



STANFORD
CANCER CENTER

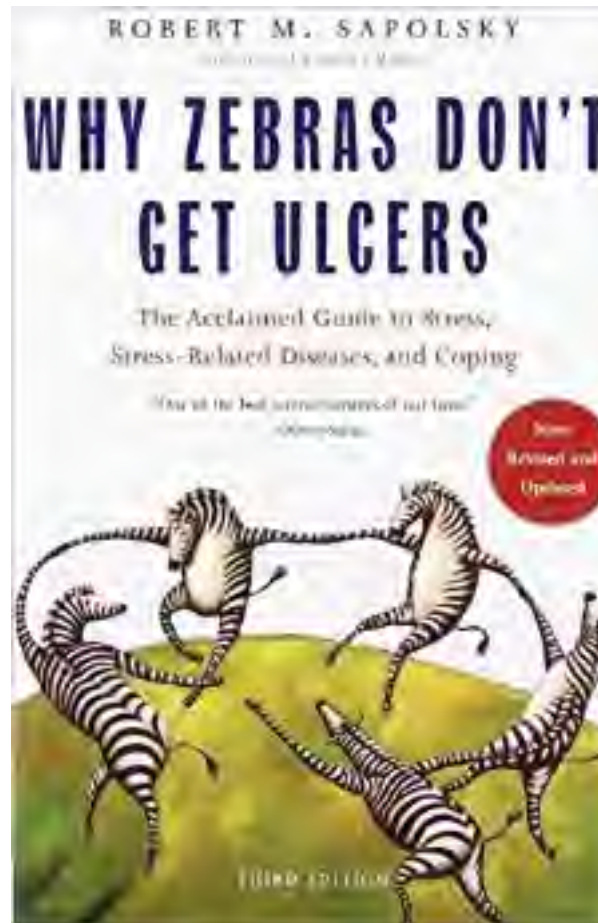
Stress Management in Cancer Care

Neuroendocrine Tumor Education Conference

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March 1, 2015

Stress and Illness



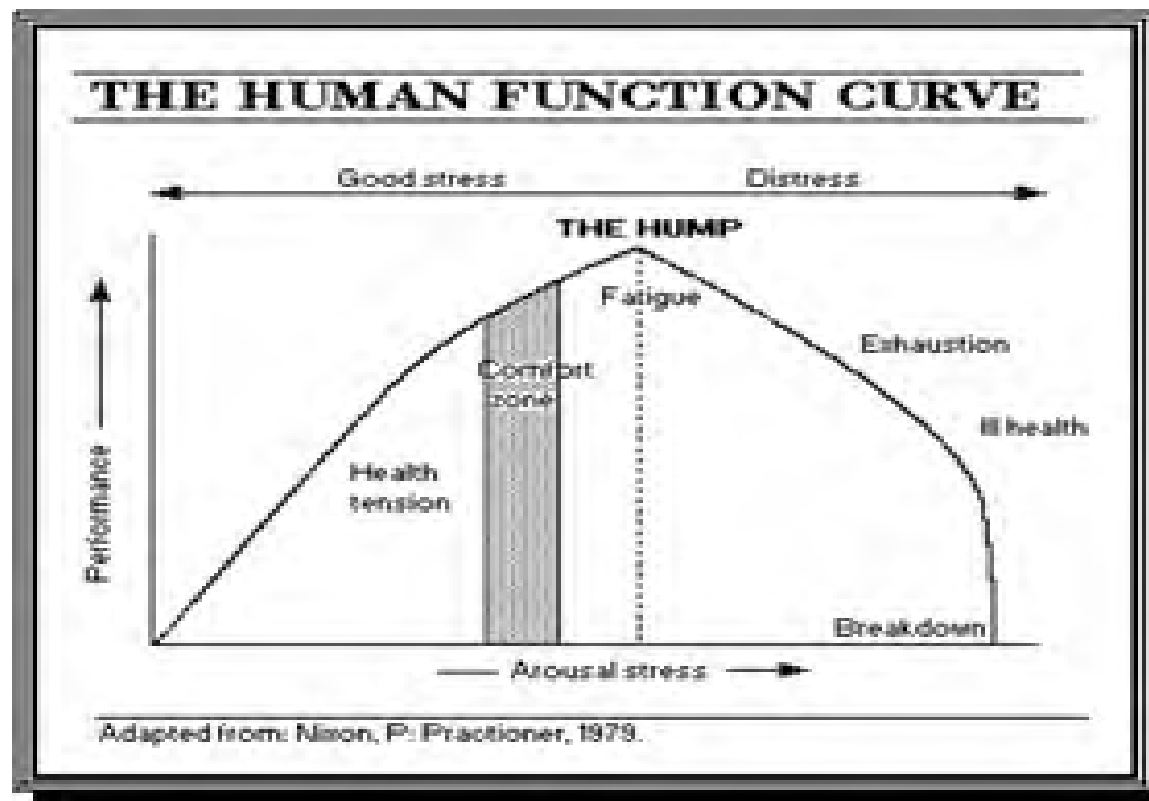
BUT HUMANS DO.....



Definition of stress

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- The non-specific response of the body to any demand for change

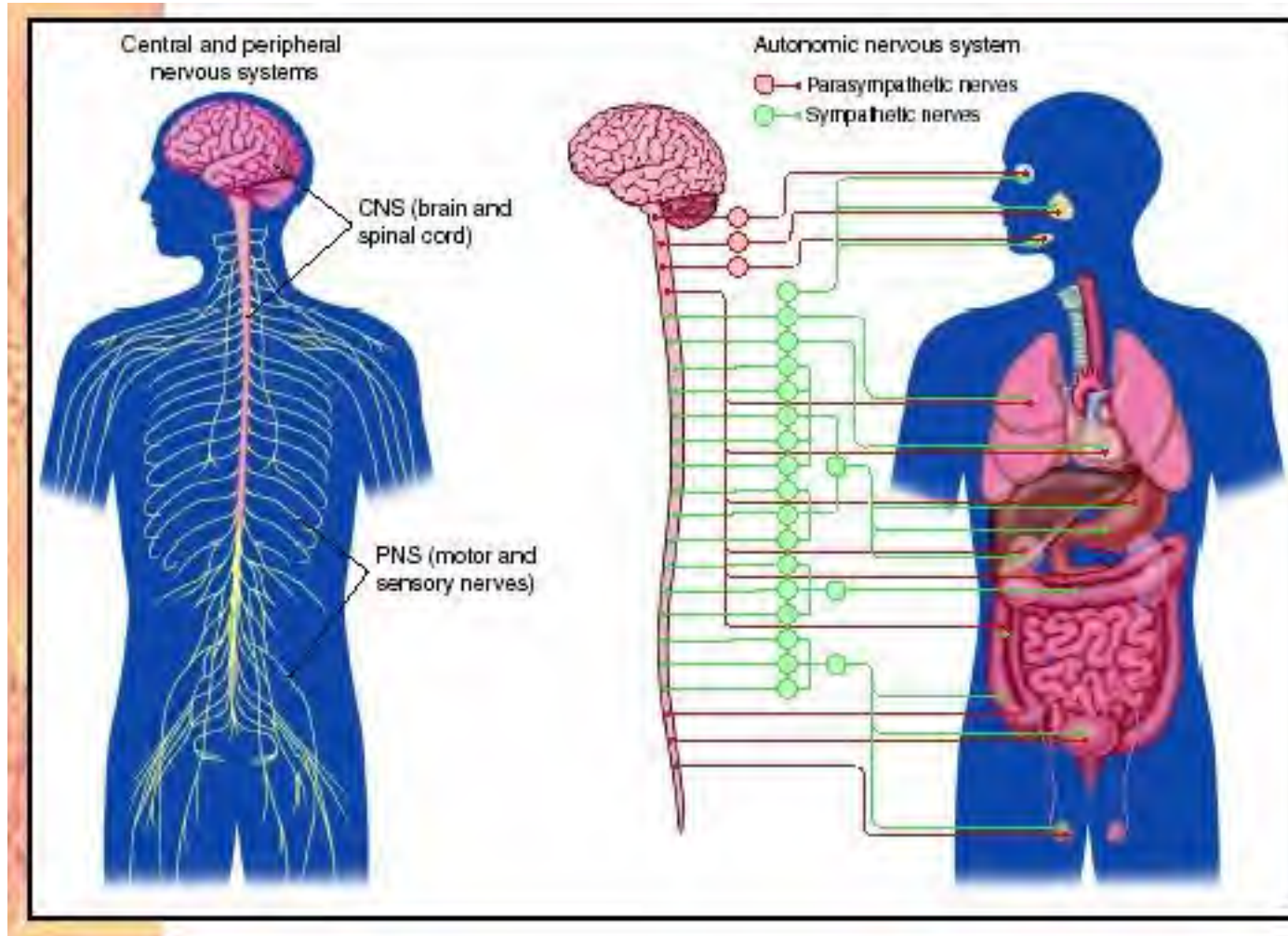
Stress and Performance

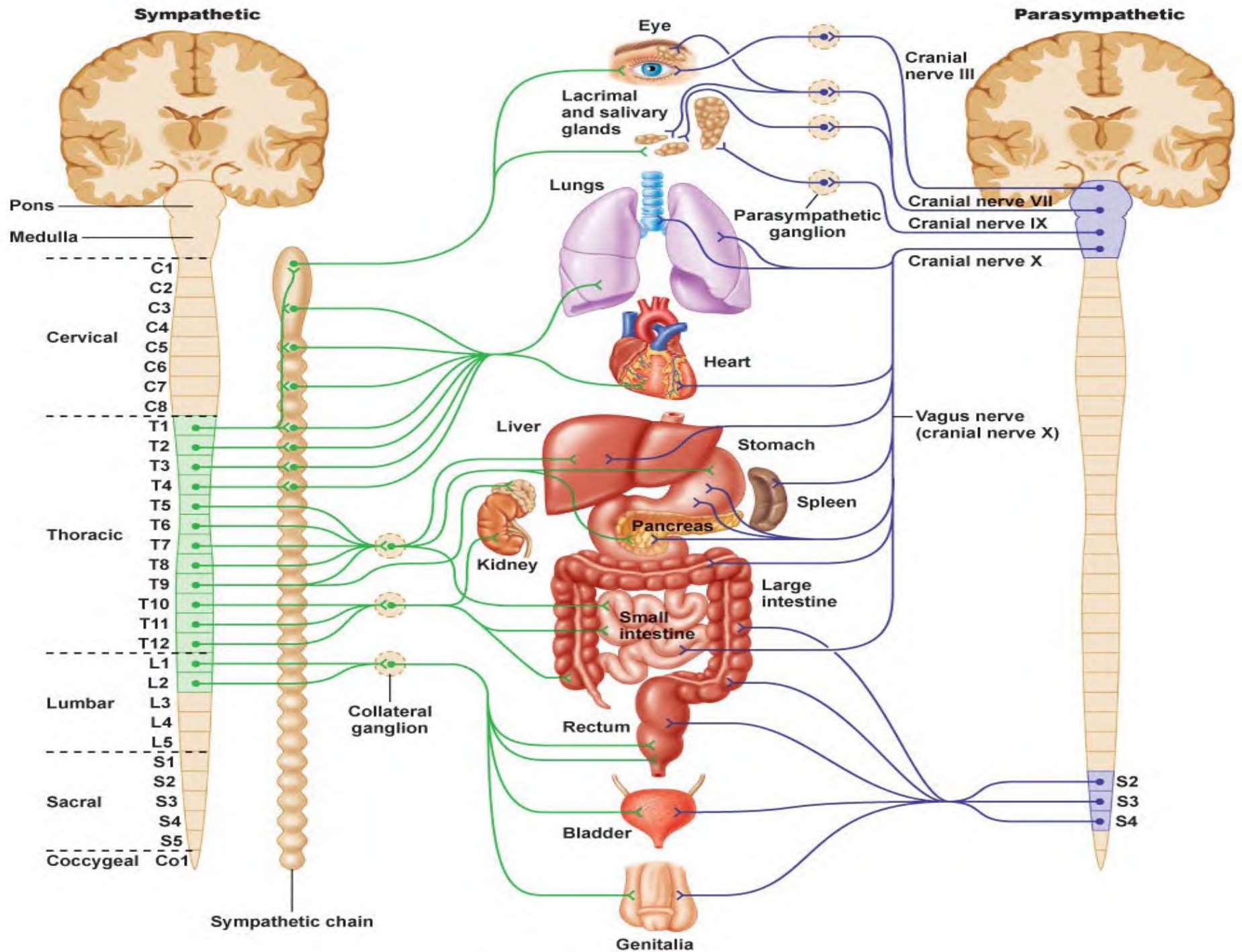


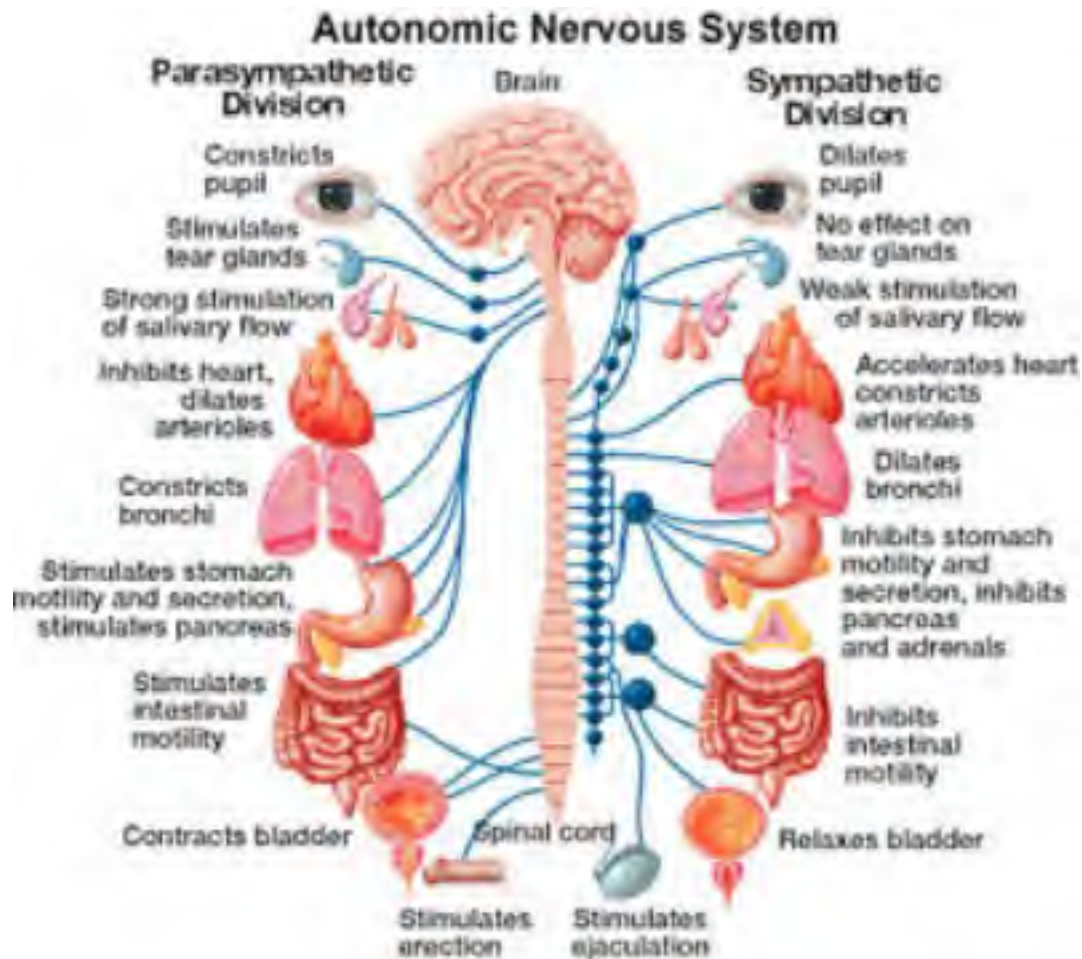
Fight or flight (or freeze)



Physiology of stress







Insomnia
Irritability
Distractibility

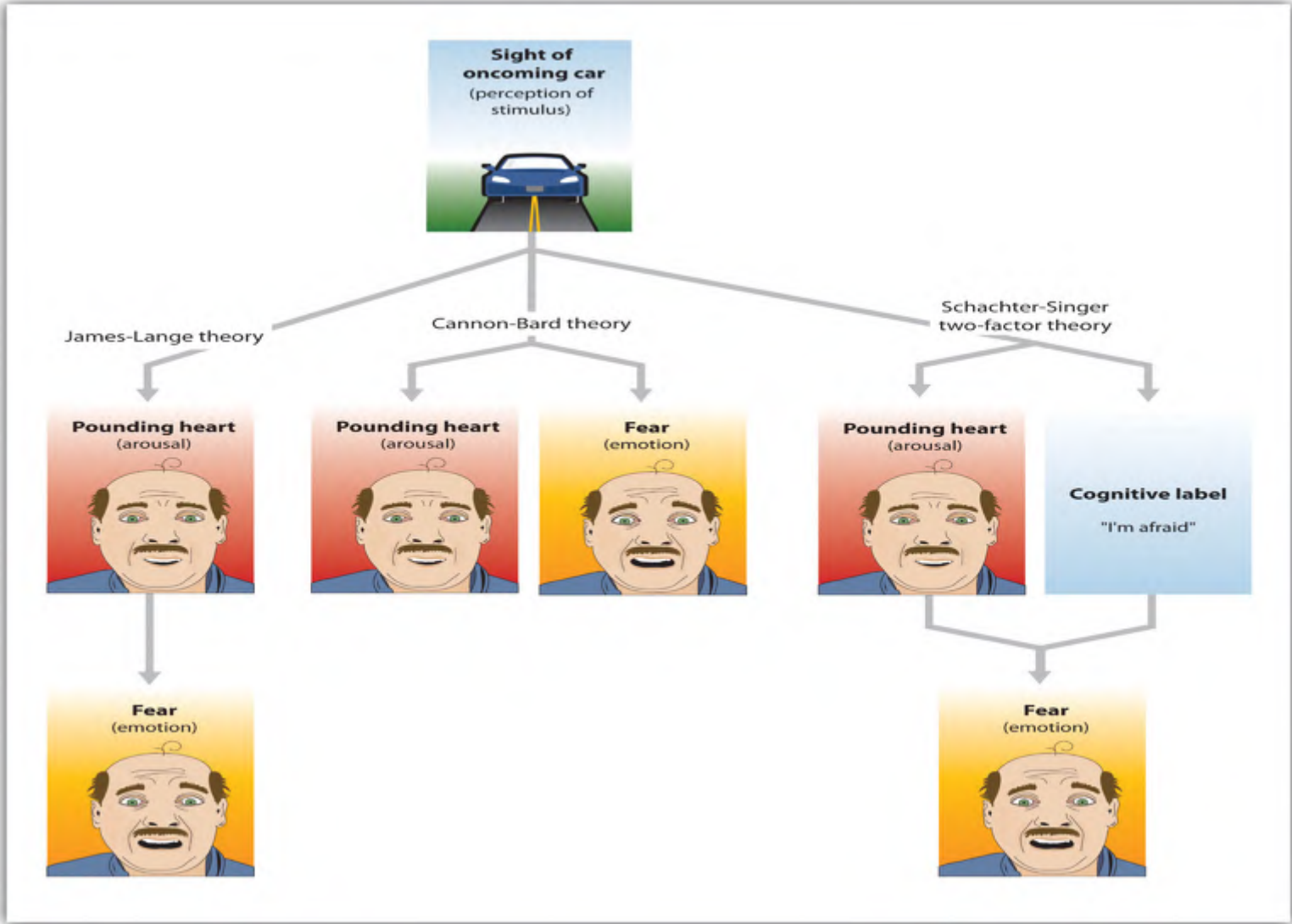
Palpitations
Chest discomfort

Shortness of breath

Nausea

Abdominal discomfort
Diarrhea

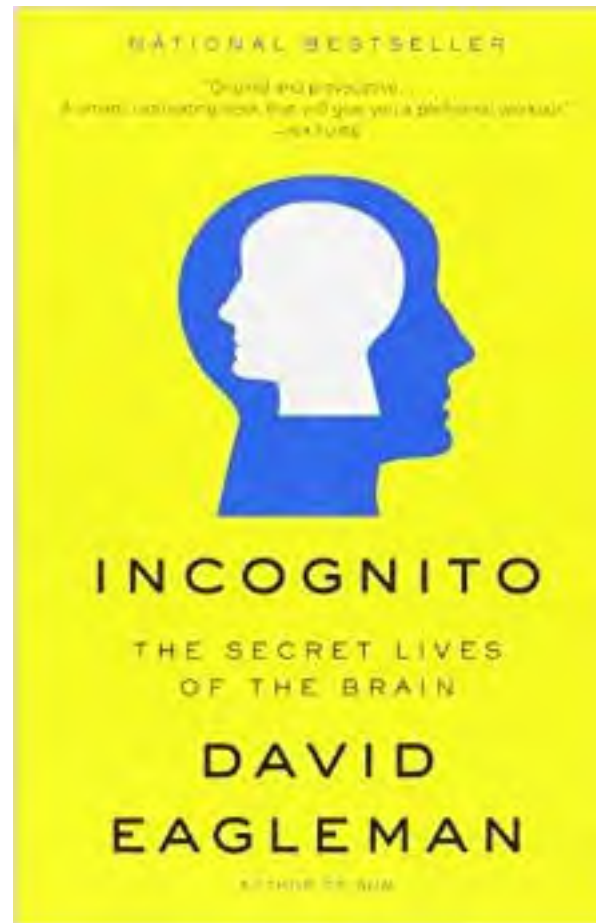
Response to stressful stimulus



Stress response

- Stimulation of stress response is not just about the external reality but the meaning that you attach to it

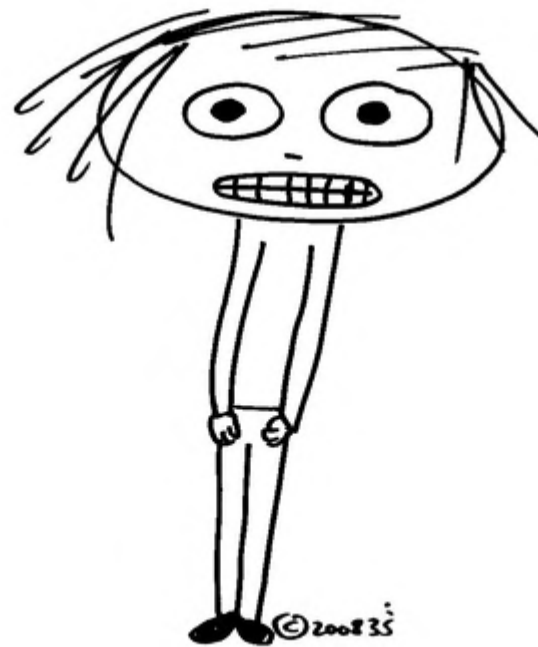
The secret life of the brain (and body)





Cognition

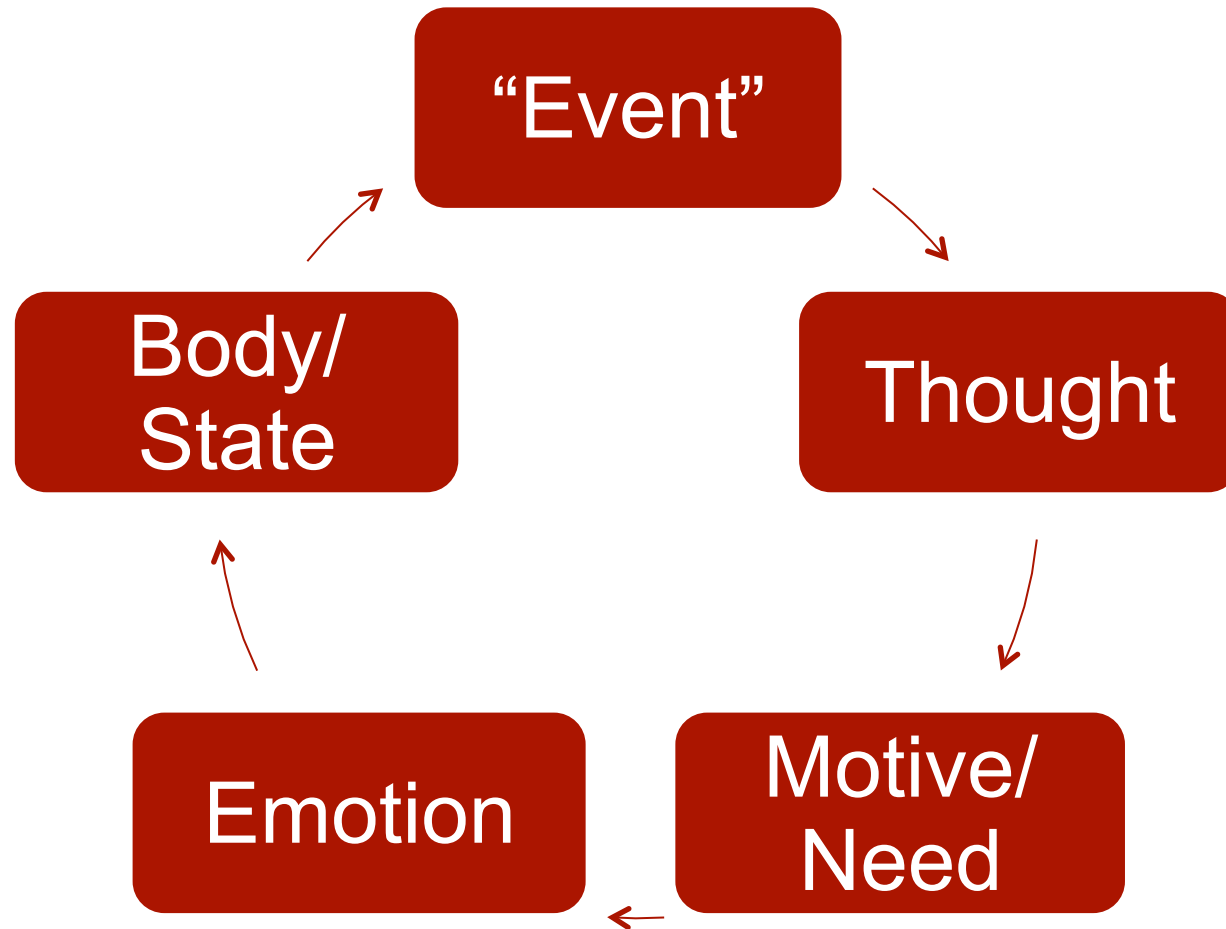
TODAY,
I
TRIED TO
THINK POSITIVE
BUT IT DIDN'T WORK.



Emotions



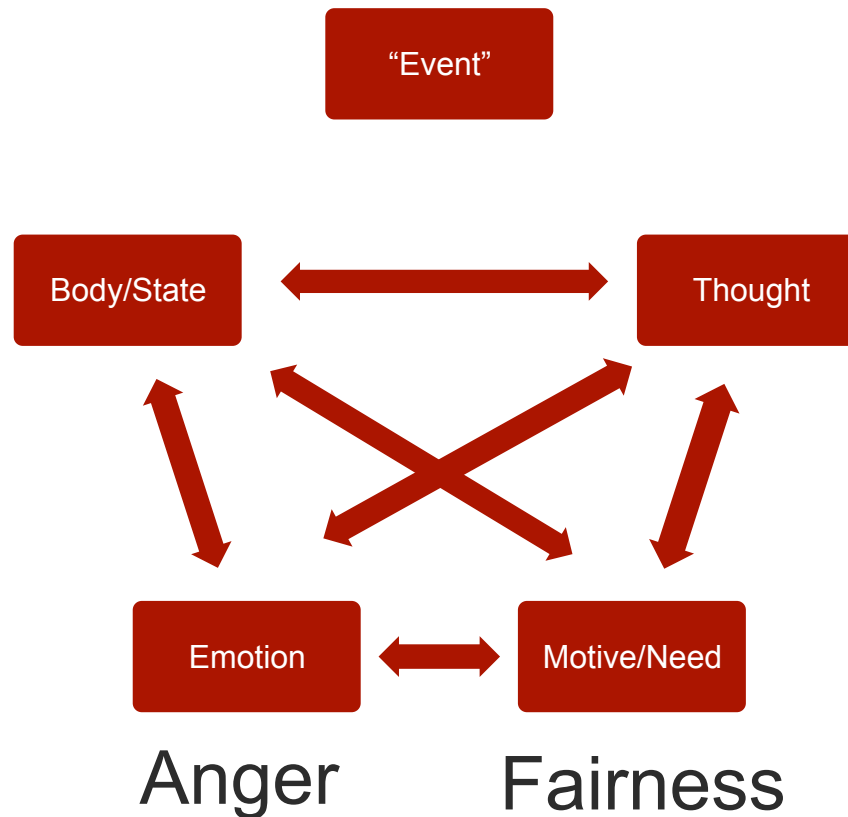
Vicious cycle



Vicious cycle

Diagnosis

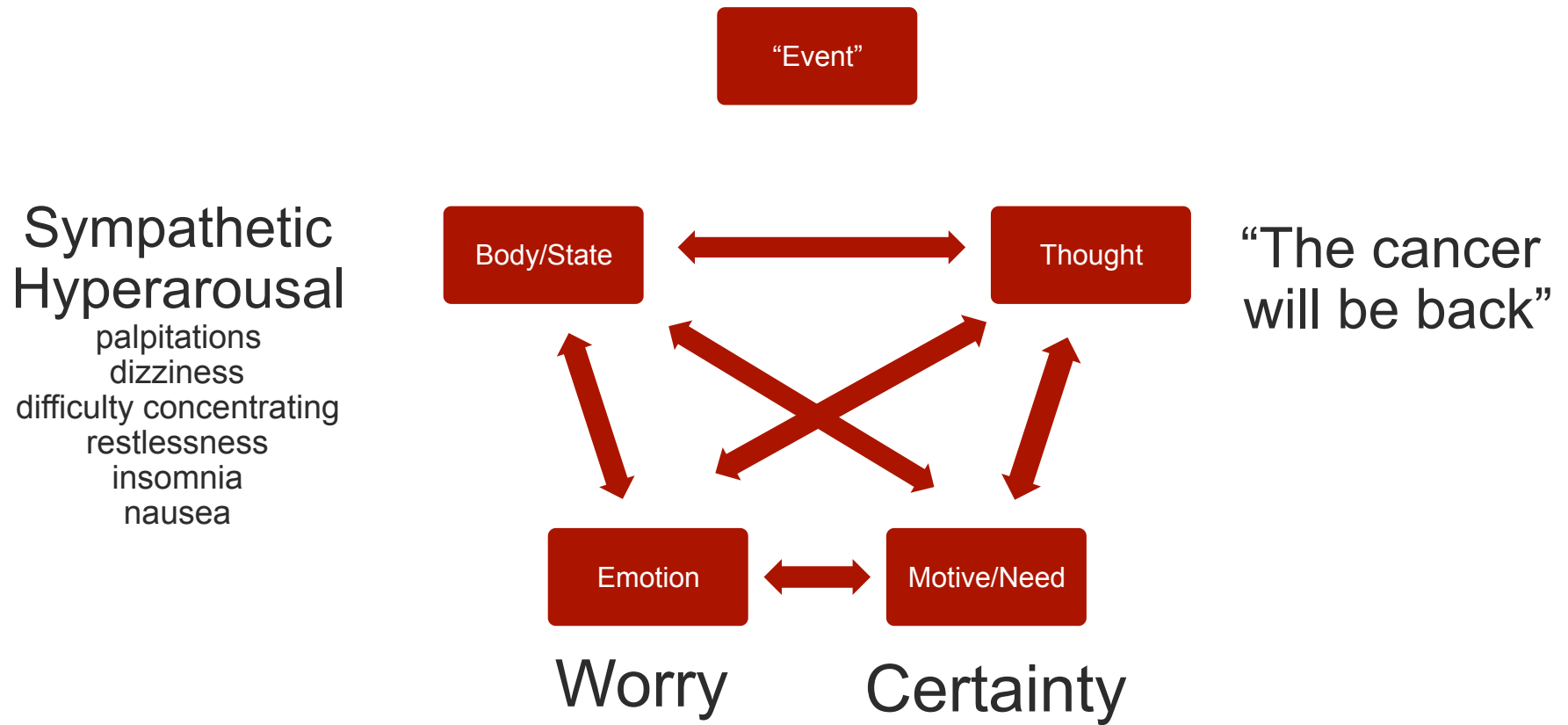
**Sympathetic
Hyperarousal**
palpitations
dizziness
difficulty concentrating
restlessness
insomnia
nausea



“Why me?”

Vicious cycle

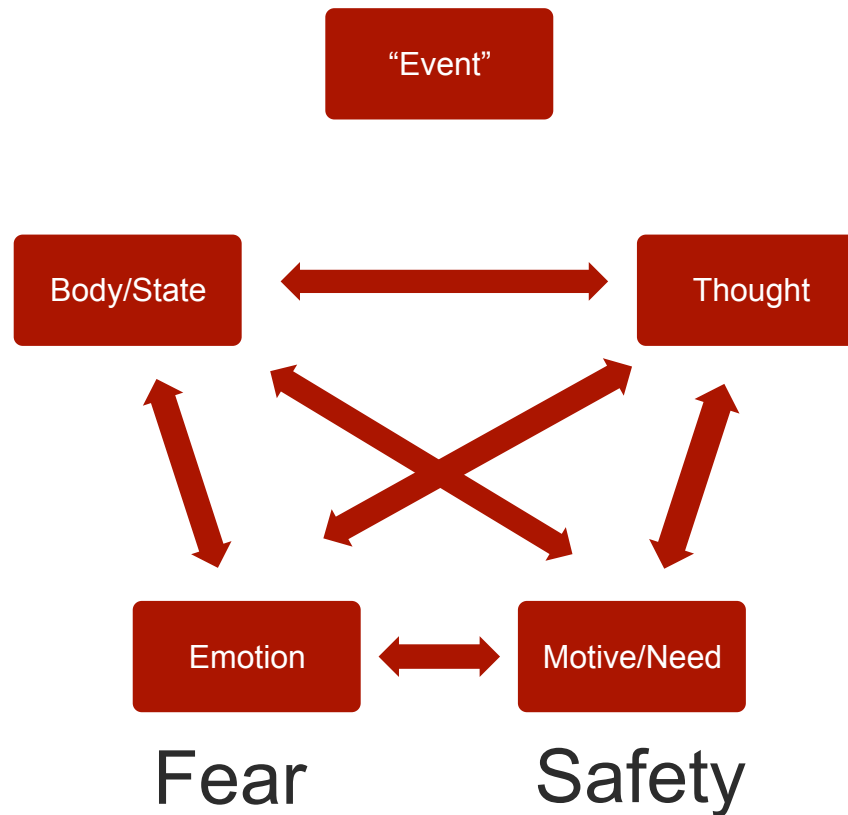
Surveillance Scan



Vicious cycle

Recurrence

**Sympathetic
Hyperarousal**
palpitations
dizziness
difficulty concentrating
restlessness
insomnia
nausea



“I will die”

Fear

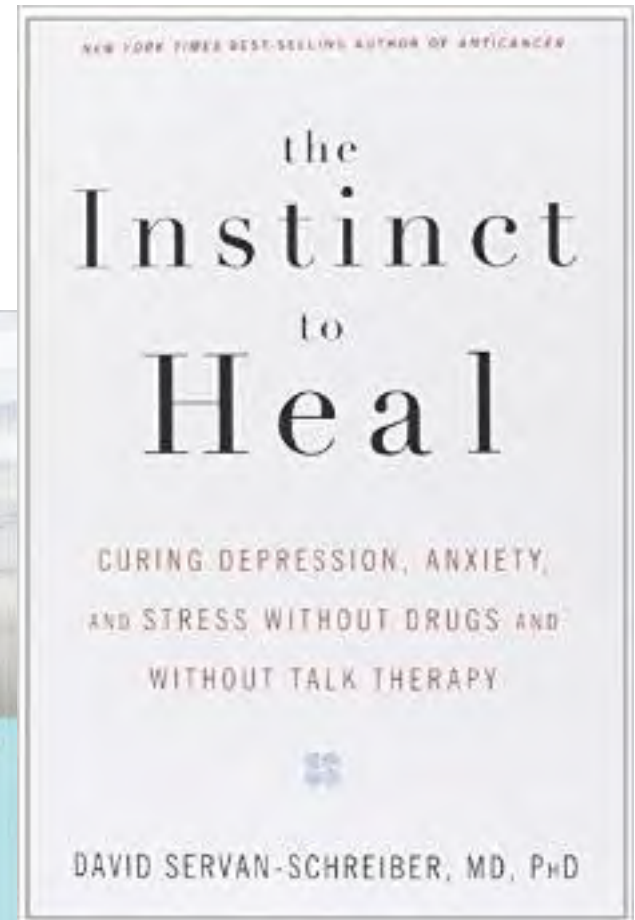
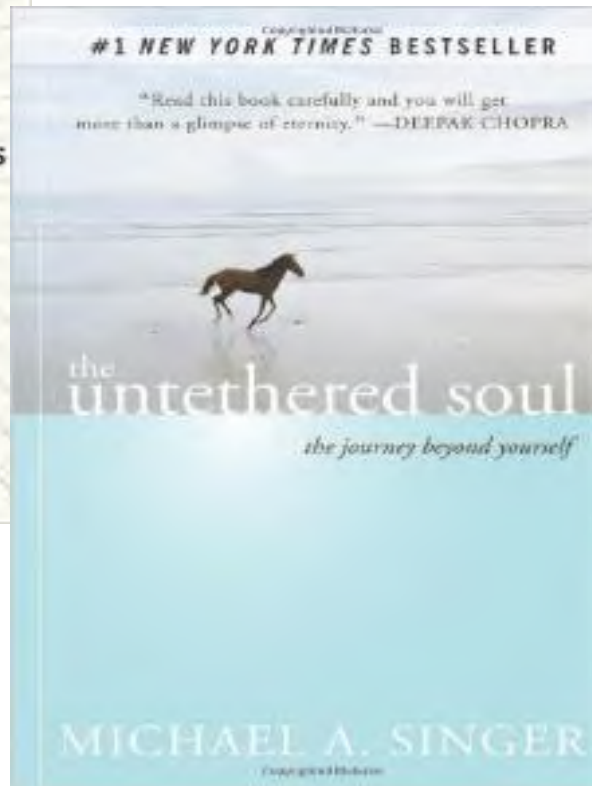
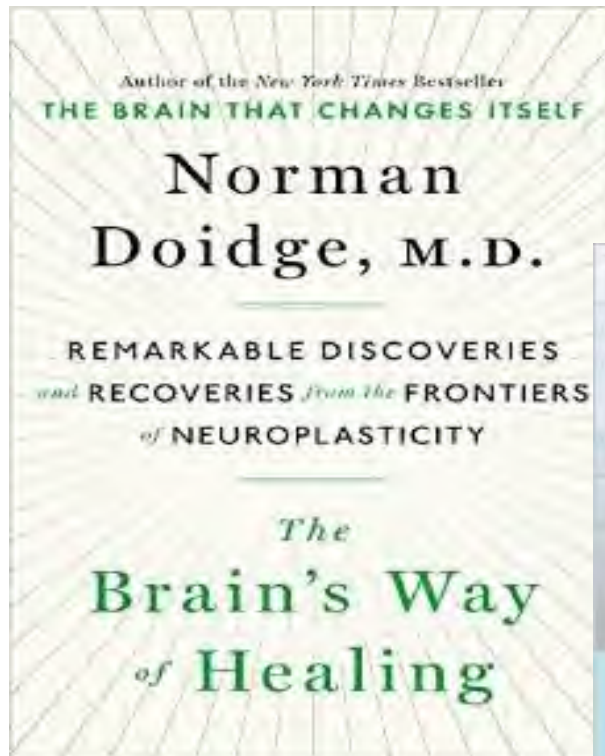
Safety

Prerequisites for healing

PATTERN RECOGNITION

Emotion, Thought, Motive, State

CONFIRMATION BIAS



Q & A





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