

Why Don't Moose Get Ulcers?

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Sources:

Dr. Rob Ferguson

&

Dr. Jim White, author of **Stress Control**

What is stress ?

Stress is the mobilization of physical and cognitive resources of the body/brain to cope with a perceived or actual threat.

Summary of workplace conflict

- They are interdependent.
- They blame each other.
- They are angry.
- Their behavior is causing a business problem.

1. Cognition/Thoughts

2. Actions/Behavior

3. Physiology

Common Management Strategies

Common Management Strategies

Start with Self-Assessment

Know Your Stress

Why Self-assess and monitor stress—
something I don't like?

- Assure accuracy
- Reduce avoidance –subtle and obvious

Common Management Strategies

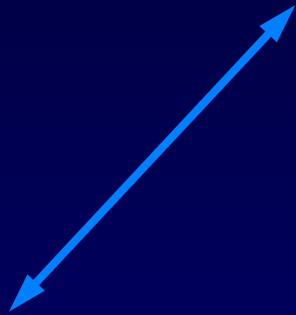
- .Inventory life events, changes
- .Inventory work changes
- .Inventory Cognitions: Attitudes, beliefs, especially about personal coping resources and the intent of others

Causal Factors

- Genetics
- Modeling— Social Learning, learning hx
- Perception or cognitive schema
- Life events— “piling on”

“Life is 10% what happens to me and 90% how I react to it.”

Thoughts



Body



Actions

Two quick challenges

| What are the chances....?

* *probability estimation*

| What is the worst thing....?

* *Decatastrophizing*

The Court Case

Step 1

- | Write down your thoughts

Step 2

- | Look for evidence for

Step 3

- | Look for evidence against

Step 4

- | The summing up- identify the coping thought

Breaking stress up

- | **Preparing to face the stress**
- | **Facing up to the stress**
- | **Reviewing what happened**

Preparing

Facing up

- | “Relax muscles, breathing...”
- | “Don't make more out of this than I have to..”
- | “Focus on the moment, process...”
- | “Don't jump to conclusions...”
- | “Take things one step at a time. I can cope with this...”

Reviewing

- | “I did it. Was it as bad as anticipated?”
- | “It didn't work. What did I learn?”
- | “When I control my thoughts, I control my stress...”

2 Time Managers

- Keeping a Schedule
- Stimulus Control
(and a note on procrastination)

Keeping a Schedule

- *Prioritizing*
- *Realistic Goals*
- *Task Time-Limits*
- *Using the Schedule*
- *Assuring its Accuracy*

Keeping a Schedule- Prioritizing

Keeping a Schedule- Realistic Goals

Keeping a Schedule- Task Time-Limits

Keeping a Schedule-
Using the schedule

Keeping a Schedule- Assuring its Accuracy

Stimulus Control

What?

Stimulus Control

Method of breaking stimuli associations between conflicting activity (eg., work, home activity)

Stimulus Control

- *Separate home, work*
- *The creeping ivy of communications technology*

Stimulus Control

Note on

procrastination:

- Avoidance behavior
 - *set up small time intervals- stick to them!*
 - *Do unpleasant tasks first*
 - *Stay with time limits!*

Sleep

- Why do we sleep ?
- Stages of sleep

Sleep Stages

Two basic types of sleep:

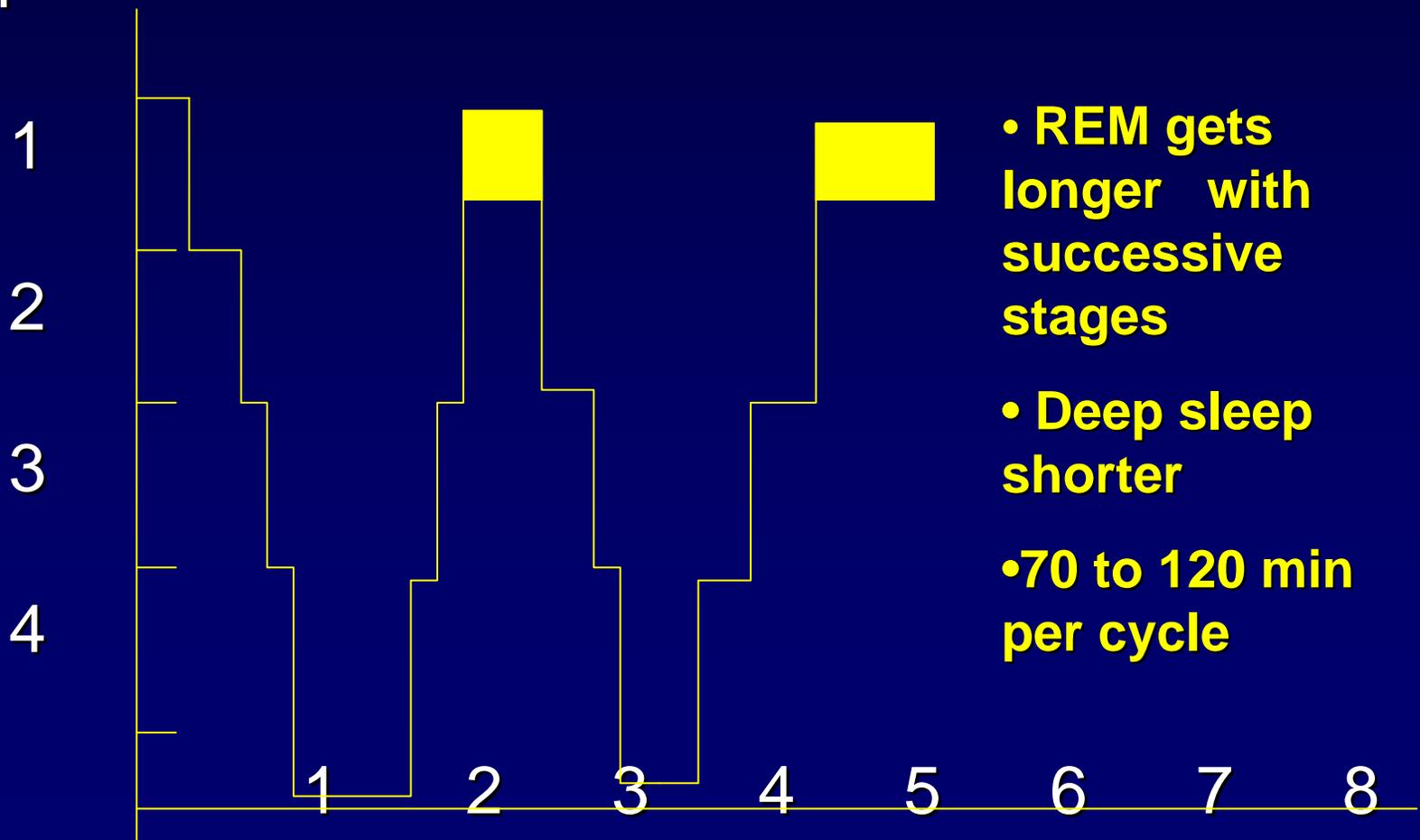
- REM (Rapid Eye Movement)
- Non- REM

Sleep Stages

Distribution of Sleep Stages Through the Night

Awake

REM



- REM gets longer with successive stages

- Deep sleep shorter

- 70 to 120 min per cycle

Sleeping problems

- problems getting to sleep
- problems of wakening during the night
- problems with early wakening

Sleep Medications

Evidence-Based Behavioral Procedures

- Stimulus control
- Progressive Muscle Relaxation

Retraining your sleep

- don't go to bed until you feel sleepy
- your bedroom is only for sleeping & *sex*
- 25 minutes - then out of bedroom
- repeat (and repeat if necessary)
- same bed & wake times
- don't try to “catch up” on sleep

Sleeping tips

- | bed
- | room
- | noise
- | partner
- | exercise
- | relax
- | expectations
- | caffeine
- | smoking
- | alcohol
- | warm milk
- | food/drink

So.....

Why don't moose have ulcers?