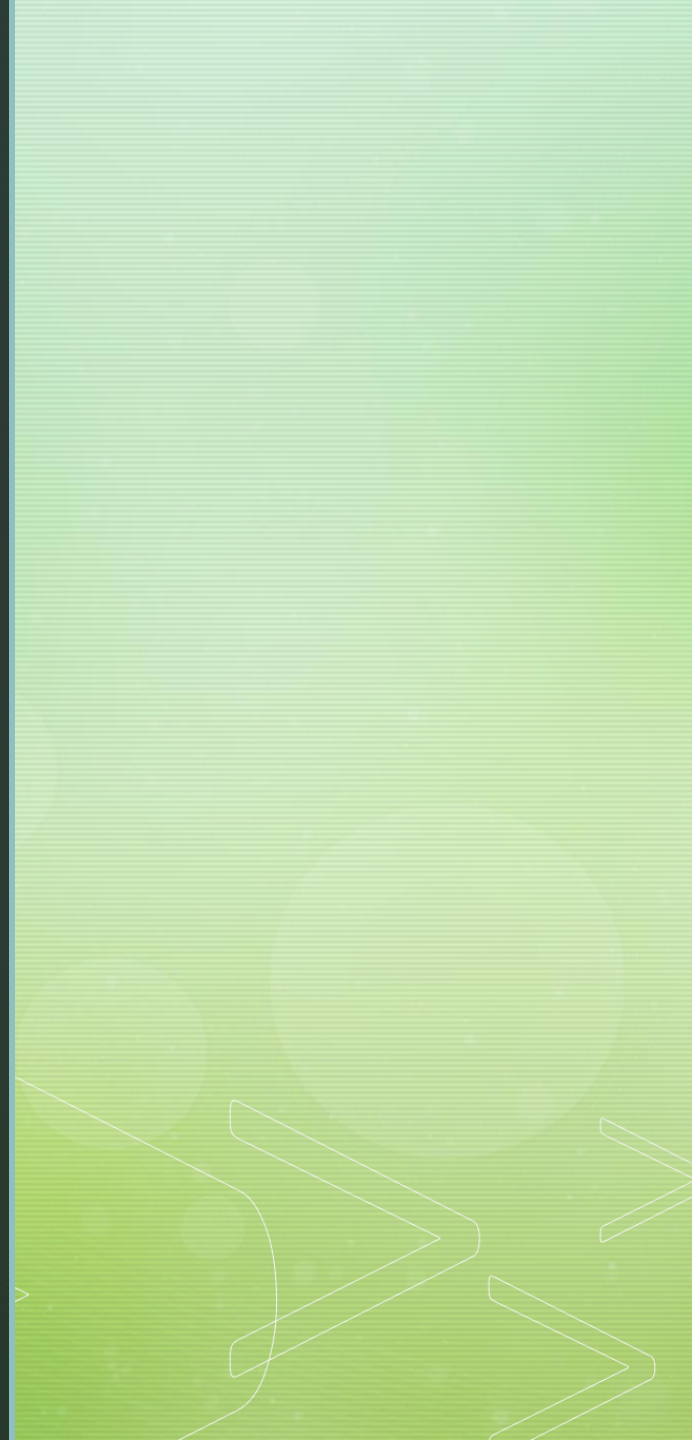


TREATING THE ACTIVE PATIENT: A MULTIDISCIPLINARY APPROACH



THE MIND-BODY CONNECTION





WHAT IS STRESS?

HOW DOES IT AFFECT US EMOTIONALLY & PHYSICALLY?





”Pressure from outside that can make you feel tense inside. Stress is any change that you must adapt to, ranging from the negative extreme of actual physical danger to the exhilaration of falling in love or achieving some long desired success.” (Davis, Eshelman & McKay, 1995)



- Emotional Threshold

Stress Level (constant fluctuation)

Maximum Tolerance



Minimal Stress (Resting Rate)





Emotional Reactions

Fear/anxiety/sadness

Numbness

Irritability

Anger

Self-blame



- Physical Reactions

Fatigue

Nausea

Loss of Appetite

Headaches

Elevated Blood Pressure/Heart Rate

Sweating

Elevated Cortisol Levels





- Cognitive Reactions

Lack of Concentration

Confusion

Intrusive Thoughts and Images

Memory Problems

Hypervigilance

Poor Decision Making/Problem Solving

Partial Amnesia of the Event



HOW DOES UNRESOLVED CONFLICT & TRAUMA IMPACT THE PHYSICAL BODY?





- Bessel Van Der Kolk – “The Body Keeps the Score”





Impact of Conflict and Trauma on the Physical Body

- Chronic pain (muscle tension)
- Adrenaline exhaustion
- Stress headaches (migraines)
- Gastrointestinal distress
- Alters brain chemistry (neurotransmitters)
- Autoimmune Disorders
- Conversion Reactions



Impact of Conflict and Trauma on the Psyche/Emotions

- Dissociation
- Somatization
- Affect Dysregulation
- Memory/Attention Deficits
- Issues with Impulse Control
- Issues with Self-Perception
- Poor Interpersonal Relations

- 
- Host of Co-morbid Disorders

Post Traumatic Stress Disorder

Mood Disorders (Persistent Depressive Disorder, Major Depressive Disorder, Cyclothymia, and Bipolar II Disorder)

Anxiety Disorders (Generalized Anxiety, Social Anxiety, & Phobias)

Somatoform Disorders (Somatization, Hypochondriasis, Body Dysmorphic Disorder, Pain Disorder, & Conversion Disorder)

Obsessive Compulsive Disorder





- Functional Neurological Disorder (aka Conversion Disorder)
- Fibromyalgia
- Nephrolithiasis (aka kidney stones)

- WHAT DOES STRESS MANAGEMENT LOOK LIKE?



4 RULES FOR PERSONAL STRESS MANAGEMENT

- 1. Set aside time for yourself
- 2. Do something that you personally enjoy
- 3. Be intentional with your plan and be as consistent as you can
- 4. Develop more than one way of dealing with stress (inflexibility magnifies stress)

▶ Coping Skills For Emotional & Physical Health

- 1. Reorganize yourself
- 2. Manage your environment
- 3. Changing your mind and/or attitude
- 4. Build up your strength and endurance



- Reorganize yourself

- a. Personal planning
- b. Time management
- c. Pacing





- Managing Your Environment

- a. Fight or flight
- b. Practice assertiveness
- c. Reinforce healthy boundaries



- Changing your mind and/or attitude

- a. Restructuring and relabeling
- b. Learn to use your imagination

daydreaming

visualization





- Build up your strength & endurance
 - a. Regular exercise
 - b. Proper nutrition
 - c. Quality sleep
 - d. Moderate use of alcohol, caffeine, and tranquilizers
 - e. Develop hobbies
 - f. Work out your anger
 - g. Practice mindful breathing



HOW DOES OVERALL MENTAL HEALTH AFFECT US
PHYSICALLY AND AID IN PHYSICAL WELLNESS AND
RECOVERY FROM INJURY?





- Mental Health – “A state of well-being that allows individuals to cope with the normal stress of life and function productively.”
- Mental Health Promotion – “The enhancement of the capacity of individuals, families, groups, or communities to strengthen or support positive emotional, cognitive, and related experiences.”
- Good mental health supports a sense of well-being, competence, and resilience. It is not the absence of mental disorders but a resource that promotes positive influences for an individual.

Mental Health Domains

- Self-perception
 - Emotions/Behavior
 - Self-Management Skills
 - Family/other relationships
 - Sexual health
 - Personal Values
- Cognitive skills
 - Academic/Occupational
 - Social skills
 - Physical health
 - Meaning of life
 - Quality of Life

Poor Mental Health

- Decreases motivation
 - Impacts memory
 - Impacts self-management
 - Often results in depression
- Decreases compliance
 - Impacts concentration
 - Impacts adaptive behavior

Good Mental Health

- Promotes and supports a sense of well-being, competence, and resilience.
- Resilience – the strength to handle, deal with, or manage a problem. Resilience comes in degrees (so it is not all or none) and can be strengthened with practice. “Successful adaptation.”
- Resilience produces three kinds of phenomena:
 - a. Positive results despite risk status
 - b. Continuous positive status and functioning despite unfavorable circumstances
 - c. Recovery after trauma (both psychological and physical)



- Resilience involves multiple systems (biological, psychological, social, & ecological systems) interacting together to help “sustain, regain, and improve well-being.”
- Resilience enhances recovery from illness and injury.

Studies support that highly resilient individuals recover better from colon cancer and cardiovascular diseases than lower resilient individuals.



2019 International Olympic Committee Consensus Statement

- There is a positive correlation between mental health and physical injury and recovery.
- Mental Health is a viable component of athlete well-being and cannot be separated from physical health.
- Cognitive, emotional, and behavior responses impact injury outcomes and mental health can complicate recovery.
- A review of 28 studies showed that 65% of the professional athletes not returning to play after an injury cited a psychological reason (a fear of reinjury, lack of confidence, and/or depression)

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