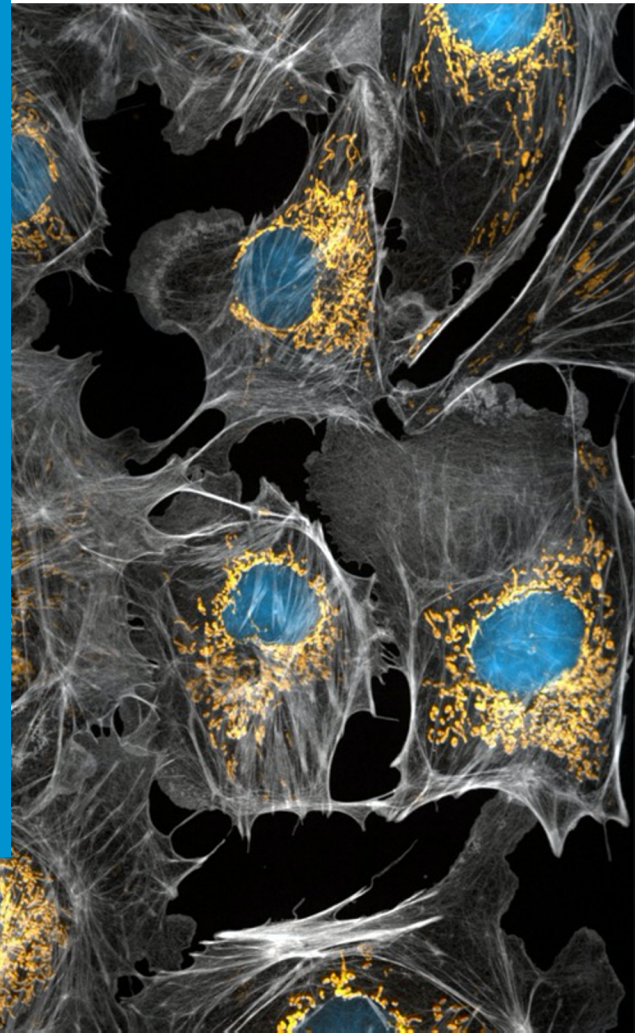


UC WellPro:

Reframing Stress & Suffering

Jan. 28, 2021

Julie Reed, PhD, MSSW



Agenda



I. *Grounding meditation*

II. Stress

- Physiology
- Reframing

III. Suffering

- Train the brain
- Stress cycle
- *2 Arrows Practice*

IV. *5 Breaths meditation*

GROUNDING MEDITATION



← **Release what you carry.** →

1. *What was the thing you cared about?*
2. *What need was not being met?*

STRESS



Safety

Avoiding
harms

(threat response)



Satisfaction

Approaching
rewards

(goal pursuit)



Connection

Attaching
to others

(social engagement)



Hug the Monkey -- Feed the Mouse -- Pet the Lizard

1. *What was the thing you cared about?*

2. *What need was not being met?*

STRESS

3. *How did your body respond to the stress?*

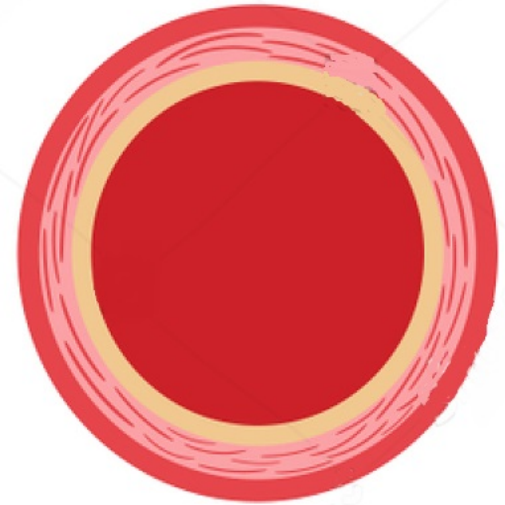
Vasoconstriction and vasodilation



Normal
artery



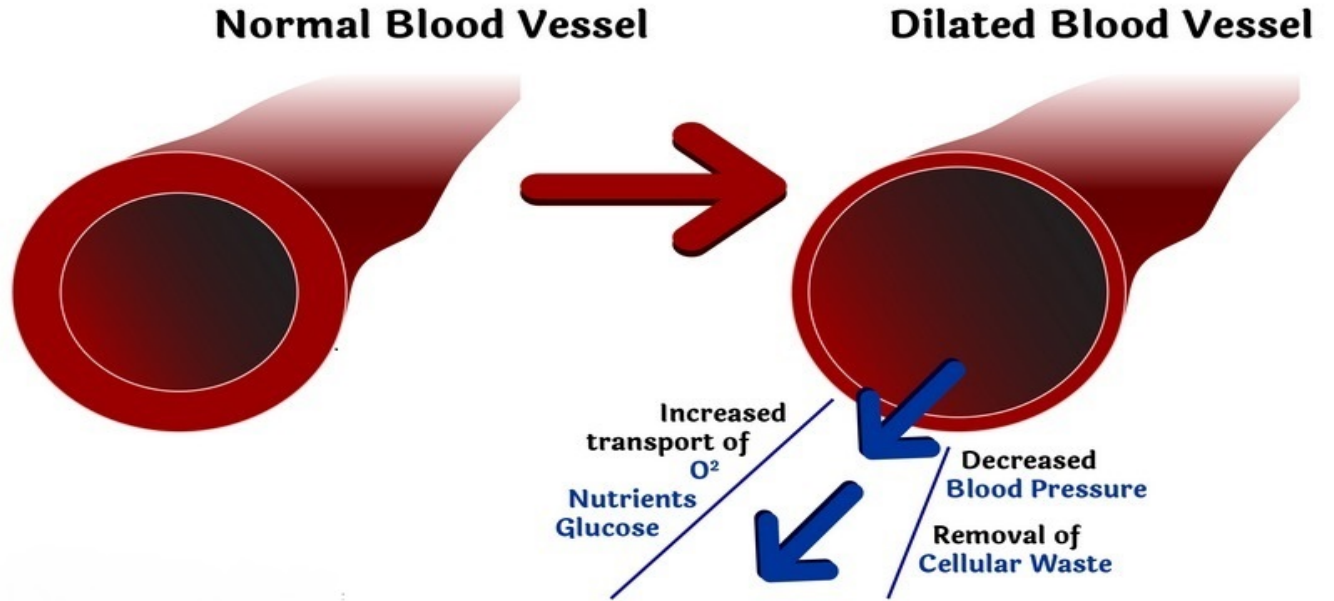
Vasoconstriction
artery



Vasodilation
artery

STRESS AS HELPFUL

VASODILATION

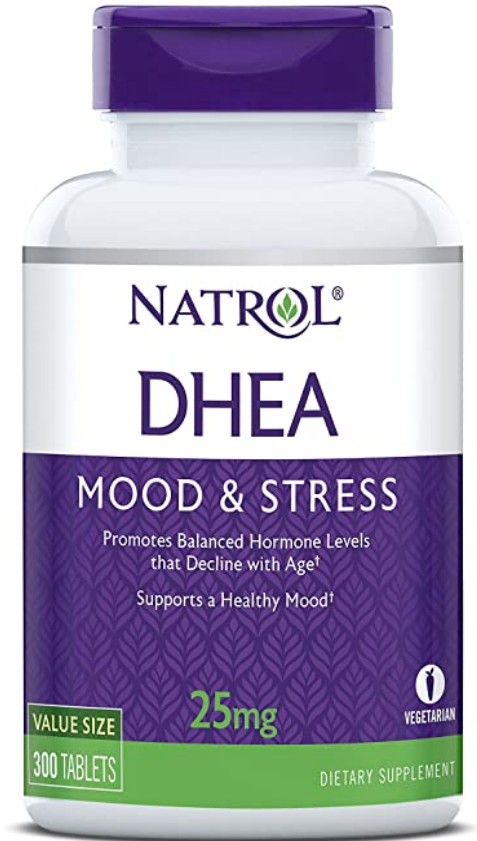


STRESS

&

Hormones

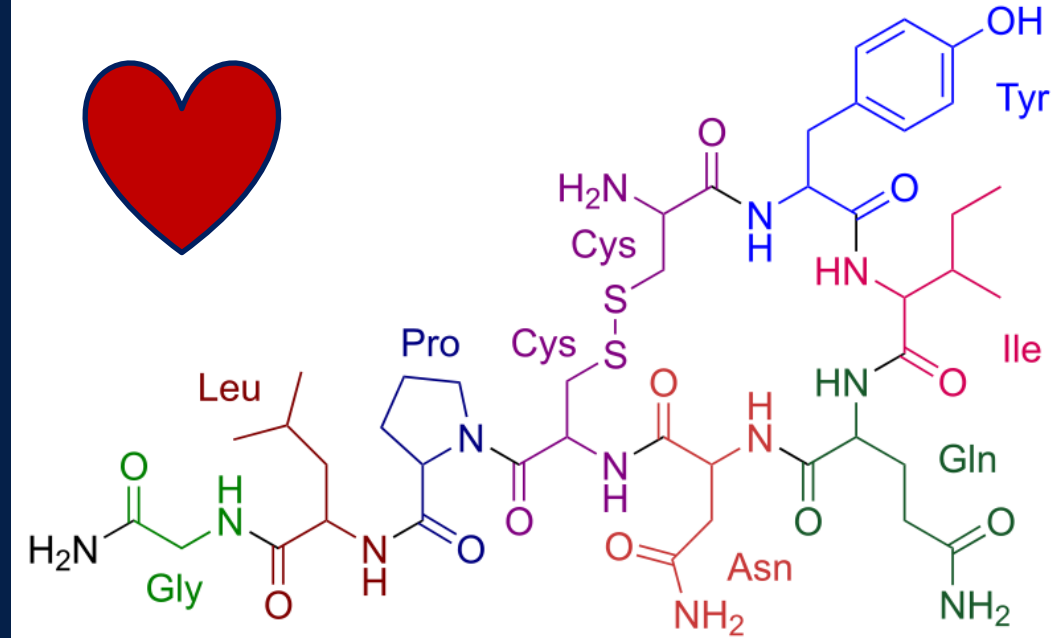
Stress as enhancing →



OXYTOCIN

GIVE & GET HELP

- Regenerates heart cells
- Natural anti-inflammatory and anxiolytic
- Lowers blood pressure
- Increases pain threshold
- Activates empathy
- Faster recovery from stress



"My heart is pounding because my heart is in it.
Because I care. Because my body is getting
ready to rise to this challenge."

—Kelly McGonigal,
The Upside of Stress



Reframe those
physiological cues
as opportunity or
challenge rather
than threat...

**What does each physical sensation
signal now?**



When you choose to view your stress response as helpful, you create the biology of courage. And when you choose to connect with others under stress, you can create resilience.

~ Kelly McGonigal

**What is the opportunity/challenge
in your situation?**

OPPORTUNITY

THREAT

Increased cardiac efficiency

Decreased cardiac efficiency

Vasodilation

Vasoconstriction

More favorable emotions

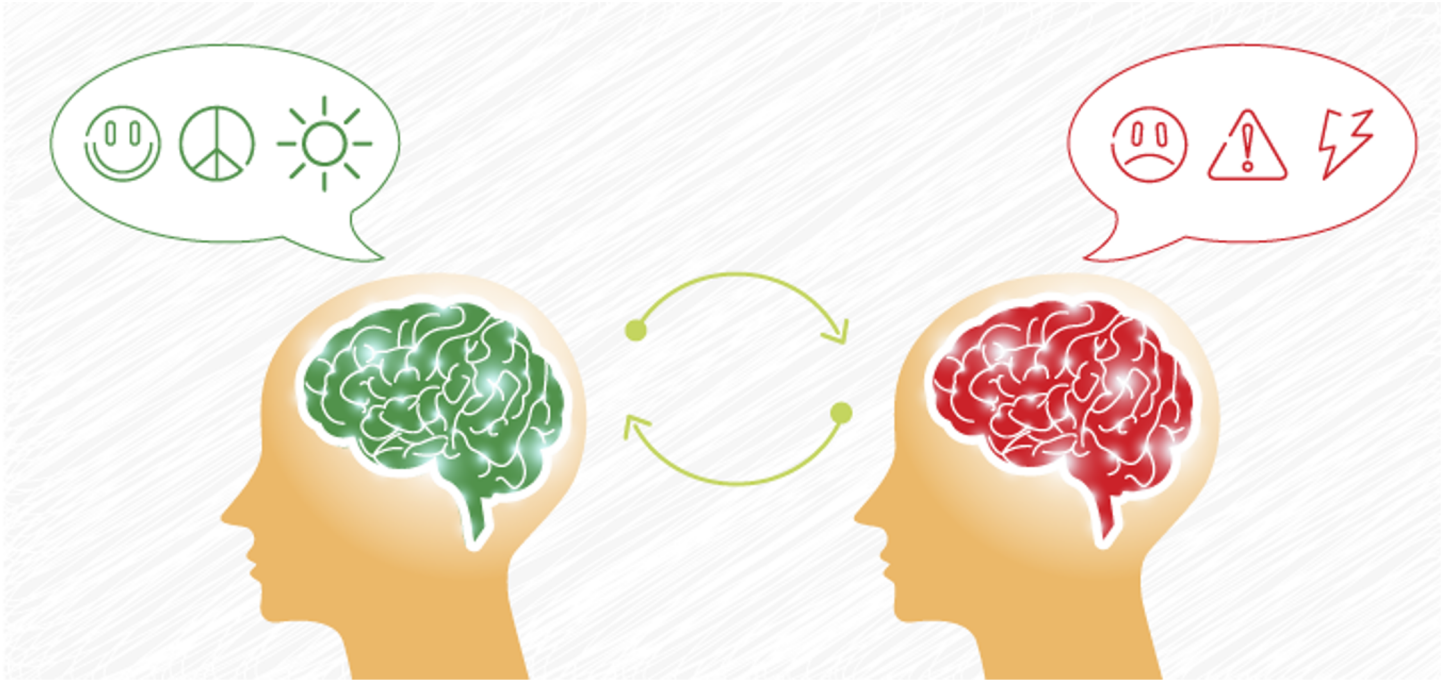
Less favorable emotions

Higher performance
(accuracy, effectiveness,
coordination)

Lower performance
(impaired decisions,
cognitive decline, increased
CV disease)

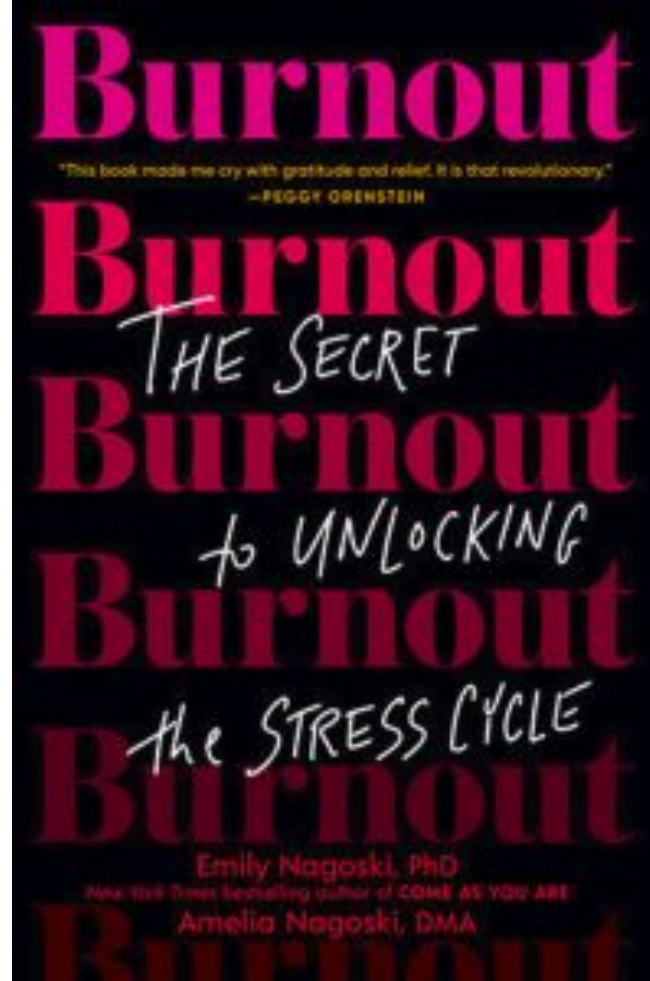
Green zone - Red zone

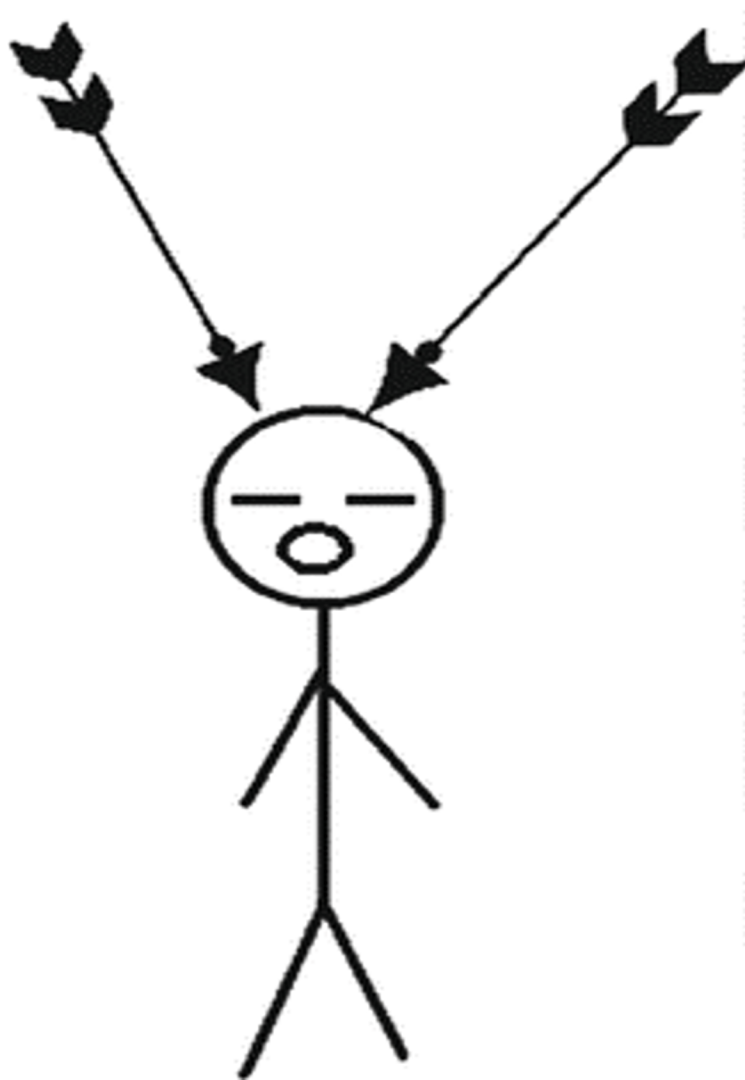
Sufficiency in place of the Negativity Bias



Complete the stress cycle by:

- Exercising
- Breathing
- Positive Social Interaction
- Laughing
- Affection/Hugging
- Crying
- Creative Expression





Arrows are the worst

I get hit with more arrows than other people

There must be something wrong with me

What if there's another arrow?

I can't handle another arrow

I am going to fall apart if there's another arrow

I will disappoint everyone

Life is

PAINFUL,

suffering is

OPTIONAL.



gemsbykelley.com

Matching Resources to Needs

Safety

See actual threats
See resources
Grit, fortitude
Feel protected
Alright right now
Relaxation
Calm

Peace

Satisfaction

Gratitude
Gladness
Feel successful
Healthy pleasures
Impulse control
Aspiration
Enthusiasm

Contentment

Connection

Empathy
Compassion
Kindness
Wide circle of "us"
Assertiveness
Self-worth
Confidence

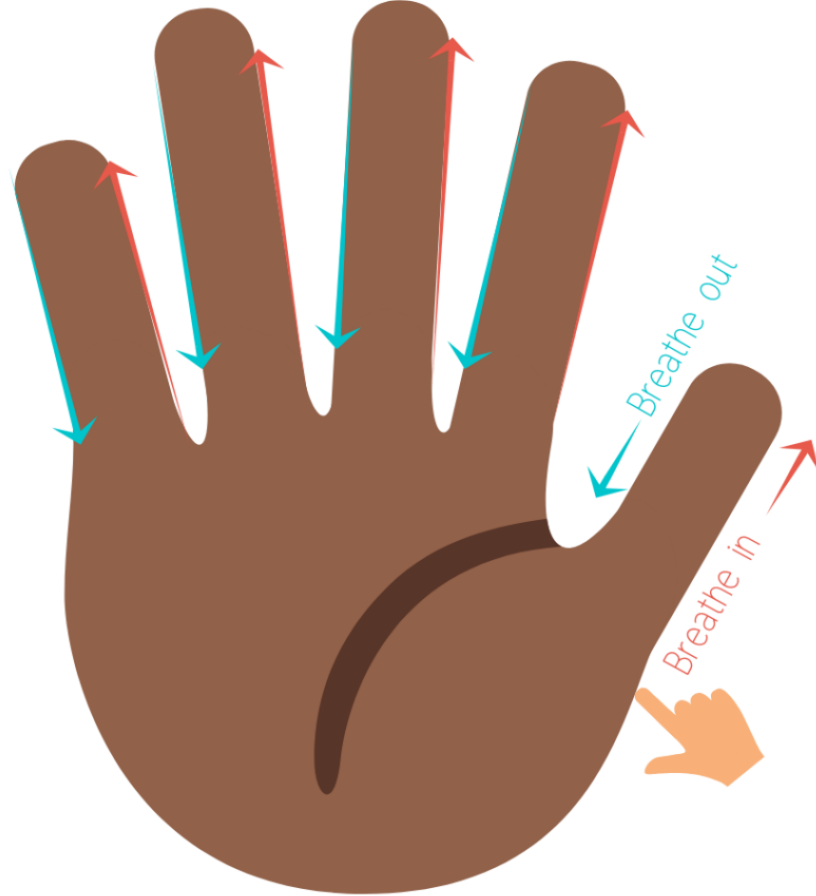
Love



*Chasing **meaning**
is better for your health
than trying to avoid
discomfort.*

Kelly McGonigal, 2013

5 Finger Breathing



QUESTIONS

&

IDEAS

