BRAIN HEALTH for all, for life.

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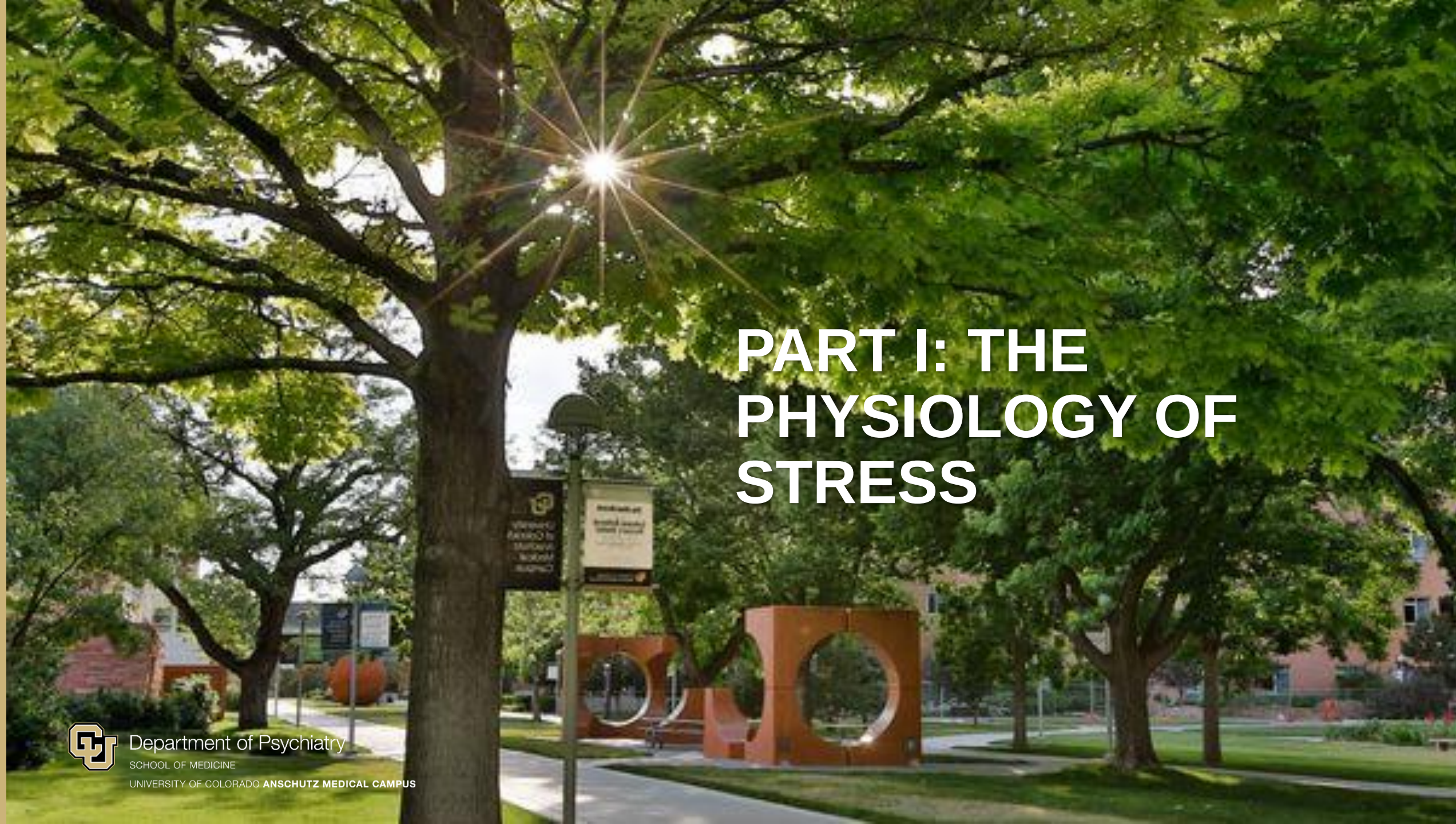
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

STRESS AND BURNOUT



PART I: THE PHYSIOLOGY OF STRESS

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Want to talk through the video or worksheets?

Live support available on the Well-Being Support Line

303-724-2500

Call or Text

- Counselors on the Well-Being Support Line are here to talk through content, process your thoughts, or give you other ideas to try!
  - Available M-F 8:00 a.m. – 7:00 p.m
  - Saturdays 9-11 a.m. and Sundays 4-7 p.m.

What is stress?

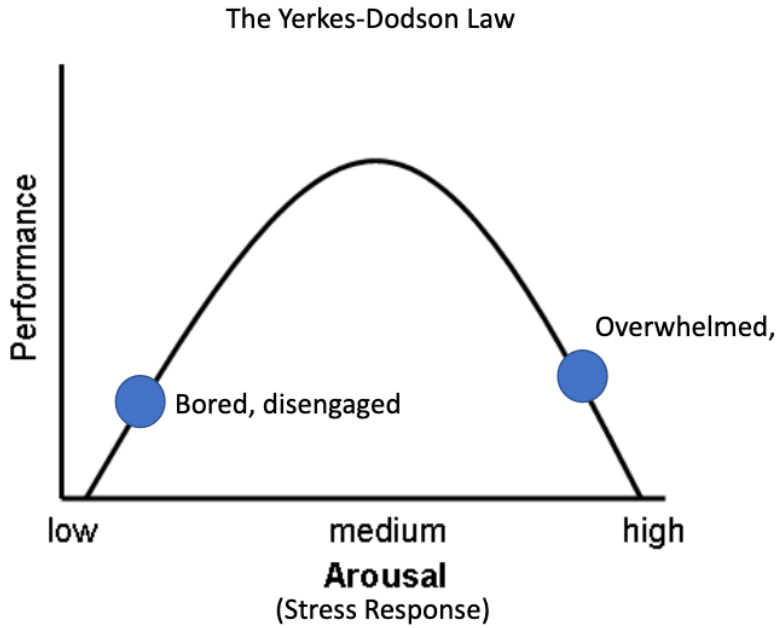
- “Non-specific response of the body to any demand put upon it” –Hans Selye, MD, early stress researcher
- Stressor = threats or challenges we face
    - Examples: Physical injury or illness
    - Social Isolation, evaluation, or subordination
- ***Our body responds the same way to stress whether it is physical or psychological***

Stress is not inherently negative

The stress response prepares our body to meet the demands of stressors

Stress is not inherently negative

- The biological stress response can go from adaptive and performance enhancing to maladaptive and performance impairing when:
  1. It is triggered too easily “I get anxious/worked up/irritable about the smallest things”
  2. The response is overly intense ”Flying off the handle”, Panic attacks
  3. **It lasts too long and doesn’t shut off: CHRONIC STRESS**
- The Yerkes-Dodson Law
  - Optimal performance occurs when the stress response is “just right.”– “Goldilocks”



Physiological reactions to stress

- “Fight or flight” response
  - Short acting
  - Adrenaline release
  - Increased alertness, mobilization of nutrients, increase in heart rate

- HPA Axis – “stress response” system
  - Can be short or long acting
  - Cortisol release
  - Can cause inflammation

Too much of a good thing

If there is too much norepinephrine, we go from:

Increased alertness, attention, energy

Hyperarousal, impaired focus and attention, restlessness

If there is too much cortisol, we go from:

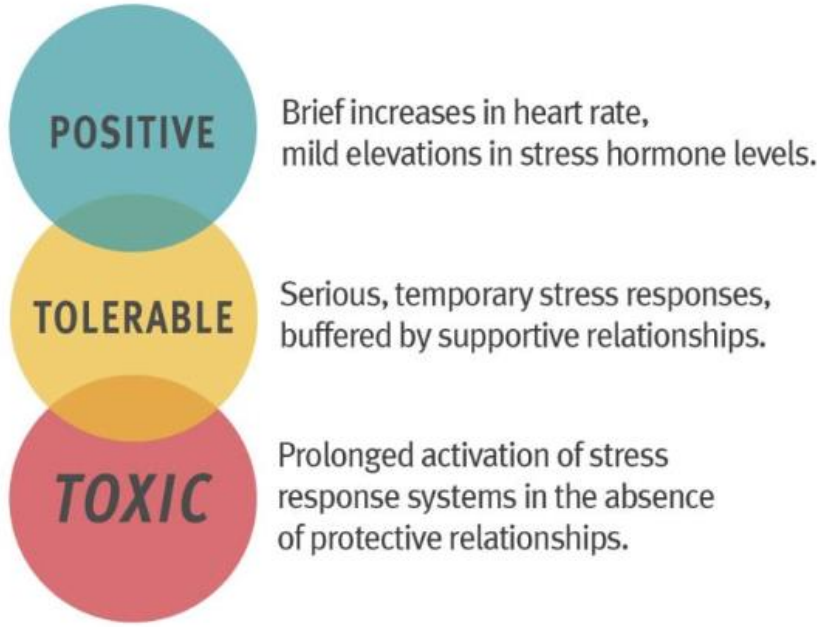
Increased alertness, energy, memory, anti-inflammatory

Burnout, anxiety, depression, chronic inflammation, muscle breakdown, bone loss, insulin resistance.

What are the differences between good stress and bad stress?

A stress response that enhances performance and results in positive adaptation is more likely to occur when the stressor is:

1. Predictable –timing and nature of the stressor is known
2. Time Limited –There is a start and end (If no end in sight, the stress response doesn't know when to shut off!)
3. Controllable –There is a connection between actions and outcomes
4. The stressor does not exhaust resources (internal and external) to cope.



Teaching in the pandemic as a chronic stressor

- Highly unpredictable
- You haven’t known how long it will go on
- Many factors outside of your control

THANK YOU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