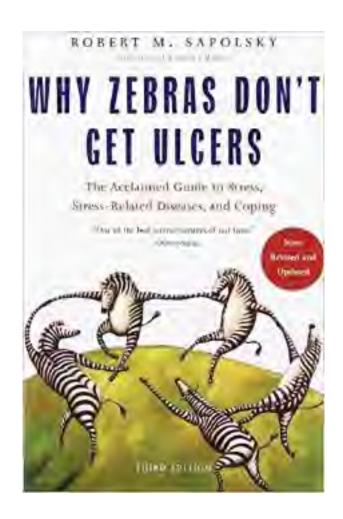


## Stress Management in Cancer Care Neuroendocrine Tumor Education Conference

Manuela M. Kogon, M.D.

March 1, 2015

#### Stress and Illness



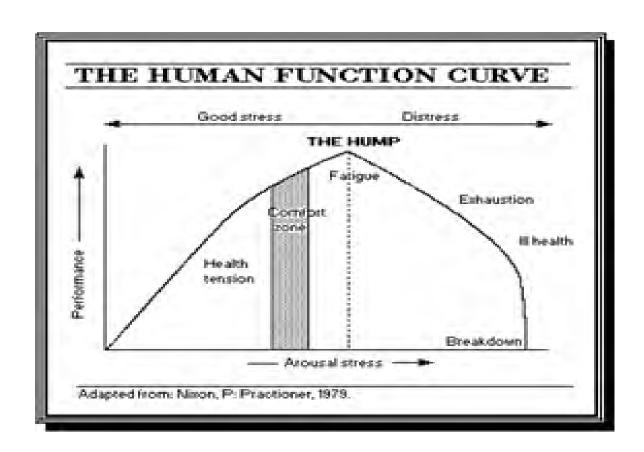
#### BUT HUMANS DO.....



#### 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

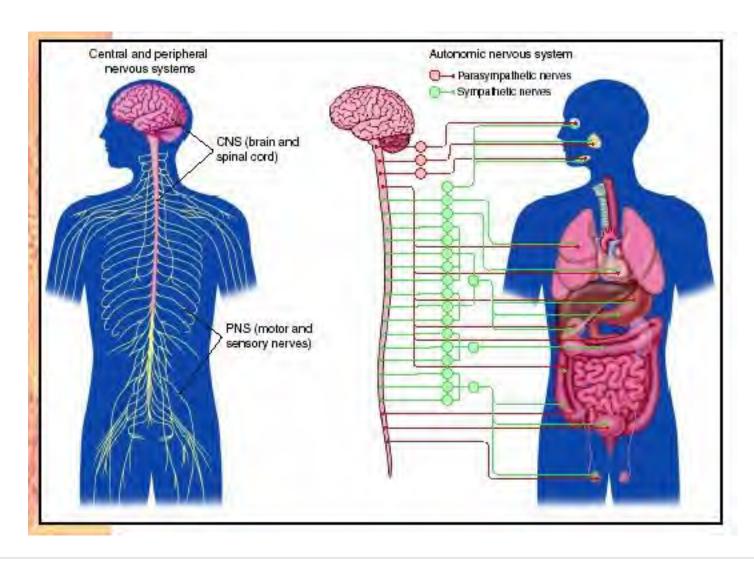
#### Stress and Performance

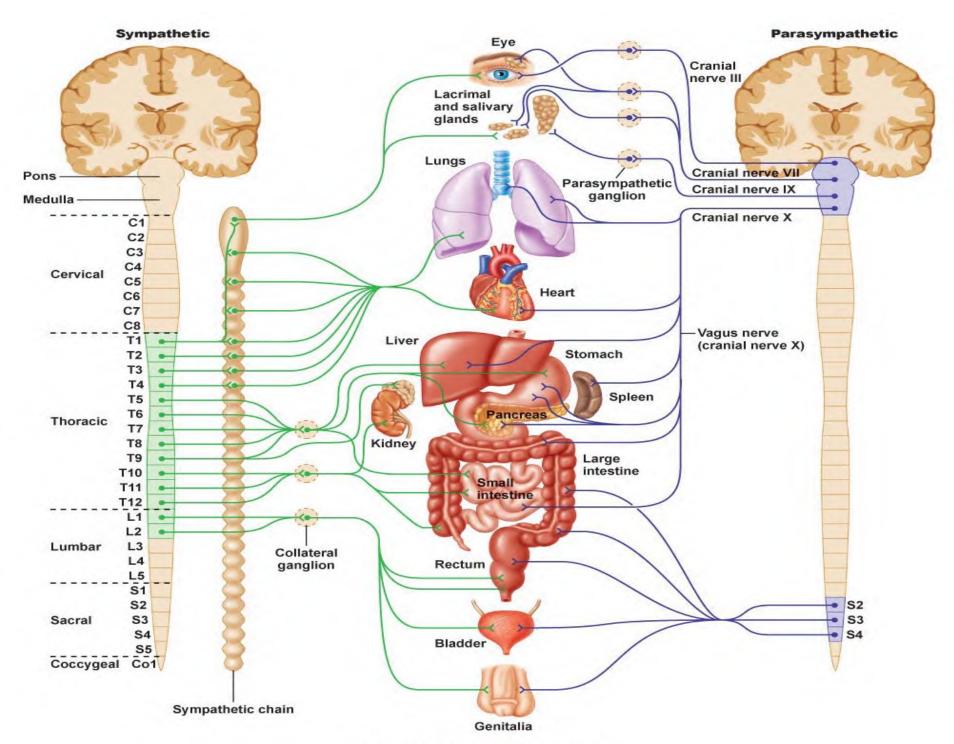


## Fight or flight (or freeze)

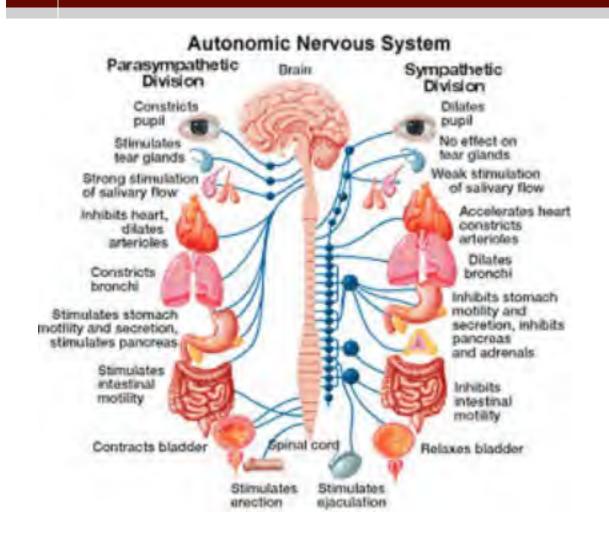


## Physiology of stress





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Insomnia Irritability Distractibility

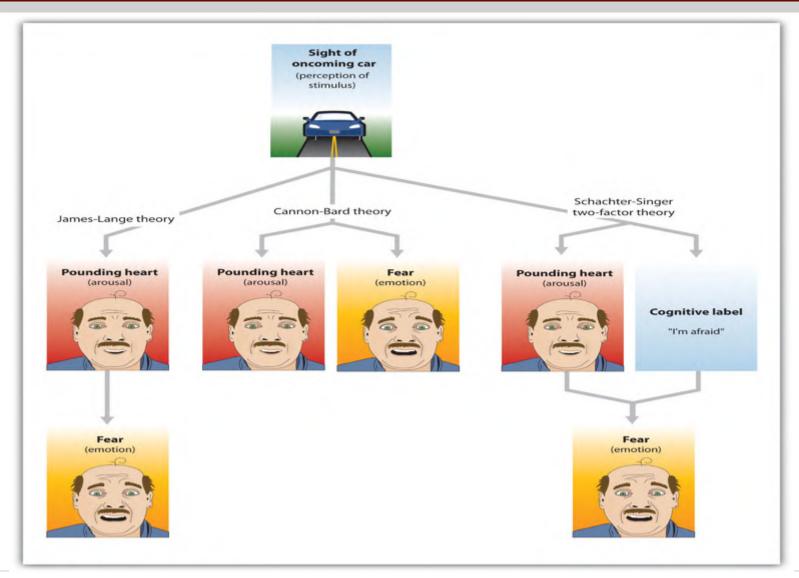
Palpitations
Chest discomfort

Shortness of breath

Nausea

Abdominal discomfort Diarrhea

## Response to stressful stimulus

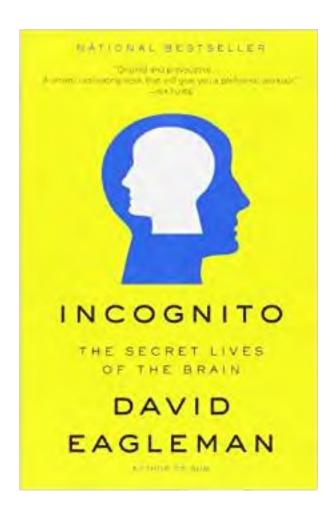


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#### Stress response

 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)





Stanford Cancer Center

## Cognition

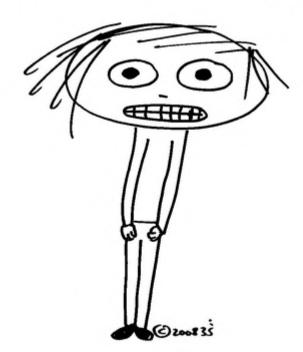
TODAY,

I

TRIED TO

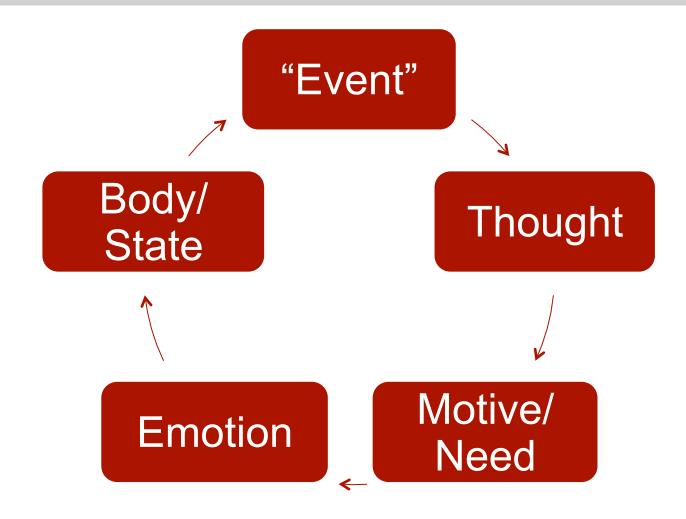
THINK POSITIVE

BUT IT DIDN'T WORK,



## **Emotions**





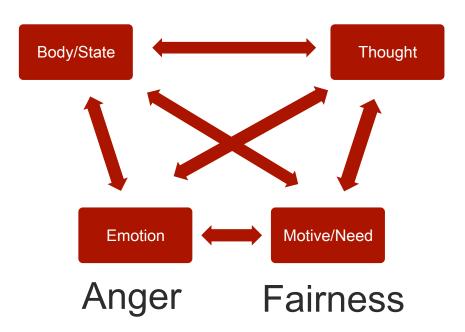
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#### Diagnosis



#### Sympathetic Hyperarousal

palpitations
dizziness
difficulty concentrating
restlessness
insomnia
nausea



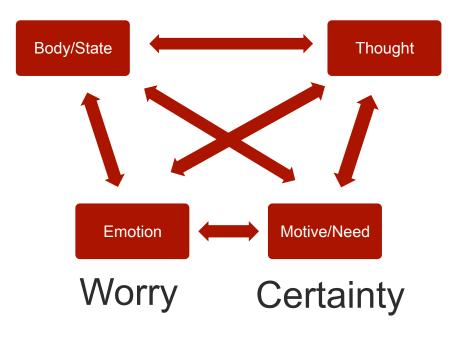
"Why me?"

#### Surveillance Scan



#### Sympathetic Hyperarousal

palpitations
dizziness
difficulty concentrating
restlessness
insomnia
nausea



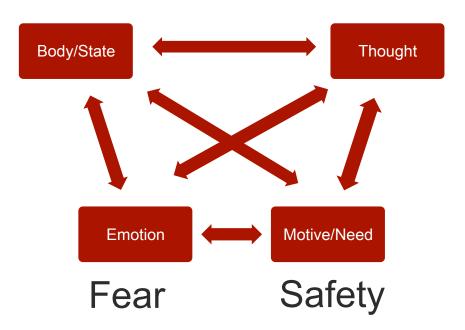
"The cancer will be back"

#### Recurrence



# Sympathetic Hyperarousal

palpitations
dizziness
difficulty concentrating
restlessness
insomnia
nausea



"I will die"

#### Prerequisites for healing

# PATTERN RECOGNITION Emotion, Thought, Motive, State CONFIRMATION BIAS

Author of the New York Times Bestseller
THE BRAIN THAT CHANGES ITSELF

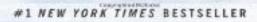
Norman Doidge, м.р.

REMARKABLE DISCOVERIES

WARRECOVERIES FRONTIERS

W/ NEUROPLASTICITY

Brain's Way



"Read this book carefully and you will get most than a glimpse of ctorney," —DEEPAK CHOPRA

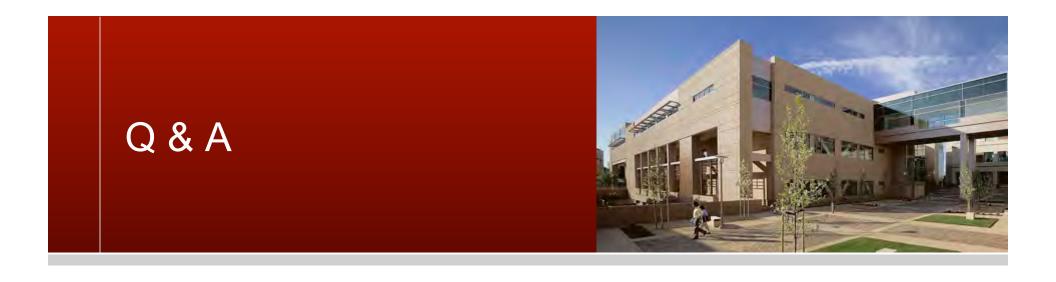


the Instinct to Heal Curing depression, anxiety, and stress without drugs and without talk therapy



DAVID SERVAN-SCHREIBER, MD, PHD

MICHAEL A. SINGER



Stanford Cancer Center

