## STRESS, COPING and MENTAL HEALTH

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## What Is Stress?

## **Dual Meaning**

1. The external cause: the "stressor"

2. The person's reactiono Physicalo Psychological

## **Six Step Model of Stress**

- 1. Perception
- 2. Psychological Defenses (coping styles)
- 3. Psycho-physiological Responses
- 4. Response Reduction
- 5. Illness Behavior
- 6. Illness Measure

## **General v. Specific Stresses**

- General
  - Heat, Cold
  - o Hunger
  - Sleep deprivation

#### Specific

• Tied to perception of significance

## 1. Perception

 How stressful do you find oA first date • Going to the dentist for a filling oA weekend with your parents •A flight to NYC ×7 a.m. departure ×11 a.m. departure

## **MD Professional Stressors\***

#### **1.** Time Demands

- 2. Doctor-Patient Relationships
- 3. Role Responsibility
- 4. Career Family Conflicts
- 5. Inability to Cure
- 6. Threat of Malpractice

\*reported by experienced physicians and residents

## 2. Psychological Defenses

-Coping mechanisms which serve to reduce the magnitude of responses

Displacement

- Reaction Formation
- Intellectualization
- Humor
- Suppression

## 3. Psycho-physiological Responses

#### • With Awareness

• Headache, Muscle tension, Mood shifts

#### Without Awareness

• Elevated lipids and BP

• Low blood sugar

## 4. Response Reduction

- Exercise
- Muscle Relaxation
- Situational Adjustments
- Psychotherapeutic Interventions
- Medications

# 5. Illness Behavior6. Illness Measures

- When coping is not sufficient
- Sustained symptoms
- Sick role/help-seeking
- Diagnosis & Treatment
- Documentation in medical record

## **Coping with Stress**

1. Health-sustaining Habits

- 2. Social Supports
- 3. Responses to Stress
- 4. Life Satisfactions

## **1. Health-Sustaining Habits**

- Diet
- Relaxation
- Physical Exercise
- Pace
- Medications

## 2. Social Support

Benefits come from both structure and function
Health Benefits of marriage/relationships
Key role of a confidant
Availability when needed

## 3. Response to Stress

## Positive

Problem solving Utilize social support Look for silver lining

## Negative

OAvoidanceOSelf-blameOWishful thinking

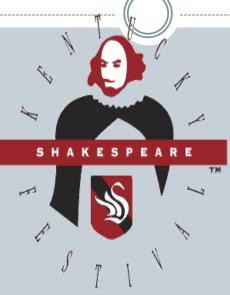
## 4. Life Satisfactions

- Optimism & Humor
- Work
- Family
- The Arts
- Nature
- Spirituality

## The Arts in Louisville

- Orchestra, Opera & Ballet
   OAt Center for the Arts on Main St.
- Actor's Theater & Shakespeare in Central Park
- Gallery Trolley Hops 01<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Fridays
- Speed Art Museum (temporarily closed)





Nightly at 8 pm Mid-June to August
Central Park (4<sup>th</sup> Street & Magnolia)
It's FREE

### Nature Places

Louisville's Olmsted Parks
Cherokee, Iroquois & Shawnee
River Walk
Bernheim Forest

- Many Lakes and Rivers
- Red River Gorge