

Kincardine

Family Health Team

Cardiac Rehabilitation Program
“Health In Motion”

Stress and Depression

Stress

What is Stress

How would you describe it?

What are the signs and symptoms



Emotions

A change in heart health is often described as a roller coaster period of emotions



Shock and Disbelief – Why me?

Denial and Anger – Its not fair.

Anxiety and Fear – What does this mean?

These feelings are normal and a necessary part of your recovery

Emotions

The next phase of recovery

- Acceptance and Hope
- Energy and ability to channel energy into activities for health and the future

“What can I (we) do to beat this”

“ I (we) will do what it takes”

Roadblocks - Barriers to Recovery

What if

- Recovery feels slow?
- Life is not returning to normal?
- Still feel the emotional roller coaster?

Your feelings may have a name



Recognize it

A 1st step in dealing effectively with it.

What is Stress

“The non specific response of the body to any demand made upon it”

Dr Hans Selye- Canadian Scientist



theory

The demands that are made of you and the resources you have to cope with those demands

A Mind - Body Connection



Stress is a fact of everyday life

Eustress:

- Enhances performance
- Pressures are balanced with resources to cope with them

Distress:

- The more that is asked of you and the less resources to cope the more stressed likely to become
- Affects mood, productivity, relationships, quality of life

The Stress Response

The body has a natural coping mechanism to deal with stress

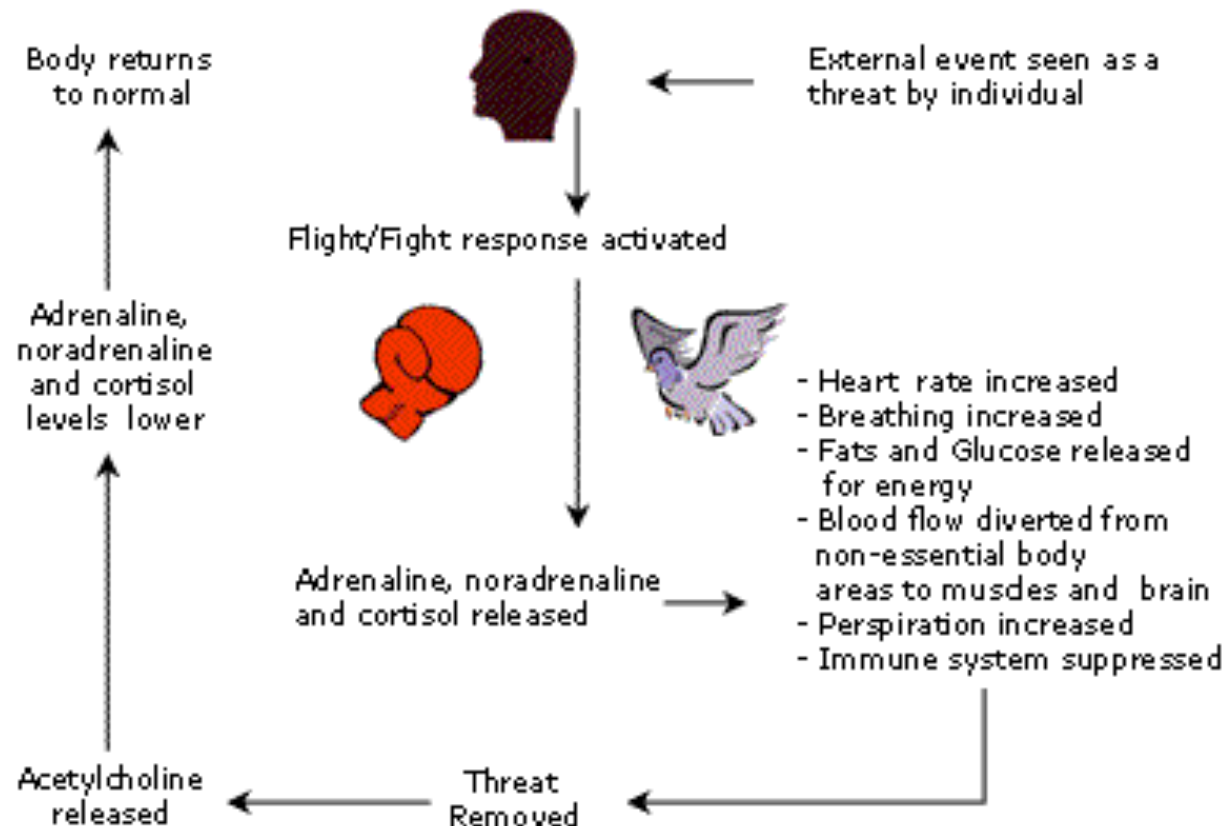
Hormones and glucose are released into the bloodstream

- ***Extra energy and alertness***
- ***Fight or flight***



The body needs the fight or flight response to survive, the strength and stamina to leap out of the way , fight or flee from danger

The stress response



The Stress Response

Activated for short periods of time

- It helps us adapt reactions to short term stress
- This stress is not harmful – actually is necessary

Activated and sustained over long periods of time

- Stops being helpful
- The body responds with a prolonged state of tension

Long term exposure to stress has consequences to physical health and emotional well-being

Stress Response

How easily it can creep up on you

- It starts to feel familiar - even normal
- The continued state of tension

Real or Imagined

- The emergency response is on!

Recognize the stress

How do you respond to it

Recognize Stress

Look around

External Triggers

- **Physical environment**
- **Social Interactions**
- **Work place**
- **Major life events**
- **Daily hassles**

Look within

Internal Triggers

- **Lifestyle choices**
- **Negative self talk**
- **Mind Traps**
- **Stress prone personality Traits**

Recognize It

Recognize your reactions to stress

How do I Respond to stress

- Vague aches and pains
- Diarrhea or constipation
- Pain, tightness in chest
- Palpitations
- Weight gain or weight loss
- Neglecting personal care
- Frequent colds
- Feeling nervous, anxious
- Clenched fists or jaw

Emotional

- Mood Swings
- Irritable, short tempered, angry
- Feeling overwhelmed
- Loneliness and isolation
- Withdrawing from supportive relationships, loss of sex drive

Recognize It

Mental

- Memory problems
- Inability to concentrate
- Poor judgment
- “glass half empty”
- Anxious or racing thoughts
- Constant worrying

Behavioral

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities –poor work
- Increased smoking, alcohol consumption
- Nervous habits (nail biting,pacing)
- Prone to accidents

Stress

Q: When is the stress demand too much?

A: When it exceeds our ability to cope with it.



Everyone's threshold is different

*We may not be able to remove all stress from
our lives*

We can control our response to it

When is it more than stress

Depression can strike anyone



Triggered by

- Stress – when it exceeds our ability to cope with it
- Difficult life events
- Side effects of medication
- Environmental factors

Depression limits the energy needed to keep focused on treatment for other problems such as heart disease

Depression

Depression can affect

- Thoughts, feelings
- Ability to function
- Ability to experience pleasure in every day life

Is it Stress?

Is it Depression?



Assessment Tool

- What are my stress symptoms
- HAD scale (Blue Sheet)

Review and discuss your result at Nursing Assessment

Depression

- In the past month, have you felt “down”, depressed or hopeless?
- In the past month have you had little pleasure in doing things?
- *Talk to your family,*
- *Share with a trusted friend*
- *Talk to your Family Doctor or Health Care Provider*
- *Cardiac Rehab*

Symptoms of Depression

- Persistent sad, anxious, or empty mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest in hobbies, activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death, suicide or suicide attempt
- Restlessness, irritability

If five or more of these symptoms are present every day for at least 2 weeks and interfere with daily activities such as work, self care, child care, or social life

Depression

Communication is very important



Your Doctor may not be able to tell if you are stressed, anxious or depressed just by looking at you

- Symptoms may be caused by other health problems
- Medication side effects

Medication may be prescribed for depression

Counseling Support

Counseling may be required - *someone to listen*
- *more than talking*

- ***Learn new ways to think about situations***
- ***Learn to cope with feelings of anger, fear, anxiety, depression.***

Resources:

- **Employee Assistance Programs (EAP benefits)**

Confidential counseling support

- **MOSAIC Family Counseling (www.mosaiconline.com)**

400 Queen Street South, Kitchener 743-6333

887 Langs Drive, Cambridge

- **Family Doctor** - Family Health Care Team Support- referral
- **Smokers Helpline** 1-877-513-5333

Depression

You deserve to feel better

A.S.K.

- A** Acknowledge your feelings
- S** Share your feelings with someone
- K** Know when and where to seek help



Managing Stress

There are countless techniques for preventing or managing stress and depression

Seek local community activities program guides

- Social Activities – (Bowling /volunteering ...)
- Yoga
- Meditation
- Tai Chi



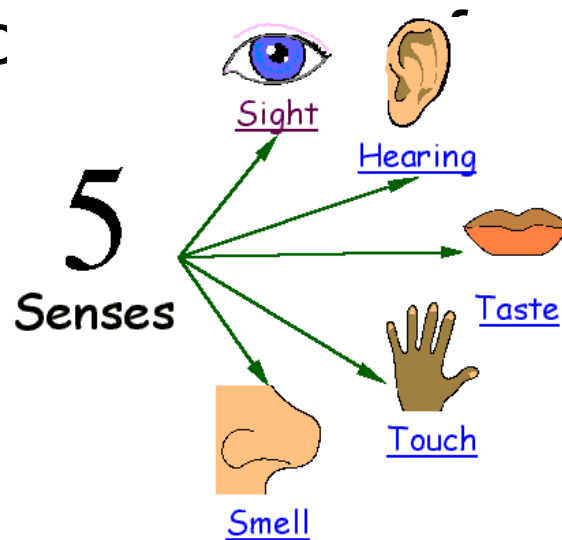


Managing Stress

Consider something immediate and accessible

Engage c

ur senses



Which of your senses will help you find calm and focus quickly (Break the Stress Response)

Managing Stress

- ***Deep Breathing Exercise***
- ***Progressive Relaxation Exercise***

Serenity Prayer

Grant me the **Serenity** to accept things I cannot change,
Courage to change the things I can
and **Wisdom** to know the difference.



Thank you

This presentation has been developed by the Cardiac Rehabilitation staff at the Regional Cardiac Care Center of St. Mary's General Hospital, Kitchener, Ontario