

Understanding and Managing Stress

**Global Engagement Center
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What could cause you stress?
What are your stressors?

STRESS



Stress

Stringo (Latin)
to put pressure

STRESS





**World Health
Organization**

Stress is a
Health Epidemic
of the 21st Century



Stressed Situation



Stress Response

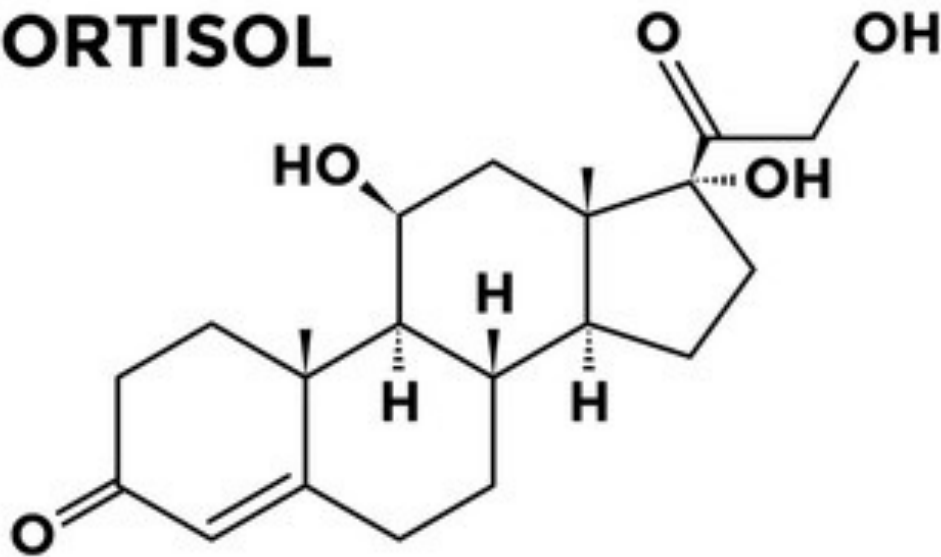


<https://youtu.be/-bAZ2dsdkVE> 2023.5.24

Stress Hormone

Phase 1: Adrenaline
Phase 2: Cortisol

CORTISOL





Fight or Flight

Zoo. Jeff Pinkner. Josh Appelbaum, Scott Rosenberg, Andre Nemec. CBS, 2015-2017.

Body Response

- Increases heart rate
- Increases blood pressure
- Increases respiration
- Inhibits digestion
- Suppresses the immune system
- Suppresses sexual arousal



Mental Response

- Increases sensory perception (=Hyperarousal)
- Causes insomnia



<https://www.bbc.com/news/newsbeat-46223386> 2023.5.24



Primitive Stress

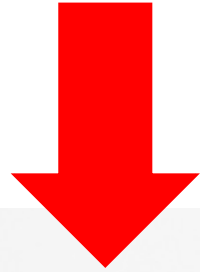


Modern Stress

https://youtu.be/bkk_U9qpi9w 2023.5.24

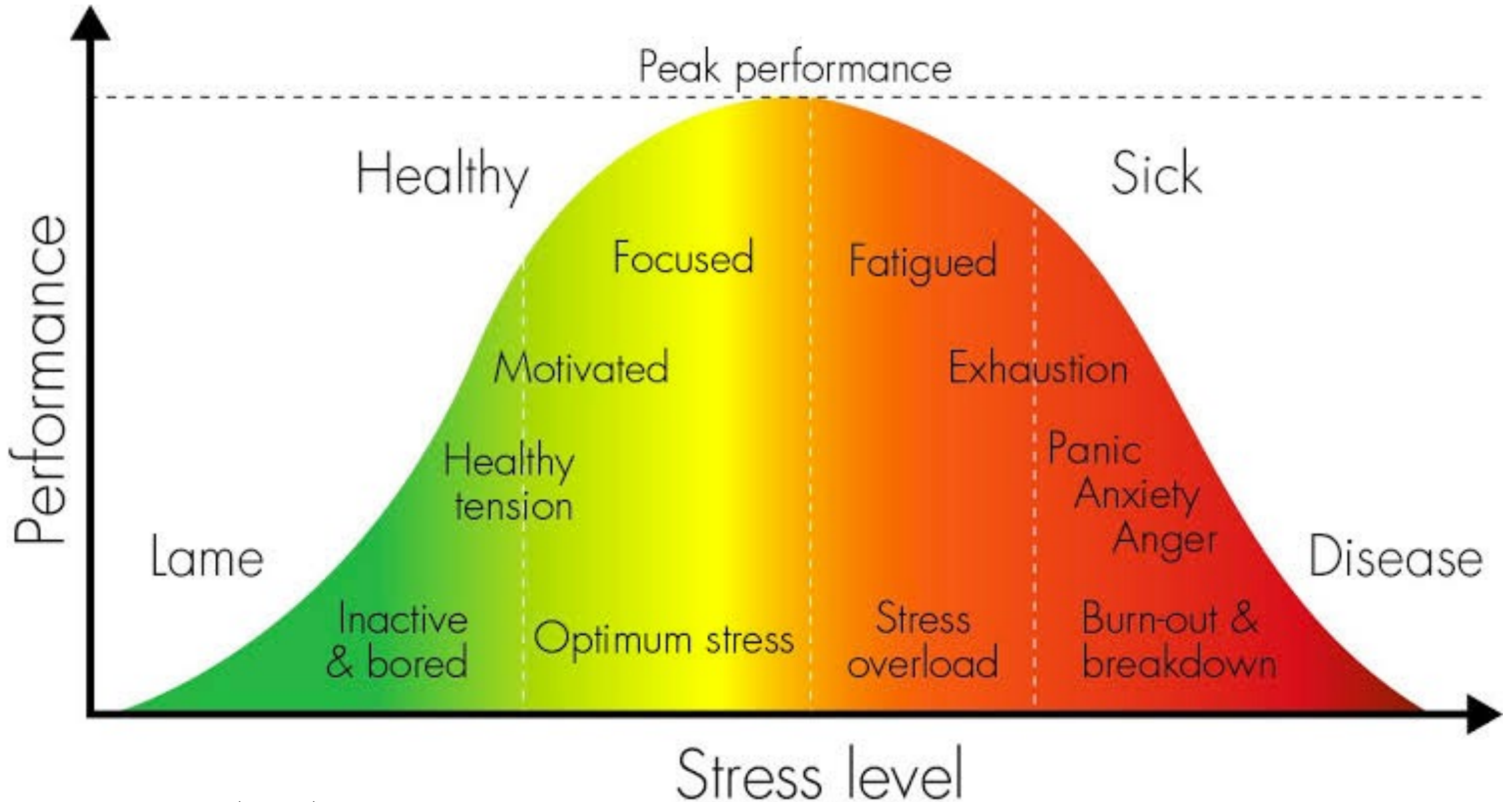
Same Stress Response

Amount



STRESS



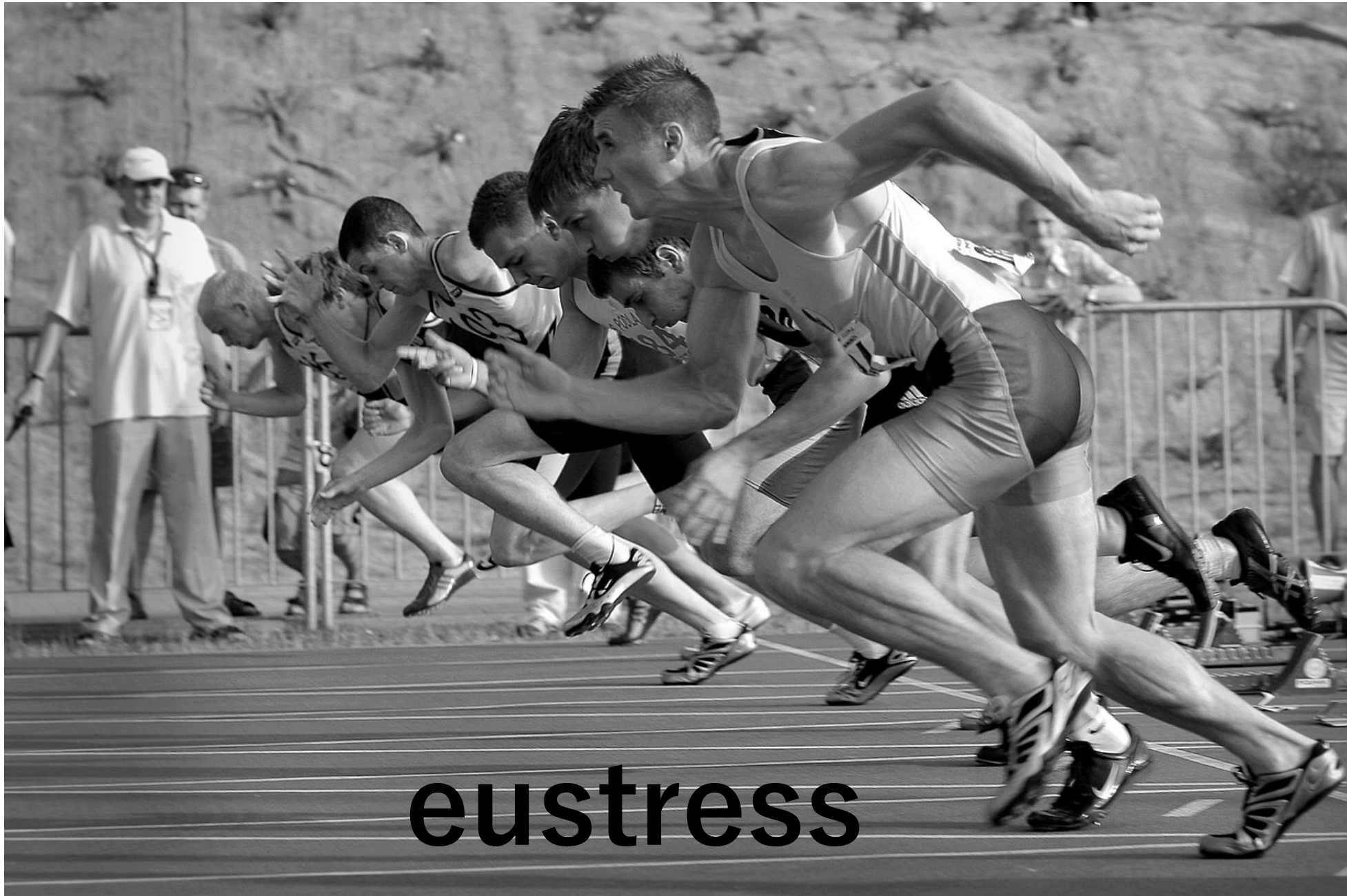




eustress



distress



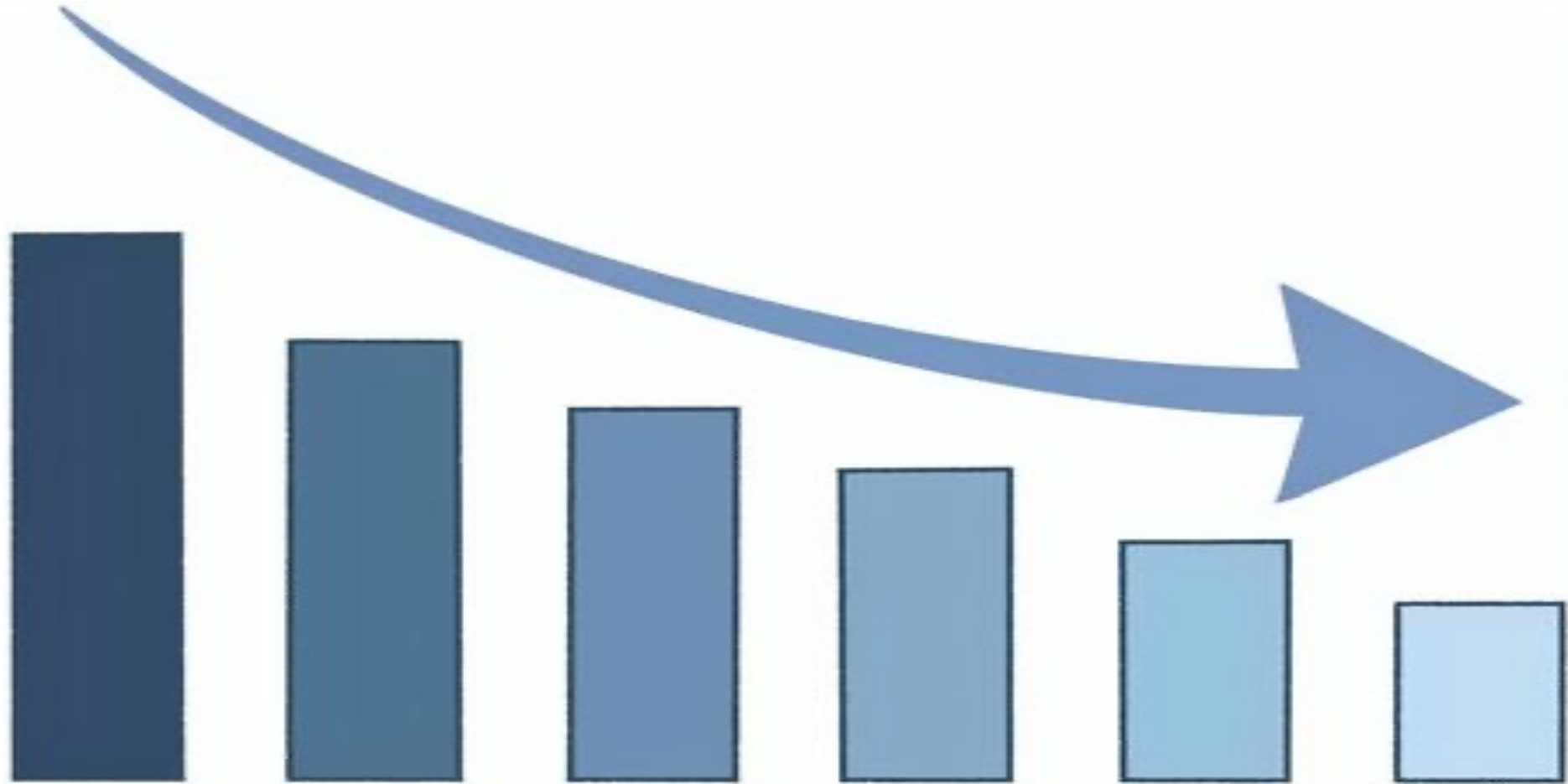
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Dealing with Excessive Amount of Stress

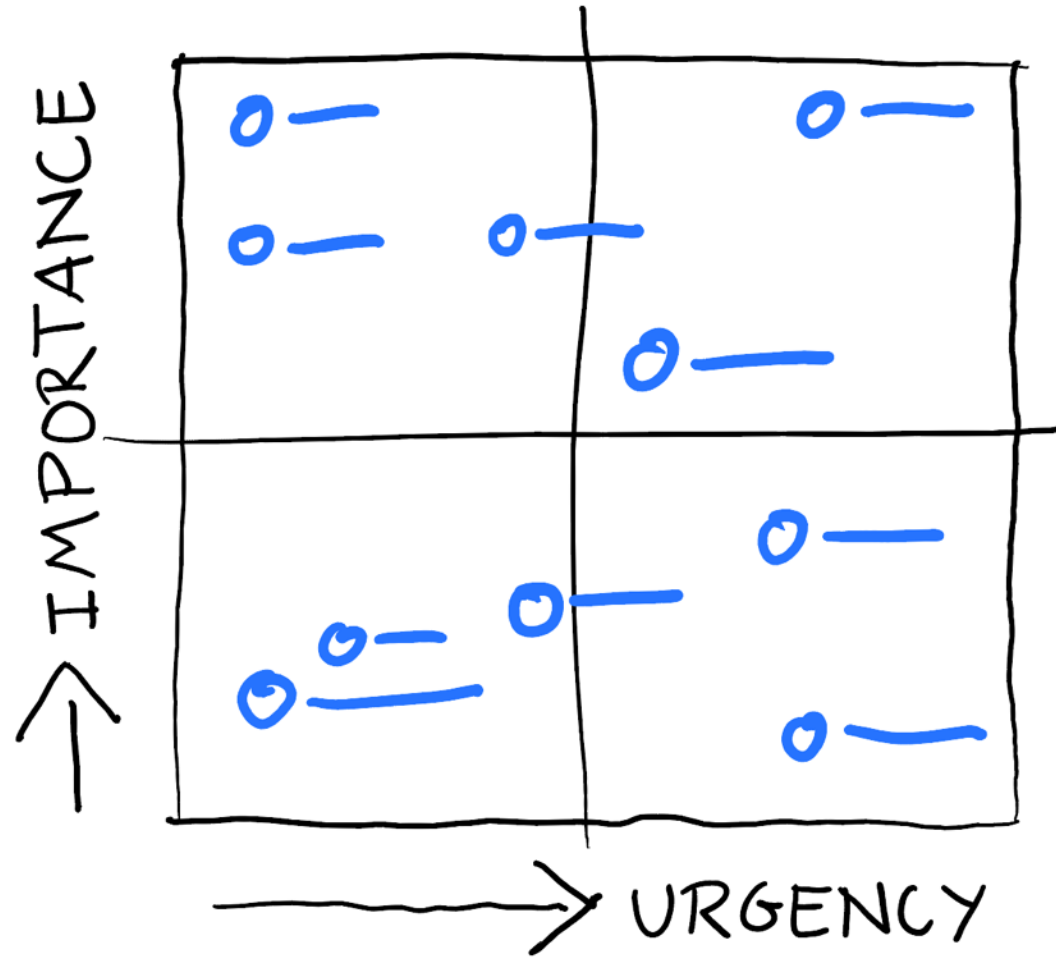




Reduce Your Workload



Divide Your Work

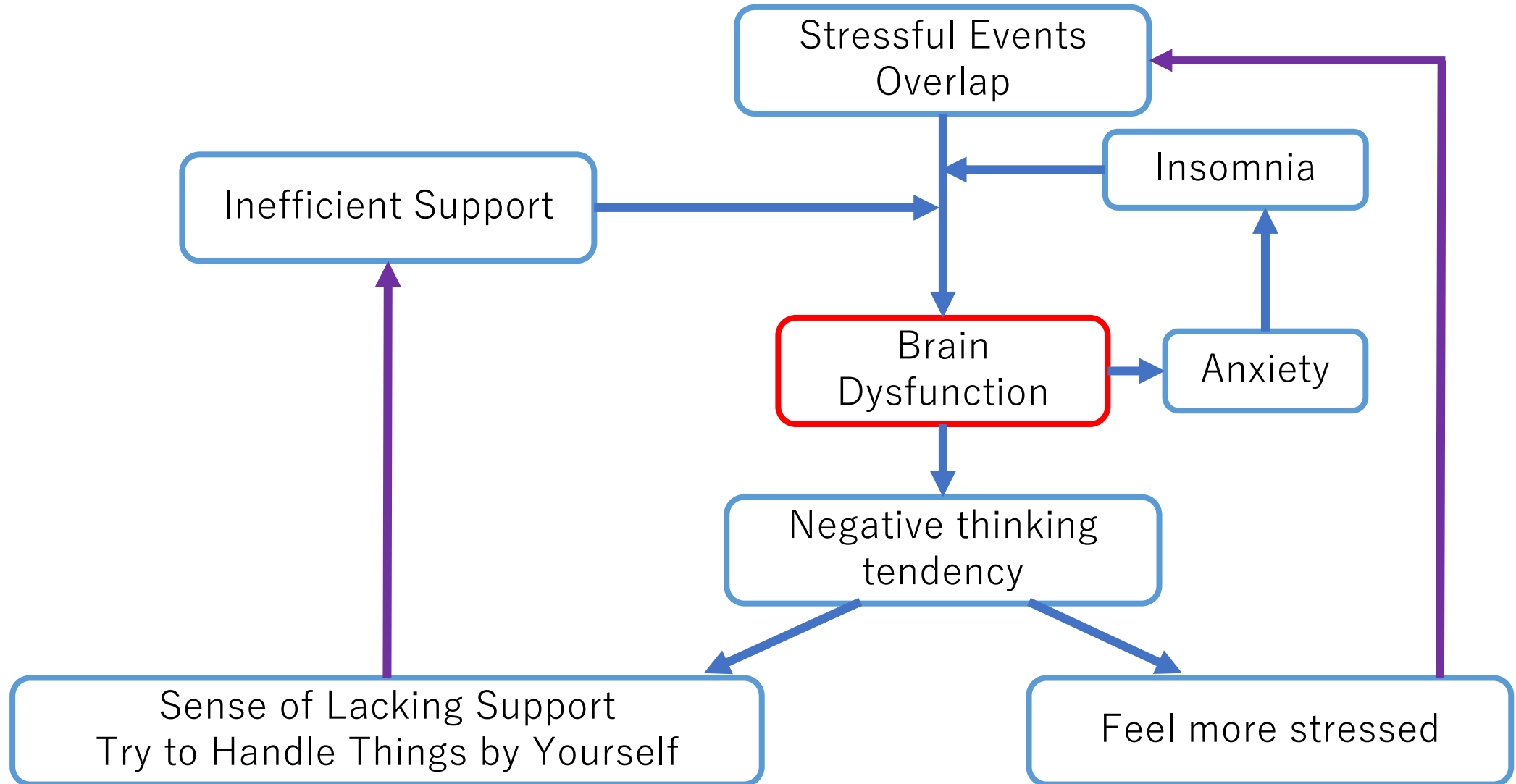


Prioritize Your Work

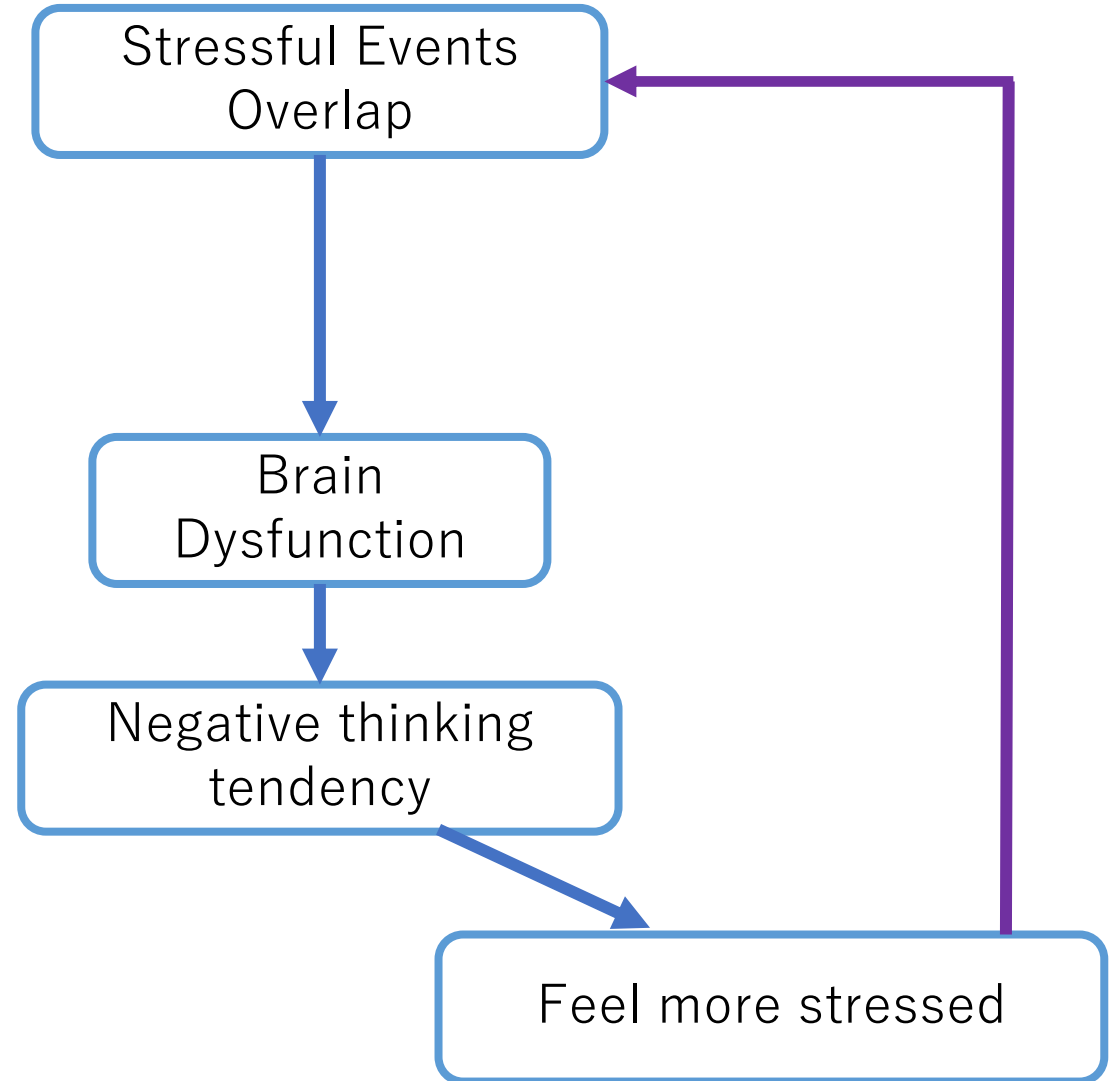
**Unfortunately...
living in modern society,
we cannot avoid being stressed.**

**How can we understand and manage
the negative effects of stress?**

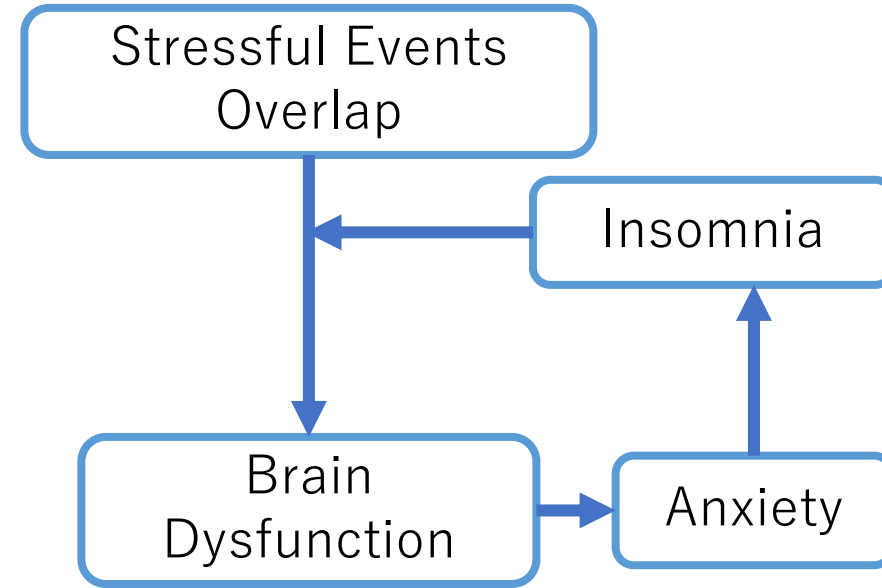
Negative Cycles of Stress



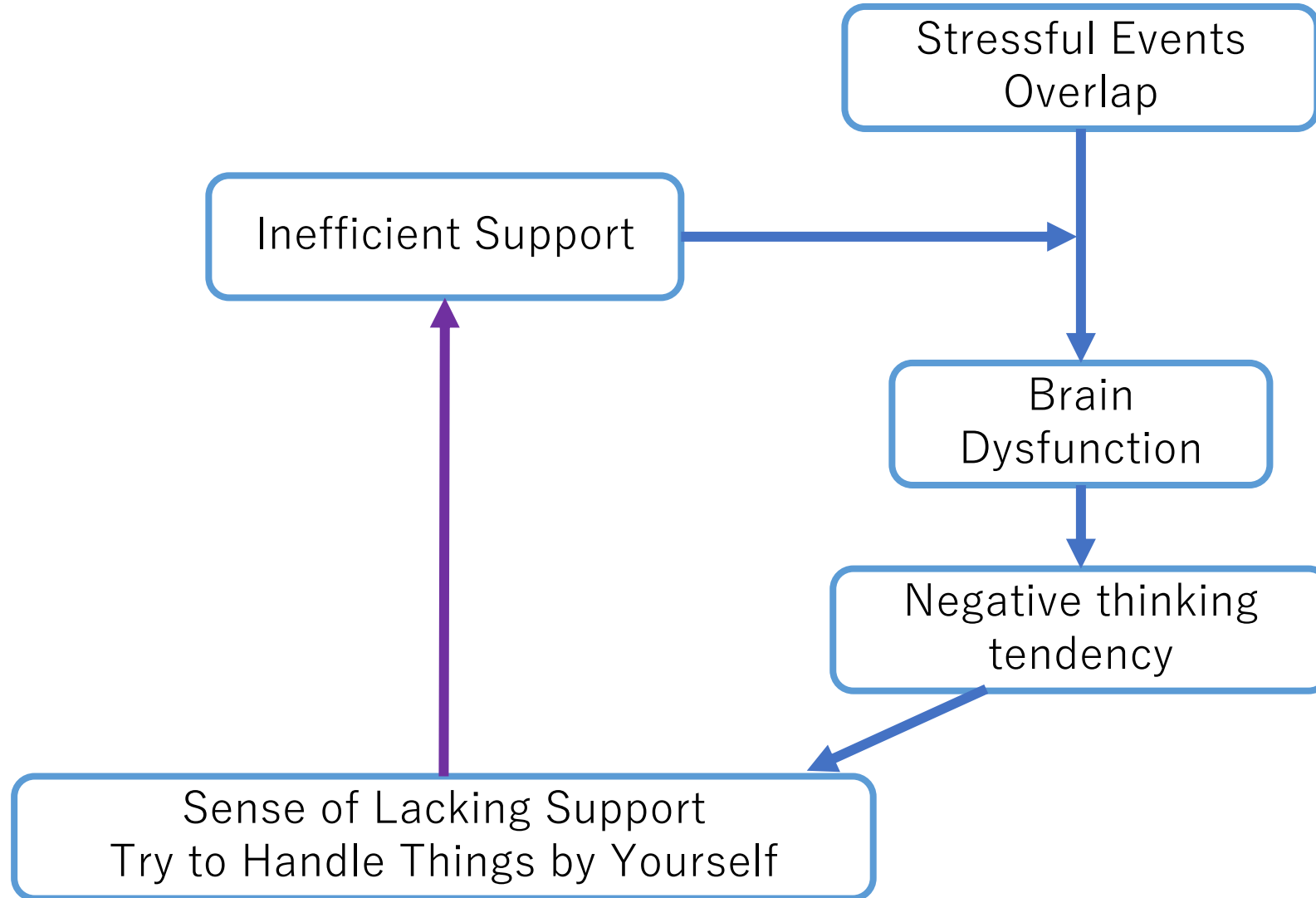
Stress Cycle of Negative thoughts



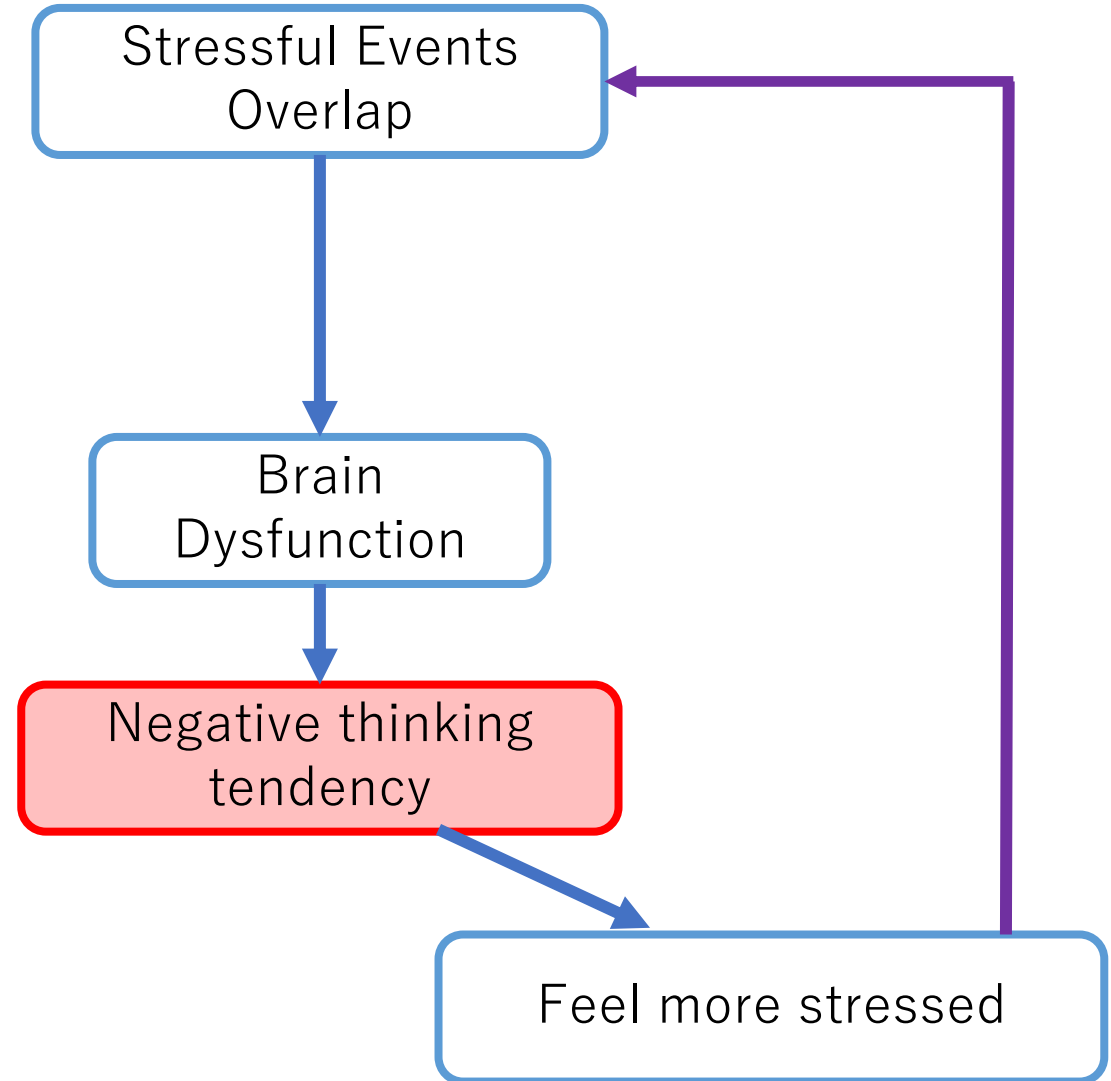
Stress Cycle of Anxiety & Insomnia



Stress Cycle of Lacking Support



Stress Cycle of Negative thoughts





You passed by a friend and said “Hi!”.
Your friend did not reply.

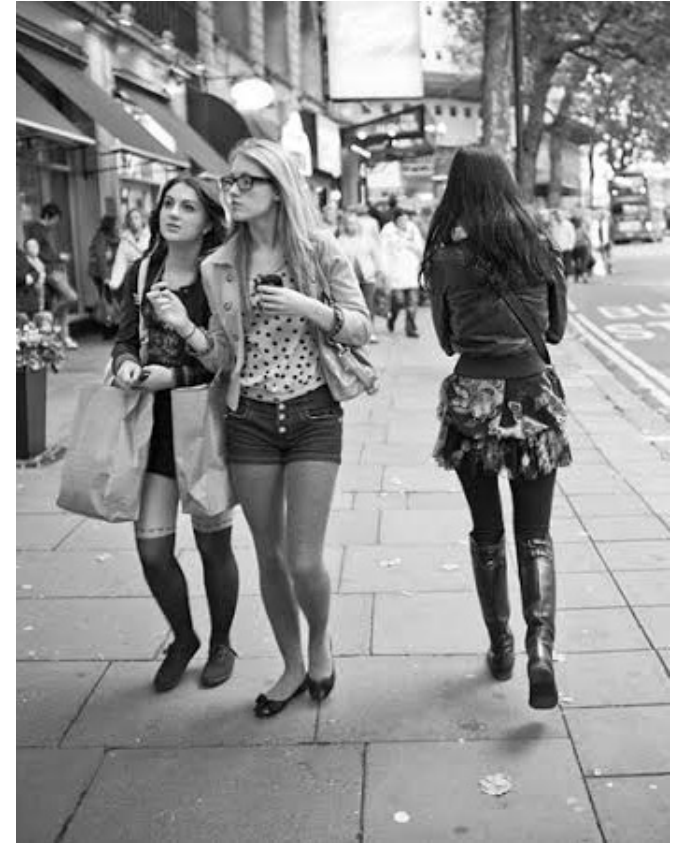
Negative Cognition

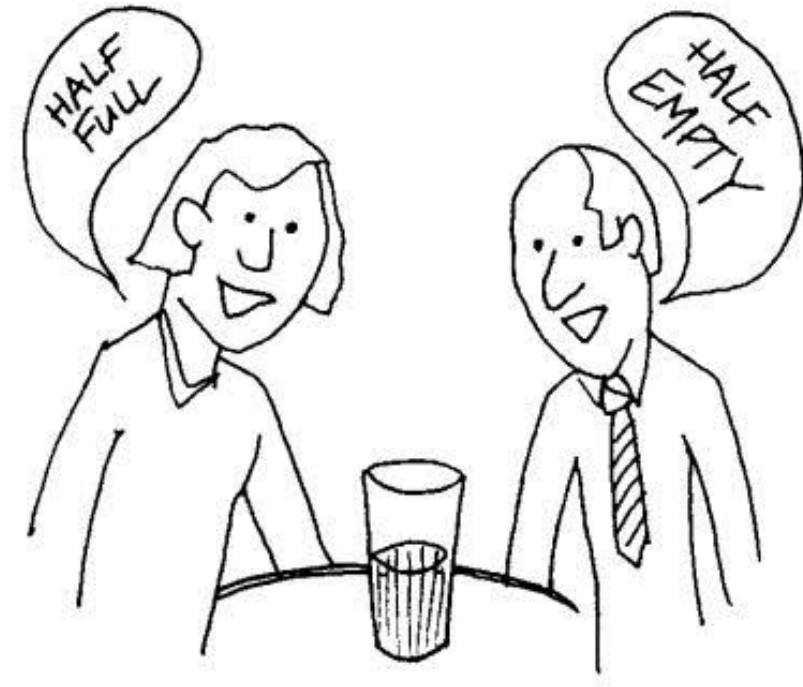
- I was ignored
- She doesn't like me
- I may have done something bad and she is angry
- What a misbehavior of her!
- I feel sad and lonely



Alternative Cognition

- She couldn't catch my voice
- She might have been wearing an earphone
- She was busy on her way

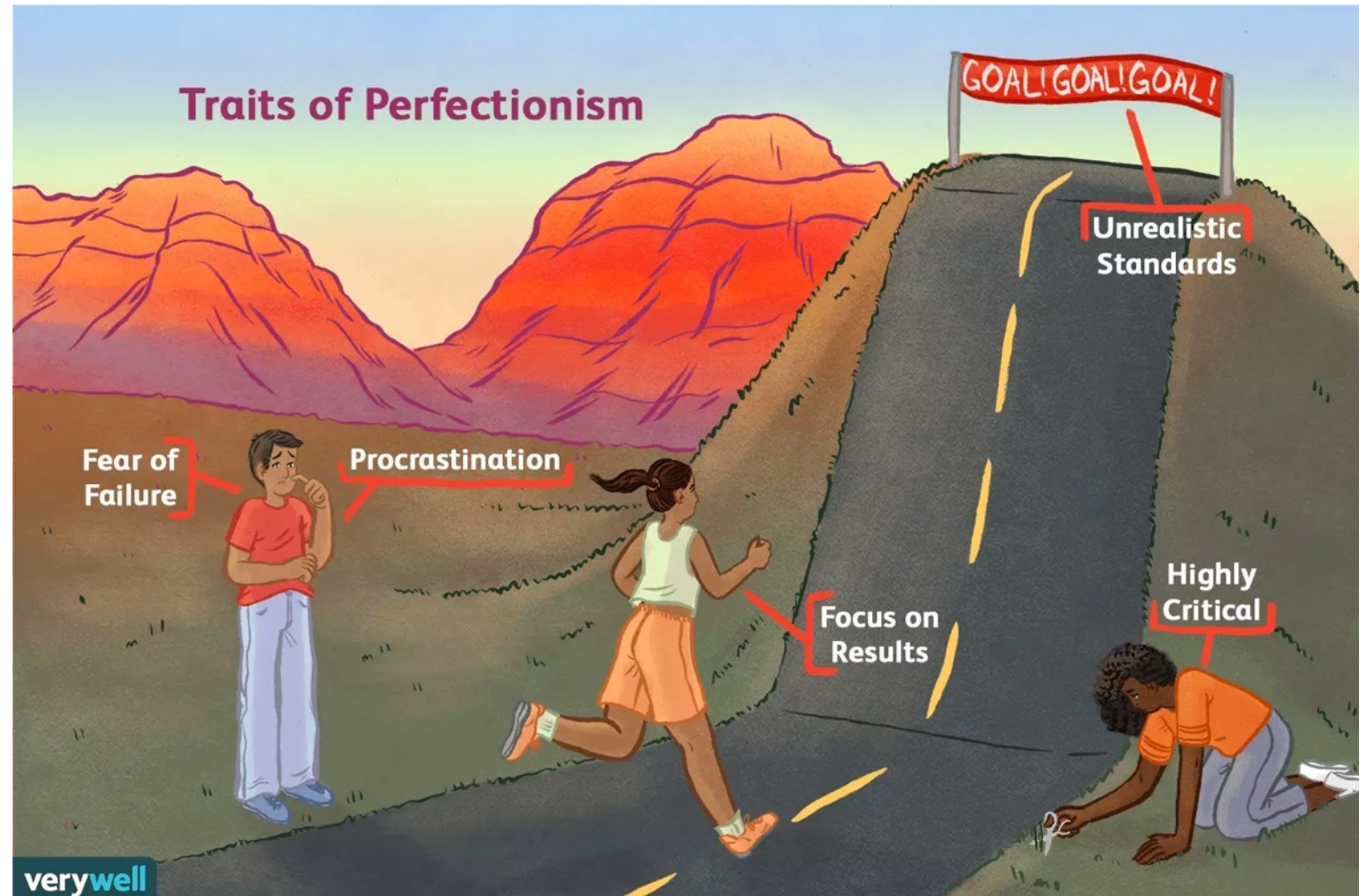




One Situation, Multiple Perceptions

Tendencies to Negative Cognition

Perfectionism



Tendencies to Negative Cognition

“should, have to, must”

- Creates a sense of guilt and become frustrated to yourself
- Creates anger and frustration to others

Change “should, have to, must” to “want to” or “can”

“I should speak better Japanese”

→ “I **want to** speak better Japanese”

→ “I **can** speak good Japanese!”



Tendencies to Negative Cognition

Overgeneralization

- Tends to phrase things as “always”, “everyone”, “never” or “definitely”

I always mess up in an important situation.
Everyone thinks stupid of me.
I will never succeed.

Concretize your experience in past tense.

I messed up in an important situation before.
My brother thought I am stupid.
I once failed before.

Overcoming negative tendencies

1. Identify Your Thinking Patterns

Recognize yourself thinking negatively

Take records of your thoughts

2. Challenge Yourself

Is this negative thought true?

Would someone else think the same?

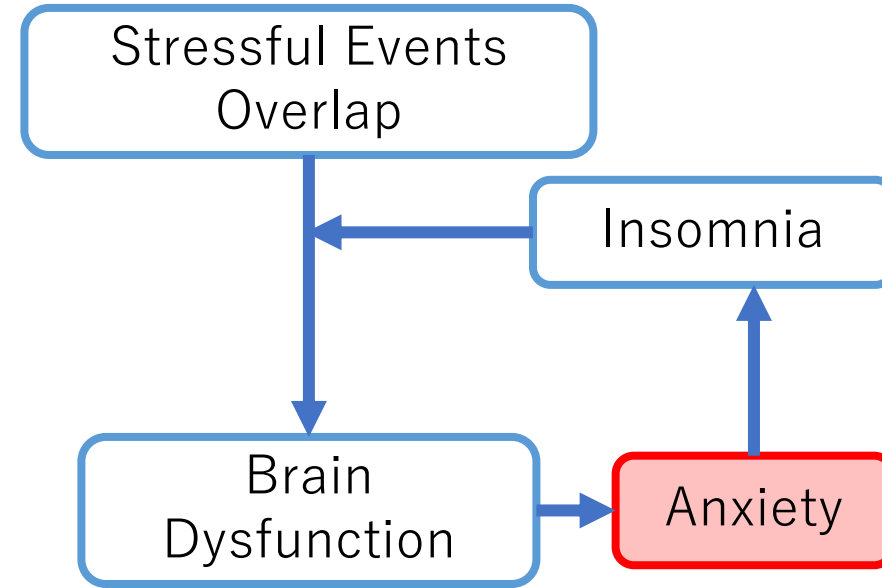
Do you have enough evidence to think this way?

3. Replace Your Thoughts

Speak to yourself positively

“I’m ready to give a great presentation.”

Stress Cycle of Anxiety & Insomnia



Anxiety

Anticipation of a future concern



Enable us to prepare
for future concerns



- Cause unpleasant physical symptoms
- Lead to avoidant behavior





Tame your anxiety

Not only a troublesome feeling

A fundamental and helpful
emotion for survival

“Prepare or else
you will encounter danger”

Don't instantly try to remove
your anxiety

Tame your anxiety
Alter it to motivation

<https://store.shopping.yahoo.co.jp/moriyama-print/dpos-101.html> 2023.5.30

Tips to tame your anxiety

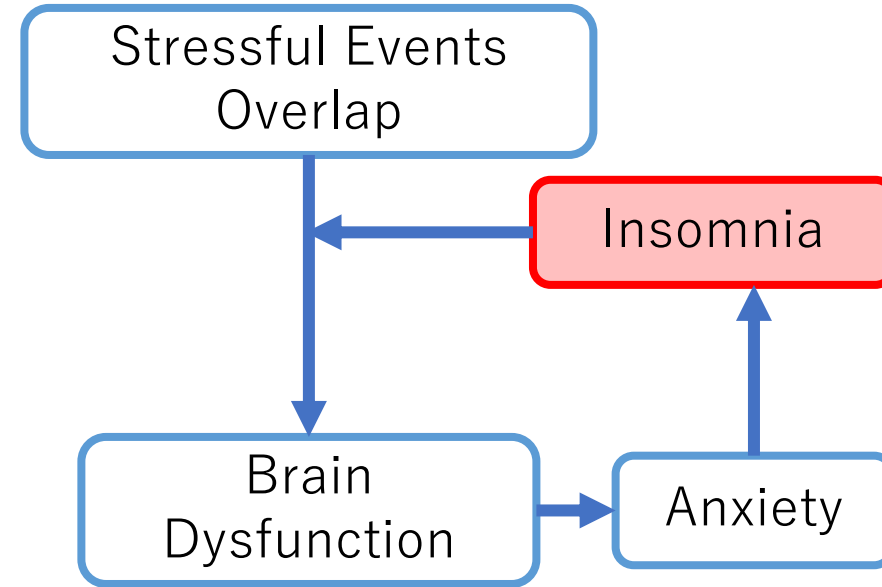
Realize that anxiety is
a fundamental/helpful emotion

Anxiety leads us to have
a narrow “spot-like” perception

Re-evaluate your situation
Try to obtain a broader perception

(Also challenge your negative
tendencies if you have any)

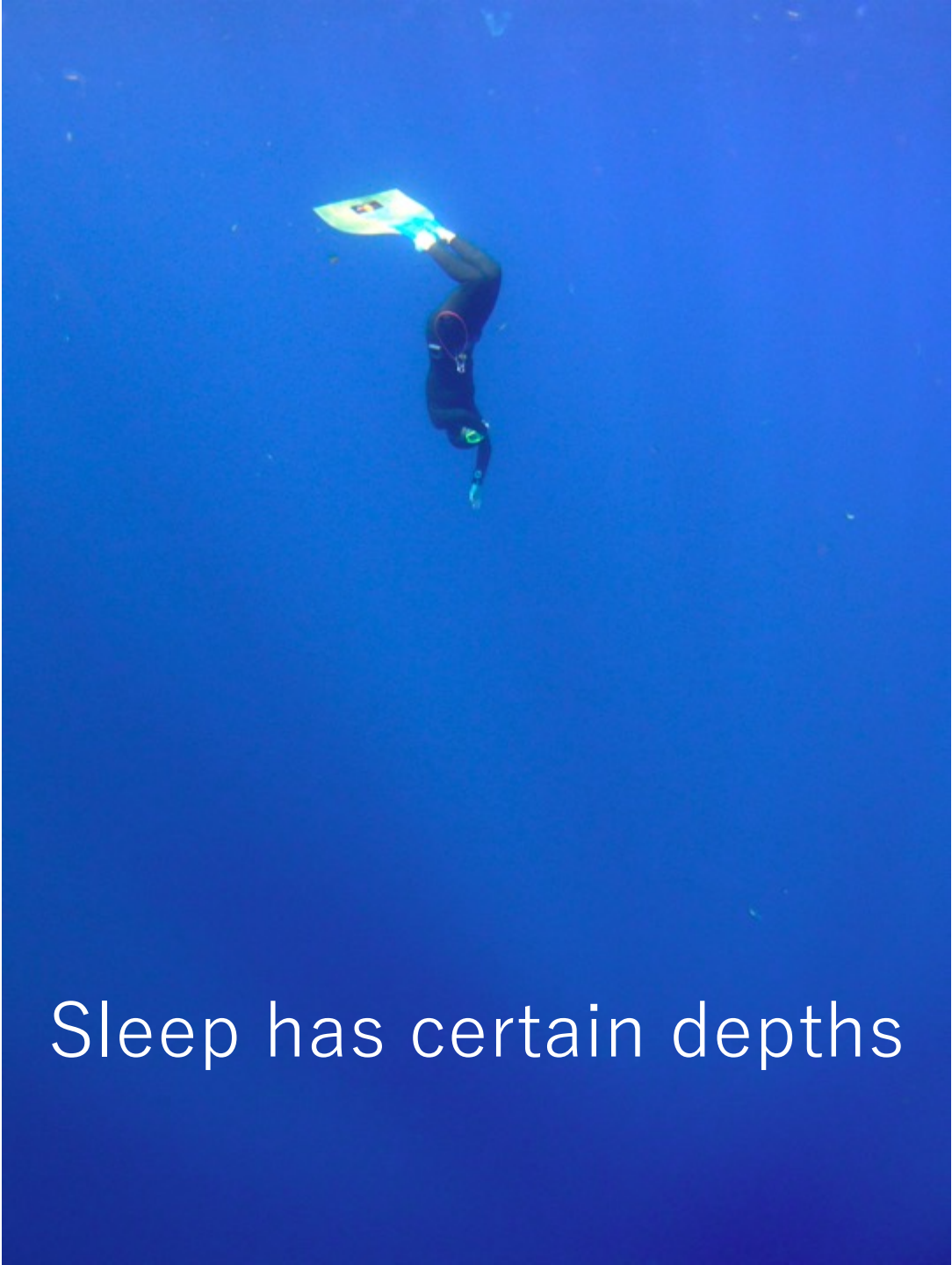
Stress Cycle of Anxiety & Insomnia



**From my point of view as a psychiatrist,
having a good and stable sleep is
extremely important to maintain your brain function**

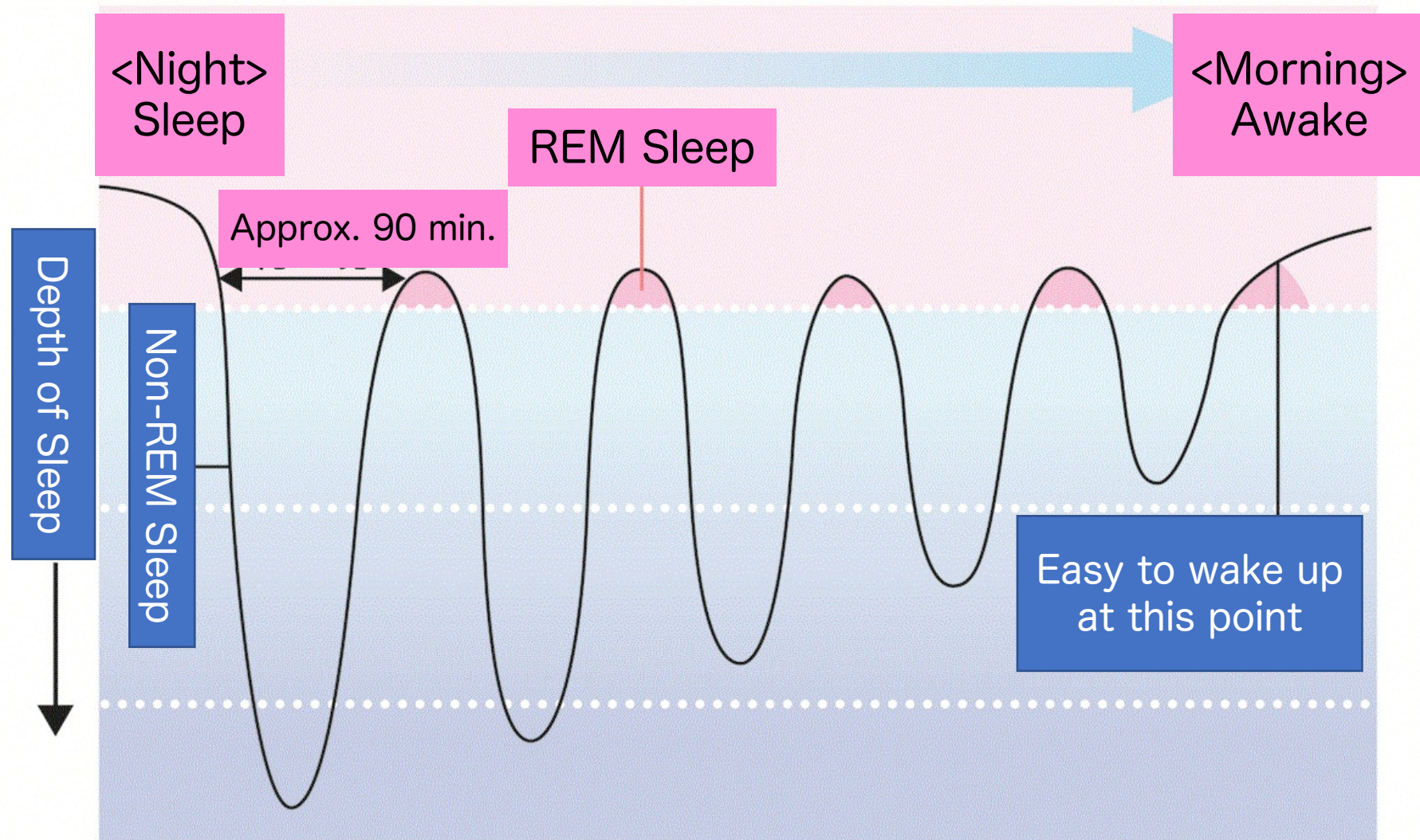
Basics on sleeping





Sleep has certain depths

Image of Sleep Cycle



Quoted from the Kanazawa Medical School University Web Site (Altered)

REM sleep (shallow sleep)

Non-REM sleep (deep sleep)

90 minutes cycle

Non-REM sleep -brain rest-



seen right after sleep onset
becomes shallower after each cycle
the brain activity decreases
the body slightly rests
(during this period you roll over)



**Growth hormone is secreted
during non-REM sleep**

A close-up portrait of a young woman with short brown hair, smiling and touching her face with her hand. The background is plain white. The text is overlaid on the bottom half of the image.

Lacking sleep damages our skin
Growth hormone repairs various tissues

REM-sleep
-bodily rest-

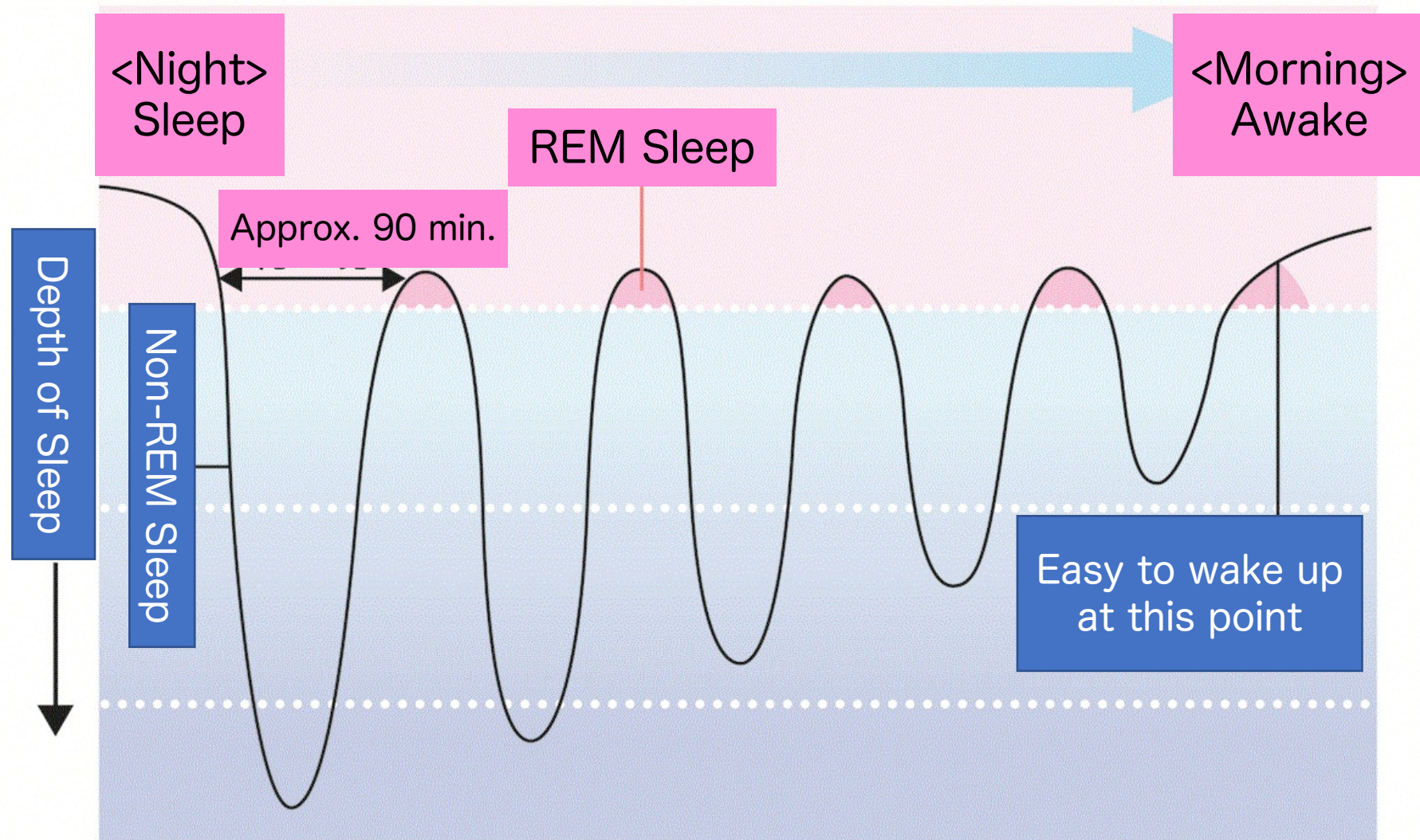


Rapid Eye Movement
the brain is active
you see dreams
body muscle is loosening
old hag syndrome can occur



REM sleep enhances
memory function

Image of Sleep Cycle



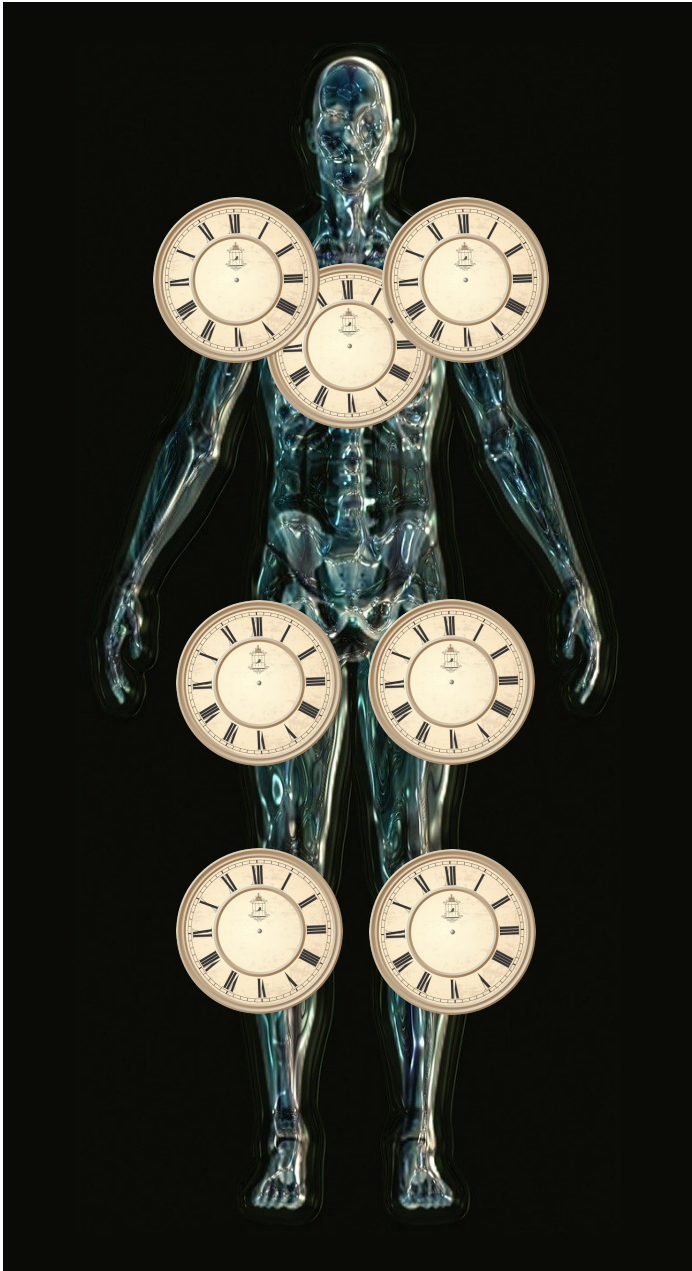
Quoted from the Kanazawa Medical School University Web Site (Altered)

Inner Body Clock





**How many inner body
clocks do we have?**



All the 60 trillion cells
in our human body has
a biological clock

The image is removed due to the copyrights.
[**L'Heure de tous in France**]



Wave tower



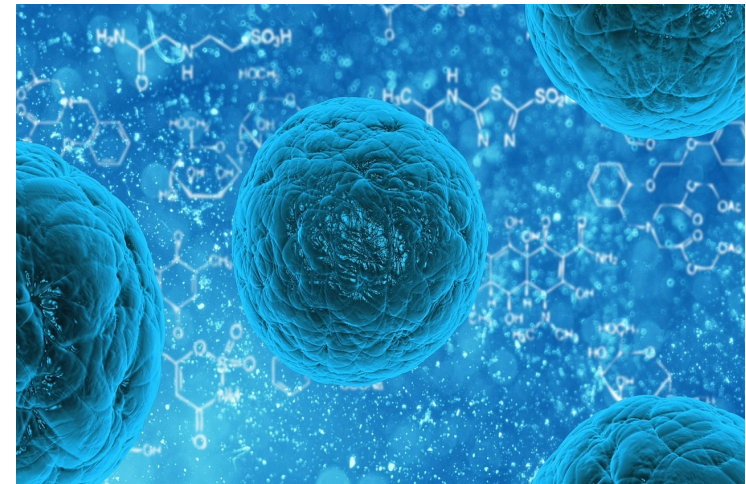
Time calibration
signal



Atomic wave clock



Nerve center of
the body clock



Biological clock
in each cell

Nerve center of the body clock



suprachiasmatic nucleus

The nucleus that is above
the optic nerve intersection



The body clock nerve center has a relation with visual perception

**The time repair
mechanism is dependent
to morning sunlight**




Tips for good sleep



Regular meals
Avoid eating large meals
late at night



A woman with her hair in a ponytail is running through a forest. She is wearing a white tank top with black trim and dark leggings. She has white earbuds in her ears and is holding a smartphone in her right hand. The background is a soft-focus forest with sunlight filtering through the trees, creating a warm, golden glow. A semi-transparent white box with rounded corners is overlaid on the bottom left of the image, containing text.


**Regular exercise
Aerobic exercise in the
evening is the best**

**Be exposed to sunlight
for at least 30min
after you wake up**




A photograph of a hotel room at night. The room is dimly lit with warm, yellowish light. A bed with white linens and a white pillow is in the foreground. A bedside table with a lamp is visible. A floor lamp stands near the bed. The background shows dark curtains and a wooden headboard with a light strip.

**Darker and warmer
lighting at night**

A scenic landscape at sunrise. The sun is low on the horizon, creating a bright sunburst effect with rays of light. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. Below the horizon, a thick layer of white fog or mist covers the ground, creating a sea of clouds. In the foreground, a small town or village is visible, with several houses and a church steeple. The fields are golden-brown, suggesting autumn. The overall atmosphere is peaceful and serene.

**Don't try to sleep early,
just try to wake up early**

A bedroom scene featuring a bed with white linens and a dark headboard. To the left, a bedside table holds a lit lamp with a warm, yellow glow. The room is dimly lit, creating a cozy atmosphere. A semi-transparent dark grey box is overlaid on the center of the image, containing white text.

Don't stick to a certain sleeping time
Don't keep yourself awake in bed
Simply go to bed when you are sleepy

**Bed or futon should only be used for
sleeping and sexual activities**

Avoid taking stimulants at night

4 hours



1 hour

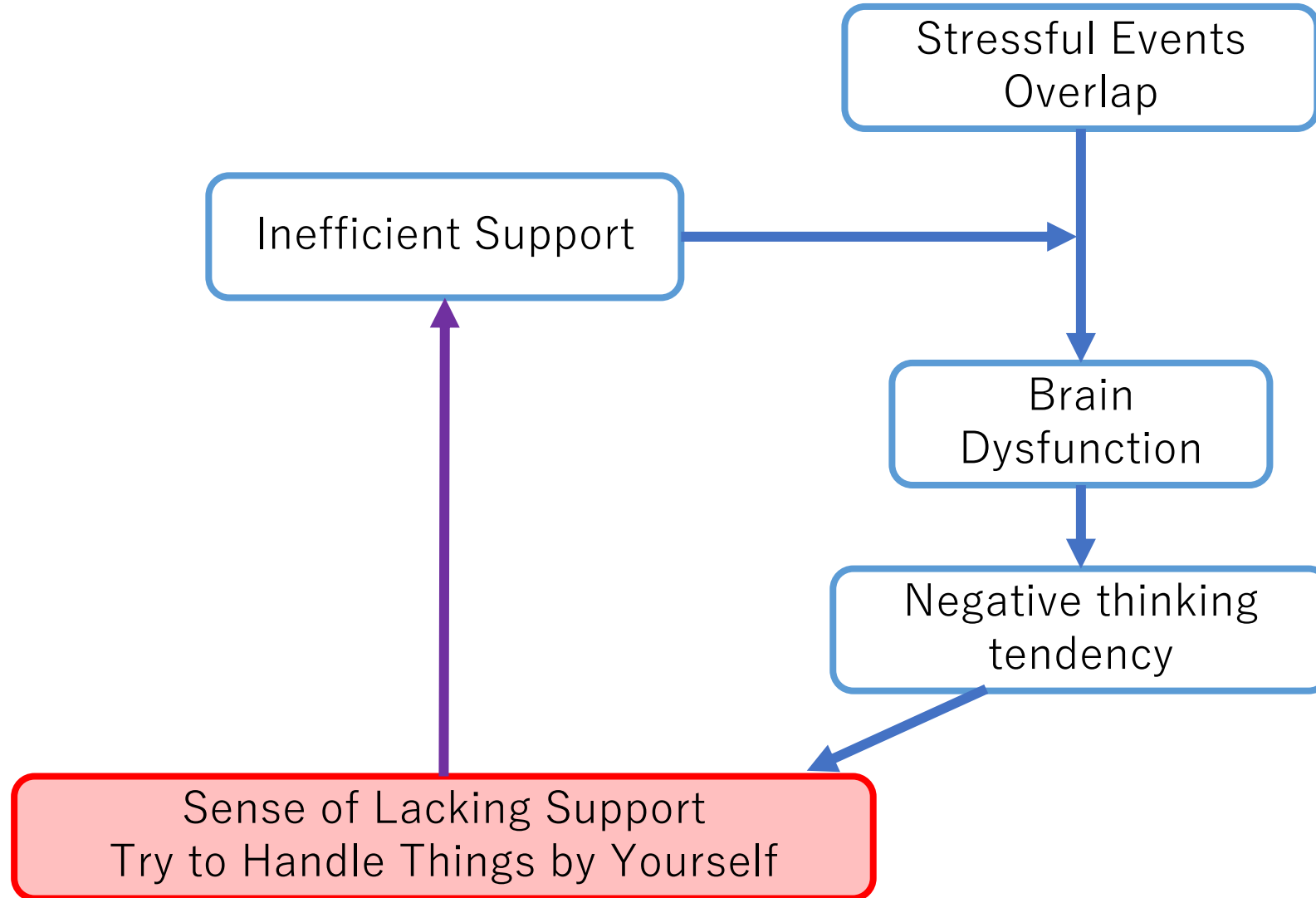




Alcohol makes you sleepless

It could help you fall asleep
(knocking yourself down)
but the quality of sleep worsens

Stress Cycle of Lacking Support





**What are the
characteristics of
people with
addiction?**



Difficulty relying on people

How addiction develops

Having problems



Difficulty relying on people

Trying to handle things by themselves



Cannot handle the problem by themselves

Difficulty increases



Start relying on substances/gambling etc.

What does being independent mean?

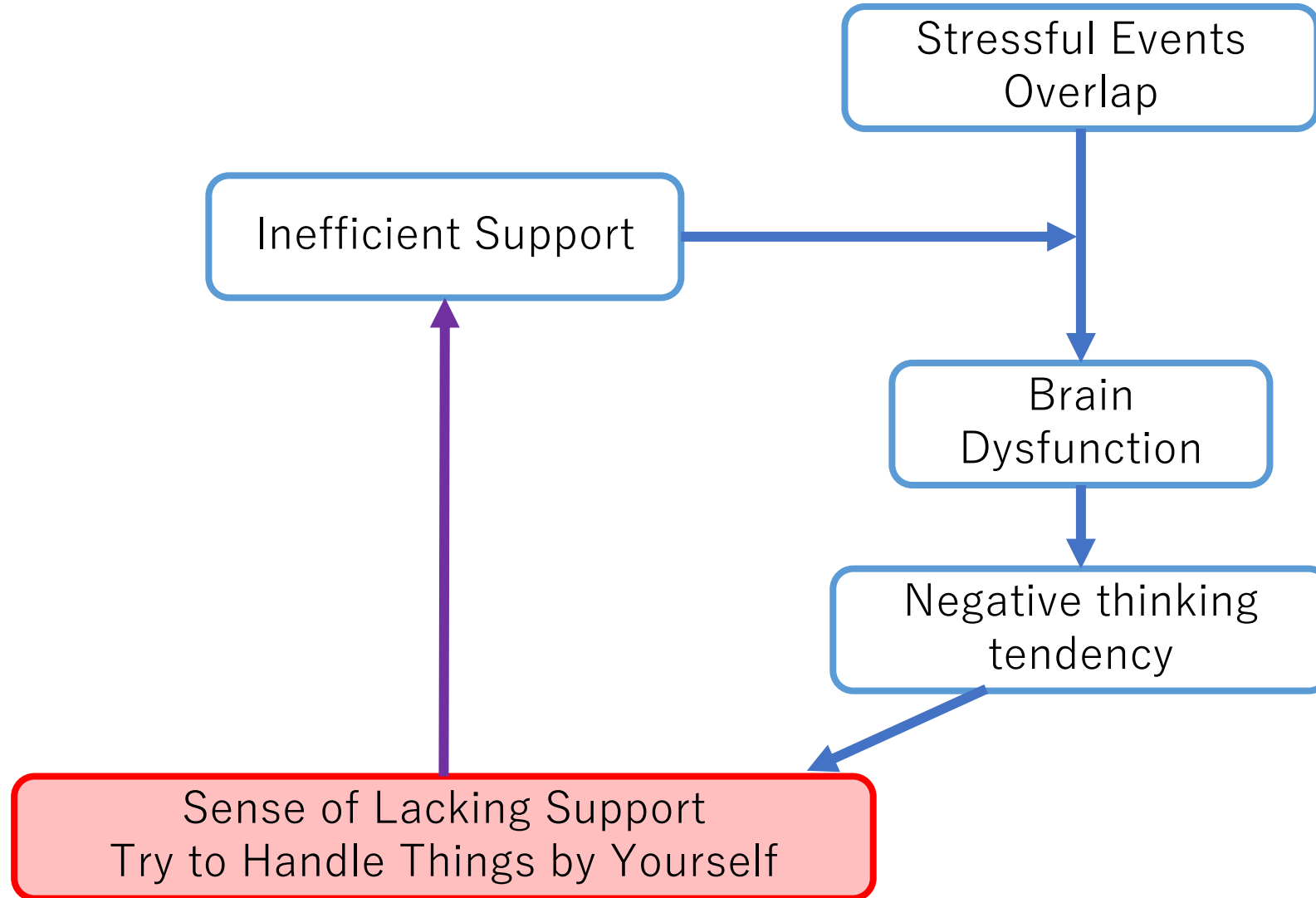
Handling things by yourself?

Relying on only one single person/substance...?



**Being independent means
“having social skills to rely on
many people/things properly”**

Stress Cycle of Lacking Support



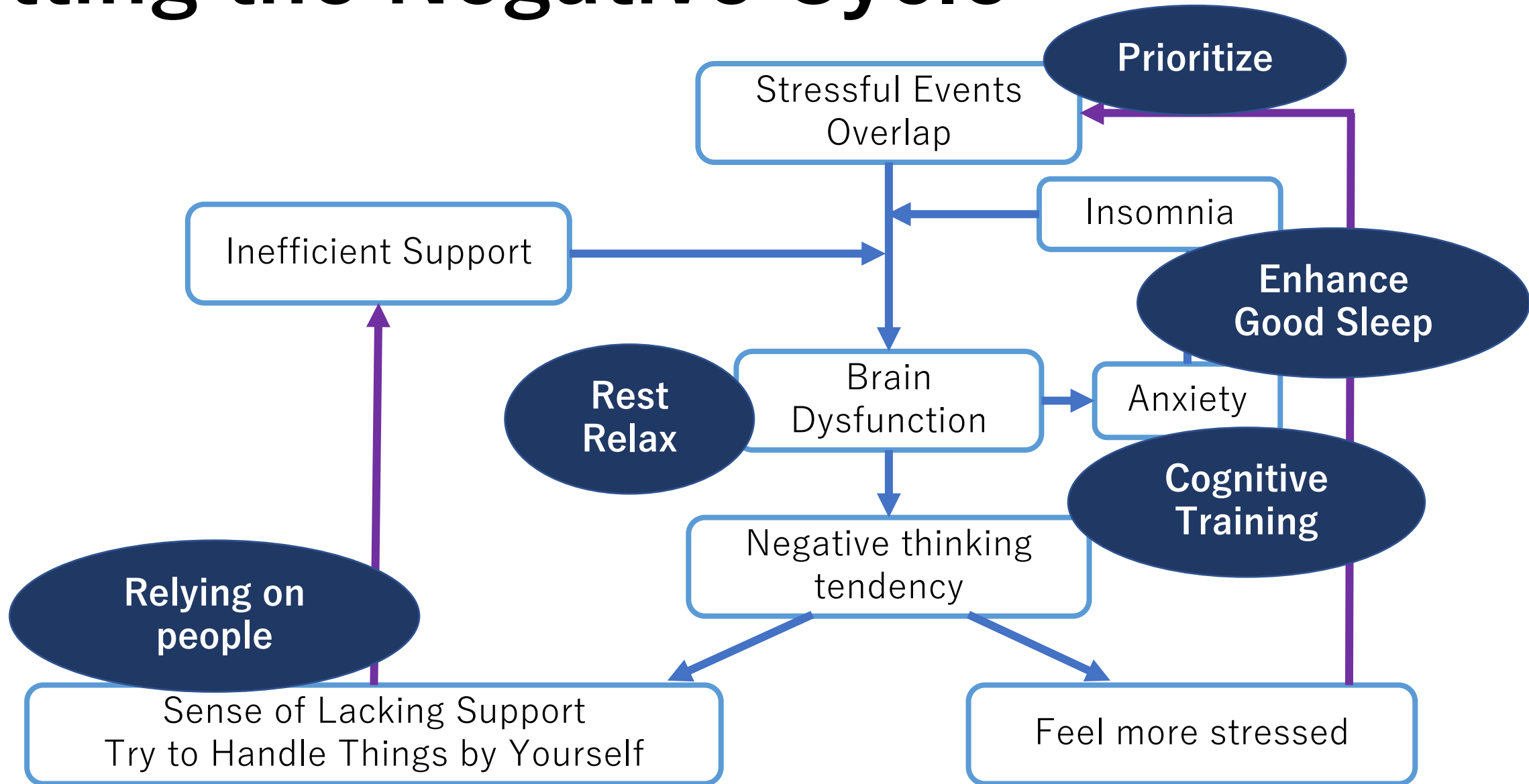


**Rely on people you
can trust**



**Positively, share your
difficulties with your
friends and families**

Cutting the Negative Cycle



**Stressed
spelled
backwards is
desserts.**

- LORETTA LAROCHE

