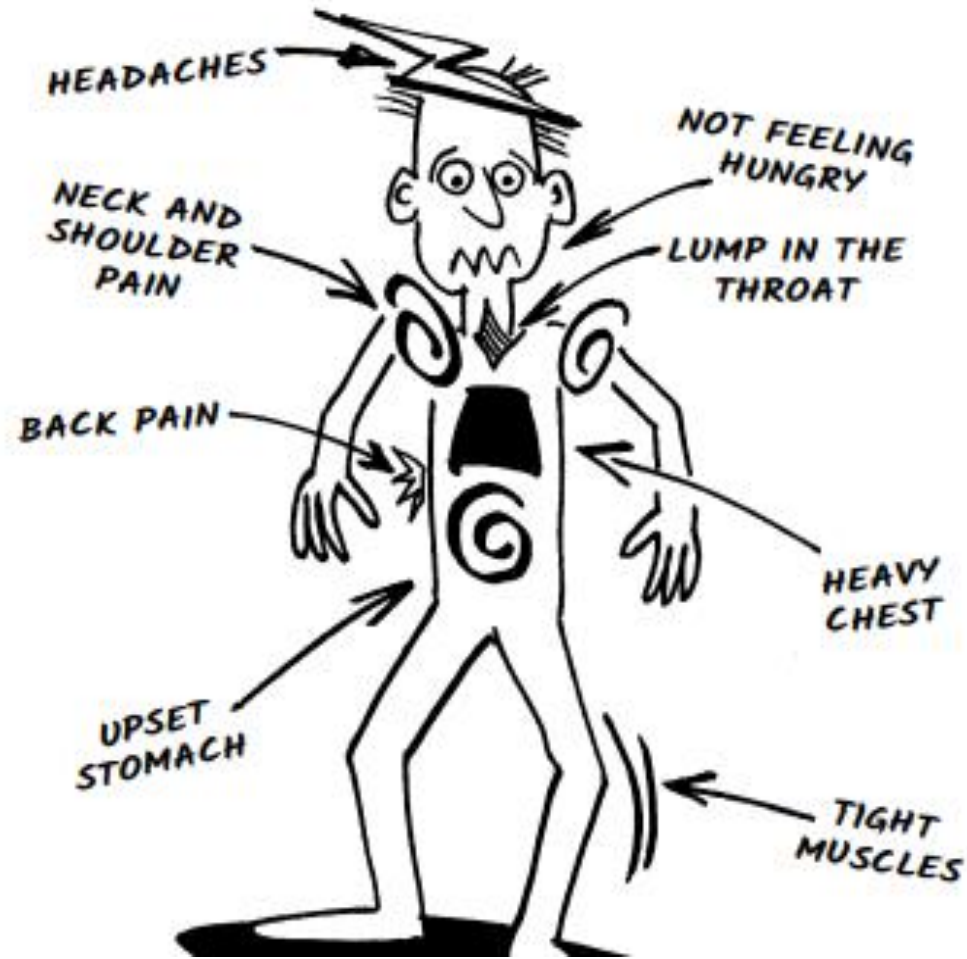
**ARGUMENTS WITH
YOUR FAMILY**



**UNCERTAINTY ABOUT
THE FUTURE**



But very high stress often affects body
Many people get unpleasant feelings.



When they are stressed, many people

cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



feel sad

.....

....

feel.....

...feel sad
or guilty



...worry



...cry



...feel very
tired



There are many kinds of difficult thoughts and feelings

Memories, especially about difficult events...



Thoughts about the future, especially about what we fear...



There are many kinds of difficult thoughts and feelings

Thoughts that blame others...



Harsh judgements about ourselves...



Thoughts where we worry
about others.



our behaviour changes that make our
lives worse

We might get into fights,
arguments
or disagreements.



Or we might withdraw
and stay away from people
we love.



Or we might spend
a lot of time lying in bed.



Biological changes



What are the Consequences of Long-Term Stress?

- Mental health problems, such as depression, anxiety, and personality disorders
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and strokes
- Obesity and other eating disorders
- Menstrual problems
- Sexual dysfunction, such as impotence and premature ejaculation in men and loss of sexual desire in men and women

What are the Consequences of Long-Term Stress?

- Skin and hair problems, such as acne, psoriasis, and eczema, and permanent hair loss
- Gastrointestinal problems, such as GERD, gastritis, ulcerative colitis, and irritable colon

STRESS

- Management of stress

GROUNDING الارتكاز

GROUND YOURSELF during emotional storms by NOTICING your thoughts and feelings, SLOWING DOWN and CONNECTING with your body by slowly pushing your feet into the floor, stretching and breathing, and then REFOCUSING and ENGAGING with the world around you, What can you see, hear, touch, taste and smell? Pay attention with curiosity to what is in front of you. Notice where you are, who is with you and what you are doing



Grounding

- Grounding is especially useful during stressful situations or emotional storms. You can also practice grounding when you simply have one or two minutes available, like when you're waiting for something, or before or after an activity you do every day, like washing, eating, cooking or sleeping. If you practice during these times, you may find that boring activities become more enjoyable, and it will be easier to use grounding later in more difficult situation

UNHOOKING الانفكاك

- UNHOOK YOURSELF with these three steps:
 - 1) NOTICE that a difficult thought or feeling has hooked you. Realize that you are distracted by a difficult thought or feeling, and notice it with curiosity.
 - 2) Then silently NAME the difficult thought or feeling; for example:
 - “Here is a difficult feeling”
 - “Here is tightness in my chest”
 - “Here is a feeling of anger



Unhooking

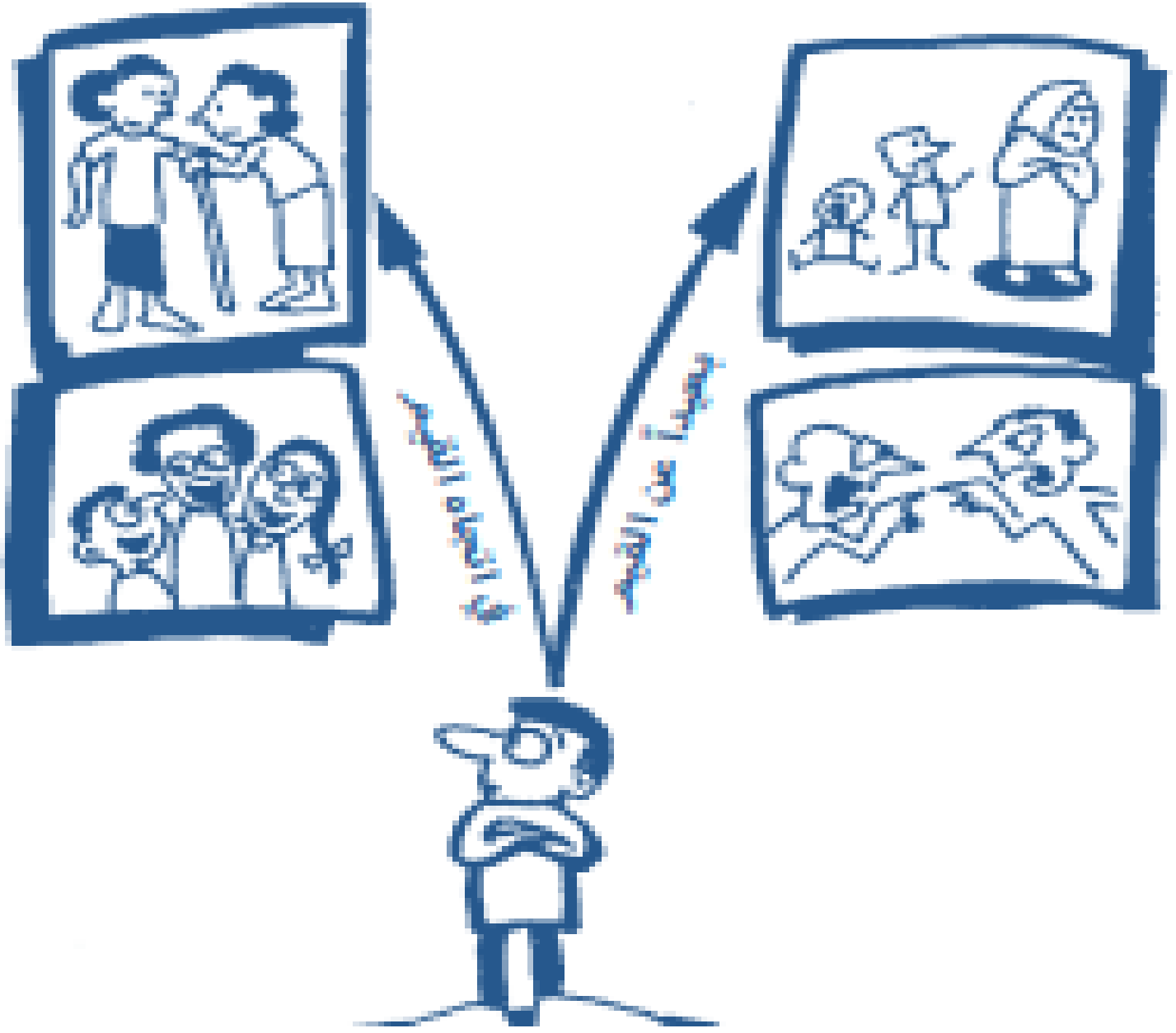
- “Here is a difficult thought about the past”
- “I notice here is a difficult thought”
- “I notice here are fears about the future”
- 3) Then, REFOCUS on what you are doing. Pay full attention to whoever
- is with you and whatever you are doing

ACTING ON YOUR VALUES

التمسك بالقيم

Choose the values that are most important to you. For example:

- • being kind and caring
- • being helpful
- • being brave
- • being hardworking.
- You get to decide which values are most important to you



ACTING ON YOUR VALUES

- Remember that there are three approaches to any difficult situation:
 - 1. LEAVE
 - 2. CHANGE WHAT CAN BE CHANGED, ACCEPT THE PAIN THAT CANNOT BE CHANGED, AND LIVE BY YOUR VALUES
 - 3. GIVE UP AND MOVE AWAY FROM YOUR VALUES

Being kind كن لطيف

- BE KIND. Notice pain in yourself and others and respond with kindness.
- Unhook from unkind thoughts by NOTICING and NAMING them. Then, try speaking to yourself kindly. If you are kind to yourself you will have more energy to help others and more motivation to be kind to others, so everyone benefits.
- You can also take one of your hands and imagine filling it with kindness. Place this hand gently somewhere on your body where you feel pain.
- Feel the warmth flowing from your hand into your body. See if you can be kind to yourself through this hand.



MAKING ROOM افساح المجال

- Trying to push away difficult thoughts and feelings often does not work very well. So instead, MAKE ROOM for them:
- 1) NOTICE the difficult thought or feeling with curiosity. Focus your attention on it. Imagine the painful feeling as an object, and notice its size, shape, colour and temperature.
- 2) NAME the difficult thought or feeling. For example:
- “Here is a difficult feeling”
- “Here is a difficult thought about the past
- “I notice here is sadness”
- “I notice here is a thought that I am weak”



MAKING ROOM

- Allow the painful feeling or thought to come and go like the weather.
- As you breathe, imagine your breath flowing into and around your pain to make room for it. Instead of fighting with the thought or
- feeling, allow it to move through you, just like the weather moves through the sky. If you are not fighting with the weather, then you will have more time and energy to engage with the world around you and do things that are important to you

