Understanding why we all feel so terrible and what to do about it

Kaz J. Nelson, MD
Twitter: @KazJNelson
Facebook: Kaz.J.Nelson
theminddeconstructed.org
me giving mental health advice
Learning Objectives:

Upon completion of this learning activity, the participant will:

1) Describe the impact of acute and chronic stress on cognitive function.

2) Examine the nature and degree to which chronic stress impacts professional and personal needs.

3) Develop a strategy to identify specific skills to address and meet varying professional and personal needs.
I remember...
I remember an instance where I observed the events of the past 9 months impacting someone’s mental health.
Maslow’s Hierarchy of Needs
Amygdala
Stimulate your vagus nerve!

Paced Breathing:
In – 2 – 3 – 4
Out – 2 – 3 – 4 – 5 – 6 – 7 – 8
Repeat

Ice or ice-water on the face
Discussion

Kaz J. Nelson, MD
Twitter: @kazjnelson
Facebook: Kaz.J.Nelson
theminddeconstructed.org
I'M MAD!

HERE'S A SOLUTION.

I DON'T WANT A SOLUTION.

I WANT TO BE MAD.
State what IS LEGITIMATE!
State what IS LEGITIMATE!

State your feelings, opinion, say “no”, say “yes”, etc.
Acceptance

Change

oops
• Felt
• Found
• Feel
Assumptions about people

• People are doing the best that they can.
• People want to improve
• People must learn new behaviors in the context of their day-to-day life.
• People cannot fail in complex systems
• People may not have caused all of their problems, but they have to solve them anyway.
• People need to do better, try harder and be more motivated to change.
• When people report they are facing something unbearable, they are to be believed

• (Adapted from Marsha Linehan, PhD, Dialectical Behavior Therapy)
you can do it!
you've got this!

encourage mint