

Practicing What We Preach: Essentials of Self-Care in Times of Stress

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Self-awareness

Cognitive reframing

Mindfulness

I USED TO HATE WRITING
ASSIGNMENTS, BUT NOW
I ENJOY THEM.



I REALIZED THAT THE
PURPOSE OF WRITING IS
TO INFLATE WEAK IDEAS,
OBSCURE POOR REASONING,
AND INHIBIT CLARITY.



WITH A LITTLE PRACTICE,
WRITING CAN BE AN
INTIMIDATING AND
IMPENETRABLE FOG!
WANT TO SEE MY BOOK
REPORT?



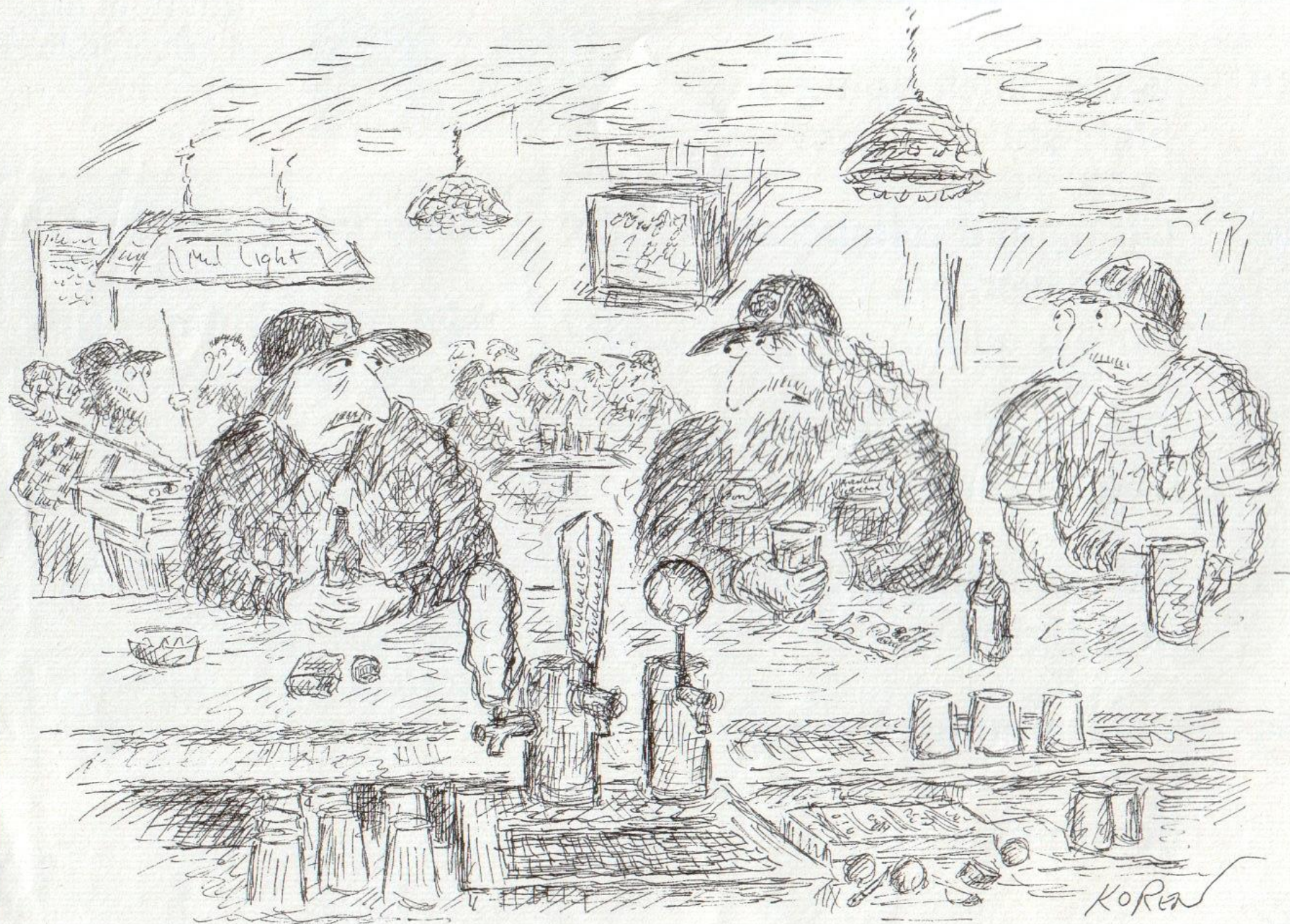
"THE DYNAMICS OF INTERBEING
AND MONOLOGICAL IMPERATIVES
IN DICK AND JANE: A STUDY
IN PSYCHIC TRANSRELATIONAL
GENDER MODES."



ACADEMIA,
HERE I
COME!



WATSON



"Are you just pissing and moaning, or can you verify what you're saying with data?"

**AFTER LISTENING TO,
LINDA, HIS HUMAN, FOR 12 DAYS
WHILE IN QUARANTINE AS SHE
COMPLAINED FOR HOURS ON END**



**SPARKY REALIZED HE
WAS NOT CUT OUT TO BE
AN EMOTIONAL SUPPORT DOG**

The Great ~~Resignation~~

Reflection

Realignment

Stress is a staircase:
Separation between the stressors

Breathing and brain perfusion



This is your brain
with normal breathing.

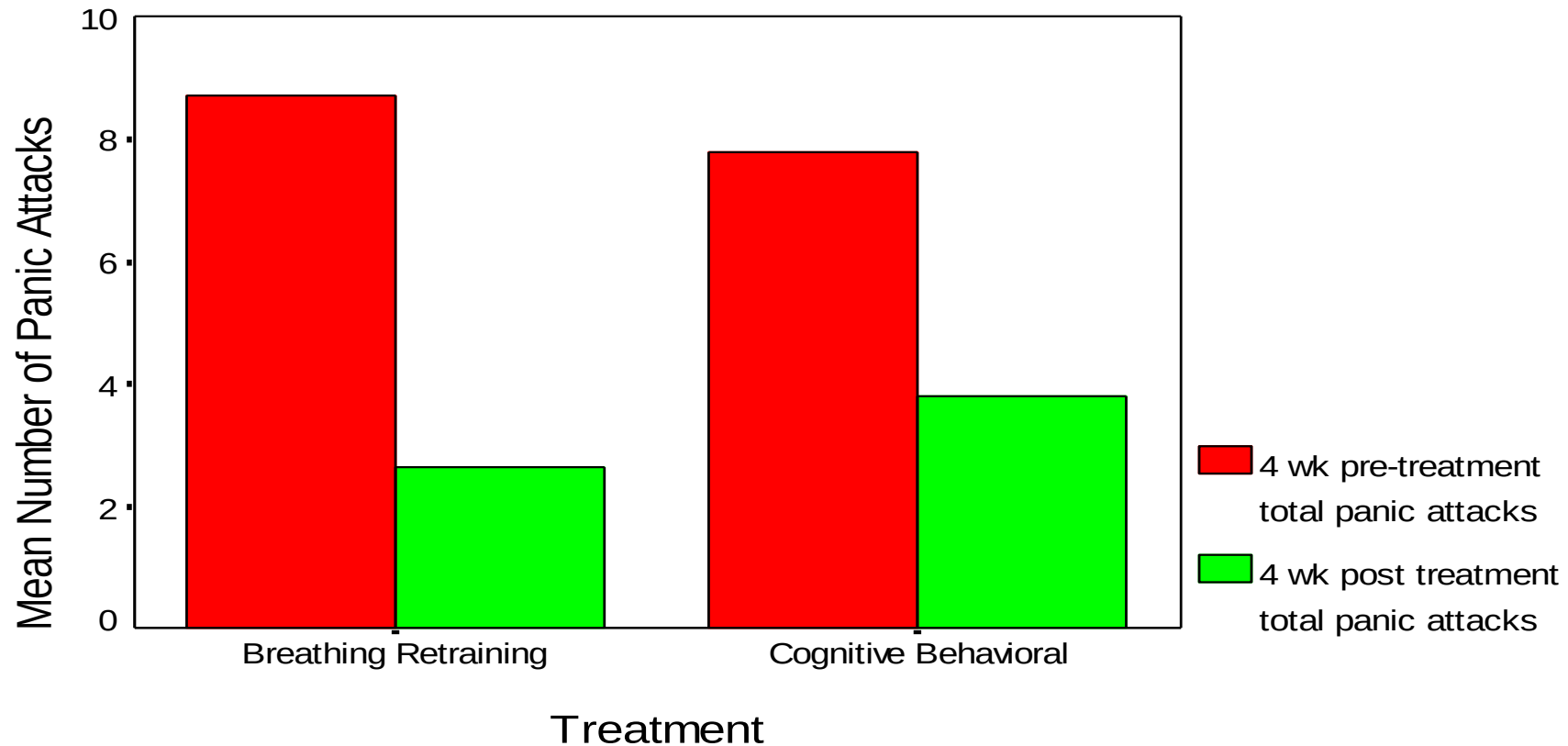
This is your brain
with hyperventilation.

High Blood Flow



Low Blood Flow

Number of Panic Attacks: 4 Week Pre-Treatment And 4 Week Post-Treatment Differences



Note: There was no significant time by treatment interaction, $F(1, 19) = 1.38$, $p = .254$; There was a significant main effect for Time, $F(1, 19) = 32.18$, $p < .001$. There were no significant post treatment differences between the treatment groups in the total number of panic attacks, $F(1, 19) = 1.61$, $p = .220$

Basics of breathing

- Box breathing
- 4-7-8 (Weil)
- Slow diaphragmatic
- Focus on breath to the exclusion of stress
- “20 second reset”
- Apps: Breathe2Relax, Headspace

Replacement thoughts

- “I cannot yet see the lesson in this”
- “Perhaps the lesson is not in the event, but in the aftermath and recovery.”
- “Tomorrow is another day.”
- “First world problems?”
- “This too shall pass”
- “So now what?”
- Others?

Essential concepts in mood management

- Awareness: hard to change what you're not aware of
- Control:
 - Central to anger and depression
 - The AAA model
 - Eysenck's Attentional Control Theory: Anxiety impairs efficient functioning of the goal-directed attentional system and increases the extent to which the processing is influenced by the stimulus-driven attentional system.
 - **Inhibition and Shifting** (e.g., 20% surveillance enough? Compartmentalizing?)

Control: The words we use

(BlueCross/Shield of California)

- **Overwhelmed**

- **Anxious**

- **Tired**

- **Wiped out**

- **Alone**

- **Frustrated**

- **Stressed alone**

- **Resilient**

- **Brave**

- **Unity**

- **Committed**

- **Friend**

- **Love**

- **Proud**

Control: what do we focus on?

- No live concerts
- No sporting events
- Limited dining out
- Less amusement
- No parties
- Can't be with friends
- Less traffic
- Less pollution
- More time
- More birds singing
- Saving money for latter?
- Creative ways to connect

What is our goal?

- **Concerts**
- **Sporting events**
- **Bars/restaurants**
- **Amusement parks**
- **Hugging friends**
- **Parties**
- **Massage**
- **New car**
- **Travel to new places**



- **Fulfilled**
- **Satisfied**
- **Successful**
- **Contented**
- **Security**
- **Understood**
- **Supported**
- **Connected**

Engineer your Environment

- Internal:
 - Name one book to read for 1 hour/week
- External:
 - Schedule a date with a friend

Increasing mindfulness and gratitude activities

- 1) Daily mindfulness check-in: end of day rate from -5 to 5+ regarding time spent thinking of past and future, with “0” being present-focused
- 2) Get out your phone (or Day Planner) and program a recurring event any time of day/night to list 3 things to be grateful for
- 3) Open the photos on your phone (or wallet) and enjoy 3 or 4 of them for 15 seconds each, focusing on the feelings you had when the picture was taken (prolonging pleasure, broaden and build)
- 4) List 3 people you will contact in the next few days and thank them for what they have given your life

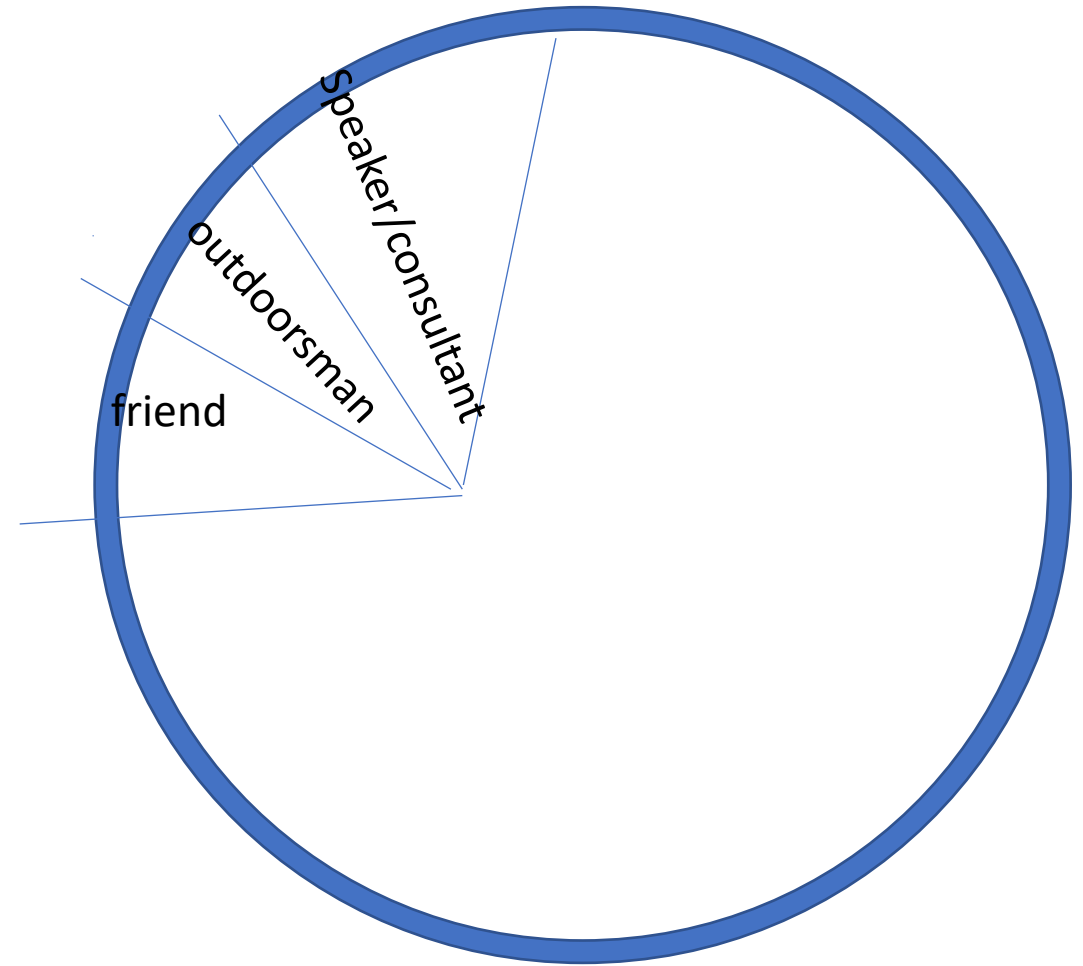
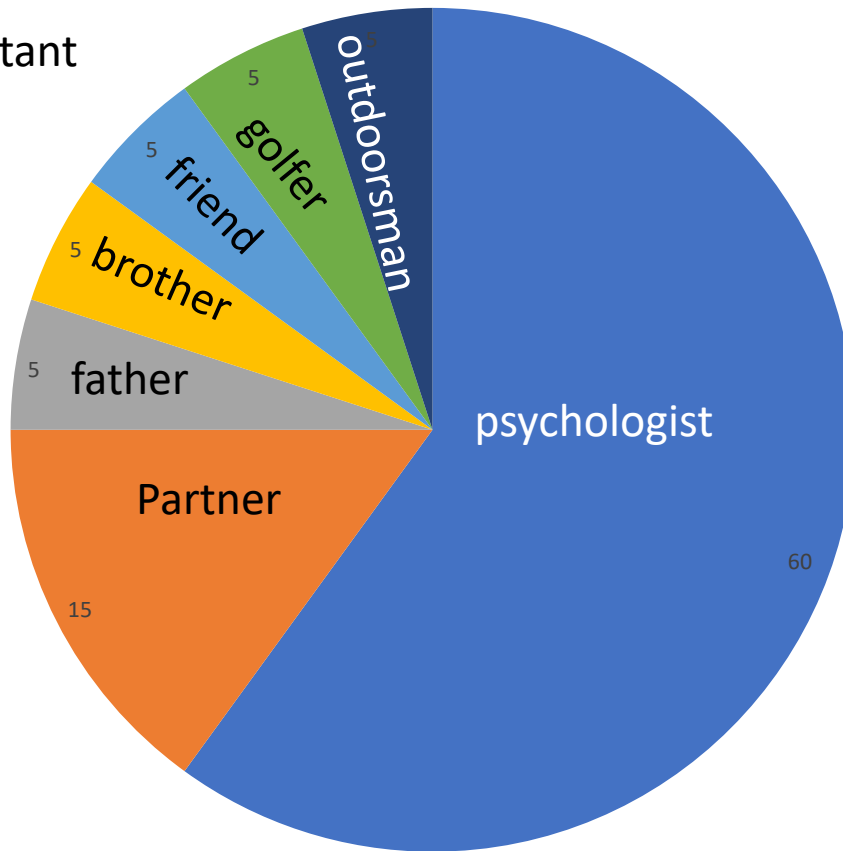


"Is this the coroner's office? I'd like to order an autopsy to find out what killed my ambition, enthusiasm and hope for a brighter tomorrow."

Preventive attitudes

- Values clarification (e.g., Valued Living Questionnaire; rank order: family (non-romantic/parenting), romantic partnering, parenting, friends, work, education, recreation/hobbies, spirituality, citizen/community, self care (diet, exercise))
- Identity Pie Chart (experience)

Psychologist
Partner
Father
Brother
Speaker/consultant
Uncle
Friend
Golfer
Outdoorsman



Thank you !

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<https://employment.ucsd.edu/psychologist-1-113925/job/18286336>