



## Advanced Stress

# Who is HFA?



Founded in 1994, we are a national nonprofit organization that *assists* and *advocates* for the bleeding disorders community.

# Things To Know About HFA

We provide local programming and education through our member organizations.



To address changing policy needs, our office is located in Washington, D.C.



## ADVOCACY



We reach over 15,000 through our quarterly newsletter.



We have a dedicated and professional staff.

# Thank you!

HFA's programming is sponsored by:

**HFA Blood Brotherhood**



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**HFA Blood Sisterhood**



**CSL Behring**  
Biotherapies for Life™

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# Objectives

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- Overview of common concerns
- Solutions and strategies for more effective coping





# Reflection

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What causes you the most stress? Write down 2-3 things.

Are any of your stressors related to a bleeding disorder?



Image via vector-esp.com

# Cognitive Distortions (automatic patterns)

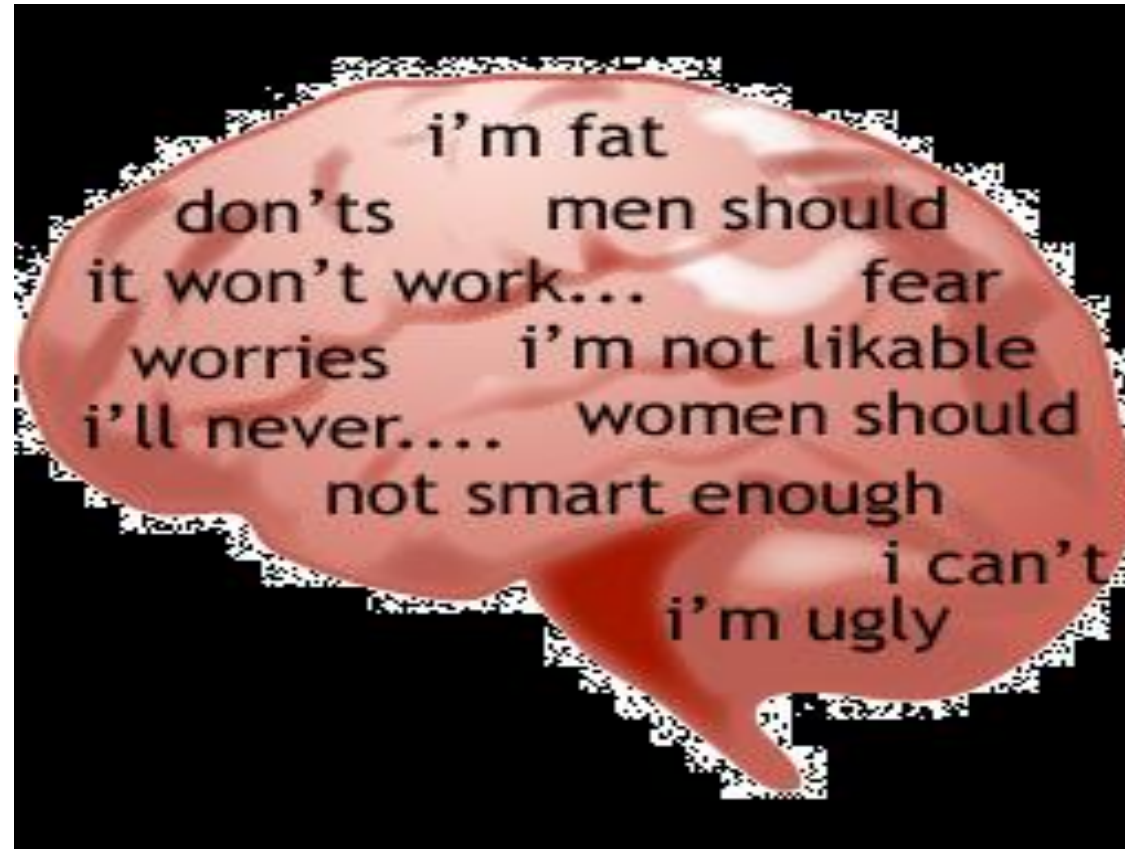
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- All-or-nothing thinking
- Overgeneralization
- Disqualifying the positive
- Jumping to conclusions
- Magnification
- Should statements
- Labeling
- Personalization



# Cognitive Distortions

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# Depression

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Did you know?

Depression is the #1 reason people seek mental health services and the leading cause of disability worldwide.



# Symptoms of Depression

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- Sad mood, most of the day, nearly every day
- Loss of interest and pleasure in usual activities
- Difficulties sleeping:
  - insomnia or sleeping a great deal
- Poor appetite and weight loss, or increased appetite and weight gain
- Loss of energy, great fatigue

# Symptoms of Depression

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- Negative self-concept, self-blame, feelings of worthlessness and guilt
- Complaints or evidence of difficulty concentrating, such as slowed thinking and indecisiveness
- Recurrent thoughts of death or suicide\*\*

*\*\*Tell someone today*

# Anxiety Symptoms

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- Tension
- Overwhelming worry
- Feel out of control
- Intense fear
- Restless or “On Edge”
- Decreased concentration
- Sleep Problems
- Physical Symptoms:
  - Headaches, nausea, sweating, stomach ulcers/aches, shaking, etc.





# Acute Stress Disorder

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Acute stress disorder develops within one month after an individual experiences or sees an event involving a threat or actual death, or physical violation, and responds to this event with strong feelings of fear, helplessness or horror.



# Symptoms of Acute Stress Disorder

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Symptoms occur 3 days to 4 weeks after the event including:

- difficulty sleeping
- irritability
- poor concentration
- hyper vigilance
- exaggerated startle response
- motor restlessness

# Post Traumatic Stress Disorder (PTSD)

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PTSD occurs when symptoms of Acute Stress Disorder exist longer than four weeks after the traumatic event:

- First, the traumatic event is persistently re-experienced
- Second, reminders of the trauma are avoided
- Finally, hyperarousal in response to stimuli reminiscent of the trauma is present

# Stress and Illness

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- Psycho-neuro-immunology  
(compromised immune system)
- Heart Disease/heart rate/blood pressure (HTN)
- Chronic pain/muscle tension
- Migraines
- IBS/Ulcers/Constipation
- Relationship distress/conflict/irritability
- Potential for development of depression/anxiety

# Stress and Illness

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- Sleep/eating patterns
- Skin disorders/allergies/asthma
- Causes “sticky” blood
- Inhibits clearance of fat molecules  
(raising cholesterol)
- Sexual and Reproductive Dysfunction  
(reduced blood flow)
- Substance Abuse



# Brainstorm

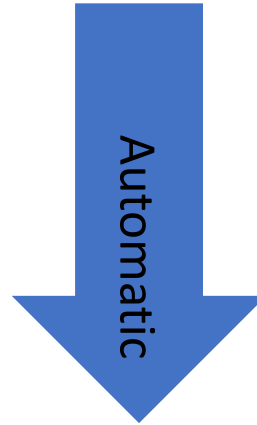
What are some physical and emotional consequences of stress?

# Change Your Thinking

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- Activating event – someone cuts you off in traffic

- Belief



- Consequence – angry and ready to run them off the road

# Change Your Thinking

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Activating event – someone cuts you off in traffic



Belief – I am not involved in this and THIS isn't worth it



Consequence – relax, turn up the music and let the nice man drive away

# Change Your Thinking

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- Activating event – Your child has a bleed after his first day of school



- Belief –
  - “this is how it’s going to be” (overgeneralization)
  - “how am I EVER going to be able to cope with this?” (magnification)



- Consequence – sadness and worry

# Change Your Thinking

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- Activating event – Your child has a bleed after his first day of school



- Belief – “Things like this happen, we will figure this out too.”



- Consequence – concern, problem solving, and relax

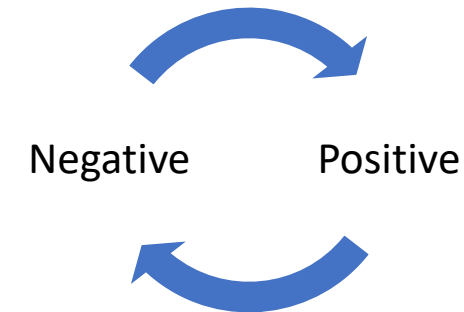


# Focus on Changing Your Thoughts

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- Thought identification
- Thought stopping
- Thought replacement
- Focus on positive

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# Consider

How do *you* handle stressful situations?

What could you do differently?

# Benson's Relaxation Response

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Scientifically demonstrated approach

Simple basic steps:

- **Progressive muscle scan** (hold/release)
- **Breathing** (diaphragmatic technique)
- **Repetition** (can be contemplative prayer)

# Benson's Relaxation Response

1. SIT  
ON A CHAIR.



2. SCRUNCH  
UP YOUR  
FACE...

THEN  
RELAX  
IT.



3. TENSE  
YOUR  
ARMS...

THEN  
RELAX  
THEM.



4. TENSE UP YOUR  
SHOULDERS  
AND CHEST...

THEN  
RELAX  
THEM.



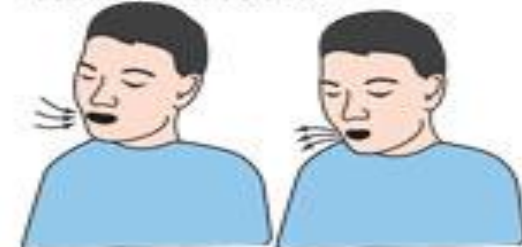
5. TENSE UP  
YOUR LEGS...

THEN RELAX!



6. BREATHE  
IN  
RELAXATION...

BREATHE OUT  
TENSION.



# Be Pro-Active

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- Don't wait, do something if:
  - You keep trying and it isn't getting better
  - Getting in the way – effecting your ability to function (family, work, other key roles)
  - Significant struggle with sleep, mood, anxiety, and/or relationships
  - You know what you need to do but can't make it happen



# Brainstorm

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What is your favorite thing to do as a family to relax?



What is your favorite thing to do for yourself?

# Additional Ideas

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- Taking baths
- Reading
- Breathing exercises
- Massages
- Listening to relaxation tapes
- Writing in a journal
- Meeting with a friend
- Yoga
- Napping
- Walking/Hiking
- Gardening
- Dancing
- Engaging in spiritual reflection
- Stretching
- Listening to music
- ...others?

# Action Plan

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- What information was most helpful today?
- How can you realistically implement some of the stress relief techniques we've discussed today?
- Are there any new strategies you'll try?

# Resources

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- National Suicide Prevention Lifeline: 1-800-273-TALK (1-888-628-9454 for Spanish-speaking callers)
- Youth Mental Health Line: 1-888-568-1112
- Child-Help USA: 1-800-422-4453 (24 hour toll free) Coping With Stress

# Additional Resources

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- Therapist in your area: [www.therapistlocator.com](http://www.therapistlocator.com)
- Deep breathing video: Google - **Relaxation Response Video Exercise: Meditate with Peg Baim, MS, NP**
- Progressive muscle relaxation – Google - **Take 5: Progressive Muscle Relaxation**
- Book – The Relaxation Response by Herbert Benson, MD